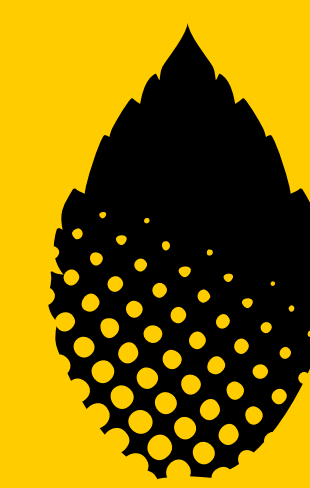


A Structured Health Intervention For Truckers (SHIFT)



Leicester Diabetes Centre
Committed to Growing International Research, Education & Innovation



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Purpose

Lorry drivers are an underserved workforce who are at increased risk of chronic disease due to work environment constraints, culture and job demands.

SHIFT aims

- To help prevent illness in lorry drivers and reduce the associated NHS, individual and societal costs
- To be sustainable in the workplace following study completion

Methods

Observational and pilot studies have been undertaken. A cluster randomised controlled trial is now underway with collaboration between the NHS, Universities and a major logistics company.

The intervention: SHIFT consists of various interactive components specifically designed to promote healthy lifestyle behaviours surrounding physical activity and diet in lorry drivers (see Figures 1-6).

Results

- Our previous observational data showed 84% of lorry drivers were overweight/obese, 87% were physically inactive and 35% were hypertensive. Pilot testing of SHIFT showed significant positive changes in fasting blood glucose (-0.6mmol/l), total cholesterol (-0.7mmol/l), waist circumference (-2.5cm) (all p<.01) and a 12% reduction of participants with a >10% risk of a cardiovascular event within 10 years (p<.05)¹.
- 25 depots have agreed to participate in the cluster-randomised controlled trial. Baseline health assessments have now been completed in all depots (June 2019) and 16 facilitators have been trained (July 2019) to deliver the SHIFT workshops.
- Table 1 highlights some measures that have been put in place to facilitate progress of the study and overcome emerging difficulties.

Table 1: Barriers identified throughout the research process and associated facilitators to the study

| Barriers | Facilitators |
|-------------------------------------|--|
| Conflicting collaborator priorities | <ul style="list-style-type: none"> Regular meetings Adapting communication to academic, health or logistics industry specific terminology Engaging managers by delivering SHIFT for them Promoting SHIFT as a potential Continued Professional Competence (CPC) module |
| 2 unpredicted events (e.g. fire) | <ul style="list-style-type: none"> Adapting timelines Communicating to funder Being flexible |
| Lorry driver shift patterns | <ul style="list-style-type: none"> Training more research personnel Recruiting to cluster size |

Conclusions

- Health needs exist within this workforce and promising results were found in the pilot study.
- SHIFT may provide a workplace strategy to encourage healthy lifestyles.
- Unforeseen difficulties emerged throughout the current study but the study has now gained momentum.

Implications

Ensuring workforce health is a company priority, good communication (including using industry-specific terminology), adaptations to management processes and implementing SHIFT within lorry drivers' compulsory Continued Professional Competence training are important enablers to consider. Workplace physiotherapists could be trained as facilitators and their skills utilised as part of SHIFT.

Figure 1: Components of the SHIFT intervention.

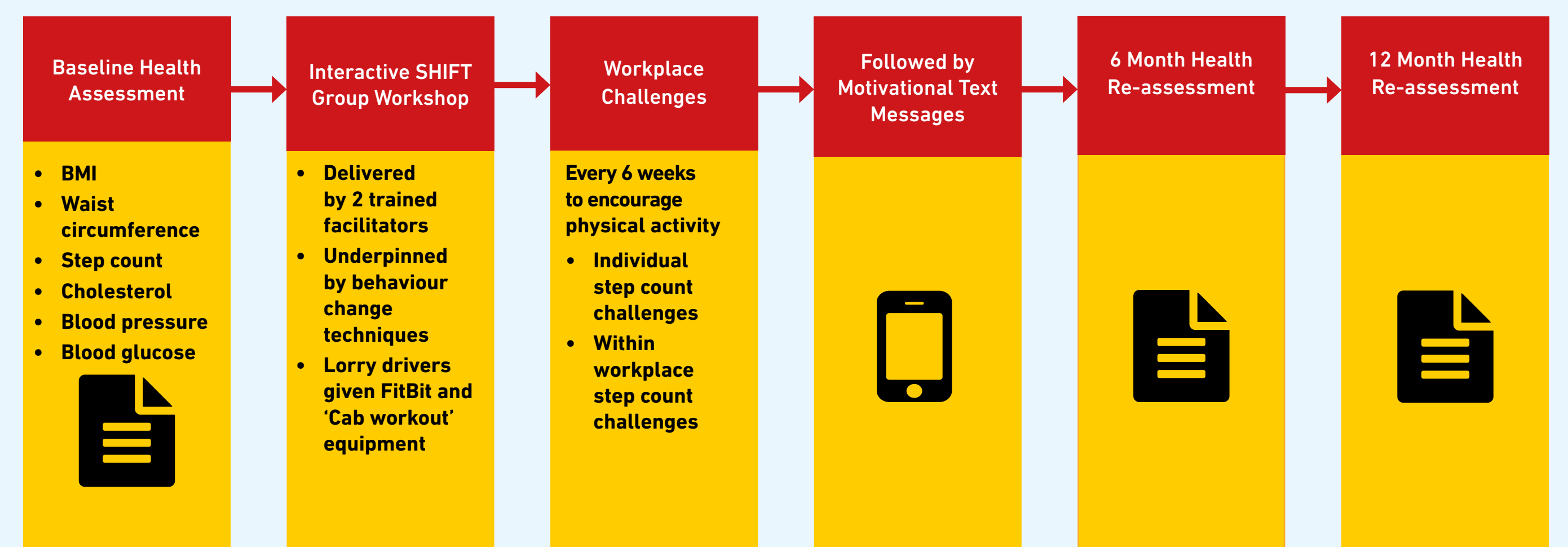


Figure 2: The SHIFT Workshop is split into 8 sessions, with time for 2 breaks, as illustrated below:

| | |
|----------------------------------|------------|
| A. Welcome and Introduction | 10 minutes |
| B. Driver Story | 30 minutes |
| C. Risks and Health Problems | 45 minutes |
| Break | 15 minutes |
| D. Depression, Sleeping, Smoking | 30 minutes |
| E. Physical Activity | 90 minutes |
| Break | 30 minutes |
| F. Food Choices | 90 minutes |
| G. Self-management plan | 15 minutes |
| H. Next Steps | 5 minutes |
| Total | 6 hours |

Figure 3: Examples of worksheets participants complete during the SHIFT workshop.

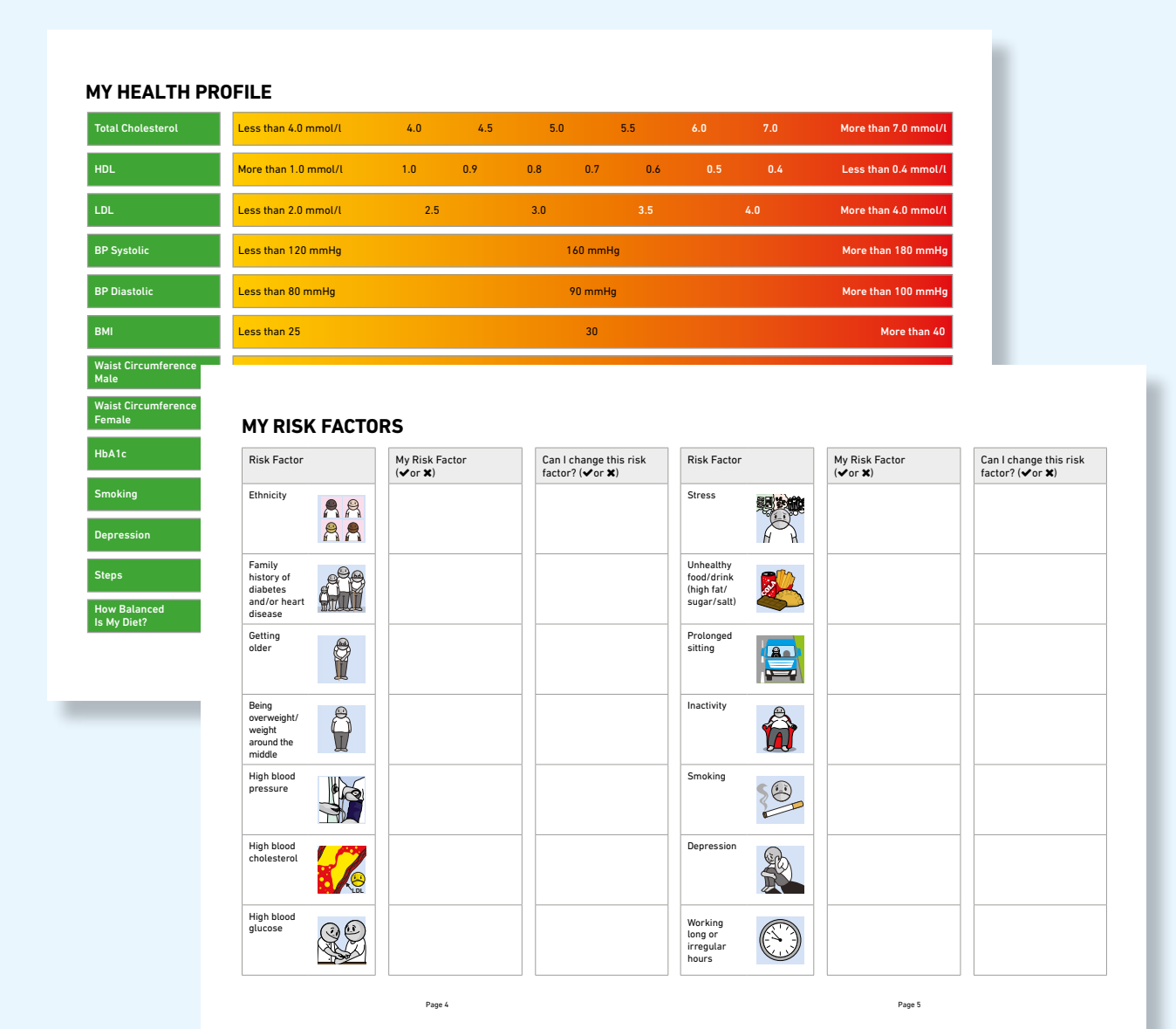


Figure 4: Workshop group activity - the sugar cube game



Figure 5: Workshop group activity - the alcohol game



Figure 6: Example exercise from the Cab workout



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References:

1. Varela Mato, V. et al. (2018) The Impact of a Novel Structured Health Intervention for Truckers (SHIFT) on Physical Activity and Cardiometabolic Risk Factors Journal of Occupational and Environmental Medicine 60 (4) 368-376

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