

Physical Activity Referral Learning Exchange

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Morning Programme

10:00	Registration
10:30	Welcome and Introduction Emma Berry, Path for All
10:40	Physical Activity Referral Taxonomy Update Dr Coral Hanson, Research Fellow, Napier University
11:10	CIMSPA Professional standards Colin Huffen, Head of Regulation and Standards, CIMSPA
11:40	Tea / Coffee Break
12:00	Local Intelligence Support Team Linking HSCP Data with Physical Activity Referral Jackie Burman, Principal Information Development Manager, NHS National Services Scotland
12:20	ReferAll Stu Stocks, Commercial Director, ReferAll
12:40	International Physical Literacy Association Dr Cara Shearer, PhD Researcher, Research Institute for Sport and Exercise Sciences at Liverpool John Moores University
13:00	Lunch and Networking

Physical Activity Referral Learning Exchange

Emma Berry

Senior Development Officer,
Paths for All

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Physical Activity Referral
Taxonomy Update

Dr Coral Hanson, Research Fellow,
Napier University

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CIMSPA: Professional Standards

Colin Huffen, Head of Regulation and
Standards, CIMSPA

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Tea / Coffee Break

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Linking HSCP Data with Physical Activity Referral

Jackie Burman, Principal Information
Development Manager,
NHS National Services Scotland

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Physical Activity Referral Learning Exchange

ReferAll

Stu Stocks, Commercial Director,
ReferAll

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Physical Activity Referral Learning Exchange

International Physical Literacy Association

Dr Cara Shearer, PhD Researcher,
Research Institute for Sport and
Exercise Sciences at Liverpool John
Moore's University

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Lunch and Networking

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Afternoon Programme

14:00	National Physical Activity Pathway Flora Jackson, Health Improvement Manager, NHS Health Scotland
14:20	Tiered Approach to Physical Activity Referral and Signposting Eileen McMillan, Senior Health Improvement Officer, NHS Health Scotland
14:40	Tea / Coffee Break
15:00	Physical Activity Referral Standards Dr Paul Kelly, Lecturer in Physical Activity and Healthy, Physical Activity for Health Research Centre (PAHRC) and Eileen McMillan, Senior Health Improvement Officer, NHS Health Scotland
15:45	Summing up and next steps
16:00	Session Close

Physical Activity Referral Learning Exchange

National Physical Activity Pathway

Flora Jackson, Health Improvement
Manager, NHS Health Scotland

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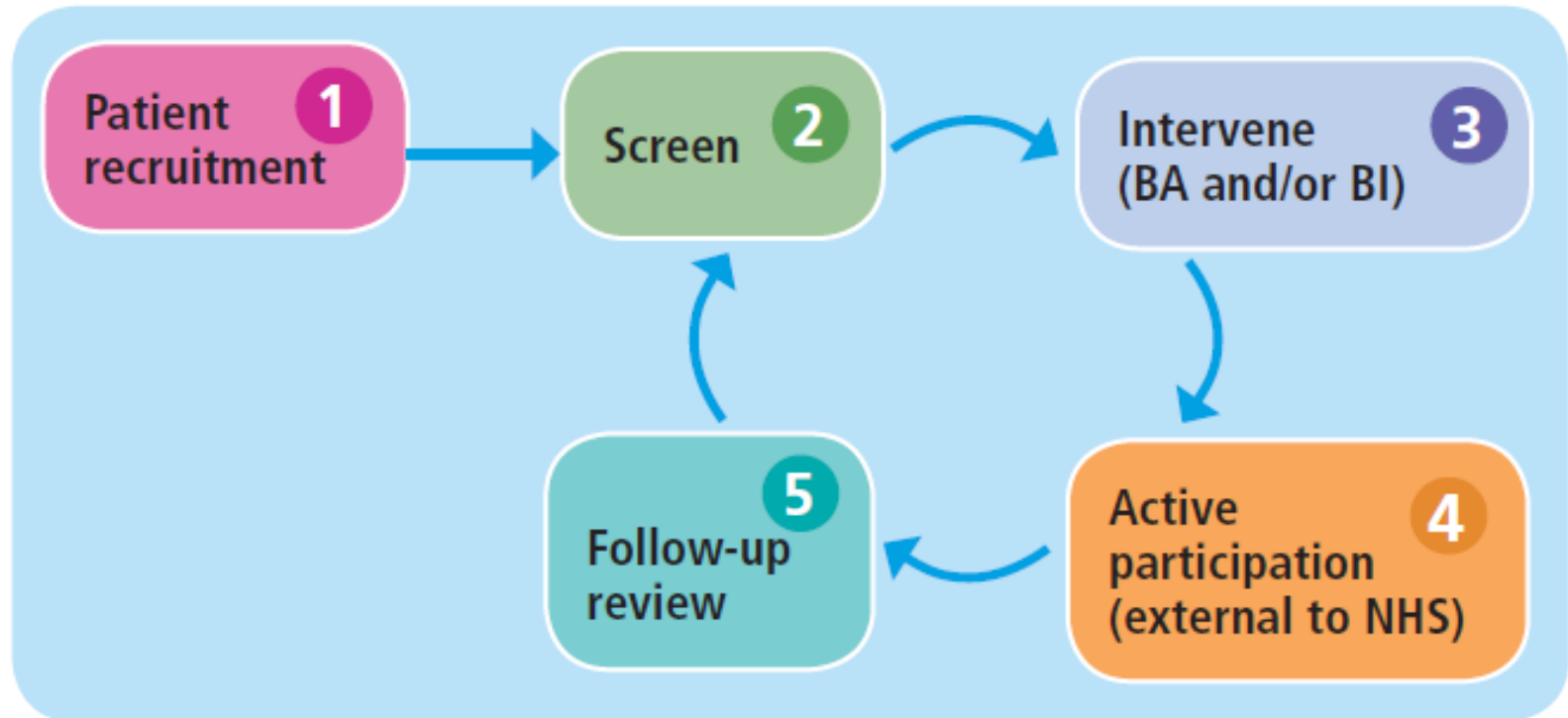


The NHS National Physical Activity Pathway to Physical Activity Referral

Flora Jackson

NHS Health Scotland

NHS National Physical Activity Pathway



The cyclical nature of the National Physical Activity Pathway

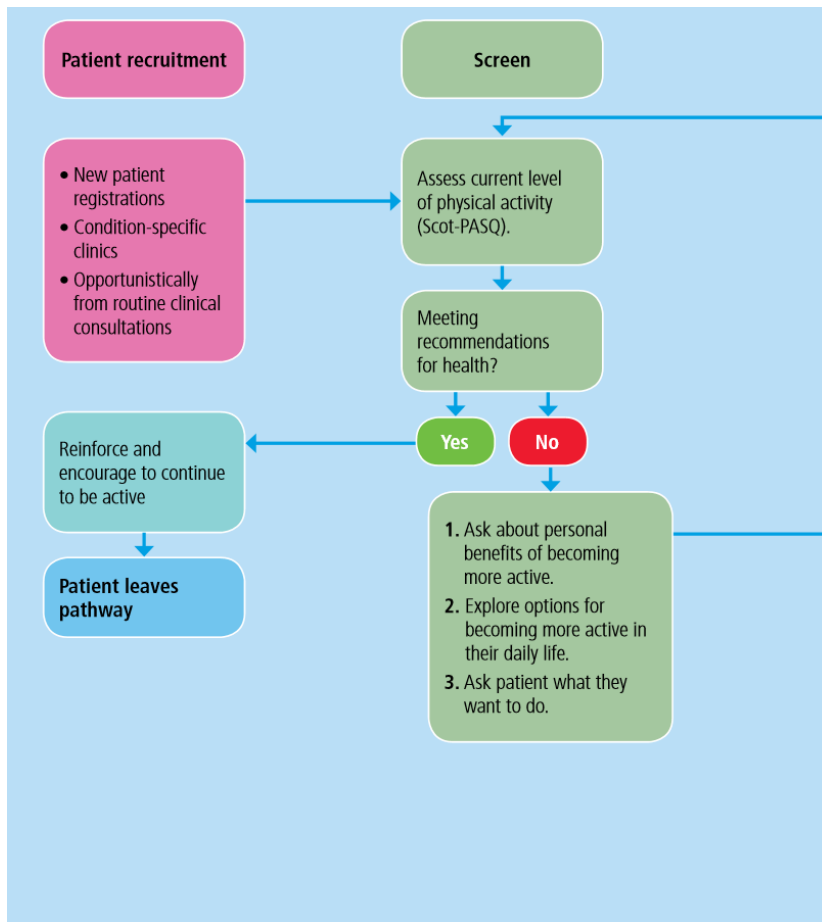
Patient recruitment

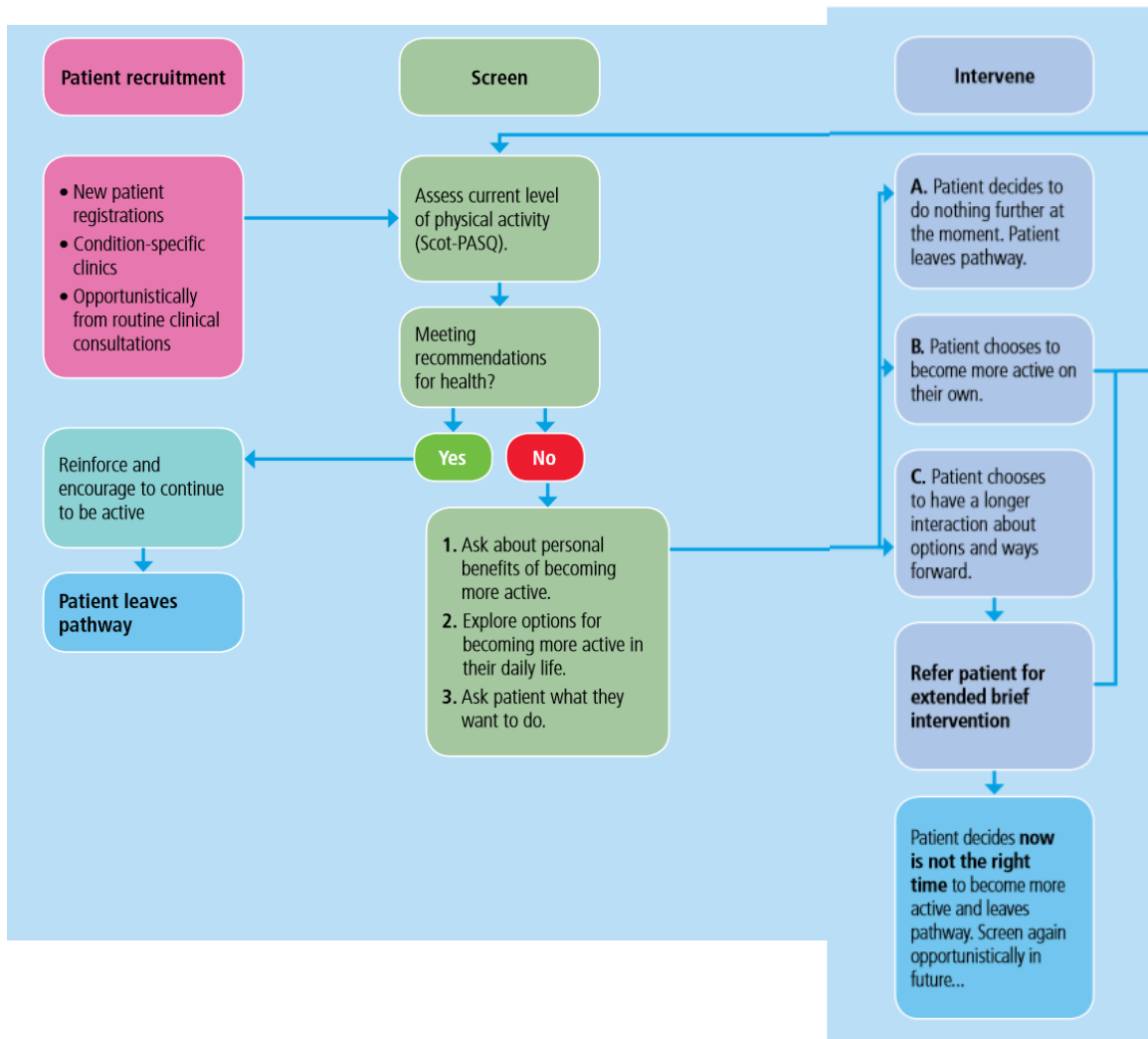
- New patient registrations
- Condition-specific clinics
- Opportunistically from routine clinical consultations

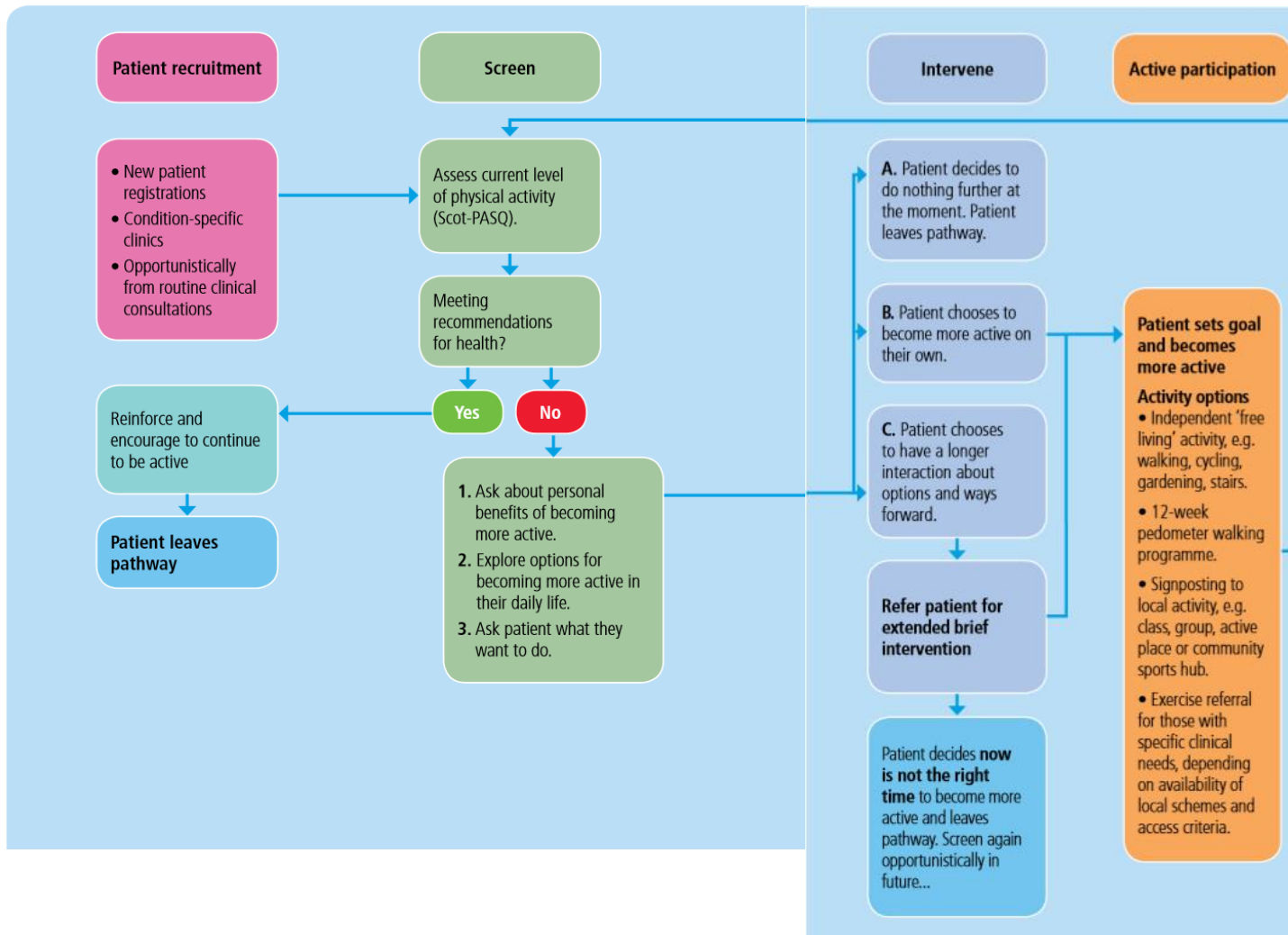
Reinforce and encourage to continue to be active

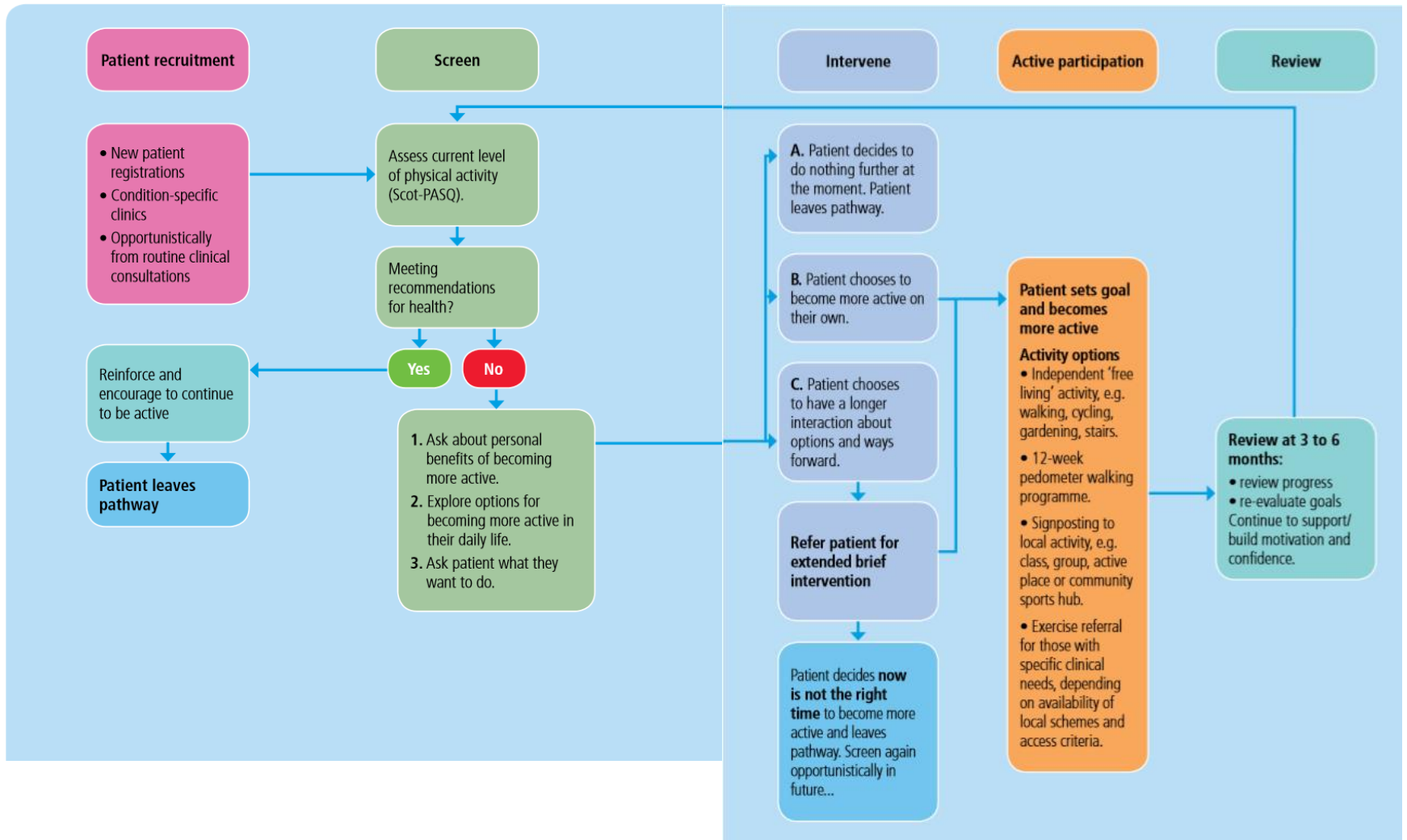
Patient leaves pathway



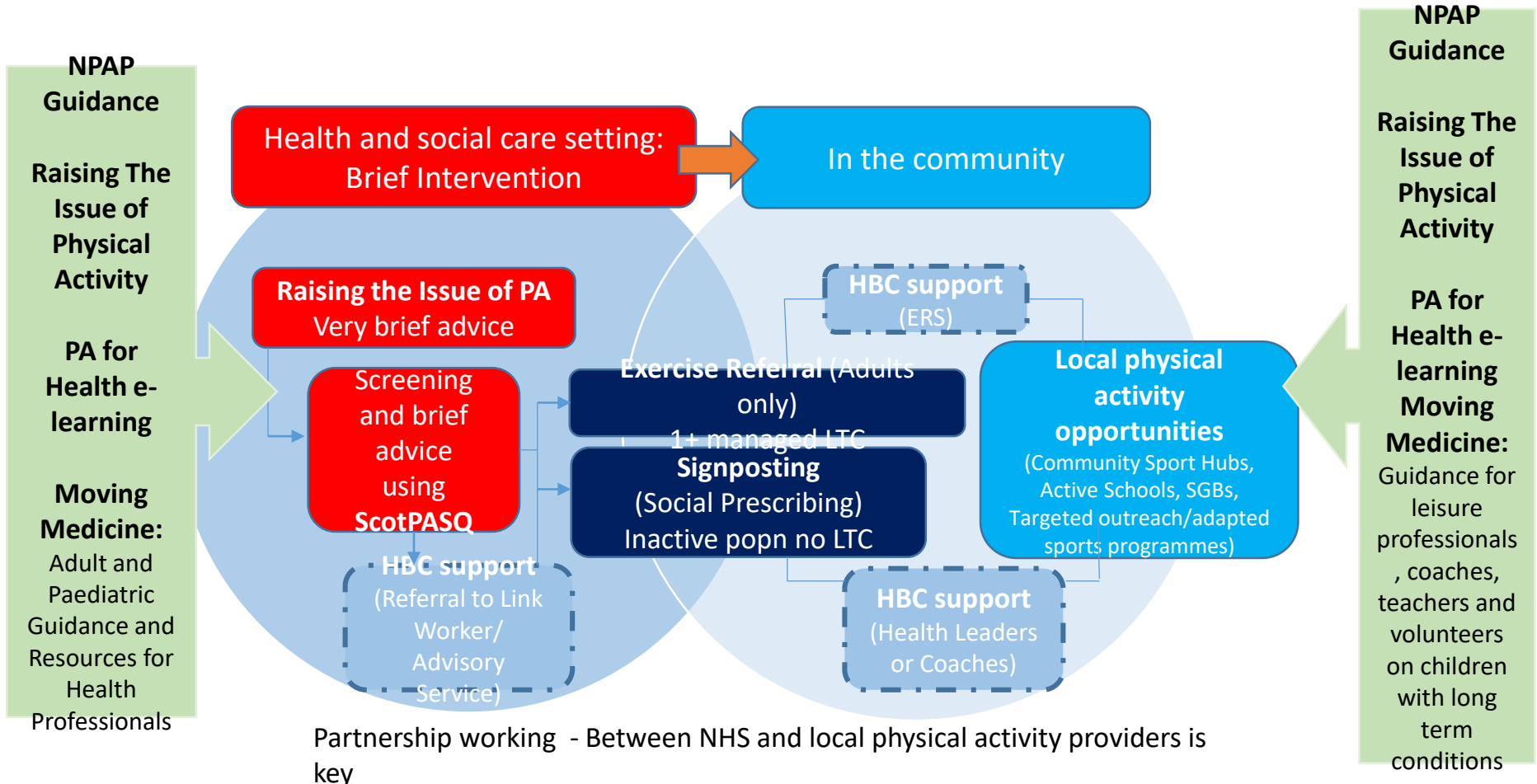








NHS National Physical Activity Pathway



Physical Activity Referral Learning Exchange

Tiered Approach to Physical
Activity Referral and
Signposting

Eileen McMillan, Senior Health
Improvement Officer,
NHS Health Scotland

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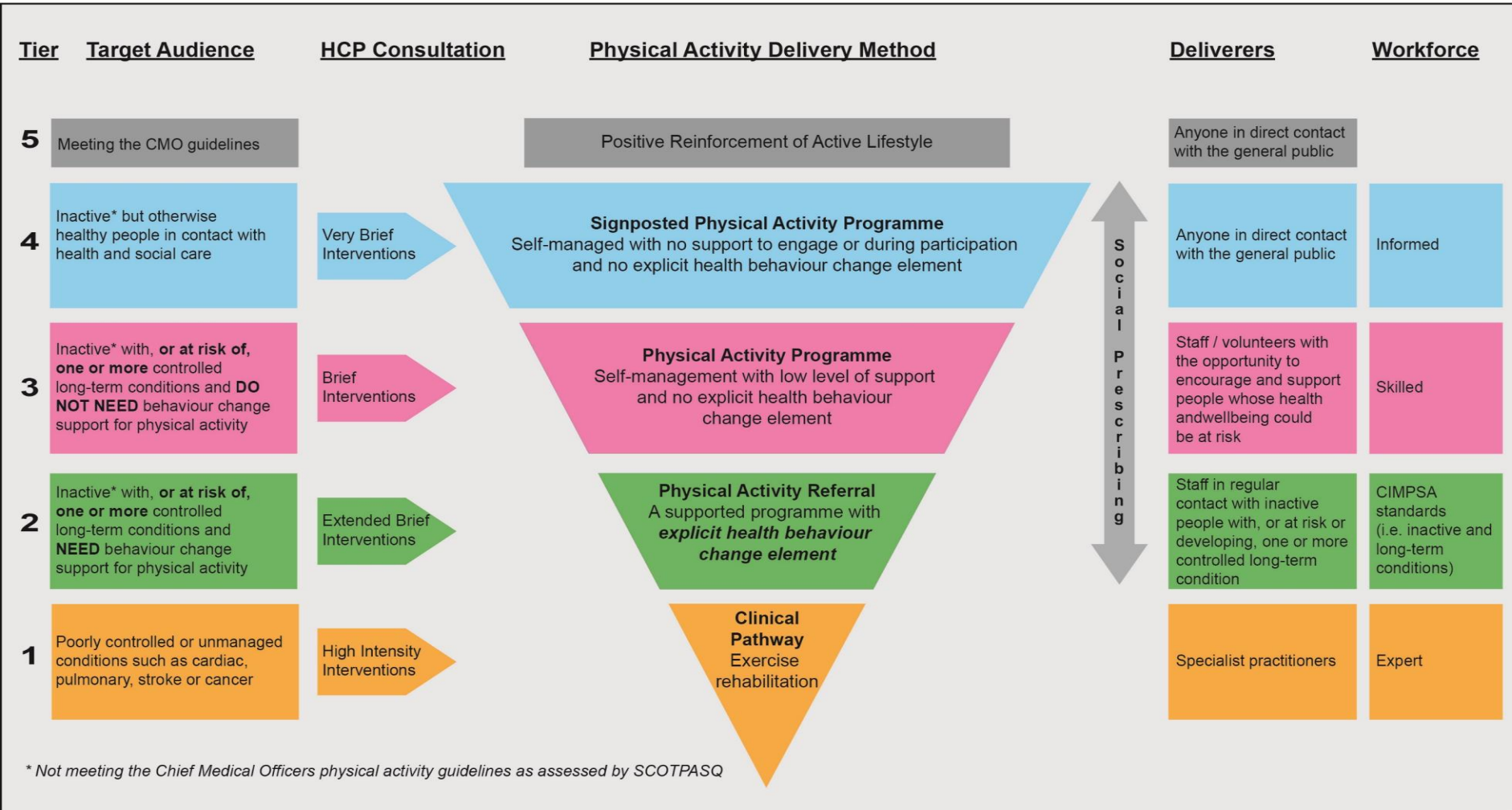




Tiered Approach to Physical Activity Referral and Signposting

Eileen McMillan, Senior Health Improvement Officer,
NHS Health Scotland

DRAFT Tiered Approach to Physical Activity





Tier definitions

Tier 1: Exercise rehabilitation

An exercise rehabilitation programme usually for a person with an unstable long term condition, who requires a full supported physical activity intervention with explicate health behaviour change element. Provided by expert clinical staff.

Tier 2: Physical activity Referral Scheme

A physical activity scheme for a person who is inactive with a long term condition or at risk of, who requires supported physical activity participation with explicate health behaviour change element. Provided by skilled staff complying with inactive and LTC CIMSPA standards.

Tier 3: Physical activity programme

A physical activity programme for a person who is inactive with a long term condition or at risk of, who requires little to no support to participate in physical activity and has no explicit health behaviour change element. Provided by skilled staff who are capable of managing LTC or those at risk of.

Tier 4: Physical activity signposting

A physical activity programme for a person who is inactive but otherwise healthy, who requires some encouragement to be more active. Staff will have a variety of qualifications but do not require HBC or LTC condition management training.

Tier 5: Positive reinforcement

No onward referral or signposting required.



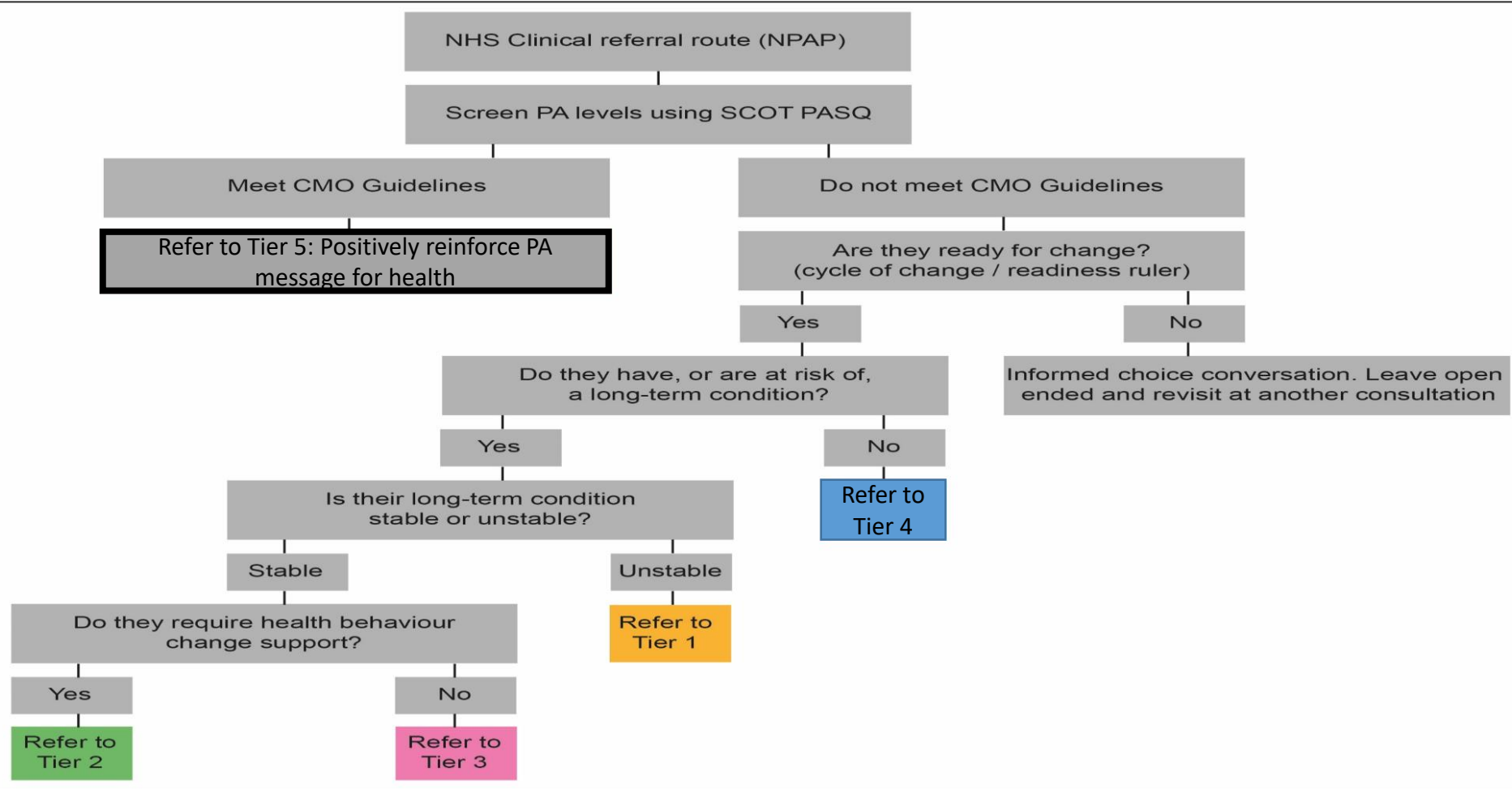
NPAP KSF Framework for HSC

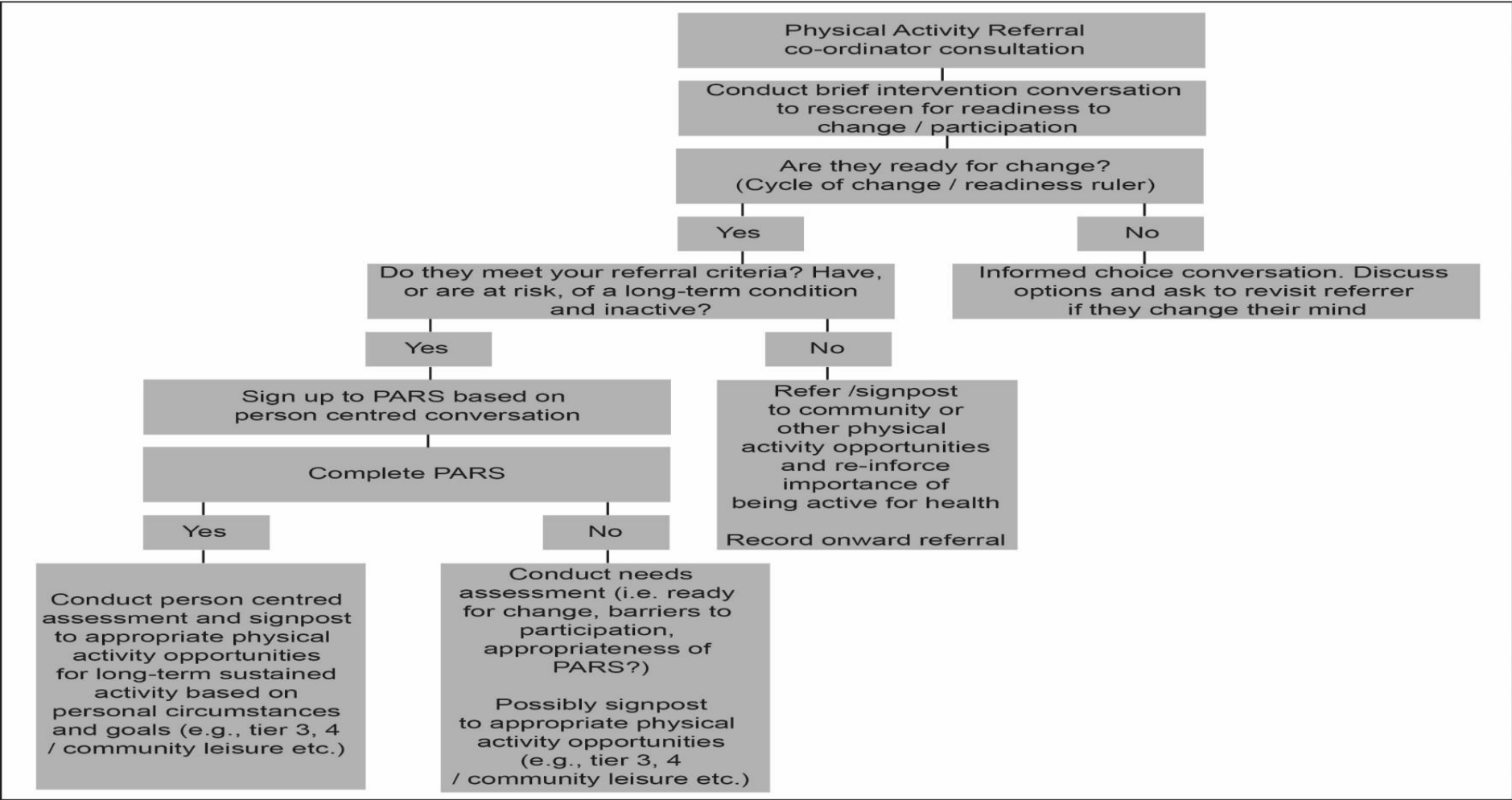
	What people need to know (knowledge)	What people need to do (skills)	Where people can access learning
Informed	UK CMO Physical activity Guidelines Benefits of physical activity Risks of inactivity How to raise the issue of physical activity How to screen for inactivity Health behaviour change Inequalities	Deliver very brief physical activity advice	RIPA HEE PA Health eLearning module MAP Moving Medicine online resource Inequalities eLearning
Skilled	Person centred physical activity advice Knowledge of how and where to signpost or refer HBC and appropriate techniques	Brief intervention	Motivational Interviewing Scottish Services Directory (ALISS) Physical activity areas lead contact
Enhanced	Health behaviour change	Extended brief intervention	CIMSPA Professional Standards (Inactive and Long Term Conditions)
Specialist	Clinical exercise	High intensity HBC interventions	



NPAP KSF Framework for PA Providers

	What people need to know (knowledge)	What people need to do (skills)	Where people can access learning
Informed	UK CMO Physical activity Guidelines Benefits of physical activity Risks of inactivity How to raise the issue of physical activity How to screen for inactivity Health behaviour change Inequalities	Deliver very brief physical activity advice	RIPA HEE PA Health eLearning module MAP Moving Medicine online resource Inequalities e-learning
Skilled	Person centred physical activity advice Knowledge of how and where to signpost or refer HBC and appropriate techniques	Brief intervention	Scottish Services Directory (ALISS) Physical activity areas lead contact Motivational Interviewing HEE eLearning
Enhanced	Health behaviour change enhanced skills and techniques	Extended brief intervention	CIMSPA Professional Standards (Inactive and Long Term Conditions) CIMSPA Level 3 and 4 approved qualifications (unless delivering low risk activities such as community based walking)
Specialist	Clinical exercise	High intensity HBC interventions	CIMSPA Level 4 approved qualifications







Thank you!

Eileen McMillan
Eileen.McMillan2@nhs.net
07568 992210

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Tea and Coffee Break

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Physical Activity Referral Standards

Dr Paul Kelly, Lecturer in Physical
Activity and Health,
Physical Activity for Health Research
Centre (PAHRC) and Eileen
McMillan, NHS Health Scotland

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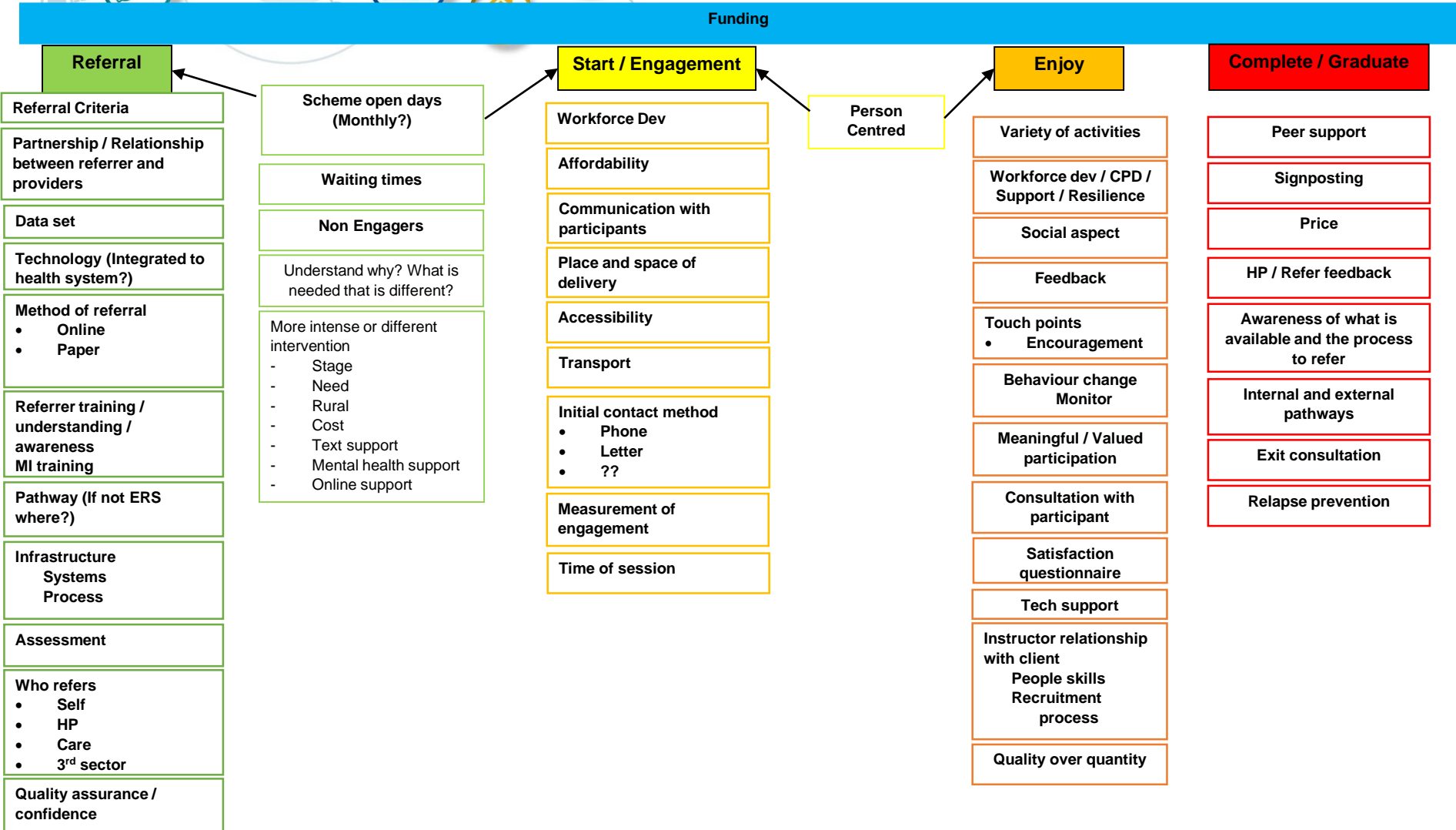


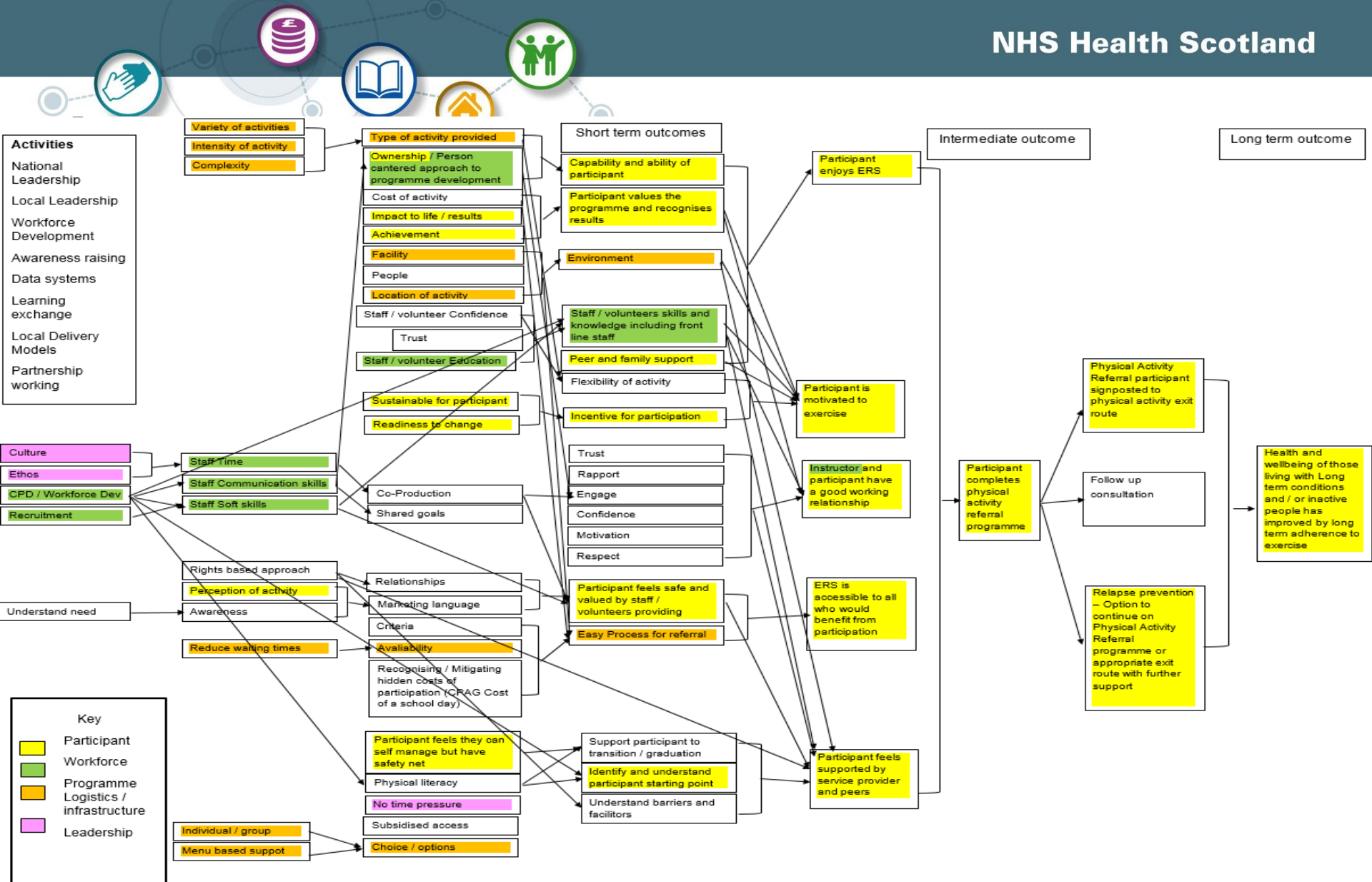
Physical Activity Standards

Dr Paul Kelly and Eileen McMillan



We asked, you said...







What does good look like in physical activity/exercise referral in Scotland?



What does good look like in physical activity/exercise referral in Scotland?

1. Effective Partnership working

2. NPAP embedded in HSCP for appropriate referral

3. CIMSPA Professional standards adhered to

4. Infrastructure within HSCP and PARs providers established to enable delivery

5. Minimum datasets embedded across schemes

6. Appropriate exit routes throughout process



What does good look like in physical activity/exercise referral in Scotland?

1. Effective Partnership working

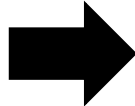
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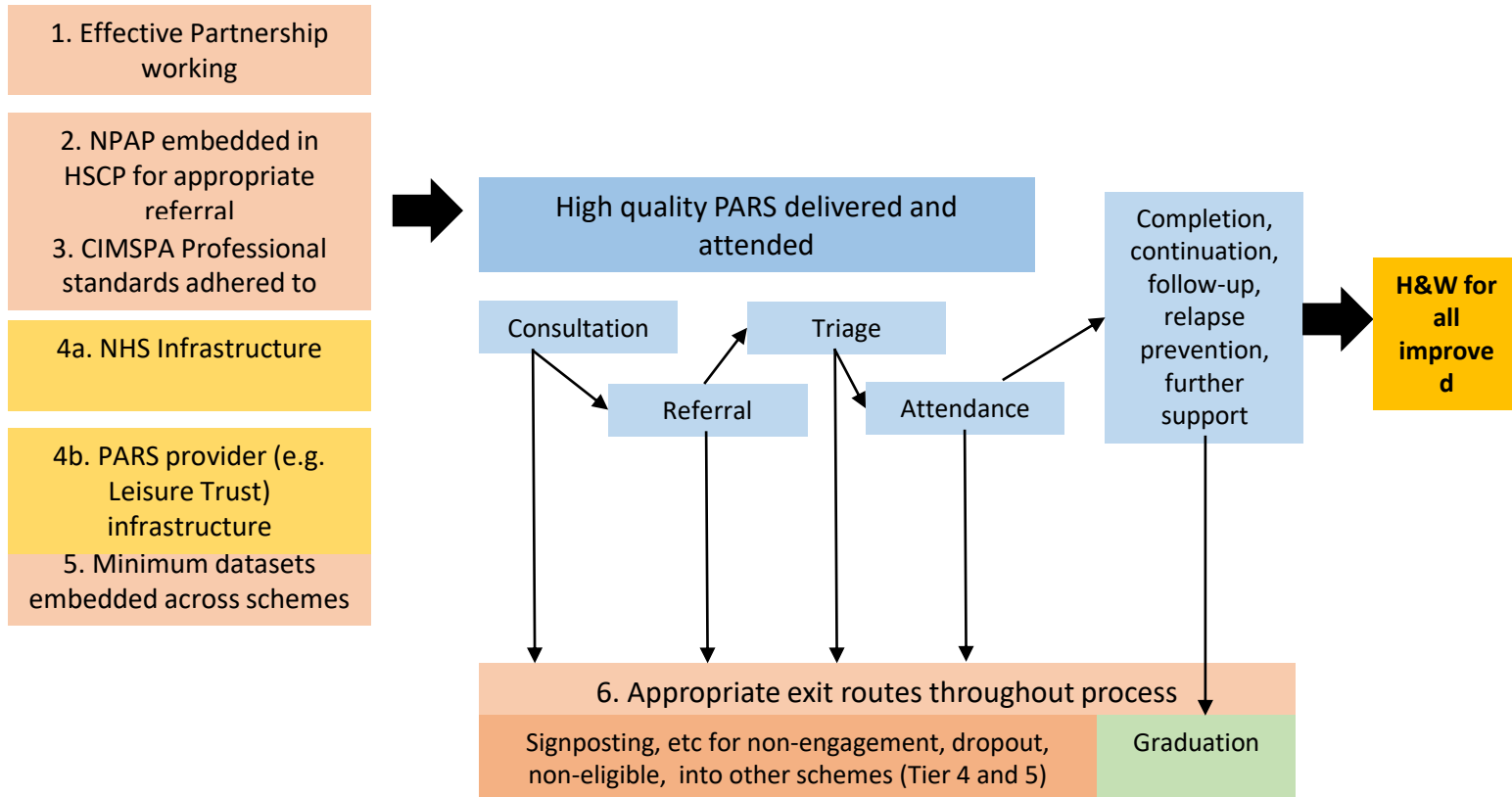


High quality PARS delivered and attended



How does this fit together?

What does good look like in physical activity/exercise referral in Scotland?



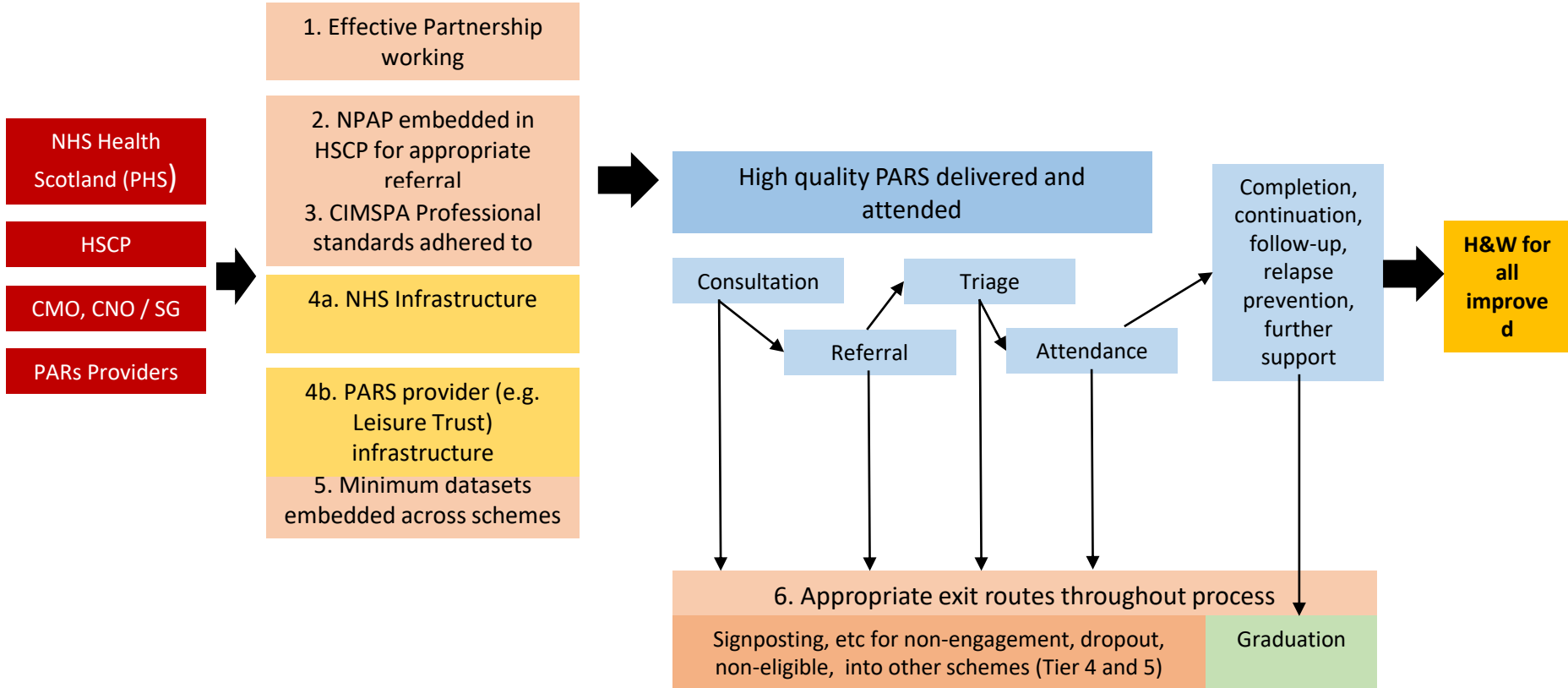


How do stakeholders support this?



Stakeholder support

What does good look like in physical activity/exercise referral in Scotland?

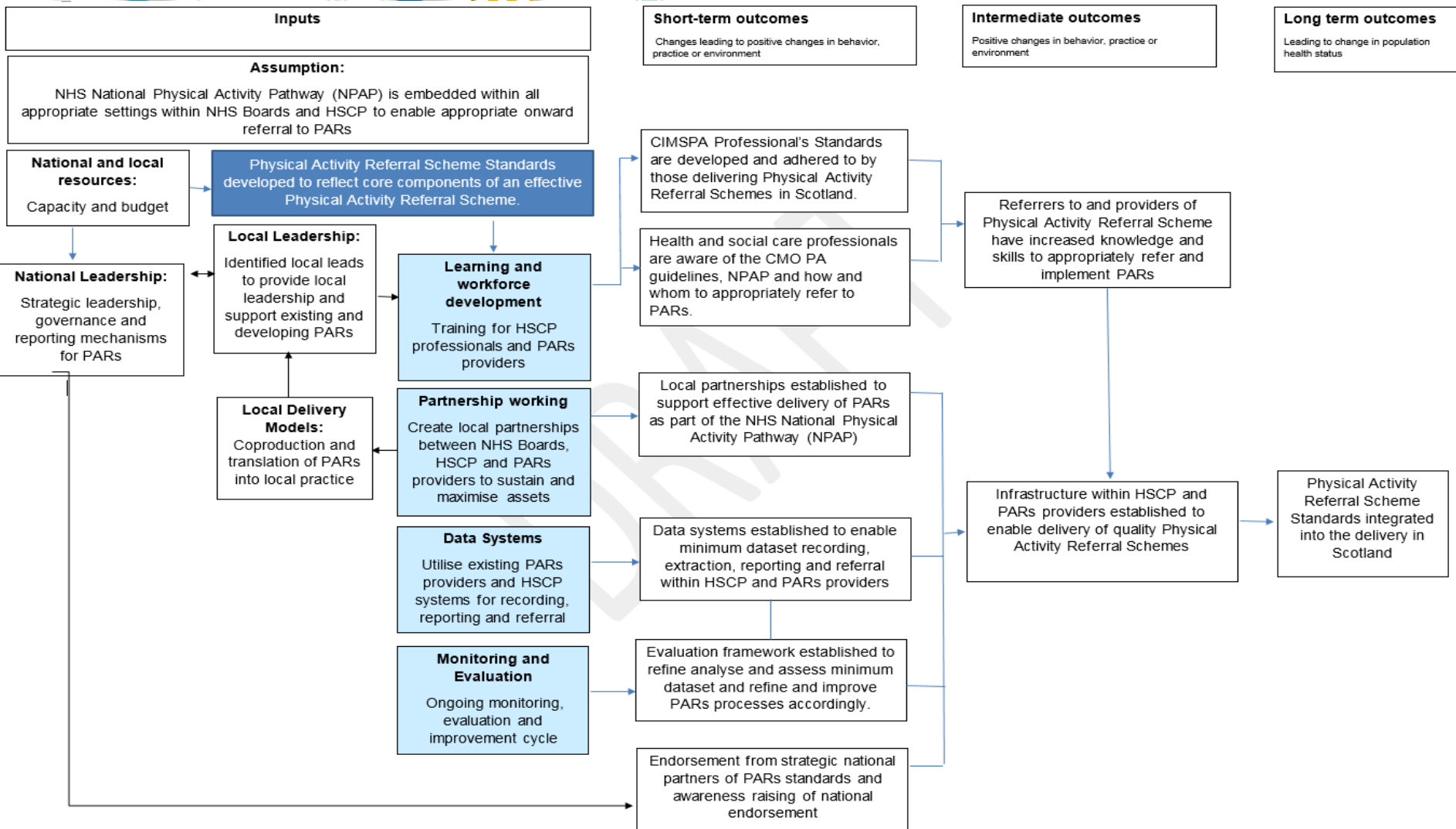




How you can use in practice?



National model





Next steps

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Summing up and Next steps

Emma Berry, Paths for All

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Thank you!

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