



## Improving health & outcomes through physical activity: *National Moving Healthcare Professionals Programme*

### Background

Lack of physical activity is a [top ten cause of the disease burden in England](#). Around 1 in 3 men and half of women are not achieving guidelines, with people with long term conditions twice as likely to be amongst the least active.

Physical activity is prioritised for action by the [Richmond Group of Charities](#) and [Government](#) for non-communicable disease prevention and underpins aims in the NHS Long Term Plan. To coincide with new UK Chief Medical Officers' (CMOs') guidelines in September 2019, 15 UK health charities launched *We are Undefeatable* to promote physical activity for people with long-term conditions (LTCs).

Physical activity is incorporated across NICE clinical guidance, with evidence suggesting that 1 in 4 people would be more active if advised by a GP or nurse. The unique and critical role of healthcare professionals is highlighted in the national [physical activity framework](#), national [Sport Strategy](#) and WHO's [Global Action Plan on Physical Activity](#).

However, 70-80% of GPs do not speak about the benefits of physical activity to patients. There is a knowledge, skills and confidence gap, with four in five GPs not familiar with guidelines. This

can be linked to a lack of training and support, with less than half confident in the area and more than half having not received specific training. A lack of training and support is seen in other professions.

### What is the Moving Healthcare Professionals Programme (MHPP)?

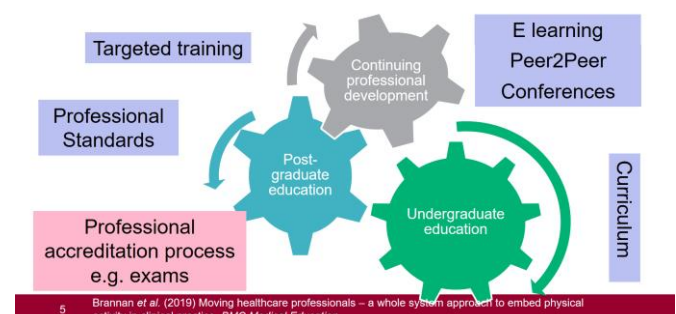
The MHPP is a national programme led by PHE and Sport England to support the healthcare workforce to increase their knowledge and skills, and change their clinical practice to incorporate physical activity within routine care. Recognised by the World Health Organization as good practice, a second, three-year programme was launched in the Government's [Prevention Green Paper](#).

The programme, now in Phase Two of delivery, provides **free** evidence-based peer training and practical resources to support healthcare professionals across their career, in basic training and continuing professional development.

### What is the offer?

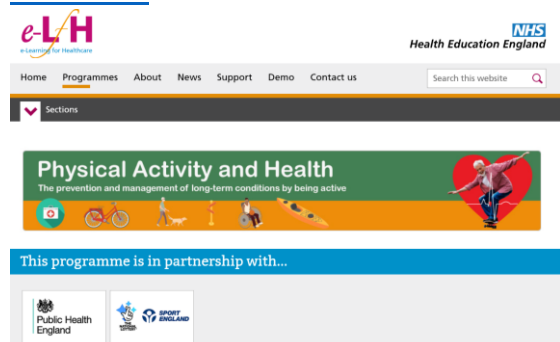
The programme's workstreams are in evaluation or have evaluated positively in increasing knowledge, skills and confidence, and increase the frequency of physical activity advice to patients. The MHPP includes four focused workstreams dedicated to the understanding and relevance of physical activity in clinical settings. A range of **free** resources are available.

#### Moving Healthcare Professional Model



## **E-learning**

Following the new CMOs guidelines and previous e-learning with ~180,000 modules completed, a new set of e-learning on physical activity for prevention and management of health conditions modules has been launch on Health Education England's [eLearning for Health](#).



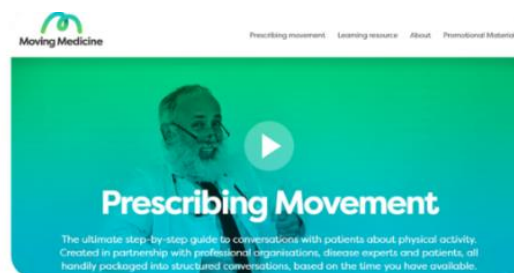
## **Peer-to-peer training**

A national network of Physical Activity Clinical Champions are delivering tailored 1-3 hours training sessions to groups of healthcare professionals at a time and location that suits local training needs (e.g. VTSSs, PLTs, Grand Rounds). So far, over 22,000 healthcare professionals have been trained, with an independent evaluation demonstrating improvements in participant knowledge, confidence and frequency of patient physical activity conversations. NHS organisations can book free sessions with your local Physical Activity Clinical Champions for groups of 12+ healthcare professionals by emailing: [physicalactivity@phe.gov.uk](mailto:physicalactivity@phe.gov.uk)



## **Moving Medicine online clinician resource**

The Faculty of Sport and Exercise Medicine worked with over 300 professionals to create this innovative evidence-based resource endorsed by medical colleges and charities with evidence-based scripts for physical activity conversations with patients across key health conditions. See: [www.movingmedicine.ac.uk](http://www.movingmedicine.ac.uk).



## **Active Hospital model and toolkit**

Diagnosis or beginning treatment for a condition and becoming a carer are key opportunities for reducing or increasing physical activity, and often occur in secondary care. In MHPP Phase One Oxford University Hospital Trust was appointed to undertake a pilot embedding physical activity in the culture and processes of a hospital and its care pathways. Independent evaluation showed variable success across pathways. A toolkit for hospitals will be launched in early 2020. The NHS Transformation Unit has been commissioned in to recruit two new hospital pilots and to develop the approach and toolkit further.

## **Undergraduate curricula support**

In Phase One, half of medical schools and a number of schools of health were given tailored, site-based support to embed physical activity across their undergraduate curriculum. Phase Two will see benchmarking of physical activity within the curricula of medical schools and schools of health, and development of a provision of support.

## What are the benefits of upskilling NHS workforces?

Accessing the free resources within the Moving Healthcare Professionals Programme provides the opportunity to:

- Address a recognised knowledge and skills gap across healthcare professionals and their capability to implement associated guidance.
- Provide the workforce with access to evidence-based training and resources proven to increase their knowledge and confidence, and support their practice.
- Improve management of patients with many long-term conditions, including people with diabetes, cardiovascular disease and cancer.
- Help reduce service demand and costs (i.e. the ~£0.5-0.9bn annual cost to the NHS associated with low physical activity).

## How does this link with the healthcare system?

### *National guidance*

This training supports healthcare professionals understand and implement the [UK CMOs guidelines](#) and a range of [NICE guidance](#).

### *Health charities*

15 UK health charities launched the [We are Undefeatable](#) campaign to raise awareness and support people with LTCs to get active, as well as their own programmes. The Burdett Trust for Nursing was a founding funder of the nurse Clinical Champions programme.

### *Professional bodies*

The RCGP has established a three-year [Physical Activity and Lifestyles priority](#), including developing a GP toolkit, Active Practice Charter and '[parkrun practice initiative](#)'.

## *NHS organisations*

Some Vocational Training Schemes, CCG PLTs and hospital grand rounds are incorporating the Physical Activity Clinical Champions sessions within their training schedules.

## How can NHS organisation be involved?

1. In line with [NICE guidance](#), identify a senior lead for physical activity.
2. Share and encourage training leads to include Physical Activity Clinical Champions training sessions within staff training sessions
3. Promote use of the e-learning and Moving Medicine resources.
4. Create a culture that promotes physical activity, including supporting national and local campaigns such as [One You](#), [We are undefeatable](#) and [parkrun practices](#).
5. Create links with local physical activity providers (e.g. local Active Partnership, Walking for Health).

## Further information

For further information, contact: [physicalactivity@phe.gov.uk](mailto:physicalactivity@phe.gov.uk)

## **Health Matters teleconference 23<sup>rd</sup> January, 14.15-15.00pm**

An edition of *Health Matters* is being published focusing on physical activity for the prevention and management of long-term conditions. It will provide a professional resource for public health professionals, local authorities and CCG commissioners.

A launch teleconference on Thursday 23<sup>rd</sup> January will be chaired by Duncan Selbie (Chief Executive, PHE) and Tim Hollingsworth (Chief Executive, Sport England), with a panel of PHE experts.

[Register for the teleconference here.](#)

**Dial-in:** (0)330 336 9125 (code: 6332005)