

Preliminary outcomes of training courses on Physical Activity on Prescription for Vietnamese health care professionals

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Conclusions

The courses provided the participants with a good basis to perform work related to physical activity (PA) in NCD prevention. The courses had a very positive influence on attitudes to PA among the participants. The next step in the evaluation process is to do a new follow-up of the participants in the fall of 2012 to look more closely at actual outcomes in clinical practice.

Introduction

Vietnamese health care professionals have been trained based on the book Physical Activity in the prevention and treatment of diseases (FYSS) and the Physical Activity on Prescription (PAP) concept. Training courses were 5 days long and took place in late 2011 and early 2012 in Stockholm. 13 health care professionals (11 medical doctors, 1 nurse, 1 medical ethicist) took part in either of the courses. Here we provide results on outcomes of two courses in Sweden. Around 200 health care workers have also been trained in Vietnam (evaluation data has been collected but not analysed).



Participants in course in August 2011.

Purpose

To investigate the impact of PAP training courses on behaviours and attitudes of participants.

Methods

All participants were given a questionnaire at: the end of the course; 2 or 4 months after the course ended; and 8 months after the course ended for participants who took part in the first course. The questionnaire mainly contained questions on what the participants hoped to achieve in their work relating to PA and in the follow-up questionnaires they were asked about the outcomes. Both open and closed-ended questions (ratings 1-5 with 1 representing "not at all" and 5 "to a high degree") were used.

Applying PAP for patients (n=12)	Transfer knowledge (n=12)	Plan patient study (n=12)	Rated ability to reach goals after 2 or 4 months
9*	4*	4*	3,92**

Major goals of participants after course ending.

*=number of participants who provided this answer

**=1-5 scale

Results

12/13 participants provided answers. Common goals included applying PAP for patients (n=9), transfer knowledge (n=4) and to plan patient studies (n=4). Other major goals included starting up a cardiac rehabilitation clinic (n=1). The usefulness of the course was rated at 3,83 ($\pm 0,58$) 2-4 months after course ending (n=12) and at 4,17 ($\pm 0,41$) after 8 months (n=6). The influence of the course on attitudes to physical activity was rated at 4,42 ($\pm 0,79$) and participants rated their ability to reach their goals at 3,92 ($\pm 0,51$) 2-4 months after course ending. Patients and supportive work environment were mentioned as facilitating factors for reaching the goals. Lack of time, money, human resources and facilities were highlighted as barriers.

So far, major outcomes for the participants include conducting a study on the effect of PA after coronary artery stenting, planning a training study for diabetes patients and making a plan for physical rehabilitation of patients with cardiovascular disease. The participants stated that the knowledge they have gained help them to better influence patients to do PA as well as convincing colleagues and decisions-makers about the benefits of PA.

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