

# Training and resources supporting patients to move more

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## Insights from Jan Sinclair:

Senior Healthcare Public Health Nurse Stockport  
NHSFT full time and Lead Nurse for OHID PACC  
Programme

## Supporting healthy lifestyles in Stockport

Jan Sinclair is a senior public health nurse who helps people to live healthier lifestyles at Stepping Hill Hospital and in the Stockport community.

She plays two key roles in getting people moving. For the last 14 years she's been appointed to set up a service for health promotion to help staff have ward base level conversations to support patients to access pathways. Part of this has involved developing a referral service so that nursing staff can refer patients out into the community.

Jan also has a role promoting good health across the country as part of the Moving Medicine work, supporting and delivering Physical Activity Clinical Champions:

“This is a fantastic opportunity to not only support the national clinical champions in getting more people active, but also to support and motivate our local population in realising the importance and benefits of exercise on health. Just by simply walking more at a faster pace for 10 minutes a day you can make a real difference, and we want to help more people achieve this.”




## The Moving Healthcare Professionals programme (MHPP)

Jan helped to implement the Moving Healthcare Professionals Programme (MHPP) at Stepping Hill Hospital in Stockport. This is a national programme, led by the Office for Health Improvement and Disparities (OHID) in partnership with Sport England. It supports healthcare professionals (HCPs) to increase their knowledge, skills and confidence to integrate physical activity within routine care for the prevention and management of long-term conditions.

The programme has evolved over two phases, with Phase 1 (2017-2019) developing and testing new training tools, which informed the planning and design of Phase 2 (2019-2022) and its workstreams as follows:

- Physical Activity Clinical Champion Training
- Moving Medicine
- Active Hospitals
- E-learning
- E-Advice
- Activating NHS Systems
- Undergraduate curriculum



**... supports healthcare professionals (HCPs) to increase their knowledge, skills and confidence to integrate physical activity within routine care...**

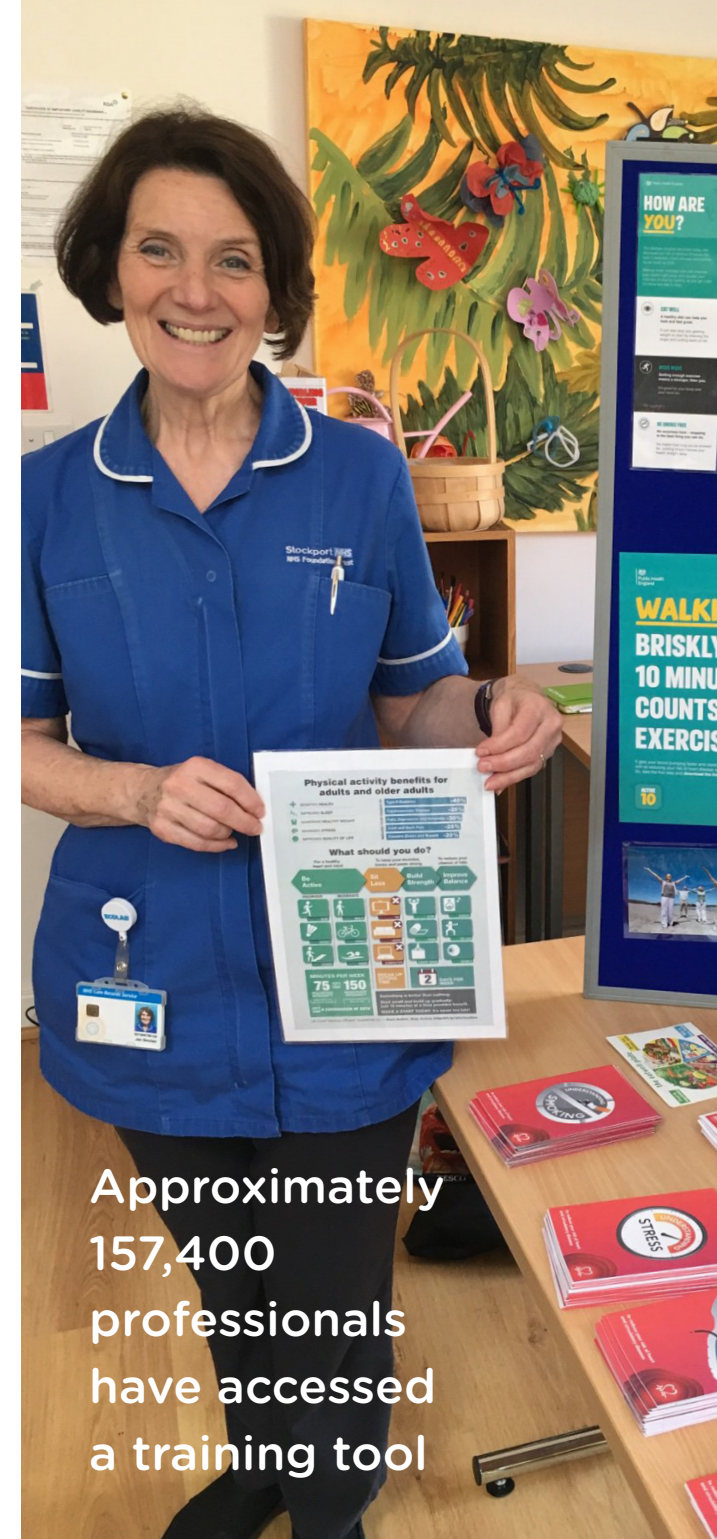


## What has MHPP achieved so far?

- Approximately 157,400 professionals have accessed a training tool
- Each training tool attracts a different profile of HCP showing they meet the needs of a broad audience
- The training tools are highly recommended by HCPs
- HCPs report that the training tools have increased their knowledge, skills and confidence to promote physical activity
- Some HCPs report their conversations with patients are now higher quality and more effective
- HCPs provided examples of patients becoming more active


## What has MHPP delivered in Greater Manchester?

- Multiple training sessions delivered over the last 7 years from a range of PACCs
- Multi-disciplinary staff trained across Greater Manchester and the Northwest
- Active Hospital Programme as part of MHPP has been touched on by Manchester NHSFT and Stockport NHSFT
- GP Physical Activity Clinical Advice Pad pilot implemented 2017-18



## Conclusions and implications for MHPP

- More comprehensive promotional activities, including cross-promotion between the assets, would give the programme greater reach
- Promotional activity should consider how the programme can reach those not already familiar with the benefits of physical activity. This may include widening the target audience to non-HCPs such as social prescribing link workers
- ICSs, Active Partnerships, and OHID regions and places, have much to offer in terms of embedding the promotion of physical activity and promoting the MHPP assets
- Embedding physical activity into the undergraduate curriculum would be an effective means of achieving scale
- Some stakeholders emphasised the importance of clear and visible leadership on physical activity, meaning they wanted to see a central body responsible for: convening organisations across the system to a shared agenda; considering the MHPP assets as a whole; and setting a nationally coordinated training offer
- Efforts to better align the language used around physical activity promotion between the health and physical activity sectors should facilitate future collaboration
- A concerted effort to review the actual and potential impact of the MHPP on health inequalities, and identify opportunities to lessen such inequalities, is warranted



**Embedding physical activity into the undergraduate curriculum would be an effective means of achieving scale**

## Physical Activity Clinical Champions (PACC) training

Part of the Moving Healthcare Professionals Programme involves delivering Physical Activity Clinical Champions (PACC) training to all frontline healthcare professionals. The benefits include:

- Access to evidence-based resources proven to increase knowledge and confidence around physical activity, to support clinical practice in line with guidance (e.g. NICE)
- Improved management of patients with 30+ long-term conditions (e.g. CVD, type 2 diabetes, depression, MSK issues, some cancers)
- Helping to reduce service demand and costs i.e. the ~£0.9bn annual cost to the NHS associated with insufficient physical activity



## The challenges of delivering PACC training

Russ Boaler has been instrumental in supporting the local delivery of this service. Russ is the consultant for Physical Education, Sport and Physical Activity and the Public Health Strategic Lead for Physical Activity and Healthy Weight at Stockport Council.

### Key requirements:

- Engaged people who can build pathways for patients with the right support
- Passion for physical activity
- Continued evaluation to document progress

### Ongoing challenges:

- Physical activity is not central for everyone – not a clinical priority or there isn't enough staff time available
- Pressure/challenge of COVID-19



## What has PACC training achieved so far?

Since 2014, PACCs have delivered training to other healthcare professionals which has given them the skills to help patients get moving:

- 16,640 HCPs during the evaluation (April-19 to Aug-22)
- This is despite the change to hybrid delivery, and the workforce pressures facing HCPs as a result of COVID-19
- The training attracts HCPs who do not regularly promote physical activity to their patients, distinguishing the audience from that of other workstreams
- In September 2022, OHID released more advanced training content in recognition that there are opportunities to further increase the positive impact of the training on HCPs' knowledge, skills and confidence

94% of PACC attendees said they were very or somewhat confident promoting physical activity following the training (up from 75%)

“It’s given me more tools to talk to patients and given me more examples to use. And it’s made me more confident too..”

*PACC attendee*

## What has PACC training delivered in Greater Manchester?

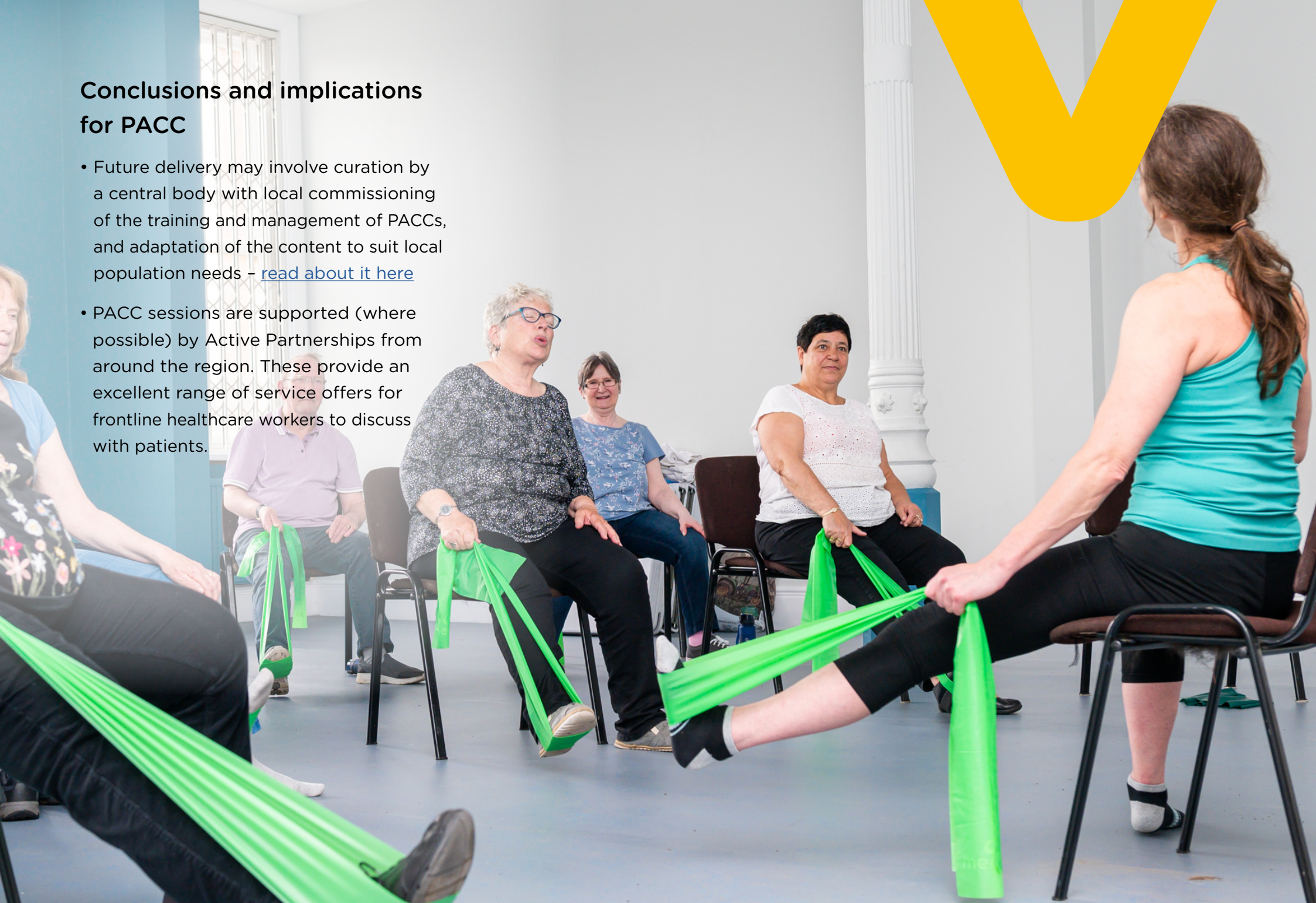
- 7 GP practices and 51 healthcare professionals trained during the Physical Activity Clinical Advice Pad pilot 2017-18
- A qualitative study within GM with recommendations to increase uptake of PACC training
- Eventbrite on-line PACC sessions delivered during COVID by GM Moving team





## Conclusions and implications for PACC

- Future delivery may involve curation by a central body with local commissioning of the training and management of PACCs, and adaptation of the content to suit local population needs – [read about it here](#)
- PACC sessions are supported (where possible) by Active Partnerships from around the region. These provide an excellent range of service offers for frontline healthcare workers to discuss with patients.



# Resources

The screenshot shows the Sport England website. The header includes the Sport England logo and navigation links: Accessibility, Careers, Press and branding, Contact us, and a search icon. A secondary navigation bar contains: About us, Research and data, Guidance and support, Funds and campaigns, and News and inspiration. The main content area features the title 'Moving Healthcare Professionals' and a breadcrumb trail: Home > Funds and campaigns > Moving Healthcare Professionals. Below the title are three tabs: 'Introduction', 'Supporting the system to change', and 'Education, training and resources' (which is selected). Underneath these tabs are two more buttons: 'What we have learnt so far' and 'Get involved'. The main heading is 'Education, training and resources', followed by a paragraph: 'The following training, education and resources have been developed to increase healthcare professionals knowledge skills and training around the benefits of Physical Activity using evidence based resources and a mixture of online and peer to peer learning.'

## Sport England

The screenshot shows the Moving Medicine website. The header includes the Moving Medicine logo and navigation links: Consultation Guides, Active Hospitals, Supporting you, Why movement matters, About us, and a search icon. A 'Covid Recovery' button is also present. The main content area features a large video player with a man in a white lab coat. Overlaid on the video is a dark box with the text: 'Moving Medicine' and 'The ultimate resource to help healthcare professionals integrate physical activity conversations into routine clinical care.' Below this text is a button that says 'Click here to see the video'.

## Moving Medicine

The screenshot shows the Greater Manchester Moving website. The header includes the Greater Manchester Moving logo and navigation links: About, Commitments, Get involved, In your area, Data and learning, Key partners, and News. A search bar, cart icon, and contact icon are also present. The main content area features a large image of people in a gym. Below the image is the title 'Greater Manchester physical activity clinical champion training' and a paragraph: 'GreaterSport are working with the Office for Health Improvement and Disparities, to promote and deliver their Physical Activity Clinical Champion (PACC) training'. Below this is a breadcrumb trail: Home > News > Greater Manchester physical activity clinical champion training. There is a 'Share' section with icons for Facebook, LinkedIn, Email Us, and Twitter. The main text reads: 'By GreaterSport | 16 December 2021 | TAGS: Leadership, workforce, Health' followed by a paragraph: 'GreaterSport are working with the Office for Health Improvement and Disparities, to promote and deliver their Physical Activity Clinical Champion (PACC) training. The PACC course, is a fantastic training opportunity delivered by a healthcare professional, for all frontline healthcare professionals to access. The benefits include:'. Below this are two bullet points: '• Access to evidence-based resources proven to increase knowledge and confidence around physical activity, to support clinical practice in line with guidance (e.g. NICE)' and '• Improve management of patients with 30+ long-term conditions (e.g. CVD, type 2 diabetes, depression, MSK, liver, some...'

## GM Moving

The screenshot shows the TU NHS website. The header includes the TU NHS logo and navigation links: About us, Services, Case studies, Publications, News and views, Contact us, and a search bar. Social media icons for Facebook, Twitter, LinkedIn, and YouTube are also present. The main content area features the title 'Active Hospitals Final Milestone Report 2022' and a paragraph: 'The Active Hospital programme was launched as part of the national Moving Healthcare Professionals Programme (MHPP) in 2016, to embed the promotion of physical activity within the culture and practice of hospital trusts, with the ultimate aim of improving patient experience, care and outcomes. The TU were commissioned by the Office for Health Improvement and Disparities (OHID) as the Leadership Provider for Active Hospitals in Phase Two of the programme, to develop and implement new models of delivery with the four pilot sites and share the learning with a wider community of practice.' Below this is a paragraph: 'We are very proud to have been involved in this national programme. You can read more about what was delivered in our final report [here](#)'. There is a list of links: 'The links below take you to more information about the wider Moving Healthcare Professionals Programme:'. Below this are two bullet points: '• [SE MHPP Supporting the system to change](#)' and '• [SE MHPP Education, training and resources](#)'.

## Transformation Unit NHS

**Greater Manchester  
Moving > ^ < v**

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