

Scoping review on specific health guidance skills that lead to results

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Background

In 2008, a policy was announced in Japan for medical insurers to implement specific health check-ups and specific health guidance (SHG) to improve metabolic syndrome. The guidelines provided by the Ministry of Health, Labor, and Welfare provide examples of SHG processes and skills; the following are the processes: (1) preparation for health guidance, (2) building relationships of trust with participants, (3) assessment (information gathering/Judgment), (4) promoting awareness, (5) understanding of health behaviour, selecting learning materials based on scientific evidence, (6) goal setting, (7) continuous follow-up, and (8) evaluation (after 3 to 6 months).

Aim of the study

This scoping review aimed to clarify SHG skills that would lead to results. This will give suggestions for future research and what should be added to the SHG skills in the guidelines.

Methods

The Japanese literature used Ichushi (Web version), and the literature published in English used MEDLINE and CINAHL as databases. A total of 418 journals published between 2008 and 2021 that included "specific health guidance" in the title were extracted as research papers. Nineteen journals were selected based on the eligibility criteria set.

Results

In (1) to (7) of the SHG processes, effective health guidance skills were shown by 2 to 10 journals. However, no literature clarified the health guidance skills for (8) of the SHG processes in the evaluation.

Conclusions and implications

Evaluation is essential to the process of SHG. Research is needed to clarify SHG skills that lead to outcomes focused on the evaluation process.