

MOVING FORWARD TOGETHER: ENHANCING PHYSICAL ACTIVITY KNOWLEDGE THROUGH INTERPROFESSIONAL EDUCATION

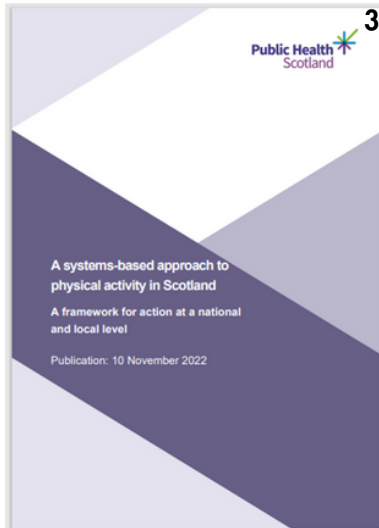
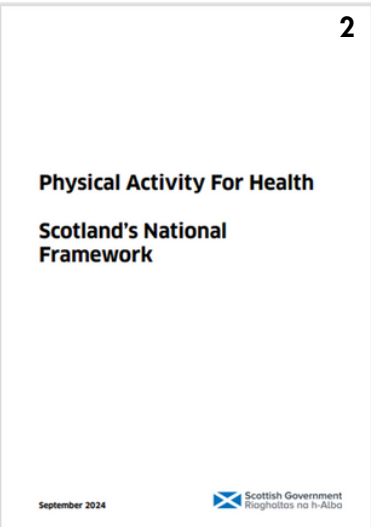


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INTRODUCTION

Increasing physical activity across the population is a global challenge. All healthcare professionals have a part to play in achieving this.

A number of publications have been written to support this challenge.



Allied Health Professionals are well positioned to advocate for, and implement, physical activity within their clinical practice.

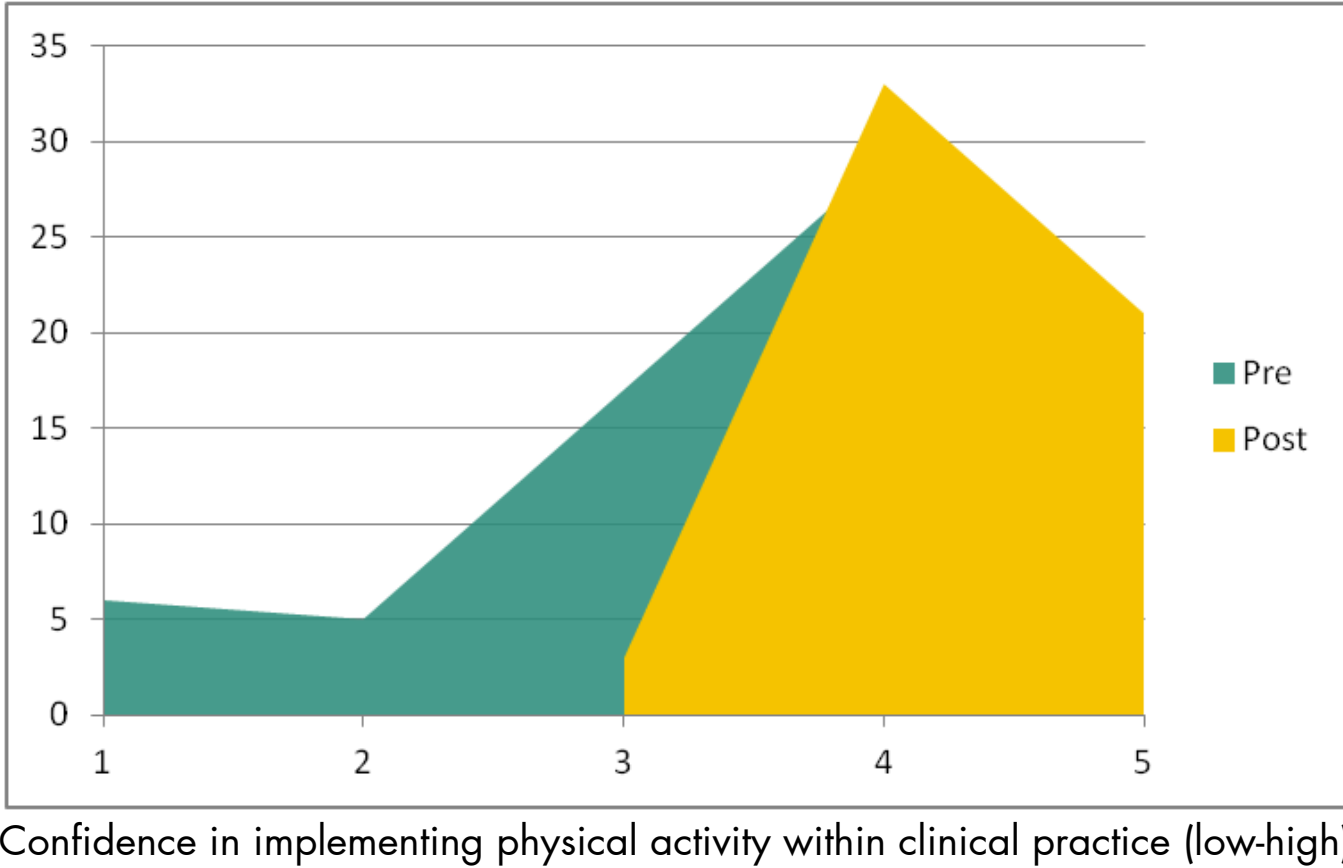
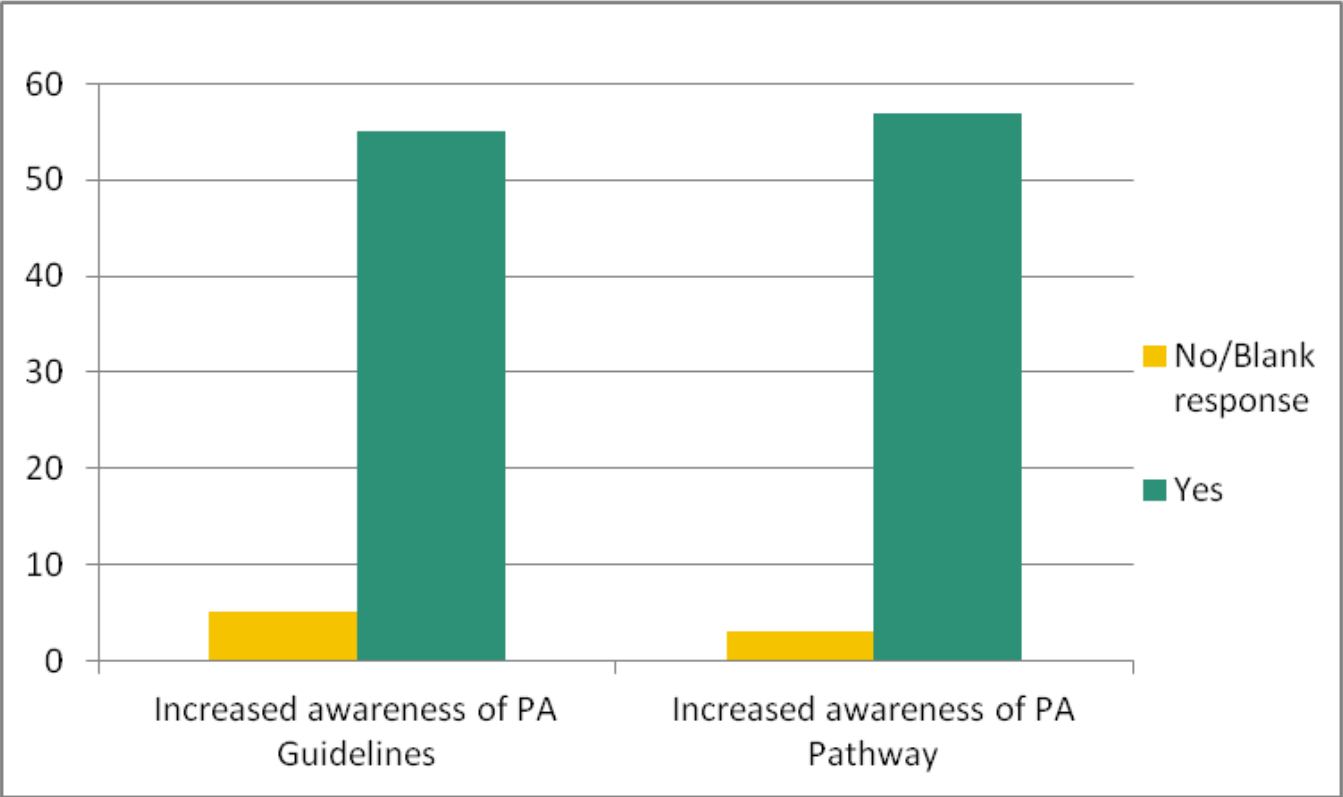
METHODOLOGY

A learning opportunity was offered to Allied Health Professional (AHP) students on placement within NHS Tayside. This interactive interprofessional learning session was entitled: “Foundations of Physical Activity”.

This session aimed to increase knowledge and awareness around physical activity benefits, guidelines and pathways. There was a focus on implementing physical activity within clinical practice for all population groups, with attention to inequalities.

RESULTS

3 sessions were delivered to a total of 60 AHP students. Confidence in implementing physical activity within clinical practice increased from an average of 3.3/5 prior to the session to 4.4/5 following the session. Awareness and understanding of the physical activity guidelines and pathway also increased for the majority of students, as seen in the graphs below.



DISCUSSION

These interprofessional learning sessions were successful in increasing the awareness of AHP students in relation to physical activity benefits, guidance and pathways. The use of relevant case study examples provided an opportunity for the students to relate the guidance to the clinical setting, while the interprofessional discussions allowed them to gain further understanding of the role of different professions. With a focus on ‘Making every contact count’ it is hoped that the students will take this forward into their future careers, supporting Scotland's approach to increasing physical activity within the population.

CONCLUSION

The interprofessional learning sessions focussed on physical activity were well received by both students and educators. Feedback highlighted the benefits of the interprofessional element, with students valuing perspectives from other professions.

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