

Evaluation

- Questionnaire Motivation for implementation shows that the nurses that are included in the pilot training are highly motivated to learn and use the approach. As the main obstacle to implementation they enlisted lack of time. They are not yet fully confident that they will be able to implement it, even though the Questionnaire for motivating and encouraging professionals shows that they are actually already using many aspects of the Smart Family approach (most of them don't judge, they ask questions, they notice the good and give praise, they show interest, they are respectful and they genuinely care).
- Questionnaire Satisfaction with the meetings shows that they were satisfied with the meetings – they find content useful and relevant to their work

Next steps and future plans

- Finalize the implementation of Smart Family tools
- Continue publishing Smart Family articles
- Hold a focus group to gather feedback
- Plan future activities to expand the Smart Family method to a broader group of community nurses

Implementation successes

- High participant motivation and strong commitment to engaging in the activities.
- In-person trainings that enhanced understanding of the method.

Implementation barriers

- Healthcare professionals are experiencing staff shortages, which places additional burdens on the remaining nurses. As a result, they often lack the time needed to provide comprehensive lifestyle counseling.
- Implementing the Smart Family approach requires a shift in perspective, which can be challenging as it demands time, training, and adaptation from healthcare professionals used to traditional methods.



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