

SIT LESS! BE ACTIVE! PLAY MORE!

1

NEED

Following attending the WIPAHS Roadshow in 2022, an expression of interest was submitted by Dr Nick Wilkinson, Consultant Paediatric Rheumatologist, Child Health, Cardiff and Vale Health Board to explore how physical activity is promoted with paediatric patients and their families.



2

DEFINE

Discussions around how to address this topic were held between WIPAHS team members, Dr Wilkinson, and Physiotherapist Sarah Jones.



3

EXPLORE

Options to facilitate networking between practitioners across Wales were explored.



4

DEVELOP

Collaboratively, a one-day workshop aimed at therapists and clinicians was designed to facilitate networking and the sharing of evidence-based practice.



5

EVENT

WIPAHS delivered the workshop on the 8th June 2023, at Swansea University. Key aspects of physical activity and sedentary behaviour in general and clinical populations were covered with a focus on the language and terminology used.



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WORKSHOP AIMS

- To deliver a networking event to facilitate conversations about physical activity promotion in clinical paediatric populations and to identify who else is promoting physical activity and reductions in sedentary behaviour.
- To identify what strategies are being used, what has worked, what hasn't, and why.

WORKSHOP AGENDA

- Presentations introducing the key topics of: population-level trends in physical activity and sedentary behaviour; barriers and facilitators to promotion; strategies for success; and language and terminology.
- Each presentation was followed by a group-work session to facilitate further exploration of the topics.
- A discussion on what the 'next steps' could be to enhance clinician promotion of physical activity and sedentary behaviour reduction.

SURVEY DISTRIBUTION



During the workshop, a survey, approved by Swansea University Research Ethics Committee, was, following the provision of informed consent, completed by attending Health Care Practitioners who held a paediatric caseload. The survey was designed to explore current physical activity promotion and sedentary behaviour reduction strategies, the barriers encountered, and language used when engaging with children and their families.

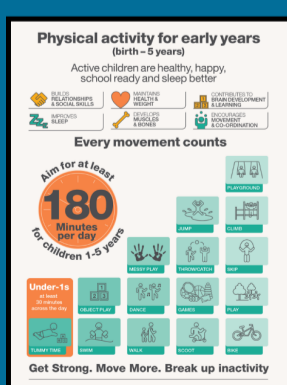
INTENDED FOLLOW-UP ACTIONS

- Distribute the survey nationally to obtain comparisons regarding approaches to physical activity promotion and sedentary behaviour reductions.
- Provide attendees with links and access to networks discussed in the workshop.
- Work with attendees to develop suggestions for future steps.



LONG-TERM GOAL

To establish a network of like-minded practitioners who can champion physical activity promotion in paediatric populations across Wales and share best practice.



REASONS FOR ATTENDANCE:

- To support their patients to engage in behaviour change.
- To increase their own individual knowledge-base and increase innovation.
- To explore solutions to engagement barriers.
- To learn and help up-skill other colleagues so that they feel more competent and confident discussing the topic.
- To facilitate both short- and long-term networking opportunities.
- To improve their own ability to signpost patients and their families to other services.

22

attendees



representatives from
4 out of the 5
Welsh Health Boards

6

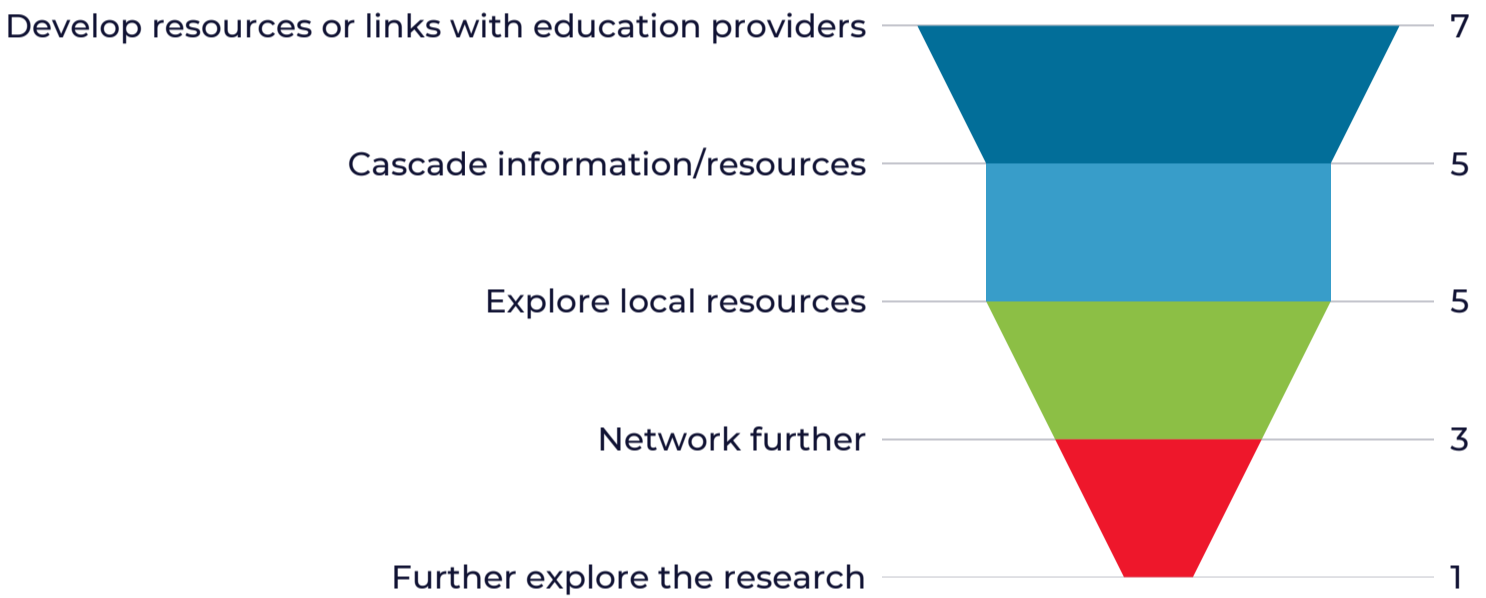
different clinical
specialities

8

different professions

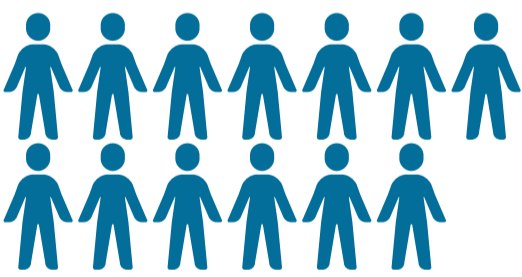
"I am keen to learn about different ways to promote and encourage physical activity as it is a key part of my role, but some children and families are reluctant"

21 ATTENDEE NEXT STEPS

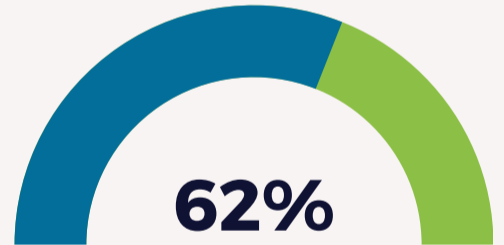


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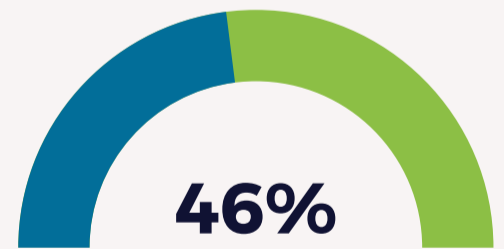
evaluation forms completed



100% of people satisfied or very satisfied with the workshop content, delivery, and networking opportunities



Most liked the opportunity for discussions and networking



Identified topics they felt warranted further time to discuss

CONSIDERATIONS FOR THE FUTURE

- Facilitate additional workshops focused on behaviour change and short- and long-term outcome measurements.
- How to build on the discussions had, and build a sustainable pan-Wales network.
- The development of educational resources that clinicians can use with paediatric patients and their families.

"There's a lot more I could be doing"

"I previously rarely touched on sedentary behaviour"

