

Active Medicine

Physical Activity Training for Healthcare Workforces: Buckinghamshire & Milton Keynes

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 Buckinghamshire and Milton Keynes from June 2020 to August 2021. This includes a combination of training - Leap's Helping People Become More Active Workshops, PHE's Physical Activity in Clinical Care Training, and bespoke training led by Buckinghamshire Clinical Commissioning Group (CCG) & Bucks IAPT team.

Between June 2020 and August 2021

550

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

Participants were from a wide range of roles ...



- 28% Healthcare staff such as Doctors, Nurses, Physios
- 28% Psychological Wellbeing Practitioners or Therapists
- 20% Third-sector roles such as Support workers, Befrienders
- 14% Council roles e.g. Librarians
- 10% Social Prescribers, Care Coordinators, or H&W Coaches

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

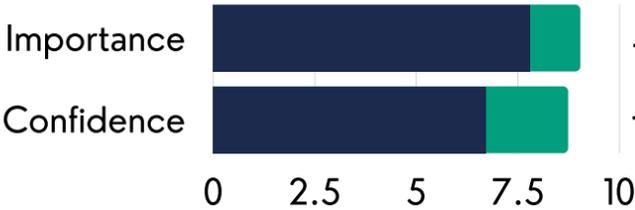


% agreed that they felt **more aware of resources available** nationally and locally to signpost



% 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 ...

“ I'll consider more physical activity of my clients and potential of improving their mental health ”
Psychological Wellbeing Practitioner

“ I will definitely ask more about physical activity and feel more confident in signposting patients. I will also increase my physical activity ”
Hospital Nurse

“ I'll be more aware of physical activity when talking to patients ”
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

