Prevention in day to day Practice: Nurse & Midwife advice on Physical Activity to prevent disease – a national programme

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Objective

Understand:

- Rationale for the clinical nurse champion programme in England.
  - why physical activity is important for health
  - how nurses and midwives can intervene.
The Context in England

1/3 of adults in England are damaging their health through a lack of physical activity.

1 in 4 women and 1 in 5 men in England are defined as inactive.

In 2015, 57% of women and 66% of men in the UK were overweight or obese.

Employees who are in good health are less likely to need time off work and are likely to be more productive.

Latest data show that in the UK only 25% of men and 28% of women ate the recommended level of at least five fruits and vegetables per day.

Healthy eating can reduce the risk of chronic diseases such as heart disease, stroke and some cancers.

On average, obesity deprives an individual of an extra 9 years of life.

The cost of an unhealthy workforce to the UK taxpayer has been estimated at over £60 billion per year.

Sources: 1 Health Survey for England 2016, NHS Digital • 2 Givuk guidance on physical activity • 3 Public Health England • 4 BITC • 5 NHS Digital • 6 The National Diet and Nutrition Survey • 7 Givuk guidance on obesity

Inactivity: International comparison

ages 15 and over

Note: Comparator = Not meeting any of the following per week: (a) 5 x 30 mins moderate-intensity activity; (b) 3 x 20 mins vigorous-intensity activity; (c) equivalent combination achieving 600 metabolic equivalent-min.

Top five non-communicable disease risk factors for mortality

WHO (2009) Global health risks: mortality and burden of disease attributable to selected major risks
Health benefits of physical activity

Regular physical activity reduces your risk of:

- Dementia by up to 30%
- Hip fractures by up to 68%
- Depression by up to 30%
- Breast cancer by 20%
- Colon cancer by 30%
- Type 2 diabetes by up to 40%
- Cardiovascular disease by up to 35%
- All-cause mortality by 30%

UK Chief Medical Officers (2011) Start Active, Stay Active
Policy/strategy: physical activity in healthcare
Low physical activity is the fourth leading modifiable cause of death globally.

Getting inactive people to become active has greater health benefits than getting active people to do more activity.

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time builds up benefit.
UK Chief Medical Officers’ Guidelines for children and young people

Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

Every movement counts

Aim for at least 3 Hours across everyday

Move more. Sit less. Play together

Physical activity for children and young people (5–18 Years)

Be physically active

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

Sit less

Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

Midwives & Physical Activity Advice

Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

Throughout pregnancy aim for at least 150 minutes of moderate-intensity activity every week.

- Do muscle strengthening activities twice a week
- Every activity counts, in bouts of at least 10 minutes
- No evidence of harm
- Listen to your body and adapt
- Don’t bump the bump

UK Chief Medical Officers Recommendations 2015: Physical Activity in Pregnancy (www.nhs.uk)
Clinical Champions for Physical Activity

It has been funded by

In 2017 18 Nurses were appointed as Clinical Champions for physical Activity in England

The programme is managed by Public Health England

Nurses training nurses to include physical activity advice in their day to day clinical practice

Motivational interviewing techniques; brief interventions; Understanding the evidence

Making every contact count
How is physical activity protective?

- Physical activity
  - Muscle
    - Anti-inflammatory myokines
    - Systemic inflammation
    - Visceral fat

Clinical tips

Consider mentioning physical activity in all consultations. *Make every contact count!*

Just very brief advice, such as ‘giving permission’ can be effective, especially in patients with long-term conditions. Arrange a follow up visit to re-discuss behaviour change and review goals

NICE guidelines for chronic conditions available including ‘Physical activity: brief advice for adults in primary care’

‘Moderate intensity’ activity differs by individual (it may be light walking for previously sedentary adults) – make it achievable

**Give them permission!**
Nurse Activity during a shift

Wednesday, 16 Aug 2017

Activity
- Walking + Running Distance: 9.7 km
- Steps: 16,394 steps
- Flights Climbed: 9 floors

Sleep
- Sleep Analysis: 8 hr

Wednesday, 23 Aug 2017

Activity
- Steps: 12,916 steps
- Walking + Running Distance: 8.2 km
- Flights Climbed: 7 floors

Sleep
- Sleep Analysis: 11h 11m

Vitals
- Heart Rate: 65
Reflections for Nurses & Midwives

What can you do in your day to day practice?

How do you look after yourself in order to look after others?
E-learning modules

Nine e-learning modules on physical activity and health, plus a motivational interviewing module


New set of eight modules planned for 2018
Some available resources

Clinical resources:

• Chief Medical Officers’ Physical Activity guidelines and infographics
• NICE Physical Activity pathway and guidance

Key resources:

• Free BMJ E-learning modules: Physical activity and health by Dr William Bird; Motivational interviewing by Prof. Stephen Rollnick
• ‘Active 10’ website, mobile phone app and evidence briefing
• ‘Let’s talk about Physical Activity’ infographic

Further reading:

• Welsh Deanery / Brian Johnson: Motivate2Move
• Royal Society of Public Health (RSPH): Physical activity impact pathway
• Public Health England and RSPH: Everyday Interactions Toolkit