

Physical Activity Consultation Service

NHS Grampian

Authors: Mary McCallum & Andy Keen & Ann Gold NHS Grampian, Alison Kirk University of Strathclyde, Nanette Mutrie University of Edinburgh, Lynsay Matthews University of Glasgow

Contact: mary.mccallum@nhs.net

Background

All relevant UK and Scottish Government policy documents/clinical guidelines highlight the importance of physical activity on the health and well-being of adults with diabetes. There is evidence from research trials that increased activity both improves glycaemic control and reduces cardiovascular risk factors^{1, 2}. Despite strong evidence for the efficacy of physical activity in Type 2 diabetes management, few interventions have been translated and evaluated in routine NHS clinical practice.

Aim

Designing; delivering, and evaluating the feasibility and acceptability of implementing a physical activity consultation pilot as part of routine care in NHS Grampian Diabetes Service.

What we did

- Designed a self-referral intervention tailored to the stage of change participants were at in relation to lifestyle change, via the application of behaviour change techniques. Intervention consisted of 1 assessment consultation & up to 5 further contacts (phone, email, face-to-face).
- Targeted overweight/obese people with type 1 or 2 diabetes, recruited from secondary care and from a small number of urban and rural general practices in Grampian.
- Posters, leaflets and health professionals were used to advertise the service.
- Participants were provided with a resource detailing local physical activity opportunities. Walking was encouraged as a cheap and effective form of physical activity. Pedometers and step diaries were provided and participants self-monitored their daily step count and set their own goals.

Impact

- Significant changes in minutes of physical activity achieved by participants.
- Significant improvements at follow-up in HADS depression scores, PANAS positive wellbeing scores, and BMI (no significant change in HbA1c).

Conclusions and recommendations

A brief, low intensity psychological intervention can significantly increase activity levels and improve positive wellbeing among overweight and obese people with diabetes. This kind of self-referral service is popular with people who have diabetes, and is attractive to men, a group who often do not engage with services. It is highly likely that this service would be equally effective across a range of long-term conditions and would prove cost effective where improved activity levels are associated with improved health outcomes, for example, in COPD and coronary heart disease.

Further Information

tinyurl.com/DHPdiabetes

References

1. Kirk, A., Barnett, J. & Mutrie, N. (2007). PAC for people with Type 2 diabetes. Evidence and guidelines. *Diabetic Medicine*, 24, 809–16.
2. SIGN 116 www.sign.ac.uk/guidelines/fulltext/116/



the british
psychological society
division of health psychology