

# Public Health England's Physical Activity in Clinical Care Training In Buckinghamshire, Oxfordshire and Berkshire

The information below is for Public Health England's (PHE) Physical Activity in Clinical Care Training. This 1-hour online training aims to provide healthcare professionals with the knowledge, skills and confidence to promote activity to patients.

Sessions were delivered virtually by a local PHE Physical Activity Champion, and were open to all healthcare professionals in Buckinghamshire, Oxfordshire, and Berkshire. This training has been facilitated by Get Berkshire Active, Leap and Active Oxfordshire as part of Active Medicine - a collaborative programme with the BOB ICS group members.

Between September 2020  
and August 2021

# 558

people working in health  
and social care roles  
have been trained

Participants were from a wide range of roles including ...

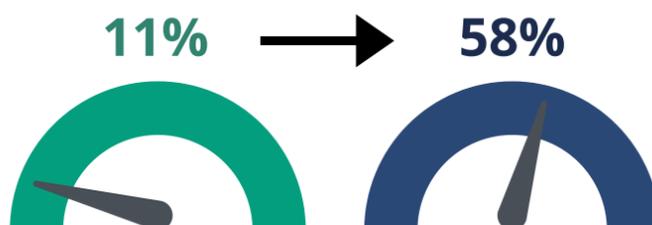


13% Doctors  
20% Nurses & Midwives  
6% Social Prescribers, Care Coordinators & H&W Coaches  
3% Healthcare Assistants  
27% Physiotherapists, Occupational Therapists, Dietitians & other Allied Healthcare Professionals  
31% remaining = wide range of roles such as Pharmacists, Psychologists, Public Health Practitioners & more

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



Before training only 6% of participants **felt very confident** to give physical activity advice, compared to 54% after training



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

“ I will try to encourage activity every time I speak to a patient ”  
Dietitian

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

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

When asked how useful the training was for their role, on average a 8.6/10 rating was given



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](http://www.getberkshireactive.org/active-medicine-programme)