THE PIE=M PROJECT; development of a tool to support exercise as medicine in hospital care

Background
• The prescription of physical activity in clinical care has been advocated worldwide through the ‘exercise is medicine’ (E=M) paradigm.
• E=M currently has no position in general routine hospital care.

Purpose
1. To perform an in-depth study of the current implementation status of E=M by studying barriers and facilitators that clinicians experience regarding the implementation of E=M in routine clinical care.
2. To develop a tool that can assist and facilitate prescription of individually tailored E=M advice based on the combination of individual patient characteristics and big data from earlier research.
3. To evaluate the feasibility of implementing E=M in at least four clinical departments of two Dutch hospitals.

Methods
1. Quantitative and qualitative research to study the current implementation status of E=M in clinical care as well as its facilitators and barriers to implementation among clinicians and hospital managers
2. An E=M tool will be developed, using a prediction model, based on individual determinants of physical activity behavior and motivation, relative to existing standards and local big data
3. A pilot-study will be conducted with a process evaluation, which will integrate the tool in routine care.

Results
1. Insight in the current implementation status of E=M and in factors that influence the actual E=M implementation
2. E=M tool providing a tailored E=M prescription for patients as part of clinical care (figure 1)
3. Implementation strategy of the E=M tool for clinical practice.

Conclusion
This project envisages an extensive continuation of research on the implementation of E=M, supports the mutual decision making process of lifestyle referral of clinicians and provides insights which can be used to assist in implementing physically active lifestyle prescription in the medical curriculum.

References