NHS Health Scotland

Exercise Referral Learning Exchange

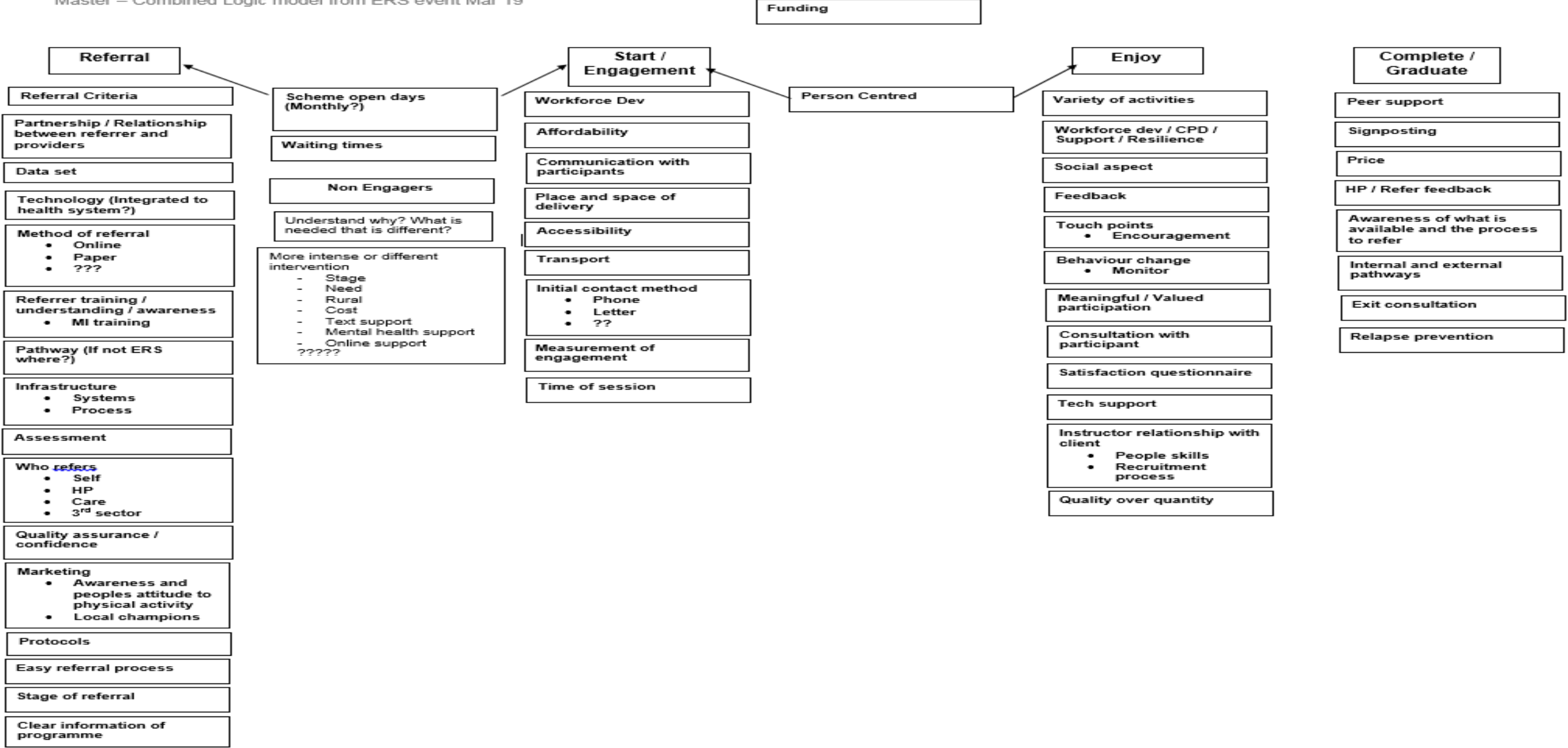**Logic model development session**

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Eileen McMillan, NHS Health Scotland

#ScotExRef

Previous session
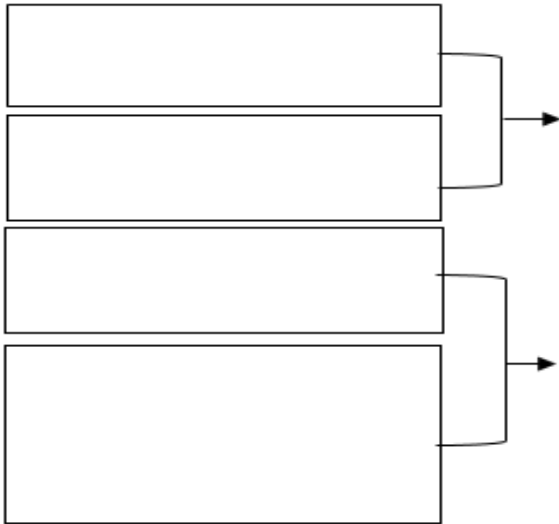
Master – Combined Logic model from ERS event Mar 19

Funding

Referral

- Referral Criteria
- Partnership / Relationship between referrer and providers
- Data set
- Technology (Integrated to health system?)
- Method of referral
  - Online
  - Paper
  - ???
- Referrer training / understanding / awareness
  - MI training
- Pathway (If not ERS where?)
- Infrastructure
  - Systems
  - Process
- Assessment
- Who refers
  - Self
  - HP
  - Care
  - 3rd sector
- Quality assurance / confidence
- Marketing
  - Awareness and peoples attitude to physical activity
  - Local champions
- Protocols
- Easy referral process
- Stage of referral
- Clear information of programme

- Scheme open days (Monthly?)
- Waiting times
- Non Engagers
- Understand why? What is needed that is different?
- More intense or different intervention
  - Stage
  - Need
  - Rural
  - Cost
  - Text support
  - Mental health support
  - Online support
  ?????

Start / Engagement

- Workforce Dev
- Affordability
- Communication with participants
- Place and space of delivery
- Accessibility
- Transport
- Initial contact method
  - Phone
  - Letter
  - ??
- Measurement of engagement
- Time of session

Person Centred

Enjoy

- Variety of activities
- Workforce dev / CPD / Support / Resilience
- Social aspect
- Feedback
- Touch points
  - Encouragement
- Behaviour change
  - Monitor
- Meaningful / Valued participation
- Consultation with participant
- Satisfaction questionnaire
- Tech support
- Instructor relationship with client
  - People skills
  - Recruitment process
- Quality over quantity

Complete / Graduate

- Peer support
- Signposting
- Price
- HP / Refer feedback
- Awareness of what is available and the process to refer
- Internal and external pathways
- Exit consultation
- Relapse prevention

Next steps