



## Let's talk about Physical Activity: Physical Activity Clinical Champions training and using the GPPAQ in a health check setting.

### Introduction:

Insufficient physical activity is amongst the top ten causes of the health burden in the UK and addressing inactivity is prioritised in national guidelines, plans and strategies. Engaging health care professionals is an important aspect of increasing activity as there is a lack of knowledge and awareness over its impact and benefit. The rationale behind our work is identified in the National Sports Strategy 'Sporting Future' where the Government have asked PHE and Sport England to increase understanding across health care professionals.

### Results:

In 2017 PHE undertook a survey of 1,000 GPs to assess their knowledge, use, and confidence in national physical activity guidelines and tools (including the NHS Health Check utilised GPPAQ) and found that:

- 80% of GP's were unfamiliar with UK CMOs' guidelines for Physical Activity
- 70% aware of GPPAQ, but only 8% had high level understanding of using it
- Less than half (44%) confident in raising physical activity with patients
- Over half (55%) had done no specific training on physical activity

Furthermore, the NHS Health check 4 years on research study (2016) reflected this by reporting that only "...41.4% who were obese (13,309/32,133) received advice on physical activity" and "...referrals for physical activity, 13.4% (1780/13 309) were in people at high CVD risk and 86.6% were in people at lower risk". This evidence indicates that a large proportion of clinicians, and thus patients, would benefit from more advice on Physical Activity and its impact on overall health and specific conditions.



The main tool to deliver increased knowledge and awareness is through the Clinical Champions peer to peer training programme. The peer to peer session is aimed at all HCP's and would complement the GPPAQ which is used as part of the NHS Health Check programme. To date over 350 sessions have been delivered by medic clinical champions between September 2015 and 2017 in which over 4500 have completed the information session.

The initial evaluation in 2016 reported that the programme was successful in meeting its learning objectives and the follow-up results showed that the training had a small positive effect on the participants' confidence to motivate patients to increase physical activity. The evaluation also highlighted the positive impact that a one-time training session can have on primary care professionals' values and confidence in relation to physical activity

### Aim of session:

The aim of this session is to:

1. Introduce the Clinical Champions programme including an overview of definitions, guidelines and evidence base for physical activity and inactivity.
2. Understand the importance of physical activity for prevention and management of disease - with a focus on CVD.
3. Develop confidence in integrating physical activity and brief interventions into clinical practice.
4. Discuss the use of the General Practitioners Physical Activity Questionnaire in a clinical setting.

The session will be delivered by a peer GP Clinical Champion.

Presenters – Dr Zoe Williams

References - Chatterjee et al (2017) Knowledge, use, and confidence in national physical activity and health guidelines and tools. *British Journal of General Practice*.