



Activities On Prescription Report

Tuesday 19th March 2024



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01 Background



TEES VALLEY
SPORT



McKenzie Group Practice



In April 2023, a cross sector working group consisting of the PCN Clinical Director & Senior Social Prescriber, COO of The PFC Trust, Active Partnership Officer, LilyAnne's Wellbeing Directors and local authority representatives was established.

Their aim was to explore new ways of working to integrate primary care into community provision to enable patients to become more active and improve their long term health conditions in a project referred to as 'Activities On Prescription'.

Outcomes of the project:

- The recruitment of the first Activities On Prescription Officer, joint funded by The PFC Trust & Tees Valley Sport, employed by The PFC Trust, hosted by Hartlepool Health PCN and managed by Tees Valley Sport.
- Creation of an Activities On Prescription booklet, packed full of practical recommendations on how patients with COPD can reduce the amount of time they spend sitting by maximising the time they currently spend moving through purposeful movement add ons - whatever their activity level.
- Development of a specific COPD Activity Timetable. This involved talking to a variety of local authority physical activity providers based in leisure centres and Community Hubs as well as independent instructors, local community groups with a focus on physical activity and walking sports clubs to determine if their sessions were suitable to signpost patients with COPD to.
- Delivery of an informative and supportive COPD Coffee & Chat session with the look to running bimonthly sessions, extending to include other long term illnesses.

- Strong working partnerships made between the statutory and voluntary sector with opportunities for collaborative working in the future.
- Community providers having unique and privileged access to NHS staff training to upskill their knowledge around issues facing COPD.

INTRODUCTION
Movement is life. It is part of our day to day, from popping the kettle on to hanging out the washing, we are constantly moving.

The activities in this booklet have been designed with daily movement in mind and how small tweaks - an activity a day - can make a big difference by reducing the amount of time we spend sitting and maximising the amount of time we spend moving.

LEVEL LADDER
Daily movement time will vary from person to person.

Use the Level Ladder below to decide which statement best summarises your current daily movement time. This will be your starting point.

- Level 5** (Green): Enjoys carrying out a range of movements e.g. run, swim, cycle. More than 60 minutes is set aside in the day for movement and is not inclusive of out and about time.
- Level 4** (Yellow): Able to walk longer distances. More than 60 minutes spent on movement outside the home as and when.
- Level 3** (Purple): Walk short distances. Less than 60 minutes is spent on movement outside the home as and when.
- Level 2** (Blue): Mobile and able to stand for short spells. Majority of time is spent at home.
- Level 1** (Red): Limited to spend the majority of time sitting.

Engagement & Impact 02

Activities On Prescription Booklet

To date, 102 Activities On Prescription booklets have been issued to individuals over various platforms, which include distributing physical copies of the booklet at events or through digital downloads via QR Code scans or by downloading an electronic copy through the www.hartlepoolsport.co.uk website.

Furthermore, while sourcing a guest speaker for the COPD Coffee & Chat session, I was able to link up with the Joint Pulmonary Rehabilitation Clinical Lead at the University Hospital of Hartlepool, who has since printed QR Code posters to put in their patient waiting areas and clinical spaces and is currently exploring the option of giving patients that do not wish to attend Pulmonary Rehabilitation, a booklet as a 'Plan B'.



'The resources are fantastic I've only had time to give them a quick scan but I've shared them with the team and we are printing the Activity on Prescription poster and putting it in our waiting area and clinical spaces. I will also share with the wider community respiratory service to add to their clinical areas also' - Email exchange with the Joint Pulmonary Rehabilitation Clinical Lead at the University Hospital of Hartlepool.

COPD Activity Timetable

22 copies of the COPD Activity Timetable were issued alongside the Activity On Prescription booklets as part of the COPD Coffee & Chat Session.

The timetable will be added to the constantly evolving bank of information and resources being developed and updated on the Hartlepool Sport website with the aim of creating a one-stop place to find out about everything activity related going on in Hartlepool.

Activities On Prescription (1)	
Want to sit less and move more, but not sure how? Get involved with one of the sessions below to get started.	
Day	Time
Monday	10:30 - 11:30am - Chair Exercises, South Hub, Free
Tuesday	11:30am - 12:30pm - Chair Exercises, South Hub, Free
Wednesday	10:30 - 11:30am - Chair Exercises, South Hub, Free
Thursday	11:30am - 12:30pm - Chair Exercises, South Hub, Free
Friday	10:30 - 11:30am - Chair Exercises, South Hub, Free

Note: The table above is a simplified representation of the actual timetable shown in the image, which includes more sessions and details.



I now have something to do on Wednesdays and Fridays - COPD Coffee & Chat Session Attendee in relation to New Perspectives - North East Wellness Walking Group's Walk, Talk & Coffee sessions on Friday at Summerhill.



COPD Coffee & Chat Session

On Wednesday 31st January, we held our first COPD Coffee & Chat session at Belle Vue Community Sports & Youth Centre, a culmination of all the work that had so far been put into Activities On Prescription project.

The event was promoted on social media through Facebook posts as well as through email invitations to other social prescribers within the PCN network. Potential attendees were then asked to complete a straight forward Microsoft Form, providing contact information so they could be notified about future sessions.

The event was well attended with a total of 22 individuals in the room that included patients and PCN staff.

Halima Sajid from the North Tees and Hartlepool NHS Foundation Trust spoke at the event and offered a wealth of information regarding COPD, managing breathlessness and correct inhaler technique. She read the room well, opening the floor to group and peer discussion and adapting accordingly, making attendees feel happy and comfortable enough to share their experiences of living with COPD.



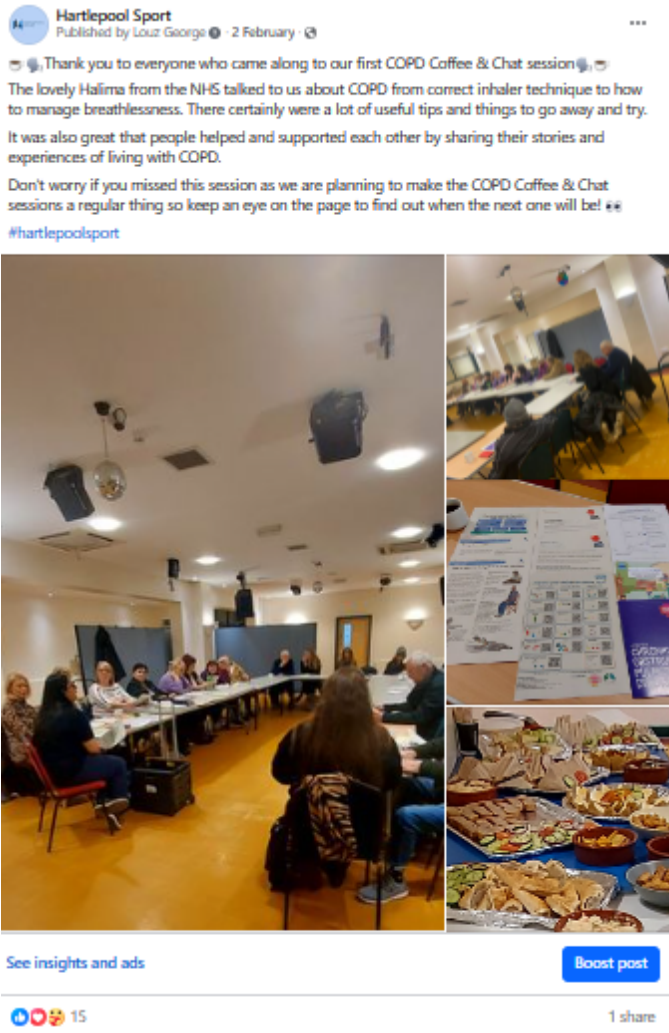
Interestingly, through conversations with the attendees one lady in her 60's, explained that she had been referred by her GP to the 'Walk into Wellness' group that runs from LilyAnne's Wellbeing (a sub group of Join the Movement consisting of all walking and walking sports providers in Hartlepool - see www.hartlepoolsport.co.uk/walkintowellness to find out more).



"The doctor referred me to the walk into wellness group at Lilyannes, I'm 66 and never done anything before, Ive been 3 weeks and I love it and hope I can reduce my inhaler" - COPD Coffee & Chat Session Attendee.



03 Feedback



The feedback we received from the COPD Coffee & Chat session attendees was overwhelmingly positive.

As part of the session, attendees were asked to complete a feedback questionnaire that consisted of five questions.

When asked what their favourite part of the session was and why, responses included:

'The whole session was so helpful especially Halima's Talk'

'Collaborative approach, and excellent information from Halima'

'COPD speech covering various aspects was very good'

'Finding there is more help for COPD people'

'Learning about how to cope with my COPD' - COPD Coffee & Chat Session Attendees.

When asked how often would attendees like COPD Coffee & Chat sessions to be held, the majority responded with 'Monthly' sessions (see Microsoft Forms Pie Chart right).

As a collective, we will certainly look into holding monthly meetings if it is feasible to do so in the future.

2. How often would you like the coffee and chat sessions to be held?

[More Details](#)

● Daily	0
● Weekly	2
● Monthly	9
● Seasonal	1



When asked what we could do to improve the session, attendees responded with the following (see Microsoft Forms Table right).

It is great to see that the majority had no recommendations to add, although I do agree that a freebie tote bag or folder would not have gone a miss with the fantastic info attendees were armed with on their departure.

3. What do you think could be done to improve the session?

12 Responses

1	anonymous	I think what was discussed in the session was so helpful I don't think it needs improving
2	anonymous	more participant interaction - peer support
3	anonymous	OK
4	anonymous	Bring folder for paperwork
5	anonymous	N/A
6	anonymous	Feed back on initial booking
7	anonymous	more meetings
8	anonymous	it was fabulous
9	anonymous	nothing
10	anonymous	nothing I found it very useful



*Hello Louise,
Thank you for the invite to the event yesterday it was really useful for my patient and myself.
Well done on such an informative and positive event! - PCN COPD Coffee & Chat
Session Attendee*

4. How did you find out about the COPD coffee and chat session?

[More Details](#) [Insights](#)

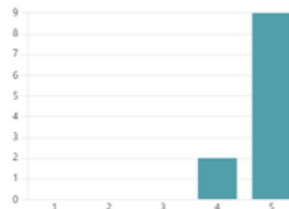


When asked how attendees found out about the session, it was surprising to find that most found out from their doctor's surgery or Link Worker. Which is useful to bear in mind when promoting our next session.

5. Please rate the usefulness of today's session in terms of advice, guidance and resources.

[More Details](#) [Insights](#)

4.82
Average Rating



Finally, attendees were asked to rate the usefulness of the session in terms of advice, guidance and resources and I was pleased that the majority of attendees rated the session 5/5 (see bar graph left).

Further Feedback

In developing the COPD Activity Timetable, it became apparent that there is a massive discrepancy in the confidence and competence of physical activity providers when it comes to integrating participants with COPD in their day to day sessions due to a lack of knowledge or experience. My findings are outlined below:



- *There is a distinct lack of training surrounding COPD and most providers agreed that they would manage or tailor sessions as they saw fit, based on the same recommendations as those for asthma patients.*
- *Unlike other conditions such as asthma, there does not appear to be a set of hard and fast rules to follow when a patient with COPD displays signs of breathlessness or signs of difficulty. Therefore, decisions are made based on common sense or experience.*
- *Evidence can seem somewhat contradictory e.g. Does activity actual help or hinder patients? Benefits of activity are proven to alleviate symptoms, but can also cause/trigger breathlessness and make patients feel worse.*
- *There is a lot of grey areas and unanswered questions regarding COPD e.g. Does chlorine effect patients with COPD? Is there such a thing as a COPD attack?*
- *Some providers commented that patients themselves do not recognise triggers or signs of over exertion, which can lead to attacks or breathlessness.*
- *The level of confidence and competence varied considerably, with some providers feeling confident that they could adapt or tailor their sessions to suit even high level COPD attendees with oxygen tanks to those that were not confident at all and did not want to feature on the timetable because of this.*
- *All providers commented that they would find COPD training helpful and would attend any CPD sessions that were organised - **Physical activity providers within LA, Independent instructors, Community and Voluntary sector.***

Exit Strategy and Future 04

Based on my findings, it seems that COPD remains a bit of a 'grey area' for both patients and providers since there is no set of hard or fast rules to follow when a patient with COPD is struggling to manage their breathlessness or displays signs of distress, unlike other conditions such as what to do in the event of an asthma attack. As a result, both patients and providers can sometimes be reluctant to undertake or push physical activity.

Therefore, I propose to organise some kind of COPD training for sports clubs and local community groups that would be interested. By upskilling these individuals, a greater number of activity providers will feel more confident and competent in their ability to adapt and tailor sessions to accommodate patients with COPD. In turn, this will allow more patients with COPD to access mainstream activity sessions in the local community while continuing to grow the COPD Activity Timetable and increasing our COPD specific activity offer.

I also hope to develop some kind of 'COPD Friendly' mark/stamp, similar to the Dementia Friendly one that sports clubs and community groups can be issued to identify them as having completed the training.



I act as a confidence boost for people, people don't realise that they can still actually be active, you just have to take it slow and at a steady pace, that's what I do with people, make sure they go at their pace so that they don't push themselves too much and have an attack which then makes them fearful to come back to the gym again as they think they can't do it" - A COPD Coffee & Chat Session Attendee who has been selected as part of a buddy system to support patients getting active in gyms.



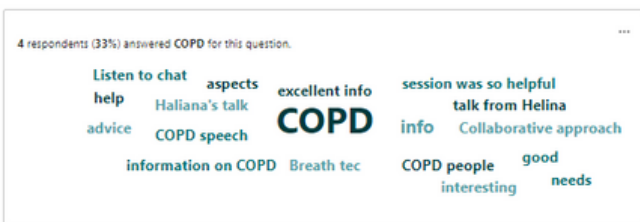


My breathlessness is loads better after being active, people just think the opposite though that being active makes you worse, its just people try and do too much too fast and that's when you tire and fatigue - A COPD Coffee & Chat Session Attendee



In my opinion, the biggest success of the project was in the realisation that there is clearly a demand for these COPD Coffee & Chat sessions.

Therefore, I am looking to organise bimonthly COPD Coffee & Chat sessions (at this stage) and operate a carousel style rota with venues taking turns to host a session. This will save on hire costs and allow me to take on a facilitator role e.g. by sourcing guest speakers or creating resources that will continue to educate and empower patients to sit less and move more.



The next COPD Coffee & Chat session is scheduled to take place on Tuesday 30th April, 5:30pm - 7pm at High Tunstall College of Science so that attendees can attend the talk and hopefully participate in the Huskies Walking Basketball session held directly afterwards. Transport for attendees will be organised, if required, to ensure the session remains accessible to all.



I am aiming to source a guest speaker from the Waiting Well team to talk at the session in addition to a member of the Huskies Basketball Club, a gentleman in his 60's, to address how age does not need to be a barrier to activity and why he chooses to come along to the walking basketball sessions.

I will also be extending the Coffee & Chat session to include long-term health conditions, not just COPD, to support the wider health professional workforce and enable even more patients to increase their current level of physical activity and ultimately, improve their health.

Moving forward, I also hope to continue to build positive relationships across the sectors and use what I have learned from the project to further influence and shape strategies to support the integration of primary care within community provision.

Special Mentions

Hartlepool Health PCN have been trail blazers in recognising the value the community sector can have in contributing to the achievement of their outcomes to improve people's health. Their commitment to the partnership, forward thinking test & learn approach, confidence and ability to try new ways of working outside of the traditional health sector has been impressive and it is hoped this work will continue.