



Active Medicine Physical Activity Training for Healthcare Workforces: In Berkshire

Active Medicine is a collaboration between partners in the Buckinghamshire, Oxfordshire, and Berkshire West (BOB) ICS and wider Thames Valley, which aims to upskill health and social care workforces with the knowledge, skills and confidence to promote physical activity. The goal is to support BOB's least active residents to become more physically active.

The information below is for physical activity training that has been delivered virtually to frontline staff and volunteers in Berkshire from June 2020 to August 2021. This includes a combination of training - Get Berkshire Active's Helping People Become More Active Workshops, PHE's Physical Activity in Clinical Care Training, and Get Berkshire Active's Behaviour Change and Motivational Interviewing Course.

Between June 2020 and August 2021

353

people working in frontline healthcare, charity sector, or council roles

Participants were from a wide range of roles ...



- 21% Doctors & Nurses
- 14% Physios, OTs & other Allied Healthcare Professionals
- 20% Other Healthcare staff e.g. Midwives & Pharmacists
- 27% Third-sector roles such as Support workers, Befrienders
- 12% Social Prescribers, Care Coordinators, or H&W Coaches
- 6% Council roles

After training, participants* felt more knowledgeable and more confident about physical activity

Results from PHE Training



% agreed that they felt more **knowledgeable about the benefits** of physical activity



% agreed that they felt more **knowledgeable about the guidelines** for physical activity

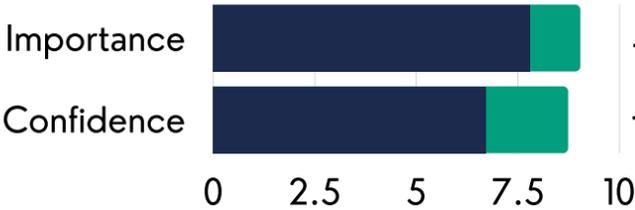


% agreed that they felt **more aware of resources available** nationally and locally to signpost



% agreed they felt **more confident** in their skills to support someone to be more active

Results from Workshops



Participants felt having conversations about physical activity were **more important** & felt **more confident** to have these conversations

Results from all training combined

When asked how useful the training was for their role, on average a 8.4/10 rating was given



(score out of 10, before and after training)

*Results for Bucks, MK, Ox & Berks

Participants were positive about the impact it would make to them and in their roles ...



My approach to patients will improve, I'll try to listen more



Physiotherapist



I will be able to talk about physical activity more confidently and in depth. I feel more aware of guidelines and support in the community



Nurse



I plan to think more carefully about how I can share this in all of my patient conversations



Social Prescriber

Thank you to all of the organisations who work together on the BOB Active Medicine Programme. To find out more and get in touch, visit www.getberkshireactive.org/active-medicine-programme

