

**Title of Intervention:** Worcester Area Trial for Counseling in Hyperlipidemia (WATCH)

**Intervention Strategies:** Provider Education, Supportive Relationships

**Purpose of the Intervention:** To lower cholesterol in high-risk patients

**Population:** Primary care providers, patients with high cholesterol

**Setting:** A central Massachusetts health care maintenance organization; health care facility-based

**Partners:** Health care facilities

**Intervention Description:**

- **Provider Education:** Health care providers received three hours of training over two sessions. A 2.5-hour small group session included didactic instruction in dietary risk assessment, videotape observation and role playing. All providers received an additional 30-minute tutorial that involved a role play exercise with a patient simulator. During each actual patient visit, providers received the patient's completed dietary risk assessment form, lipid profile results (flagged) and a copy of the counseling protocol.
- **Supportive Relationships:** From the provider, the patient received goal sheets, a brief cooking and recipe guide, tips for eating out, motivational material, and suggestions for further reading.

**Theory:** Not mentioned

**Resources Required:**

- **Staff/Volunteers:** Health care providers
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Not mentioned
- **Budget:** \$1.83 per patient per year
- **Intervention:** Training materials, dietary risk assessment form, goal sheets, cooking and recipe guide, tip sheets, motivational materials, reading suggestions
- **Evaluation:** Scales, blood pressure cuffs, diet recall

**Evaluation:**

- **Design:** Randomized controlled trial
- **Methods and Measures:**
  - Patient data included blood pressure, weight measurements, 24 hour diet recall
  - Time spent by physicians counseling was estimated using exit interviews.

**Outcomes:**

- **Short Term Impact:** Not measured
- **Long Term Impact:** The intervention group had significantly lower fat intake and greater reduction in weight. There was small decrease in cholesterol level.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Ockene, I. S., J. R. Hebert, et al. (1999). "Effect of physician-delivered nutrition counseling training and an office-support program on saturated fat intake, weight, and serum lipid measurements in a hyperlipidemic population: Worcester Area Trial for Counseling in Hyperlipidemia (WATCH)." *Arch Intern Med* 159(7): 725-31.