

Sport and Exercise Medicine Pilot

Feasibility

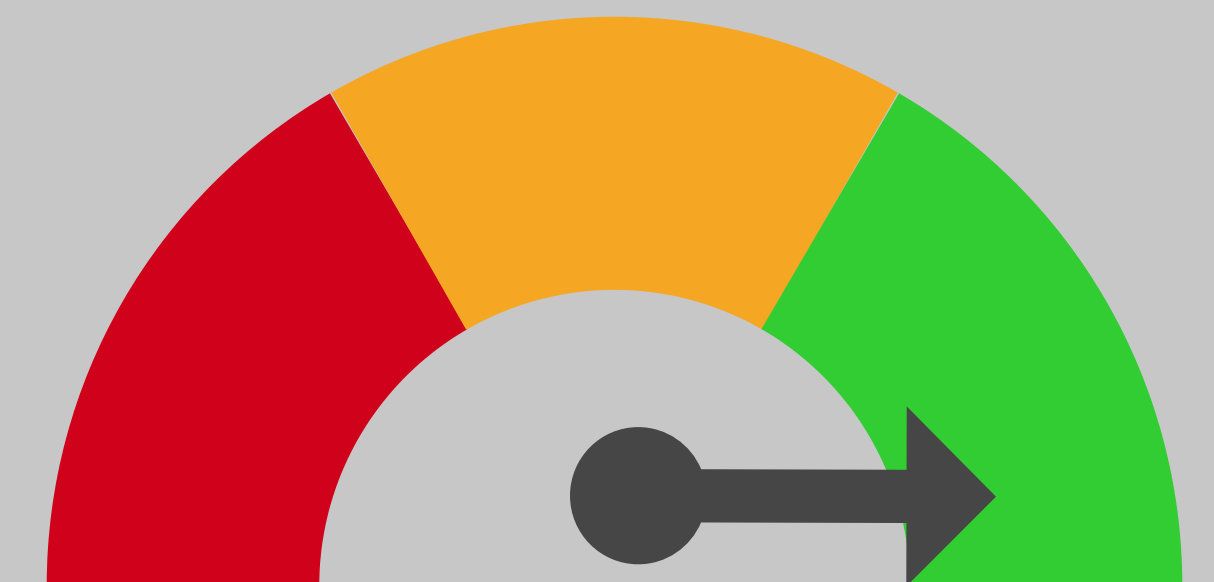
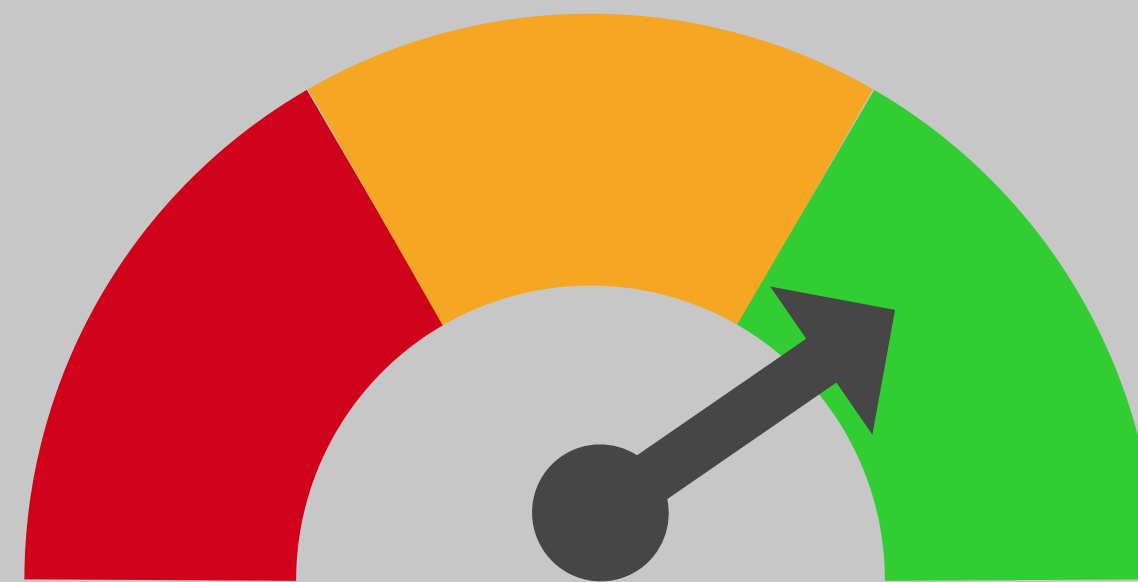
Acceptability

Maternity

Physical activity calculator has been integrated into the booking form of the electronic patient record.

Staff trained to deliver brief physical activity advice using motivational interviewing.

Short film and posters promoting physical activity displayed in waiting area.



Enablement

An exercise class to support physiotherapy rehabilitation programme.

Motivational interviewing in to the exercise class.

Physical activity calculator and brief physical activity interventions within current pathways to support all patients coming through the service whether they go on to get prosthesis or not.

Development of peer support group with education sessions.



Renal

Daily walk around.

Individualised motivational support and goal setting.

Social support network to foster peer-to-peer support.

Posters and patient information.



Critical Care

Motivational interviewing and goal setting.

Bed-based, chair-based and standing exercise program leaflets.

iCAN tool that documents each patients' physical capability so ward staff are aware of what the patient is able to do.



Complex Medical Unit

Motivational interviewing and goal setting.

Bed-based, chair-based and standing exercise program leaflets.

iCAN tool that documents each patients' physical capability so ward staff are aware of what the patient is able to do.



Three key mechanisms crucial to the setup phase of the SEM pilot:

- A supportive context prior to implementation that includes the backing from a departmental lead/senior clinician.
- Dedicated resource (commonly an SEM registrar) working directly in the pathway to champion the pilot and deliver the interventions situ.
- A senior SEM consultant with gravitas, long-standing and trusted relationships within an NHS Trust, that can navigate the local system politically and culturally.