

# A GUIDE FOR HEALTHCARE PROFESSIONALS



This evidence-based and locally consulted guideline sets out the vision for sport and physical activity for all people with disabilities and long-term conditions in Norfolk. It aims to support healthcare professionals to ensure their practice is person-centred, holistic, and improves the health and well-being of their patients.

## VISION

“To improve the quality and experience of physical activity for individuals with disabilities and long-term conditions of all ages in Norfolk, and ensure the opportunity to participate by improving access and reducing barriers.”

## WHY IS THIS GUIDE IMPORTANT?

It has been suggested that one in four people would be more active if advised by a GP or nurse, but as many as 72% of GPs do not discuss the benefits of physical activity with patients

Physical activity can improve an individual's physical, mental, and social health and prevent the worsening of symptoms for individuals with long-term conditions<sup>1,2</sup>

Preventative healthcare can reduce demand on the NHS and cost for health and social care services<sup>3,4</sup>

## KEY CONSIDERATIONS

The 4th largest risk factor for disability and disease is physical inactivity<sup>5</sup>

People with disabilities + long-term conditions are half as likely as people without disabilities to be active<sup>3</sup>, but 7 in 10 people with disabilities + long-term conditions want to participate more in sport and physical activity<sup>6</sup>

Norfolk has a higher percentage of individuals with disabilities and long-term conditions (20.1%) compared to England's overall population (17.6%)<sup>7</sup>

Norfolk is currently performing worse than approximately 75% of the other counties in England in the following health category: People reporting bad or very bad health in general<sup>8</sup>

### References

1-Powell, K.E., Paluch, A.E. and Blair, S.N., 2011. Physical activity for health: What kind? How much? How intense? On top of what?. Annual review of public health, 32, pp.349-365. 2- UK Chief Medical Officer's guidelines 2011 Start Active, stay active: <https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity>; 3- NHS (2014). Five Years Forward View. [online]. Available at: <https://www.england.nhs.uk/wp-content/uploads/2014/10/5yfv-web.pdf>; 4- Public Health England (2014). Everybody Active, Every Day: An Evidence-based Approach to Physical Activity. Available at: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/374914/Framework\\_13.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/374914/Framework_13.pdf); 5- Murray et al. (2013). UK health performance: findings of the Global Burden of Disease Study 2010. The Lancet, 381, pp.997-1020.; 6- Activity Alliance (2013). Disabled People's Lifestyle Report: September 2013. Available at: [www.activityalliance.org.uk/how-we-help/research/1873-disabled-peoples-lifestyle-report-september-2013](http://www.activityalliance.org.uk/how-we-help/research/1873-disabled-peoples-lifestyle-report-september-2013); 7- Norfolk County Council (2014). Life Opportunities Study. Available at: <https://www.gov.uk/government/statistics/life-opportunities-survey-wave-one-results-2009-to-2011>; 8- Office for National Statistics 2011 Census; 9- Sport England (2013 - 2015). Active People Survey

## WHAT DO I NEED TO DO?

### HOW CAN I SUPPORT MY PATIENTS TO BE MORE ACTIVE?

- Educate patients with disabilities + long-term conditions and personal and professional carers about the health benefits of physical activity
- Place physical activity posters in waiting rooms, treatment rooms, and other spaces used by patients
- Educate about the personal, physical, and social barriers that individuals with disabilities + long-term conditions face
- Suggest physical activity as part of treatment
- Signpost to local inclusive physical activity
- Suggest individuals look into how they can use personal independence payments (PIP) for physical activity

### HOW CAN I SUPPORT MY ORGANISATION TO BE MORE INCLUSIVE AND ACCESSIBLE?

- Place this poster in your office
- Place physical activity posters in rooms and spaces used by patients (can use Active Norfolk's 'Individuals with Disabilities + long-term conditions Physical Activity Guidelines')
- Promote best practice by reviewing internal policies, joining local networks, and encouraging participation in events and online forums.
- Use your expertise by becoming a volunteer or coach for a local activity
- Embed physical activity at your organisation for staff members or offer discounts for staff
- Sign your workplace up as an Active Practice and/or a parkrun practice

## WHAT SUPPORT IS AVAILABLE?



### ACTIVE NORFOLK

We can offer general disability and physical activity support and guidance including coaching advice. Find inclusive local activities, prescribing advice and training, and other resources on our website. [www.activenorfolk.org/healthcare-professional-resource](http://www.activenorfolk.org/healthcare-professional-resource)

### MOVING MEDICINE

Provides practitioners advice on prescribing physical activity, ways to have conversations around physical activity with limited time, and current research. [www.movingmedicine.ac.uk](http://www.movingmedicine.ac.uk)

### PARKRUN PRACTICE

Under this initiative, GP practices across the UK are encouraged to develop close links with their local parkrun to become parkrun practices. [bit.ly/parkrunpractice](http://bit.ly/parkrunpractice)

### ACTIVE PRACTICE CHARTER

It's a fun, easy way to make some simple but impactful changes in your workplace that will demonstrate to your patients and staff that you mean it when you say that movement is the best medicine. [bit.ly/activepractice](http://bit.ly/activepractice)

### PHYSICAL ACTIVITY TOOLKIT

This toolkit has been designed by the RCGPs in partnership with Sport England, to be used by primary care professionals in the UK. [www.rcgp.org.uk/clinical-and-research/resources/toolkits/physical-activity-and-lifestyle.aspx](http://www.rcgp.org.uk/clinical-and-research/resources/toolkits/physical-activity-and-lifestyle.aspx)

### E-LEARNING FOR HEALTHCARE

This e-learning course prepares GPs, nurses and other healthcare professionals to champion the benefits of physical activity with their patients and, in doing so, help prevent and/or manage a range of common physical and mental health conditions. [www.e-lfh.org.uk](http://www.e-lfh.org.uk)