



Physical Activity for the Prevention and Management of Long-Term Conditions



OHID's free online training for healthcare professionals

Date: Wednesday 30th November, 10am-12pm via Zoom

Supporting healthcare professionals to improve patient care and outcomes

Around 1 in 3 men and half of women are not achieving recommended levels of activity for good health, with people with long-term conditions twice as likely to be amongst the least active. Physical activity is incorporated across NICE clinical guidance, with evidence suggesting 1 in 4 people would be more active if advised by a GP or nurse. However, the majority of healthcare professionals do not speak about the benefits of physical activity to patients. This can be associated with knowledge, skills and confidence gaps across HCPs.

Benefits of training

Attending this free online training provides the opportunity to:

- Access evidence-based resources proven to increase knowledge and confidence, and support clinical practice in line with guidance (e.g. NICE)
- Improve management and care of patients with 30+ long-term conditions
- Help reduce service demand and costs i.e. the ~£0.9bn annual cost to the NHS associated with insufficient physical activity

The evidence

Over 25,000 HCPs have been trained so far. An independent evaluation demonstrated improvements in participant knowledge, confidence and frequency of patient physical activity conversations:

- 84% agreed the training was useful in their work
- 91% would recommend the training to their colleagues
- 40% of HCPs were having more conversations with their patients about physical activity post-training

To apply, please complete an online application form on our website at the following link: <https://www.lincolnshiretraininghub.nhs.uk/training-and-events/current-courses-and-events/>

Closing date: Friday 18th November

"I found the session to be really inspiring both professionally and personally. I have reflected on it a lot since and it has definitely changed my practice."

