



Preventing Childhood Obesity with Kelly Robinson

Summary

- Care providers will practice an effective method of intervention to assist a patient's parent in adjusting environmental and activity patterns to prevent obesity.
- Kelly Robinson is a fictional parent with varied character backgrounds that allow users to play the simulation numerous times to learn new skills and refine mastery.
- Discuss a difficult topic in a safe environment and take risks that may be effective methods of intervention.
- Learn about health guidelines for children's growth and practice conversations about implementing those methods with a parent.

Funding and Research

- This training system was developed with support from the Centers for Disease Control (Grant # R44 DP005954)
- System development was in collaboration with Dr. Nancy Sherwood from HealthPartners Institute for Education and Research; Dr. Jayne Fulkerson and Dr. Iris Borowsky from the University of Minnesota; and a panel of practicing pediatricians, pediatric nurses, and social workers.

Learning

After a review of the learning materials and several sessions, the user will be able to:

- Discuss a patient's activities and diet openly and collaboratively with their parent without judgement
- Utilize the MI process of engaging, focusing, evoking, and planning with a client,
- Develop a collaborative client-centered therapeutic relationship,
- Demonstrate respect by being culturally sensitive,
- Effectively utilize OARS during an intervention,
- Use rulers to have a client self-assess and communicate their motivation,
- Elicit change talk to strengthen a client's motivation,
- Express empathy during a session in an appropriate manner,
- Communicate concerns and set achievable goals while offering continued support for the future.

Seat Time

- Approximately 30 minutes of e-learning material.
- Simulated conversations last 30-90 minutes.
- An average user will require 7-8 hours to achieve mastery of the learning objectives, but can learn the basics in a few hours

NOTE: Figure does not account for longer-term "refresher" sessions, which will vary by user.

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