



THEME:
Health

TITLE OF LEARNING:
Blueprints for A Physical Activity Pathway

KEY RESEARCH QUESTIONS

How can we support our partners to tackle inactivity?
How do we develop opportunities to be active in the community?



AN EXAMPLE OF BEST PRACTICE:

To enable relationships to be made between Active Black Country and the soon-to-be recruited Link Workers that will be part of the new Primary Care Networks, Blueprints into the relationship between physical activity and a number of preventable conditions have been created. The documents use infographics to helpfully illustrate advice, provided as part of BMJ training modules, into the levels of physical activity that patients should be undertaking to improve their condition and provides a glossary of supporting resources.

Whilst the blueprints were designed to serve the medium-term purpose of engaging with a soon-to-be recruited Primary Care Network workforce, they've had the additional benefit of being a helpful tool in opening doors to partners that the partnership have previously had difficulty accessing (such as the MSK specialists across the Black Country).

WHAT WERE THE LESSONS THAT WERE LEARNT AND HOW ARE THEY BEING APPLIED IN THE FUTURE?

ABC are now in the preliminary stages of developing a new Physical Activity Pathway in partnership with the Black Country STP whereby the information in the blueprints is used to inform a prescription that will be coded to prompt GPs to offer activity to patients with MSK and pain related conditions.

HOW WAS SUCCESS MEASURED?

A monitoring system is being developed alongside this work to measure success. Whilst currently early in the planning phase, should the pathway prove successful there is scope to replicate this process for other conditions such as diabetes, cardiovascular disease and mental wellbeing.