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## **Pilot study for database development capturing physical activity providers in Cardiff**

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### **Relevance to conference theme(s) (50 words)**

**Theme:** *Exercise and Decision Making*

Exercise underpins contemporary physiotherapy practice yet physical activity (PA) promotion and behavioural change facilitation is inconsistent, despite guideline recommendations. Our pilot study aimed to collect data & develop a database to be piloted on physiotherapist's; to establish whether this tool may facilitate joint decision making when promoting PA.

**Biography** *This should outline academic qualifications, positions/appointments, most recent publication and presentation track record (last five years), research information (interests, grants), and professional practice background. (max. 150 words)*

New:

Sophie Walton is a third-year physiotherapy student at Cardiff University. Her interest in physical activity promotion stems from her enjoyment of working with inactive people on clinical placement and through extra-curricular volunteering, as well as her own passion for running.

This is Sophie's research debut into the world of healthcare research. The opportunity was provided to her by Cardiff University's Undergraduate Research Opportunities program. Sophie presented this research alongside student Frey Evans at the annual poster exhibition

held by the Centre for Education Support and Innovation at Cardiff University in November 2019. Sophie's undergraduate dissertation also focuses on this area of research. Sophie received an honours degree in Biosciences from the University of Exeter in 2015 and is due to graduate with an honour's degree in Physiotherapy from Cardiff University in July 2020.

*Original:*

*Sophie Walton is a third-year physiotherapy student at Cardiff University. Her interest in physical activity promotion stems from her enjoyment of working with inactive people on clinical placement and through extra-curricular volunteering, as well as her own passion for running. This research opportunity was provided to her by Cardiff University's Undergraduate Research Opportunities program. Sophie's undergraduate dissertation also focuses on this area of research.*

### **Publications**

A poster of this pilot research study was presented on 6<sup>th</sup> Nov 2019 at Cardiff City Hall at the annual poster exhibition held by the Centre for Education Support and Innovation at Cardiff University who fund Cardiff University's Undergraduate Research Opportunities Program.

### **Ethical Review**

Approval granted by the *Cardiff University School of Healthcare Research Ethics Committee Board* on 25<sup>th</sup> June 2019

### **Abstract**

**Title: Pilot study for database development capturing physical activity providers in Cardiff**

**Authors:** Sophie Walton, Frey Evens, Madeleine Boots

### **Purpose**

The National Institute for Health and Care Excellence (NICE) recommend clinicians, such as physiotherapists, should give advice and support to inactive patients in the form of brief interventions, termed brief advice. Although no agreed definition of brief advice exists, NICE recommends clinicians should signpost towards local physical Activity (PA) opportunities, tailor advice to an individual's circumstances and employ behavioural change strategies such as addressing individual's barriers to PA.

Research shows that physiotherapists do not routinely administer PA promotion in the form of brief advice, despite recommendations. Furthermore, less than half signpost to local PA opportunities. Time constraints and lack of knowledge of these opportunities, particularly those suitable for certain patient demographics, are barriers to PA promotion by physiotherapists.

Our aim was to develop a basic a database of local PA opportunities within Cardiff, and pilot how this data would be collected. The purpose of creating such a database is to facilitate

physiotherapists in signposting patients towards PA providers based on individually tailored needs.

### **Methods**

A search strategy was devised to find publicly, or third sector funded PA providers in Cardiff which catered to a range of needs. Online and telephone surveys were created based on the Theoretical Domains Framework of behaviour change, to collect data about PA opportunities deemed conducive to effective PA promotion. Providers were targeted through a two-week long survey campaign. Information that was available within the public domain was also collected from websites. Responses were collated into an online Excel database, filterable by multiple criteria, thus allowing searches for PA opportunities individually tailored to patient's needs, such as access, finance or PA level.

### **Results**

Participation rates for the online/telephone survey was 39%. Barriers to participation included lack of time, being unable to contact the individual(s) with the correct knowledge required for the survey and being unable to get through to management in larger PA providers. Basic information from websites in the public domain was available for larger but not smaller providers and was not sufficient to answer all survey questions. A usable database was created during the four-week project, although data protection issues and lack of technical knowledge prevented the generation of a more user-friendly solution.

### **Conclusion**

The study found that collecting data from PA providers to produce a searchable database is possible although time consuming. Addressing barriers such as organisational participation and investing in technological expertise to improve database usability are needed to improve database creation in future studies.

### **Impact**

The database will be trailed by physiotherapists in a future pilot study, to assess its perceived utility in practise. Supporting physiotherapists to signpost patients to PA opportunities could increase compliance with brief advice PA promotion, which is individually tailored, structured and time economic, as recommended in the guidelines. A searchable database of local PA opportunities, containing information about opportunities conducive to supporting behavioural change, is a feasible way of supporting this.

### **Key words**

Physical activity, behavioural change, shared decision making

### **Funding acknowledgements**

Centre for Education Support and Innovation at Cardiff University for funding this student project