

Physical activity on prescription (PAP) IN ICELAND

Workshop on implementing the transfer of best practice

Luxembourg 8 February 2018

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History of PAP in Iceland

- Health professionals interested in PAP in Iceland began in 2010 to develop ideas that could be the basis for PAP
- In 2011 The Ministry of Welfare (MoW) founded a two year experimental project built on the model from Sweden
- In May 2014 PAP becomes available as a new treatment provided by the Icelandic Health System
 - Implementation plan
 - PAP = FaR(Swedish)

Why the Swedish model?

- Similar health care systems
- Similar national community
- Invaluable assistance from Ingibjörg Jónsdóttur
- Invitation to Gothenburg
- Physical Activity the Prevention and Treatment of Disease = FYSS
- Use of material and measurements tools from Sweden permitted

The implementation in Iceland

- PAP part of the health care system
- Treatment - prevention/public health
- Preparing the ambassadors
- Prescribed by all physicians – and now by other health professionals
- The PA coordinators who work within the health care system have knowledge and experience in motivational interviewing
- Prescribed activity documented and followed up to ensure treatment adherence and treatment credibility

Adaption

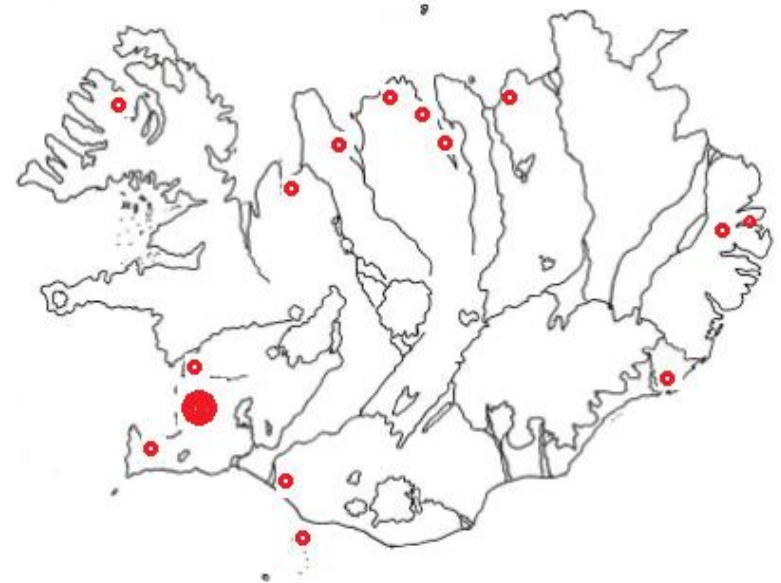
- Economic crisis 2008, and difficult to keep the project alive
- Development of interactive computer program
 - Recording activity – part of the electronic patient record - EPR
 - Helpful to achieve patient's goals
 - Cost-effective
- Task shifting
 - High work load and time pressure on GP's
 - The PA coordinator have knowledge in diseases pathology and exercise physiology
 - Physicians or health professional teams present the PAP for the patient
 - Physician or other health professionals prescribe PA referral and order a visit to a PA coordinator who all are PT's

The role of PA coordinators

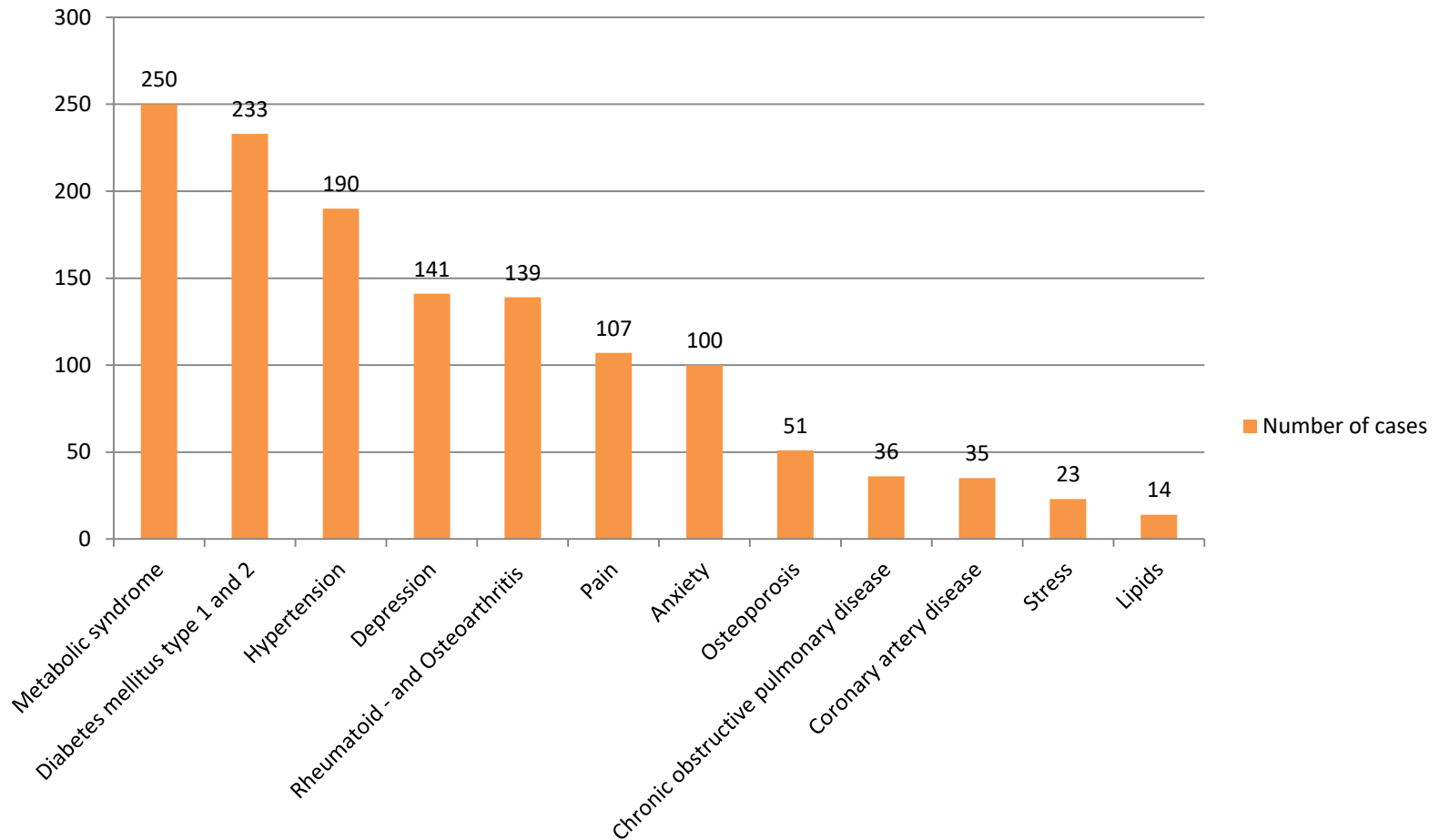
- One hour motivational interview (MI)
- Prescribe treatment according to FYSS (docering)
- 6-minute walking test as screening
- Recorded information from patients about their activity level
- Patient training in using the computer system
 - Website
 - Phone
 - Fitness app
- Find out PA resources - fit for each patient
 - On their own
 - Outside the health care system
 - On an information website – Physical Activity Platform

Iceland's special situations

- Same Task Force group of three people implemented PAP all over the country in 3 years
 - Small population – the size matters
 - Same processes
 - Simple to coordinate procedures
 - Easy to train PA coordinators
 - 25 PA coordinators
 - Located in 36 biggest places in all regions
 - Just 5,5 positions
- IF this is ensured and the compliance is acceptable THEN it is easy and safe to say the method works!



Number of cases per diagnosis in 2017



Progression in PAP 2014 - 2017

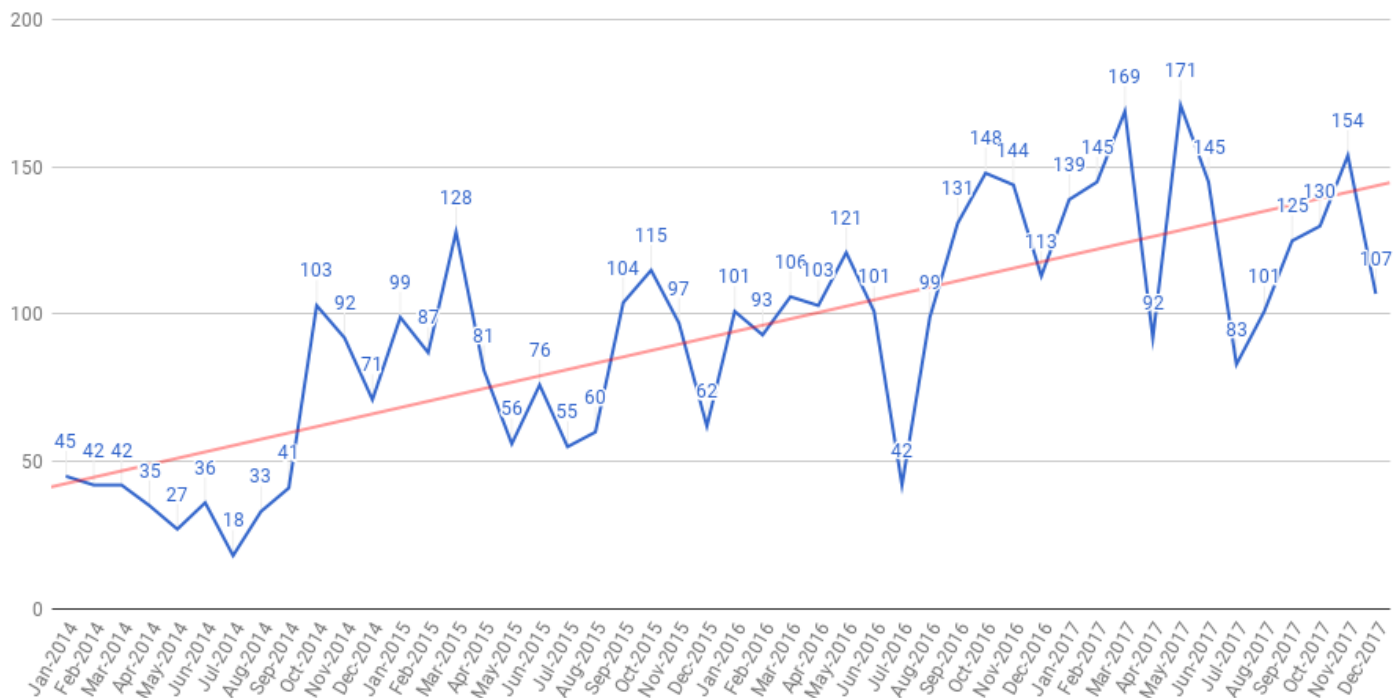
Year	Number	Women	Men	Average age	Compliance	
2014	606	383	223	48	69%	
2015	942	619	323	48	67%	55% increase
2016	1232	776	456	50	71%	31% increase
2017	1502	927	575	50	69%	22% increase

Progression in PAP 2014 - 2017

- 2017 = 4,8 PAP/ 1000 inhabitants
- 3,5 years after formal implementation started
- Compare with Sweden in 2010

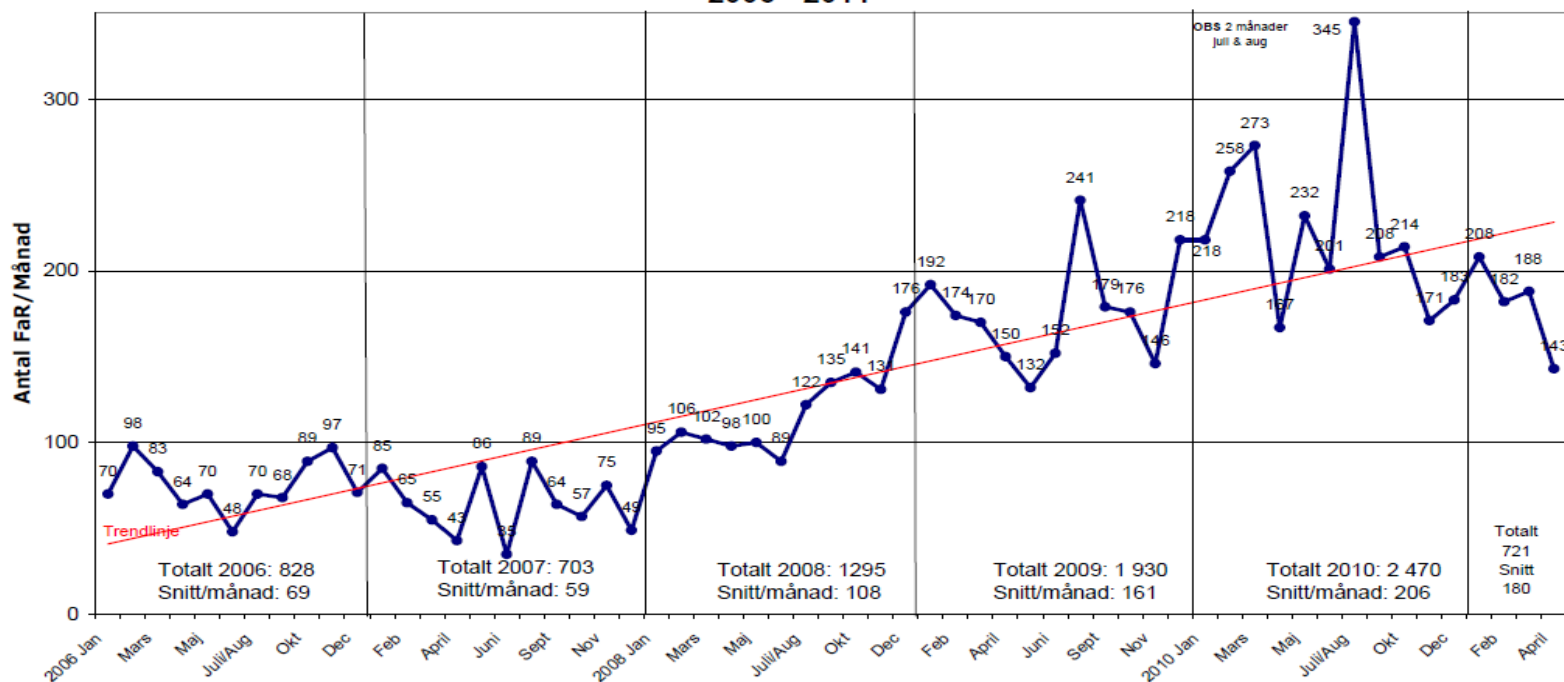
Number of PAP in 2014 - 2017

Fjöldi útgefinna hreyfiseðla 2014-2017



Compare with Värmland in Sweden

Antal genomförda FaR Värmland
2006 - 2011



Success measures in compliance

PA Questions from Sweden

- Not long term follow up jet
- Questions about patients PA level in the beginning and when they quit the PAP programm
79.8% patients increase their PA level by 25% or more

72,4% patients increase their PA level by 50% or more

63,6% patients increase their PA level by 75% or more

How many days last week did you exercise for a minimum of 30 minutes in total (at least 10 minutes at a time), which led to light shortness of breath and a pulse increase that corresponds to walk?

How many days last week did you exercise / train for a minimum of 20 minutes, which led to regular breath and pulse rise equivalent to jogging?



One of the most remarkable work we have done in
our careers.

Thanks