

We can increase physical activity



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# Look to cover

**AIM:** To understand why increasing physical activity is important in preventing and treating cancer

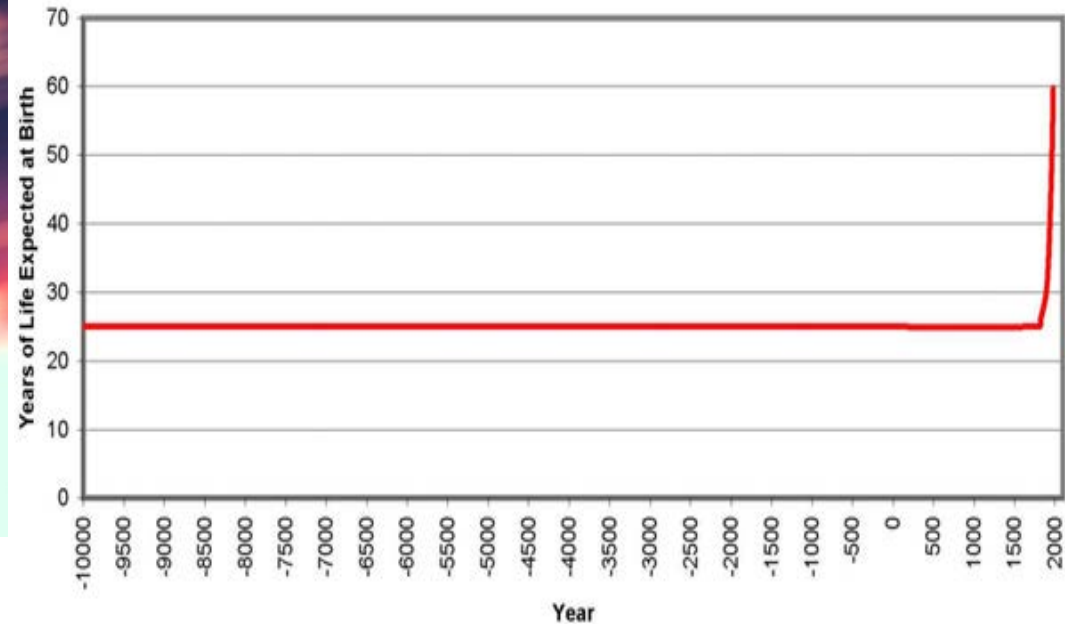
1. A bit about physical activity
2. Physical activity before, during and after cancer treatment
3. Working together to increase physical activity and prevent cancer
4. Examples from primary care



# Improvement and game changers

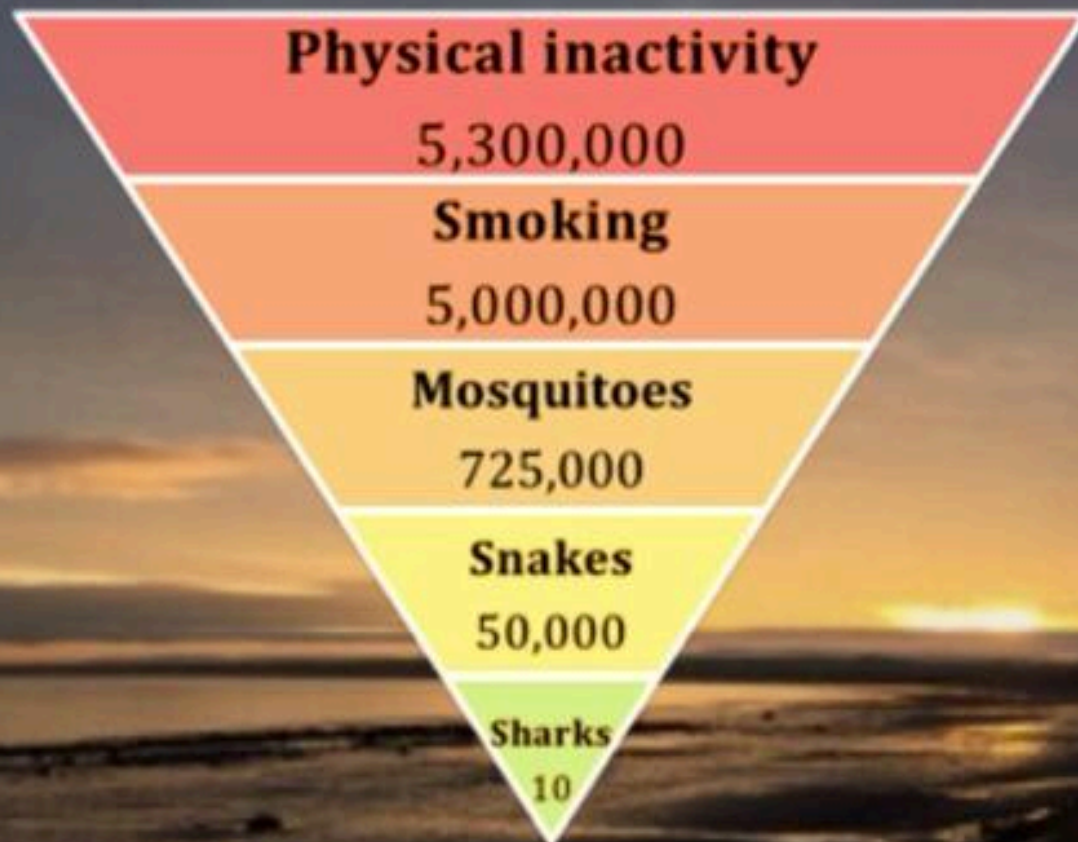


Global Life Expectancy  
-10,000 BCE - 2003



Source: Indur M. Goklany. "The Improving State of our World." Washington, DC: Cato Institute, 2007. 36. Life expectancy is believed to have been 20-30 years prior to 1820. Age 25 is selected as an average.

## People Killed Annually by...



# Risk reduction associated with physical activity

<b>Chronic condition</b>	<b>Risk reduction</b>
All cause mortality	30% risk reduction
CVD, stroke	20-35% reduction
Diabetes	30-40% reduction
Hip fractures	36-68% reduction
Colon cancer	30% reduction
Breast cancer	20% reduction
Loss of function	30% reduction
Depression/dementia	20-30% reduction



# Primary prevention

## Evidence of reduced risk from physical activity

<b>Convincing</b>	Colon- 30% Breast- 20%
<b>Probable</b>	Endometrium
<b>Limited but suggestive</b>	Lung Pancreas Breast (pre-menopausal)

Conclusions of World Cancer Research Fund (WCRF) expert report (2007) and continuous update project (CUP)



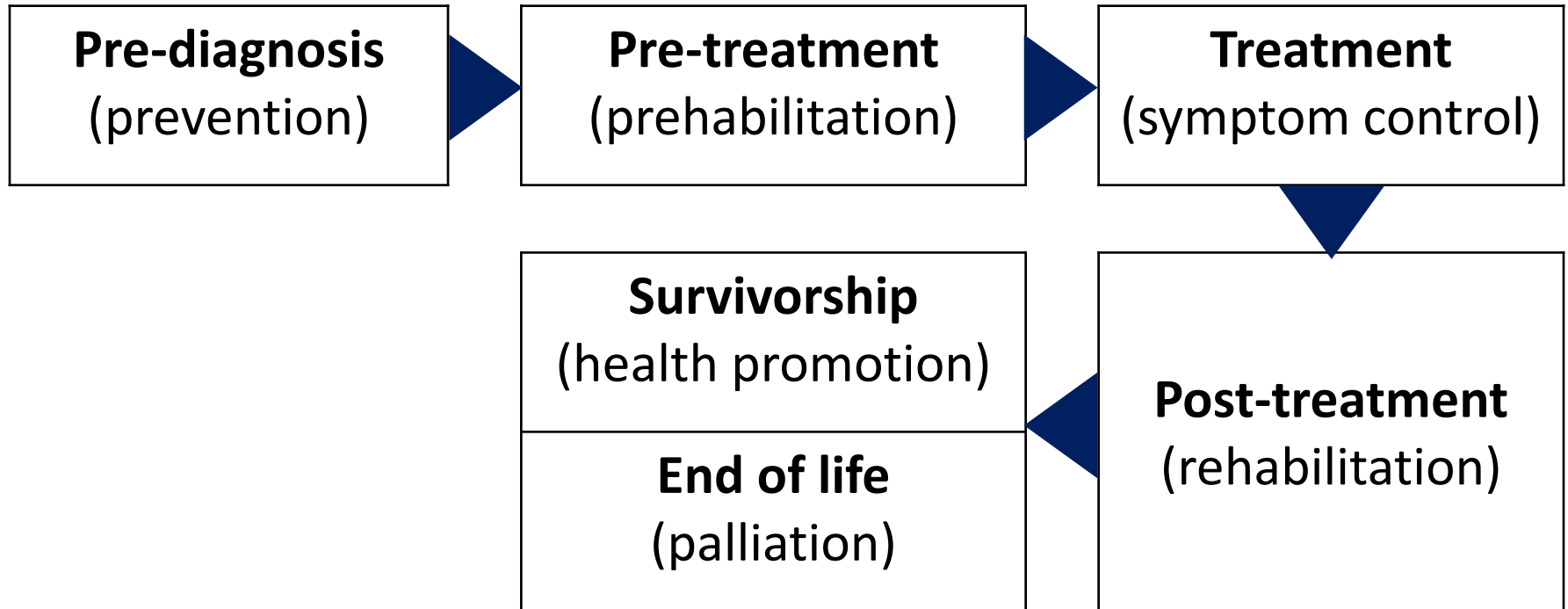
# Physical activity and survival

Emerging evidence of physical activity post-diagnosis as an independent predictor of survival time/disease progression

Cancer	Studies	Risk reduction
Breast	4	>20% cancer mortality/progression
Colorectal	6	>30% cancer mortality/progression
Prostate	2	>50% cancer mortality/progression
Lung	1	>30% total mortality
Brain	1	>30% total mortality



# Promote physical activity at every stage of cancer care



Promote physical activity throughout cancer care pathway





# Physical activity during treatment

Aimed at maintaining functional abilities and well-being

- **Aerobic and muscular fitness** preserved or slightly increased
- **Body composition** improved (via fat loss)
- **Well-being and quality of life** enhanced
- **Fatigue** controlled or slightly reduced



# Physical activity in palliative care

Majority of patients surveyed are interested in physical activity

Some benefits demonstrated from intervention trials

- Slowed decline in quality of life
- Preserved functional outcomes (walking ability, muscular strength)
- Less severe symptoms (dyspnoea, appetite loss)



# Physical activity guidelines

- Exercise is safe both during and after most cancer treatments
- Patients are advised to avoid inactivity and return to normal daily activities as soon as possible after surgery, and during adjuvant cancer treatments
- The standard age appropriate guidelines are also appropriate for cancer patients


















# Physical activity benefits for adults and older adults

-  **BENEFITS HEALTH**
-  **IMPROVES SLEEP**
-  **MAINTAINS HEALTHY WEIGHT**
-  **MANAGES STRESS**
-  **IMPROVES QUALITY OF LIFE**

**REDUCES YOUR CHANCE OF**

Type II Diabetes	<b>-40%</b>
Cardiovascular Disease	<b>-35%</b>
Falls, Depression and Dementia	<b>-30%</b>
Joint and Back Pain	<b>-25%</b>
Cancers (Colon and Breast)	<b>-20%</b>

## What should you do?

<b>For a healthy heart and mind</b>		<b>To keep your muscles, bones and joints strong</b>		<b>To reduce your chance of falls</b>	
<b>Be Active</b>		<b>Sit Less</b>		<b>Build Strength</b>	
<b>Improve Balance</b>					
<b>VIGOROUS</b>	<b>MODERATE</b>				
 RUN	 WALK	 TV	 GYM	 DANCE	
 SPORT	 CYCLE	 SOFA	 YOGA	 TAI CHI	
 STAIRS	 SWIM	 COMPUTER	 CARRY BAGS	 BOWLS	
<b>MINUTES PER WEEK</b> <b>75 OR 150</b> VIGOROUS INTENSITY (BREATHING FAST, DIFFICULTY TALKING) MODERATE INTENSITY (INCREASED BREATHING, ABLE TO TALK) <b>OR A COMBINATION OF BOTH</b>		<b>BREAK UP SITTING TIME</b>		<b>2 DAYS PER WEEK</b>	
<p>Something is better than nothing.          Start small and build up gradually: just 10 minutes at a time provides benefit.  <b>MAKE A START TODAY: it's never too late!</b></p>					

# Health care professional responsibilities: if you have only 60 seconds

**ASK**

about current physical activity levels  
and if they are aware of the benefits  
of moving more

**ADVISE**

of the benefits of physical activity to  
people living with and beyond cancer

**ACT**

signpost on for more help and support



# Health care professional responsibilities: if you have 5 minutes

**ASK**

about your patients' physical activity

**ASSESS**

their readiness for physical activity

**ADVISE**

on appropriate options

**ASSIST**

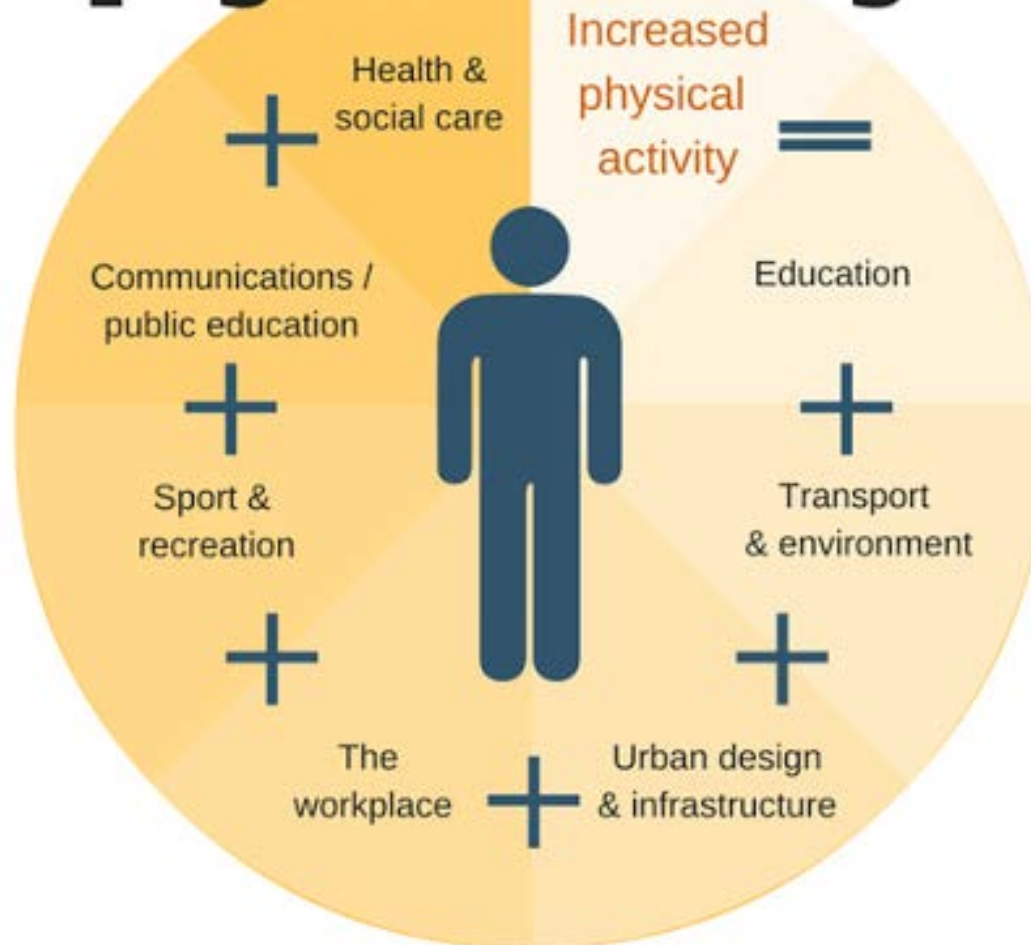
with resources and opportunities

**ARRANGE**

follow-ups



# How do we increase physical activity?



<http://rcp.sg/physicalactivity> #activehealth

# Summary

- Physical activity can reduce the risk of many cancers
- Physical activity is important at each stage of the cancer care pathway
- Potential benefits include symptom control, functional abilities, fatigue, quality of life, survival time, and long-term health
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# Engaging patients with physical activity: a General Practice perspective

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## General Practice: an ideal setting

- Huge number of patient contacts
  - 16m GP consultations in Scotland 2012/13
  - 24m GP and PN Consultations
- Opportunistic health promotion
- Continuity of care
- Patients of all ages and stages



## Being ready to engage patients

- Developing a culture of physical activity within the practice
- Practitioners and practice staff physical active
- Awareness and knowledge of physical activity benefits



# Being ready to engage patients

Developing a culture of physical activity within the practice

- Increasing activity in day to day work
  - Standing desks for duty doctor and reception – MacKenzie Health Centre
  - Cycling or walking to house visits
- Practice based events:
  - Summerside Medical Practice: Moonwalk
  - Craiglockhart: Marathon relay, walking group
- Protected learning time



# Being ready to

## Awareness and

– Huge amount

– Community

- Knowledge

- Local initiatives

– Tailoring to

- Socioeconomic

- Ethnicity

Resource	Description
<a href="#">Motivate to Move</a> <sup>i</sup>	Educational package for GPs providing comprehensive and up to date information on physical activity benefits with tools for motivating patients.
<a href="#">Physical Activity for Health Alliance</a> <sup>ii</sup>	Scottish network for providing information and connections for those promoting physical activity. Great resources section.
<a href="#">Physical activity infographic</a> <sup>iii</sup>	Infographic from CMO Scotland (September 2015) A4 sheet – could be used as patient information sheet.
<a href="#">23 and ½ hours</a> <sup>iv</sup> <a href="#">Make your day harder</a> <sup>v</sup>	Excellent animated visual lectures from Dr Mike Evans explaining the evidenced based medicine behind physical activity and encouraging change
<b>NHS Health Scotland</b>	
<a href="#">Every Step Counts</a> <sup>vi</sup>	6 videos explaining the Scottish physical activity pathway.
<a href="#">Get active</a> <sup>vii</sup>	A PIL explaining the need to know information about physical activity.
<a href="#">Brief Intervention</a> <sup>viii</sup>	Together with the SCOT-PASQ provides brief advice and PIL.
<b>BHF National Centre</b> <sup>ix</sup>	
	Wide ranging information sheets available. Includes guidance for different age groups from pre-school to elderly also specific cases (e.g. children with asthma)
<a href="#">Fit for health</a> <sup>x</sup>	Referral information for Edinburgh Leisure's 12 week fitness program for adults with CVS, Respiratory conditions or diabetes.
<b>By Activity</b>	
<b>Activity Finder</b>	
<a href="#">Active Scotland</a> <sup>xi</sup>	Find physical activity opportunities locally.
<b>Walking</b>	
<a href="#">Walk for life</a> <sup>xii</sup>	Encourages walking: particularly finding a local walk, or people to walk with.
<a href="#">Paths for all</a> <sup>xiii</sup>	Promotes walking in Scotland, lists walking groups.
<b>Cycling</b>	
<a href="#">Sustrans</a> <sup>xiv</sup>	Cycling charity aiming to encourage cycling for leisure and travel.
<b>By Patient Group</b>	
<b>Women</b>	
<a href="#">Pregnancy D&amp;G</a> <sup>xv</sup>	Dumfries and Galloway have published recommendations for physical activity during pregnancy for professionals and patients. (2015)
<a href="#">This girl can</a> <sup>xvi</sup>	Lottery funded initiative inspiring women of any age to exercise (to signpost to)
<b>Cardiology</b>	
<a href="#">British Heart Foundation</a> <sup>xvii</sup>	Produce patient information booklets on physical activity for those with heart disease and hypertension.
<b>Oncology</b>	
<a href="#">Macmillan</a>	Inspiring information packs for patients and evidence based reviews for GPs.

## benefits

able – ? overwhelming

es

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## Raising awareness: out with consultation

Waiting room

Website

Leaflet

Prescription



# Raising awareness: out with consultation

Waiting room

Website

Leaflet

- To take away from consultations
- Send out with invitations to attend chronic disease review.

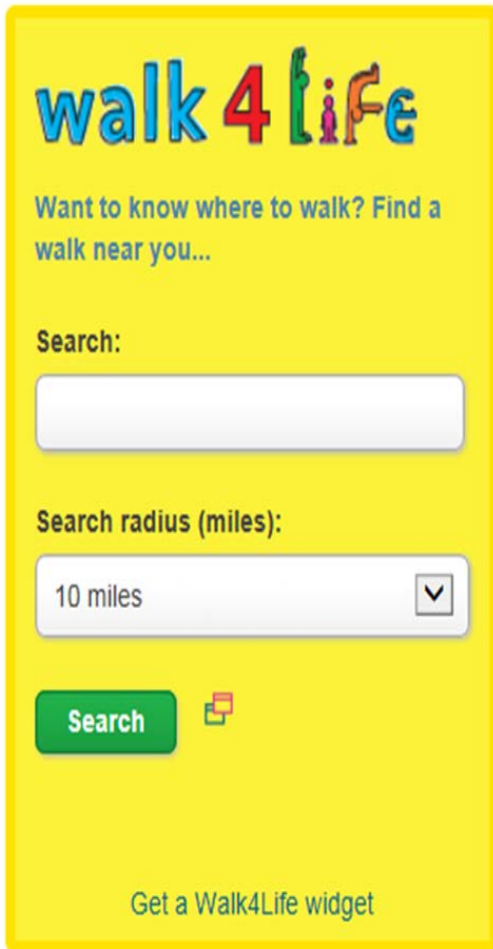
Prescription







# Raising awareness: out with consultation




walk 4 life

Want to know where to walk? Find a walk near you...

Search:

Search radius (miles):

Search 

Get a Walk4Life widget

## Website

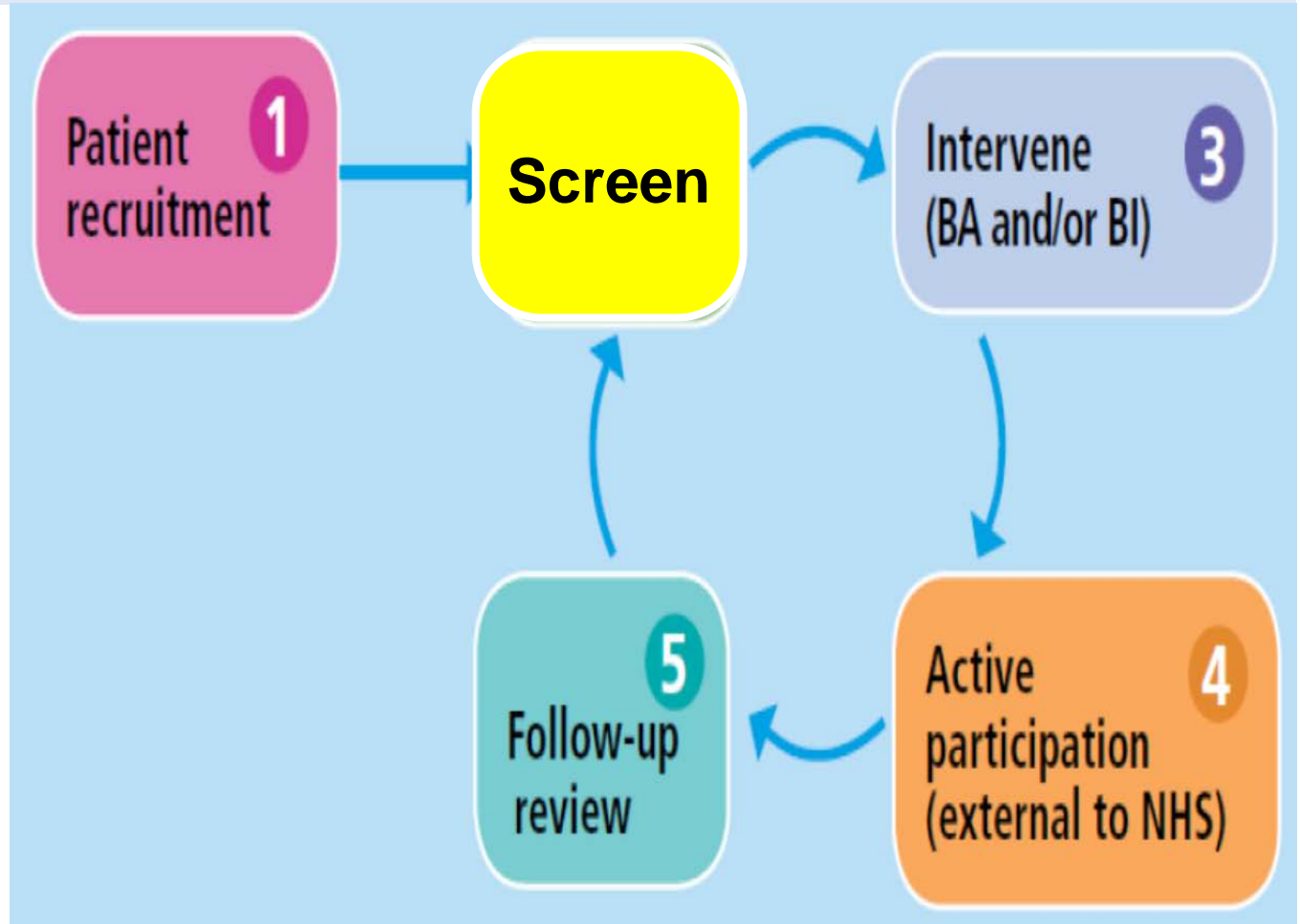
- Activity for health page
  - List information about local services
  - Links to other websites.

- Add a widget – walk for life



# Raising awareness: within consultation

Scottish  
physical  
activity  
pathway



# Raising awareness: within consultation

## Scottish Physical Activity Screening Questionnaire (SCOTPASQ)

1 In the past week, on how many days have you been physically active for a total of 30 minutes or more?

Physical activity may include: walking or cycling for recreation or to get to and from places; gardening; and exercise or sport which lasts for at least 10 minutes.

0 1 2 3 4 5 6 7

Go to Question 2

Positive reinforcement

2 If four days or less, have you been physically active for at least two and a half hours (150 minutes) over the course of the past week?

No

Yes

Go to Question 3

Positive reinforcement

3 Are you interested in being more physically active?

No

Yes

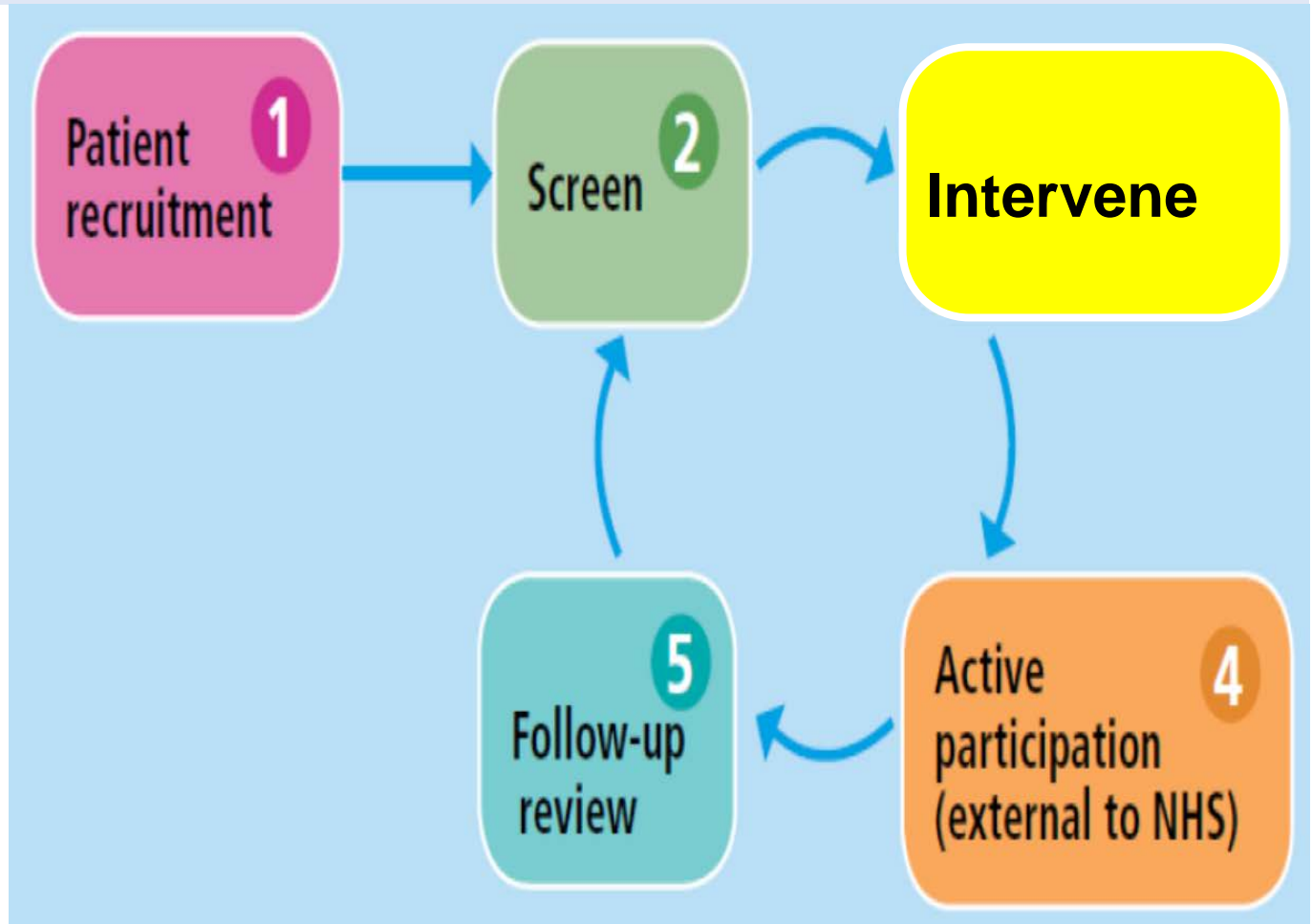
Literature  
(physical activity leaflet)

Brief advice and or  
brief intervention



# Raising awareness: within consultation

Scottish  
physical  
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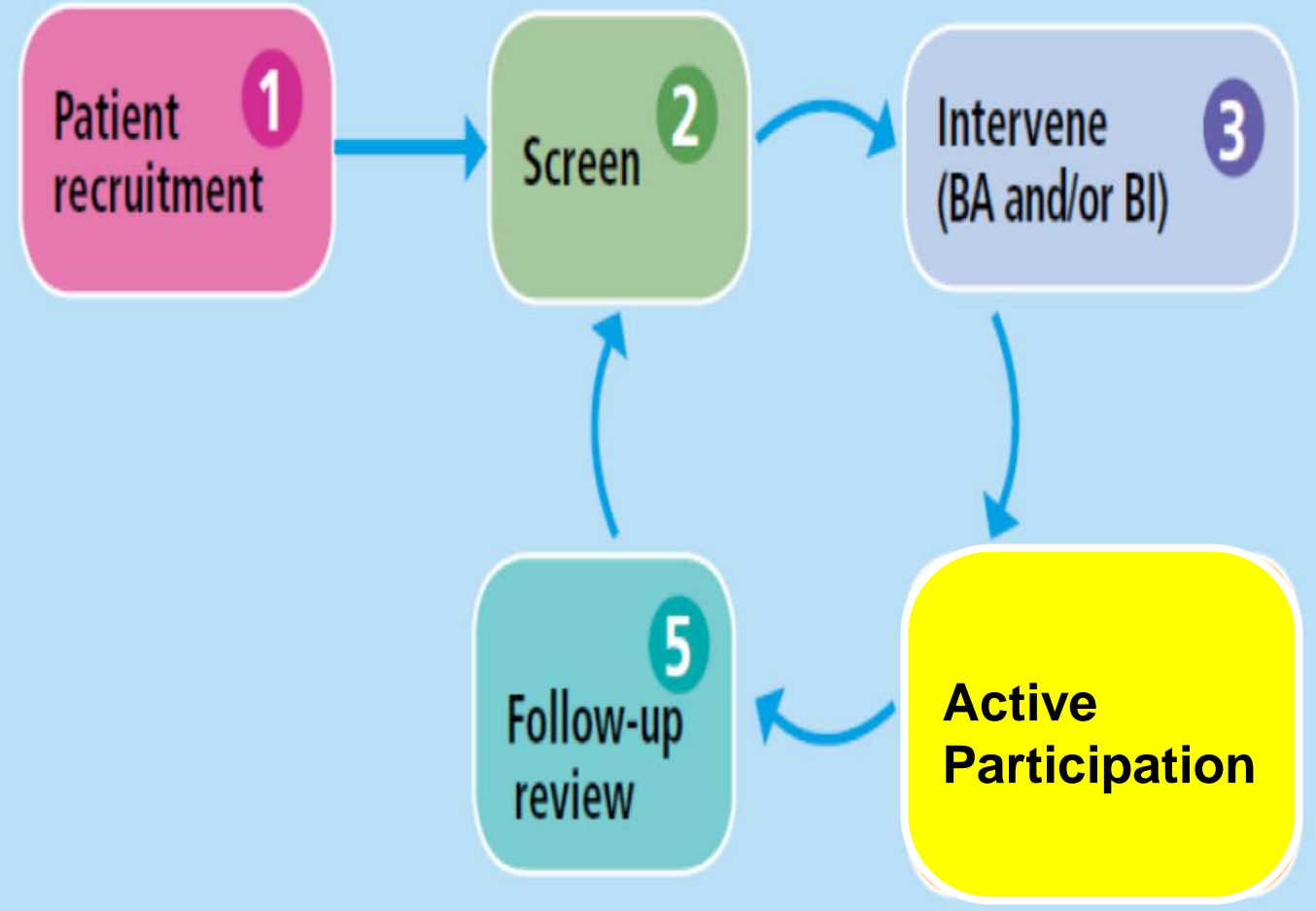
# Within the consultation

Brief advice	Brief intervention	Motivational interviewing
Informal Raise awareness	More structured Seek to provide more formal help	“Change talk” patients hear themselves speaking about change; their motivation improves.
More directive, Expert advice-led approach		Guiding style Pace dictated by patient’s readiness to change



# Raising awareness: within consultation

Scottish  
physical  
activity  
pathway



# Active Participation

Choosing the right activity:

L

Local

E

Enjoyable

A

And

P

Practical



## Summary

Benefits of physical activity are compelling

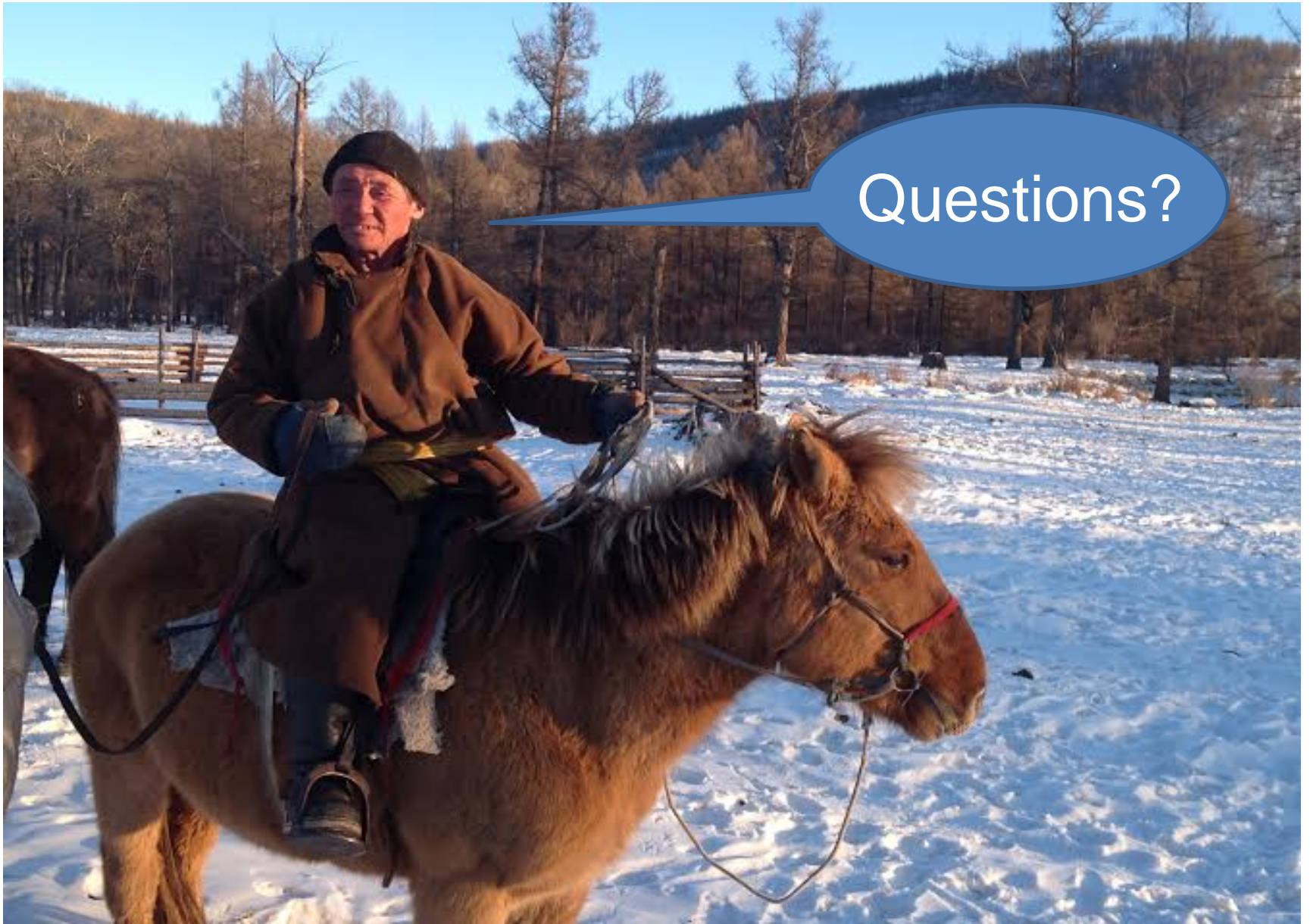
Develop physical activity culture within workplace

Be innovative in raising awareness

Use Scottish Physical Activity pathway







Questions?



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