Health promotion in primary healthcare: how well are French clinicians prepared?

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French Medical school training

• Until now mostly focussed on diseases treatment.
• Driven by our national exam (ECNI)
• Few attention paid to prevention
• Few hours devoted to nutrition compared to organ diseases
• Few attendance to nutrition courses...

• MDs with little training in prevention
• Few reimbursement of preventive actions (dietician, psychologist, physical activity monitors..)
New: government awareness

• Prevention = promoting healthy behaviours
• It is a matter of health but also of justice because of important social inequity
• Young people are not equal towards obesity risk, smoking, unemployment, access to healthy food and physical activity
12% of young people have been drinking in the past month

66% of young people drink alcohol on a regular basis

25% of adults are sedentary

3.5% of kids are obese, but this is more frequent in kids from workers compared to high social class.
Health service a large scale project

- A Mission given to Pr Vaillant
- 125 professional have given their advices
- Concerned 47 000 students in 2018
- 50 000 in 2019
- All health professionals: MDs, dentist, Pharmacist, nurses, physiotherapists
  Missing dietician
Objectives of the Health Service

• Initiate all health professionals to primary prevention and health promotion to be able to carry out actions in all type of population

• To carry out actions in different places: schools, business Cie, retirement home... on nutrition, physical activity, sleep, tabacco, alcohol, sex life....

• Pay specific attention to disadvantaged population to fight against inequalities

• Promote autonomy and commitment of health students

• Promote inter disciplinarity and better inter health professional knowledge with collaborative projects between different health students
After being late we will be the first ...

**FIRST IN EUROPE!**

La mise en place d’une politique publique de service sanitaire à l’échelle nationale est inédite. Des initiatives proches ont été développées sous forme de modules optionnels dans des formations de santé au Canada et aux États-Unis, mais concernent le plus souvent un nombre réduit d’étudiants.
Process

1. Training of students for knowledge and competence for the intervention
2. Intervention in schools....
3. Feedback of the students to the health service referent

3 Months
Pilots in Angers
1. Training of the trainers by IREPS/ADES/ED Nationale/IFSI (130)

2. Training of the students
   E-learning: 25 h
   Directed teaching: 2 days
   Group 20-24 students

3. Contact with the schools (students, referent)

4. Feedback at university:
   (Group 20-24 students)

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### Action of prevention and health promotion
in school college and high school

**Nutrition - physical activity**

**Lifestyle**

- Action by 4 to 12 st
- + (university Referent + educational referent)
- Preparation, realisation, evaluation

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### THEMATIC

**FEEDBACK and VALIDATION**

Group reporting
HEALTH SERVICE
PRACTICAL TRAINING OF STUDENTS
16 H in January, before local training schools...

Day 1 Morning

Identify representations about prevention, and the determinants of health

- Become aware and share their representations about prevention.
- Become aware of the complexity of health behaviors.
- Understand and know how to rely on the determinants of health, in a broad vision of health.

Day 1- Afternoon

Know how to adopt an educational posture

- Work on representations and clarify educational intentions.
- Identify different approaches: injunctive, transmissive, participatory.
- Discover animation techniques according to the chosen educational approach.
**Day 2-Morning**

Know how to build and animate a session in class

- To know how to place one's intervention within the framework of a project approach.
- Identification of the stages of construction and animation of a classroom session.
- Case Study: Building the Content of a Session.

**Day 2 – Afternoon**

Understand group dynamics

- Understand the function of a facilitator.
- Appropriate the key elements of the animation of a group, anticipate any delicate situations.
- Know how to evaluate your action.
- Know how to build the key elements of evaluation of his classroom animation session.
Elearning and documents

Videos:
- Food Pyramid
- Nutrition and health
- Binge drinking and alcohol games
Health service a big change for health promotion?

• It is the first step of big changes that are coming in health training
• More interactions between all health professionals
• Health promotion should be shared by all health professionals.