



Pushing Physical Activity up the agenda:

An update from the Maternity national feasibility project

Promoting physical activity amongst pregnant women

Dear Colleague,

I am writing to inform you of the **exciting developments** in the maternity department related to the national feasibility project. As you will be aware, OUHFT has been commissioned by Public Health England to deliver a national physical activity feasibility pilot project in secondary care. The maternity stream of the physical activity feasibility project has been met with considerable enthusiasm to integrate physical activity into every patient encounter. Here are some of the developments:

Activity calculator within booking:

The physical activity calculator has now been integrated into the maternity booking form on EPR. As a result, for the first time nationally, physical activity levels are being discussed and recorded in every maternity booking appointment across the trust.

Physical Activity Calculator

These questions are related to a week in the individual's life when they have been feeling well
For instance if they have developed an acute illness or suffering with morning sickness, it is related to a week prior to those symptoms when their health has been stable.

Please ask the following 2 questions:

On average, how many days per week do they engage in moderate intensity or greater physical activity (like a brisk walk) lasting at least 10 minutes?

On those days, how many minutes do they engage in activity at this level? Total minutes per week:

Activity level is good
It is important to continue this activity level

Recommend trying to increase activity level up to 150 minutes per week of moderate intensity activity. Start gradually and build up in bouts of as little as 10 minutes at a time

Activity levels are very low. Recommend trying to increase activity level to improve wellbeing and health. Start gradually and build up to bouts of as little as 10 minutes at a time

Information/leaflet on physical activity provided

Information/leaflet on physical activity provided

Information/leaflet on physical activity provided

The 'Physical Activity calculator' launched in April 2018 – adapted from the exercise vital sign and designed to incorporate physical activity into the maternity booking form



Delegates at the education session discussing the use of different communication techniques (based on motivational interviewing themes) to deliver brief advice to motivate women

Staff Education Sessions:

The first staff teaching session on giving brief physical activity advice to pregnant women was delivered on the 23rd May. Subsequent sessions are being integrated into mandatory training updates and delivered to community teams. The aim of these sessions is to give staff more confidence and clarity when discussing physical activity. If you or your teams would like to attend/arrange these sessions please email

Physical.activity@oxnet.nhs.uk

Short Promotional film:

A short promotional film is in the final stages of production. It is planned to be shown in patient waiting areas and shared across social media. The film showcases the benefits of physical activity and encourages women to be active throughout pregnancy. It will also generate posters to be displayed throughout the department encouraging behaviour change.

Leaflet Rewritten:

The OUHFT physical activity leaflet has been rewritten incorporating the latest evidence and messages from the Chief Medical Officers recommendations. It is now available from OMI Leaflet code 45109P: <https://www.ouh.nhs.uk/patient-guide/leaflets/files/41509Pactivity.pdf>

Getting in touch with the team:

We would be delighted to hear any ideas you have about how we can incorporate physical activity messaging into your clinical practice, or if you have any further questions: Physical.Activity@oxnet.nhs.uk

