

***Exercise on prescription from primary healthcare settings:
Lessons and perspectives from the Let's Walk programme
"Programa CAMINEM"***

Sebastià Mas – smas@inefc.es



Getting healthy, staying healthy: moving seniors to move
Move2011 World Congress. Think Global – Move Local

Comité National Olympique Sportif Français, Paris, France

20 Octobre 2011



CONTENTS

1. Catalanian example
2. “LET’S WALK” background
3. Current project
4. The future of exercise on prescription in Catalonia



CONTENTS

- 1. Catalanian example**
2. “LET’S WALK” background
3. Current project
4. The future of exercise on prescription in Catalonia



1. Catalanian example

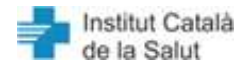


POPULATION
(2009)

46.951.532

Cat: 7.475.420

National Statistics Institute
www.ine.es



1. Catalanian example



POPULATION (2009)

Lleida: 135.919

National Statistics Institute
www.ine.es

1. Catalanian example

1993
GRANOLLERS

AFIS



2001
TERRASSA

Several Programs



2002
REUS
Workshop Chronic Diseases



2004
MARTORELL
Several Programs



2004
VILANOVA
Several Programs



2005
LLEIDA
LET'S WALK CAMINEM



Picture borrowed from Xavier Peirau (2005)



CONTENTS

1. Catalanian example
- 2. “LET’S WALK” background**
3. Current project
4. The future of exercise on prescription in Catalonia



2. "LET'S WALK" BACKGROUND

TEAMWORK

Xavier Peirau, PhD MD (Sp) - INEFC

Gisela Galindo, PhD MD (GP) - ICS

Jesus Pujol, PhD, MD (GP) - ICS

Antoni Planas, PhD - INEFC

AIMS

To support exercise prescription or physical activity advice from primary health care → Health-Enhancing Physical Activity

METHODS

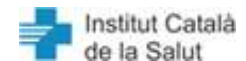
Meetings with Health Professionals (HP) explaining the purpose of the urban routes and other material.

Contact person to deliver data.

GENERAL
PRACTITIONERS

COMMUNITY
NURSES

~~PHYSICAL
THERAPISTS~~



2. "LET'S WALK" BACKGROUND

RESULTS & EVALUATION

- Practical problems to install software to HP computers.
- Lack of prescriptions delivered to the contact person.
- Meetings to refresh the project without positive results.

NO EVALUATION OF THE PROCESS

POSITIVE OUTCOMES

- Published paper about setting urban routes.
- PhD research grant.
- Spontaneous attitudes from HPs towards HEPA.



CONTENTS

1. Catalanian example
2. “LET’S WALK” background
- 3. Current project**
4. The future of exercise on prescription in Catalonia



3. CURRENT PROJECT



Peirau (2011), based on Bouchard (1990)



3. CURRENT PROJECT

Exercise on Prescription from Primary Healthcare. An approach by the “Let’s Walk Program” (Programa CAMINEM)



LET'S WALK PROGRAM 2003 - 2010

- 2003 – Project design. Health Professional recruitment
- 2003-04 – Urban routes design
- 2005 – Validation of the urban routes. Tools: routes, logbook
- 2005-09 – ???
- 2010 – Article published

Did HPs use the CAMINEM tools?

Why not?

Who does still know about them?

Who is willing to collaborate?



3. CURRENT PROJECT

Exercise on Prescription from Primary Healthcare. An approach by the “Let’s Walk Program” (Programa CAMINEM)



Aims of the study

To assess the feasibility of the approach using the RE-AIM model
Reach, effectiveness, adoption, implementation, maintenance

Key issues

- Physical therapists do not work within primary healthcare settings
- Physical therapists lack education on exercise medicine
- GP or nurse time per patient/visit: 6 minutes
- Legal & political framework ([PAFES](#), PLAN INTEGRAL A+D)

3. CURRENT PROJECT

Exercise on Prescription from Primary Healthcare. An approach by the “Let’s Walk Program” (Programa CAMINEM)



LET'S WALK PROGRAM 2010 – 2011

COULD THE “LET’S WALK” PROGRAM BE FEASIBLE?

- Exercise Specialist (≠physiotherapist) prescribing physical exercise (continuous harmonic aerobic exercise at moderate intensity) to patients being previously referred by HP (physician or nurse). **10h/week**
- In two Primary Healthcare Centres: A) GP researcher involved, B) Nurses willing to collaborate. **No extra time**
- Protocols set for:
 - Patients referral
 - First contact ES – patient
 - Follow-up contact ES – patient
 - Patients discharge
 - Communication ES – HP
 - Patients data collection



3. CURRENT PROJECT

Exercise on Prescription from Primary Healthcare. An approach by the “Let’s Walk Program” (Programa CAMINEM)



LET'S WALK PROGRAM 2010 – 2011

Participants (patients) inclusion criteria:

- 18 years old and older
- Chronic disease that may benefit from exercising (controlled physical activity): cardiovascular diseases, respiratory disorders, metabolic disorders, musculoskeletal problems, mental diseases,...
- Acceptation to the inclusion (at HP, at ES)

Exclusion criteria:

- HP or ES consider exercise as risk
- Unstable condition



3. CURRENT PROJECT

Exercise on Prescription from Primary Healthcare. An approach by the “Let’s Walk Program” (Programa CAMINEM)



LET'S WALK PROGRAM 2010 – 2011

Participants (professionals) inclusion criteria:

- General Practitioner or Community Nurse
- Fulltime or part-time dedication

Exclusion criteria:

- Refuse to participate



3. CURRENT PROJECT

PRESCRIPCIÓ D'EXERCICI FÍSIC

NOM DEL PROFESSIONAL SANITARI: CAP:
 NOM DE L'USUARI: TELÈFON:



Número de caminades recomanades per setmana: Temps proposat per completar cada caminada: minuts

Anoteu a cada fila la informació corresponent a cada dia que feu les caminades recomanades

Data	Recorregut	Hora inici	Hora fi	S'ha fet el recorregut complet?		Grau de dificultat per a completar el recorregut proposat (marcar amb una creu)		
				<input type="radio"/> SI	<input type="radio"/> NO	No m'ha costat gens	M'ha costat molt	
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			
				<input type="radio"/> SI	<input type="radio"/> NO			



12 months follow-up

Quan tingueu tot el full omplert, si us plau, retorneu-lo al/la vostre/a metge/ssa o infermer/a



3. CURRENT PROJECT

01/02/10 – 14/07/11	CAP Ferran 18740	CAP Primer de Maig 24057
HPs referring	16 (31)	17 (42)
Patients referred	109	120
Patients included (>65y)	80 (28)	101 (32)
Drop-out patients	48	64
Active 6+ months	19	28
Active 12 months = COMPLETED	10	12
Ratio discharged:referred	1:10	1:10
Ratio active:referred	1:3	1:3

Williams, N. H., Hendry, M., France, B., Lewis, R., & Wilkinson, C. (2007). Effectiveness of exercise-referral schemes to promote physical activity in adults: systematic review. *British Journal of General Practice*, 57(545), 979-986. doi: 10.3399/096016407782604866



CONTENTS

1. Catalanian example
2. “LET’S WALK” background
3. Current project
- 4. The future of exercise on prescription in Catalonia**



4. THE FUTURE IN CATALONIA

LET'S WALK PROGRAM:

- HP are getting involved → Adaptation of the approach?
- Monitoring the new approach?

Thank you!

PAFES – Catalanian plan for PA & Sport for health:

- Set by the administration.
- Feasible?

Merci beaucoup!

PLAN A+D – Spanish plan for PA & Sport for health:

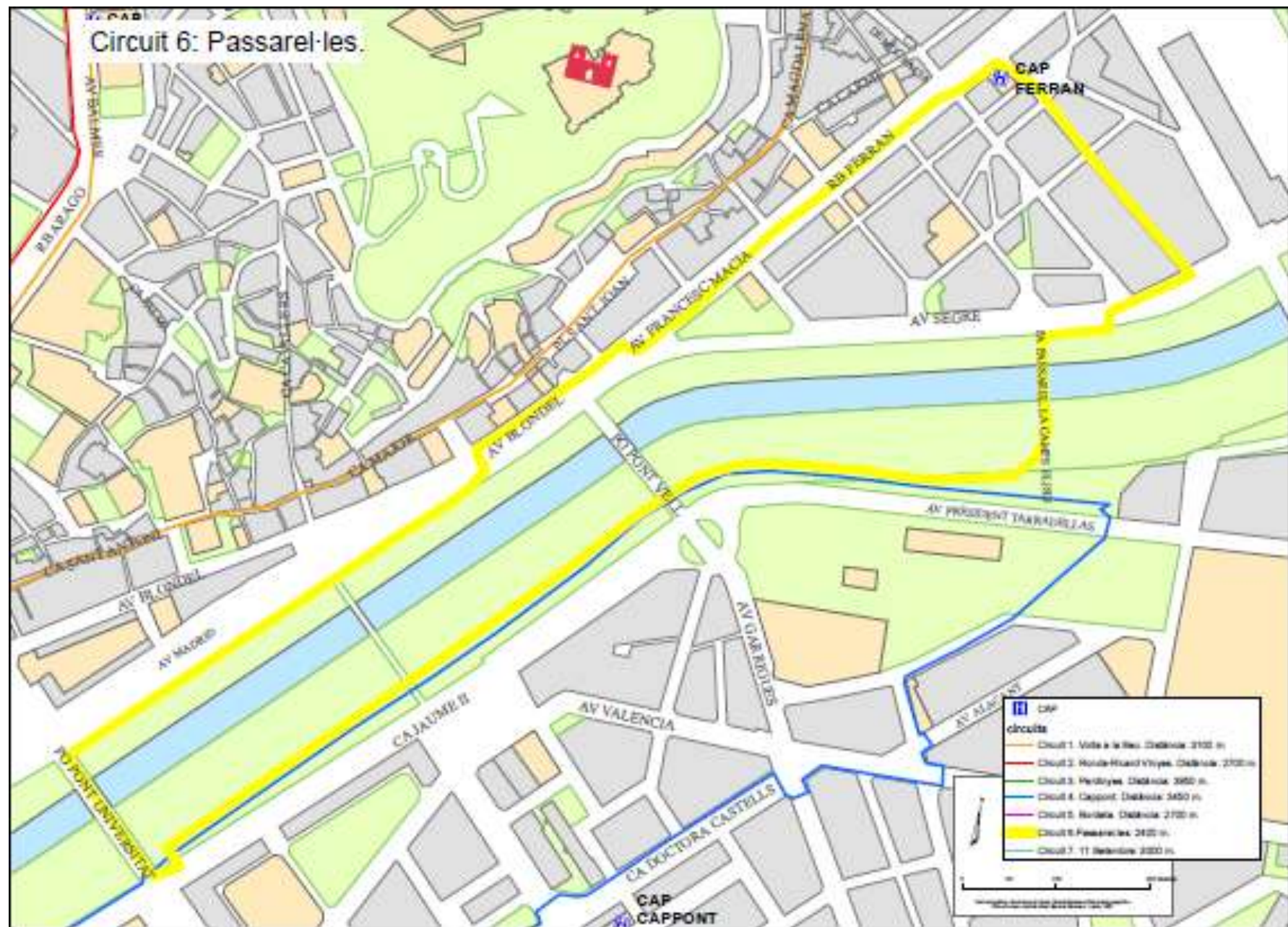
- Still on process.
- Great impact?

xpeirau@inefc.es

smas@inefc.es



Circuit 6: Passarel·les.





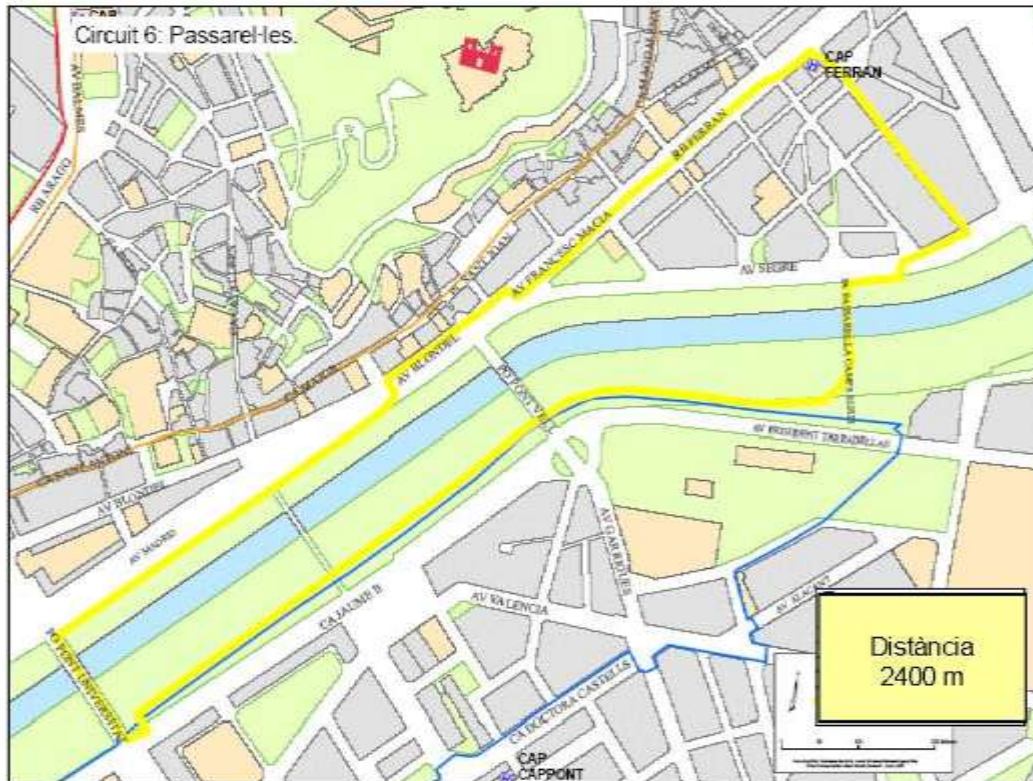
INEFC

Institut Nacional
d'Educació Física
de Catalunya
Lleida

Generalitat
de Catalunya



Institut Català
de la Salut



edat	exercici suau	exercici moderat	exercici intens
	♥	♥♥	♥♥♥
	més de ...	entre	menys de ...
26	28min	↔	18min
30	29min	↔	20min
35	30min	↔	21min
40	31min	↔	22min
45	33min	↔	23min
50	34min	↔	24min
55	35min	↔	25min
60	36min	↔	27min
65	37min	↔	28min
70	38min	↔	29min
75	40min	↔	30min
80	41min	↔	31min
85	42min	↔	30min
	50%		80%

PRESCRIPCIÓ D'EXERCICI FÍSIC - CAMINEM



NOM DEL PROFESSIONAL SANITARI:

CAP:

NOM DE L'USUARI:

TELÈFON:

Número de caminades recomanades per setmana: Temps proposat per completar cada caminada: minuts

Data	Circuit	Hora inici	Hora fi	Recorregut complet?		Grau de dificultat per a completar el recorregut proposat (marcar amb una creu) No m'ha costat gens M'ha costat molt
				SI	NO	
				SI	NO	-----
				SI	NO	-----
				SI	NO	-----
				SI	NO	-----
				SI	NO	-----
				SI	NO	-----
				SI	NO	-----
				SI	NO	-----
				SI	NO	-----
				SI	NO	-----

