

PROGRAMME

Physical activity on prescription – the Swedish method

Day 1 Monday, 28 September 2020

Digital session

08.45 – 09.00	Meeting preparations (technical test) Kajsa Mickelsson, EUPAP coordination team
09.00 – 09.30	Introduction and welcome Kajsa Mickelsson, EUPAP coordination team Mats Börjesson, course coordinator
09.30 – 10.15	Physical activity for health/FYSS Mats Börjesson, professor, medical doctor
10.15 – 10.30	Questions and discussion
10.30 – 10.45	Active break + COFFEE
10.45 – 11.30	Physical activity on prescription – the Swedish method (introduction) Stefan Lundqvist, physiotherapist
11.30 – 11.45	Questions and discussion
11.45 – 12.45	LUNCH
12.45 – 13.30	Behavioral change and interview technique Josefine Lindfors, physiotherapist, public health
13.30 – 13.45	Questions and discussion
13.45 – 14.15	Physical activity on prescription at the Hospital level, including Health Promoting Hospitals Helen Sundberg/Tina Nyth Persson, physiotherapists
14.15 – 14.30	Questions and discussion
14.30 – 14.45	Active break + COFFEE

14.45 – 15.30 **Physical activity on prescription in primary care**

Stefan Lundqvist, physiotherapist

15.30 – 15.45 **Questions and discussion**

15.45 – 16.15 **Physical activity on prescription – orthopedics**

Jon Karlsson, professor, medical doctor

16.15 – 16.30 **Questions and discussion**

16.30 – 16.45 **Reflections, questions and preparations**

Kajsa Mickelsson, EUPAP coordination team

Mats Börjesson, professor, medical doctor

Day 2 Tuesday, 29 September 2020

Digital session

08.45 – 09.00	Meeting preparations (technical test) Kajsa Mickelsson, EUPAP coordination team
09.00 – 09.40	Physical activity on prescription- for mental health/stress Inga Jonsdottir, professor
09.40 – 09.55	Questions and discussion
09.55 – 10.05	Active break + COFFEE
10.05 – 10.45	Physical activity on prescription for cardiovascular disease Mats Börjesson, professor, medical doctor
10.45 – 11.00	Questions and discussion
11.00 – 11.10	Active break
11.10 – 11.30	Physical activity on prescription in surgery Aron Onerup, medical doctor
11.30- 11.40	Questions and discussion
11.40- 12.00	Physical activity on prescription – health economics Daniel Arvidsson, assistant professor
12.00- 12.10	Questions and discussion
12.10 – 13.00	LUNCH
13.00 – 13.40	Person centered care Mari Lundberg, professor
13.40 – 14.00	Questions and discussion
14.00 – 14.15	Active break
14.15 – 14.45	Physical activity on prescription – the evidence Mats Börjesson, professor, medical doctor
14.45 – 15.00	Questions and discussion
15.00 – 15.15	Active break + COFFEE
15.15 – 16.00	Discussion – compare experiences ALL + Mats Börjesson, professor, medical doctor
16.00– 16.15	Home assignment, Task to take home Mats Börjesson, professor, medical doctor
16.15 – 16.30	Reflections, questions and preparations Kajsa Mickelsson, EUPAP coordination team Mats Börjesson, professor, medical doctor

Day 3 Wednesday, 7 October 2020

Digital session

08.45 – 09.00	Meeting preparations (technical test) Kajsa Mickelsson, EUPAP coordination team
09.00 – 09.15	Introduction and welcome back Kajsa Mickelsson, EUPAP coordination team Mats Börjesson, course coordinator
09.15 – 09.45	Physical activity on prescription as a method of treatment in a health care center – routines, processes and experiences Ulrika Wallersten, district nurse
09.45– 10.00	Questions and discussion
10.00 – 10.30	Physical activity on prescription – the doctor's perspective Beatrice Joneken, medical doctor
10.30 – 10.45	Questions and discussion
10.45 – 11.00	Active break + COFFEE
11.00 – 11.20	Results from qualitative research – Swedish PAP Stefan Lundqvist, physiotherapist
11.20 – 11.35	Questions and discussion
11.35 – 12.05	PAP-implementation – processes and tools Sofia Nankler, physiotherapist Stefan Lundqvist, physiotherapist
12.05 – 12.20	Questions and discussion
12.20 – 13.30	LUNCH
13.30 – 16.00	Cases: Practical Physical activity on prescription ALL, with support of Stefan Lundqvist, physiotherapist Mats Börjesson, professor, medical doctor Elin Laurila, physiotherapist Ing-Mari Dohrn, physiotherapist
16.00 – 16.15	Home assignment, Task to take home Mats Börjesson, professor, medical doctor
16.15 – 16.30	Reflections, questions and preparations Kajsa Mickelsson, EUPAP coordination team Mats Börjesson, professor, medical doctor

Day 4 Thursday, 10 December 2020

Digital session

08.45 – 09.00	Meeting preparations (technical test) Kajsa Mickelsson, EUPAP coordination team
09.00 – 09.10	Introduction and welcome back Kajsa Mickelsson, EUPAP coordination team Mats Börjesson, course coordinator
09.10 – 09.25	PAP-center – an enhanced support for the patient, and for the health care Sofia Nankler, physiotherapist
09.25 – 10.15	The PAP-process at the PAP-center – experiences and results from a patient-centered support Elin Laurila, physiotherapist
10.15 – 10.30	Questions and discussion
10.30 – 11.00	Active break + COFFEE
11.00 – 11.30	Digital site visit at the PAP-center Center for physical activity Gothenburg VGR
11.30 – 11.45	Questions and discussion
11.45 – 13.00	LUNCH
13.00 – 16.00	Home assignment - presentation and discussion ALL, with support of Mats Börjesson, professor, medical doctor Stefan Lundqvist, physiotherapist Ing-Mari Dohrn, physiotherapist
16.00 – 16.15	Summary Mats Börjesson, professor, medical doctor Kajsa Mickelsson, EUPAP coordination team
