

# What influences healthcare professionals' decisions about referring patients to an exercise referral scheme?

Bruce Forrest    Edinburgh Napier University  
PhD student



[bruce.forrest@napier.ac.uk](mailto:bruce.forrest@napier.ac.uk)



[@bruceforrest](https://twitter.com/bruceforrest)

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# Background

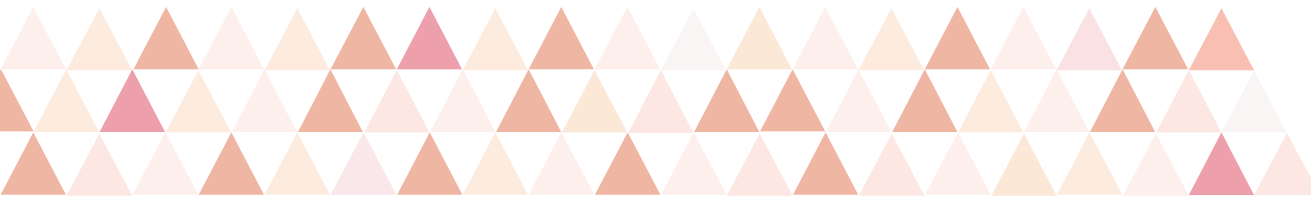
- Healthcare professionals are well placed to promote physical activity
- Exercise referral schemes are a popular mechanism that allows physical activity promotion by healthcare professionals
- Healthcare professionals are positive about the benefits of exercise but experience numerous barriers

- No existing evidence examining how personal beliefs and attitudes influence promotion of physical activity
- The effect of patients' gender on the promotion of physical activity is unclear

# Aim and method

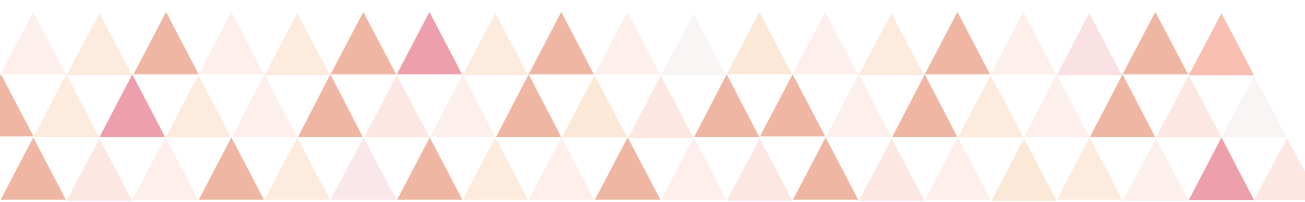
What influences healthcare professionals' decisions about referring patients to an exercise referral scheme?

A qualitative study using constant comparative analysis.



# Healthcare professionals' demographics

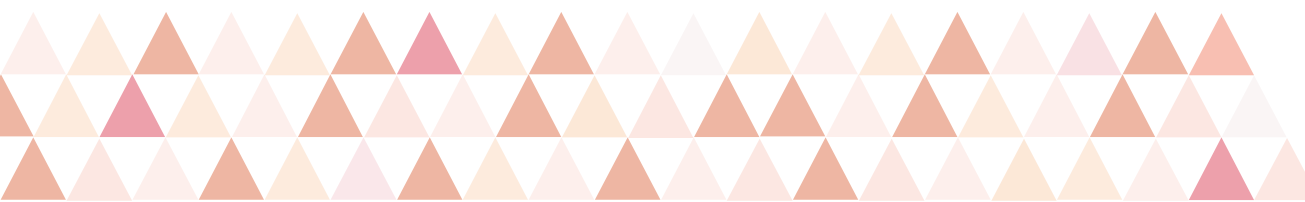
Demographics	n	%
<b>Gender</b>		
Male	1	7.7
Female	12	92.3
<b>Occupation</b>		
Physiotherapist	7	53.8
Nurse	4	30.8
Dietician	1	7.7
Occupational therapist	1	7.7



# Results

**Healthcare professionals perceived that there were 3 major influencers on decisions to refer to the scheme**

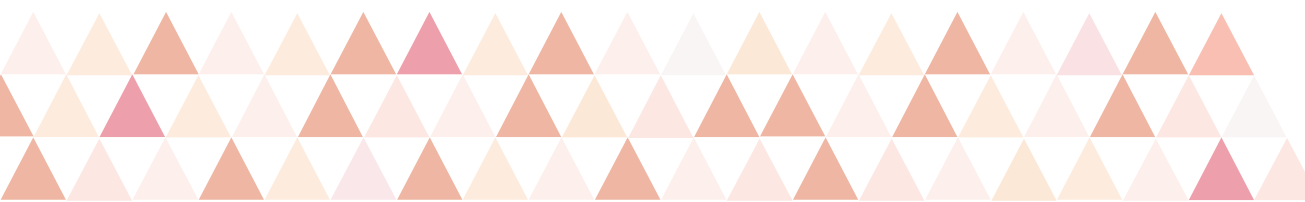
- Patients
- The Scheme
- Personal



# Patient

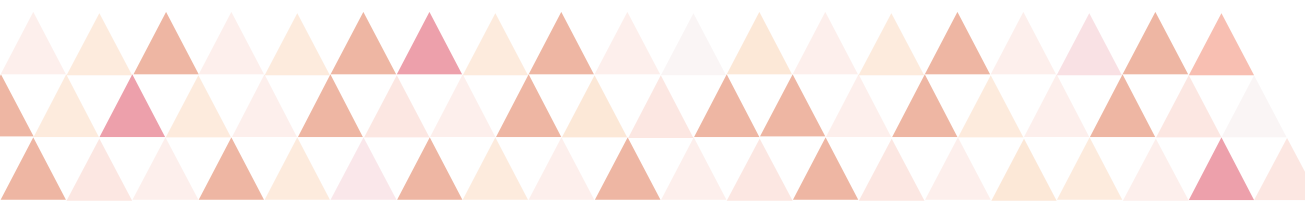


# The scheme



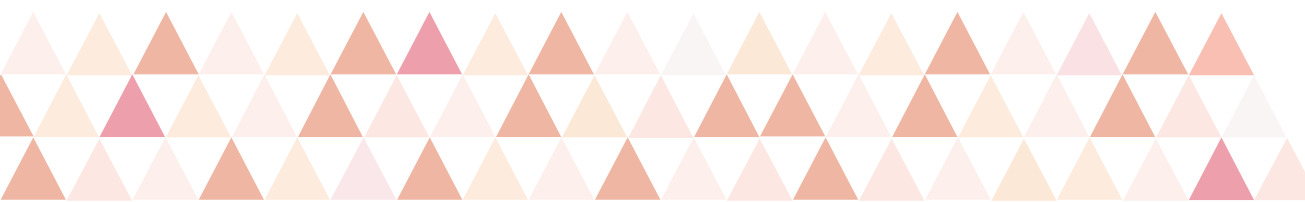


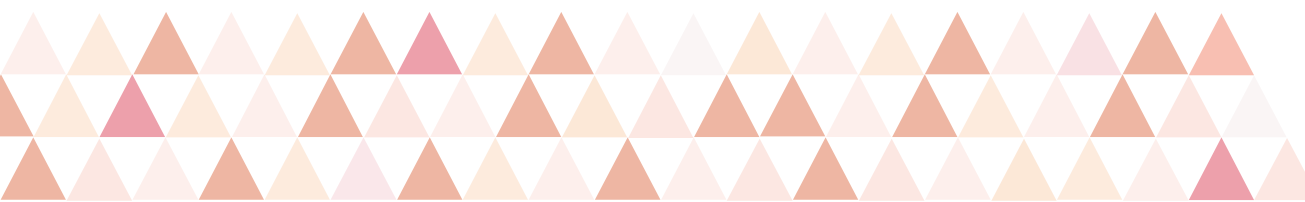
# Beliefs values and experiences



# Conclusions

- Healthcare professionals believe that physical activity promotion is important and beneficial
- The exercise referral scheme is a valued opportunity to help patients become more active
- Healthcare professionals would like feedback after referring
- There is an absence of training about physical activity promotion and formal training is required





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