



Moving Healthcare Professionals: A national approach to integrate physical activity within healthcare

Introduction:

Public Health England (PHE) published the national physical activity framework Everybody Active, Every Day in 2014. It set out the need for action across four domains at National and Local level in order to increase and sustain physical activity levels across England. One of the domains is 'Moving Healthcare Professionals' a multi-component programme that has been developed through a partnership with Sport England and will look to educate and up-skill healthcare professionals to deliver physical activity advice as well as a number of other pilots to demonstrate a cross cutting approach to Physical Activity promotion in health care.

The programme aims:

The aims are to increase awareness, skills and change clinical practice of health professionals in the promotion of physical activity to patients at risk of, or with, health conditions by:

- Increasing awareness and skills of health professionals in the physical activity for prevention and management of ill health.
- Changing clinical practice of health professionals in the promotion of physical activity.
- Evaluating the impacts of specific components to identify what could be scaled up and develop a methodology for evaluating impact on patient behaviour and reducing inactivity.

Activities undertaken:

- Physical Activity Clinical Champions peer-peer training scheme
- Continuing Professional Development ELearning modules
- Physical Activity 'prescription pad' pilot
- Updating and dissemination of physical activity and health evidence base
- Pilot Sport and Exercise medicine integration in secondary care
- Increase uptake of medical undergraduate resources.

Results:

- Clinical Champions programme – Between Sept 2015 – July 2016 the programme delivered 245 sessions to 3240 health care professionals (>82% GP's). Currently training a further 4000 HCP's.
- ELearning – Over 85000 completions to date across the 8 modules. Designing further 8 modules.
- Medical School engagement – 17 of the 34 medical schools have embedded the resources in their curriculum. Currently working on engaging with the remaining 17 and testing in AHP schools.

Conclusions:

The evaluation, to date, highlighted the positive impact that a one-time training session can have on primary care professionals' values and confidence in relation to physical activity. However further evaluation is needed to assess whether this enhanced confidence leads to a change in physical activity promotion practices and patient change.

Next Steps:

Which is why PHE working in partnership with key stakeholders have secured funding from Sport England to expand the programme and further test the activities set out above from 2017 – September 2018 including training a further 4400 medic health care professionals, 1600 trainee healthcare professionals and 12,000 nurses. The discussion will also reflect on the impact of the next phase of the programme and the effectiveness of a multi-component approach to engaging health care professionals as set out in the activities above.