



UNIVERSITY OF
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Intended Actions, Unintended Consequences: the “*wild and woolly*” world of exercise referral

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Exercise Referral in Lincolnshire

Explore participants' and key stakeholders' understanding of exercise referral schemes and how these perceptions contour service provision



- **Group/ individual interviews**
 - Public Health: 2
 - Sports Partnership: 2
 - District Lead: 1
 - Exercise professionals: 7
 - Health professionals: 5
 - Referral patients: 15

Key Findings



- Conflicting and inconsistent perceptions

*I honestly **don't see the point** in sending them anything (feedback forms)... I **doubt they** (health professional) **even read it** (Malcolm, Exercise Professional)*

***Yes definitely** because that would tell me whether my **patient is willing to take that exercise activity** and whether it's going to **be helpful** to try it again **in the future** (Tara, Health professional)*

- I, we and they relationships characterised by power struggles

*... the **divide between us** as in health professionals and them as medical professionals and there being a **lack of understanding** of each other's speciality and there's a, a **massive divide** between the two*

(Malcolm, Exercise professional)

Key Findings

- Groups and individuals seemed to alter, resist or reinvent aspects of service delivery

*they are not in a financial state to join a regular gym and I **don't want to lose them** so I'd rather **keep them on the scheme*** (Aidan, Exercise professional)

*...you need the **contact** with... someone to continue, I think if you said that's it... you're on your own now I **wouldn't come*** (Eddie, Referral patient)

*Some do **hold onto us** a little bit longer if they can...* (Fran, Exercise professional)

- Individual actions shape service provision and can have unintended consequences - creating a '*wild and woolly*' service (Christine, Sports Partnership)

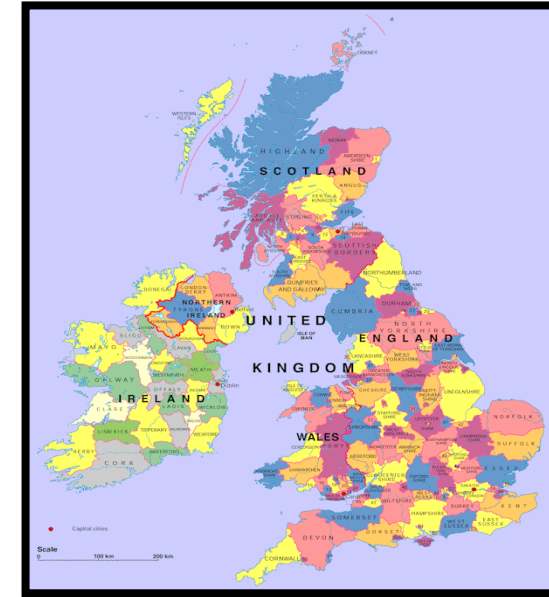
Implications for Policy & Future

Directions



Be clear

Other areas



Higher up the chain

Post decommissioning



QUESTIONS

