

## Better training better care (BTBC) Top tips through the lens of the pilot project

These top tips result from the lessons that were learnt during the project and will hopefully give you an insight into what worked well, and areas that can be improved.

### Move, Eat, Treat – how to deliver effective lifestyle advice

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#### 1. Project management

- The development of the project teams time, financial and staff management skills will be additional benefits from the project.
- You must have the correct resources to deliver the teaching. The pilot project slides and resources are available via the BTBC toolkit or the Move Eat Treat website [www.moveeattreat.org](http://www.moveeattreat.org), which can be accessed free of charge by anyone wishing to deliver similar teaching.

#### 2. Multi-professional engagement and project ambassadors

- Recruit trainee health professionals as trainers/tutors for your project. Involve a senior clinician who is willing to support the teaching and who has influence over the formal teaching programme to ensure that time is made available for the programme
- Involve simulated patients (who can be both lay people and patients) in developing some of the teaching scenarios and who can also feed back on their experience of the teaching
- Connect with other staff members at your Trust who are interested in lifestyle advice teaching to create a network of people that will champion the project throughout the organisation
- Involve your local deanery/local education and training board (LETB) in the design and delivery of your project
- Involve your Trust's Director of Medical Education and the Foundation Training Programme Directors to endorse and support your project.

### **3. Understanding Trust's internal and external factors**

- Be aware of time and room capacity issues to accommodate the simulated patient aspect of the teaching in every session. You will require additional rooms to run the simulation
- Be aware of the length of time available as part of the formal teaching programme, which may not be long enough for simulation training
- Be flexible and think creatively about how you could maximise the amount of information you can deliver with the time and space available.

### **4. Academic involvement**

- Gain support from an academic partner to develop the evaluation and outcome measures for your project. The involvement of a communication skills expert and an expert in behavioural medicine will also support this.