



PROGRAMME: THREE-DAY COURSE

Physical activity on prescription – the Swedish model

Gothenburg, Sweden, May 20–22, 2019

Day 1, Monday, May 20

Center for Health and Performance (CHP), Skånegatan 14b, Gothenburg

09.00	Introduction and welcome Lena Hansson, Agnetha Bäckman, EUPAP coordination team Mats Börjesson, course coordinator
09.30–10.30	Physical activity for health/FYSS Mats Börjesson, professor, medical doctor
10.30–11.00	FIKA
11.00–12.00	Physical activity on prescription – the Swedish model (introduction) Stefan Lundqvist, physiotherapist
12.00–13.30	LUNCH
13.30–14.00	Person centered care Inger Ekman, professor
14.00–14.30	Physical activity on prescription - the Swedish model (primary care) Stefan Lundqvist, physiotherapist
14.30–15.00	Physical activity on prescription – at Hospital level, including Health promoting hospitals Helen Sundberg, physiotherapist
15.00–15.15	FIKA
15.15–16.00	Physical activity on prescription – the evidence Mats Börjesson, professor, medical doctor
Networking	
16.15	A 30 minutes walk together to Feskekörkan
17.00	A light meal
17.30–18.30	A tour on the water



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Day 2, Tuesday, May 21

Center for Health and Performance (CHP), Skånegatan 14b, Gothenburg

09.00–09.45	Physical activity on prescription for cardiovascular disease Mats Börjesson, professor, medical doctor
09.45–10.30	Physical activity on prescription for mental health/stress Inga Jonsdottir, professor
10.30–11.00	FIKA
11.00–11.30	Physical activity on prescription in surgery Aron Onerup, medical doctor
11.30–12.00	Physical activity on prescription in orthopedics Jon Karlsson, professor, medical doctor
12.00–13.00	LUNCH
13.00–15.00	Cases: Practical Physical activity on prescription Stefan Lundqvist, physiotherapist Mats Börjesson, professor, medical doctor Aron Onerup, medical doctor
15.00–17.00	Discussion – compare experiences All

Day 3, Wednesday, May 22

Angered Arena, Högaffelsгатan 15, Gothenburg

Tram 4, 8 and 9 from City Centre to Angereds Centrum

09.00	Welcome, PAP-center – an enhanced support for the patient, and for the health care Åse Blomqvist, physiotherapist
09.15–09.45	Physical activity on prescription as a method of treatment in a health care centre – routines, processes and experiences Ulrika Wallersten, district nurse
09.45–10.15	The PAP-process at the PAP-center – experiences and results from a patient-centered support Elin Laurila, physiotherapist
10.15–10.45	Site visit at the PAP-center and FIKA
10.45–11.15	Working with behavior change and interview technique in a person-centered way Elin Laurila, physiotherapist
11.15–11.45	PAP-implementation – processes and tools Stefan Lundqvist, Åse Blomqvist, physiotherapists
11.45–12.00	Take home message, Task to take home All
