

## **What are the barriers encountered by the physiotherapists in their role of physical activity promoters?**

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### **Purpose**

The fight against sedentariness needs multisectorial actions. Being experts in movement and exercise, physiotherapists (PT) consider themselves as ideally placed to promote, guide and prescribe physical activity (PA). The purpose of this study was to identify the barriers that limit their PA promoting mission as well as proposals of solutions.

### **Methods**

Fifteen PT attended to a 3 hours meeting during which researchers applied the nominal group technique. After a short introduction summarizing basic notions about PA, subjects were invited to describe the problems that PTs encountered when they want to promote PA. In a second step, they selected 8 categories of barriers to be discussed. During the last part of the meeting, subgroups had to imagine solutions to deal with selected problems. Oral reports were shared. After the meeting, a written report was prepared by the researchers and validated by the subjects.

### **Results**

Out of the 13 identified categories, subject selected the following: Patients' lack of awareness of PA's interest for healthy living; Patients' poor self perceptions and misrepresentations about PA; Patients' difficulties to change their behaviour; PTs' lack of knowledge about PA; PTs' lack of informational resources; Patients' lack of social support; Patients' lack of facilities; PTs' lack of interaction with other actors. The synthesis of the solutions was combined with written resources in a 19 pages brochure.

### **Conclusions**

This study pointed out that PTs are able to propose a plurality of ideas and approaches through a constructive group work. Such approach will be proposed in inservice education.

### **Keywords**

Physical activity; physiotherapist; problems; promotion.

### **References**

- Peterson, JA. Get moving ! Physical activity counseling in primary care. *J Am Acad Nurse Pract* 2007;19:349-57
- Shirley D, Van der Ploeg HP, Bauman AE. Physical activity promotion in the physical therapy setting: perspectives from practitioners and students. *Phys Ther* 2010 ;90:1311-22.
- Brunelle J, Drouin D, Godbout P, Toussignant M. La supervision de l'intervention en activité physique. Montréal, Québec: Gaëtan Morin Ed. 1988

## **What are the barriers encountered by the physiotherapists in their role of physical activity promoters?**

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### **Purpose**

Since more than a decade, it appears that the fight against sedentariness needs multisectorial actions. Belonging to the health sector and being experts in movement and exercise, physiotherapists (PT) consider themselves as ideally placed to promote, guide and prescribe safe physical activity (PA). Nevertheless, recent studies underline that their ability to promote PA could be improved. The purpose of this study was to identify the barriers that limit their PA promoting mission in their professional practice and proposals of solutions.

### **Methods**

Fifteen PT attended to a 3 hours meeting during which researchers applied the nominal group technique. Following this method, after a short introduction summarizing basic notions about PA, subjects were invited to describe the problems that PTs encountered when they want to promote PA. In a second step, they voted to select 8 categories of barriers to be analyzed. During the last part of the meeting, in 2 turns, 4 subgroups were randomly formed and had to imagine solutions to deal with one of the selected problems. Oral reports were shared with the other subgroups. After the meeting, a written report was prepared by the researchers and validated by the subjects.

### **Results**

Thirteen categories of barriers have been identified. Eight involve the patients while five deal with the PT. The selected problems were: Patients' lack of awareness of PA's interest for healthy living; Patients' poor self perceptions and misrepresentations about PA; Patients' difficulties to change their behaviour; PTs' lack of knowledge about PA; PTs' lack of informational resources; Patients' lack of social support; Patients' lack of facilities; PTs' lack of interaction with other actors. The synthesis of the solutions was combined with written resources in a 19 pages brochure.

### **Conclusions**

This study pointed out that PTs are not necessary able to immediately promote PA in their professional practice but that a plurality of ideas and approaches can be developed in a constructive way through group work. Such approach will be proposed in inservice education.

### **Keywords**

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