



Folkhälsomyndigheten  
PUBLIC HEALTH AGENCY OF SWEDEN



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# WP6 Education and training

Kajsa Mickelsson



# Participation per partner

Starting month	1				Ending month	24				
Leading participant	Public Health Agency of Sweden (FOHM-SE) – Kajsa Mickelsson									
Applicants Nr	1	2	3	4	5	6	7	8	9	10
Applicants Acronym	FOHM-SE	DGS-PT	NIPH-RO	CP-LT	INEFC-ES	GUF-DE	RMJ-DK	VIGEZ-BE	AULSS 2-IT	MFH-MT
Person month per applicant	21	2	2	2	2	2	2	2	2	2



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# Objectives

To train educators and practitioners  
in the core component of the Swedish FaR methodology

To develop a network for key persons to support the implementation throughout the project time, including study visits and opportunities for sharing experiences



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# Education, training and networking

Education and training initiatives will be developed according to the need in the different partner countries.

A three-day course including basic knowledge and skills for prescribing PA according to the Swedish FaR method will be held in Sweden.

Homework

The course will be followed by a one-day follow-up.

A supportive network will be built for capacity building between the participating countries

(based on interest, twinning services, study visits, joint workshops and collegial evaluations can be organized).



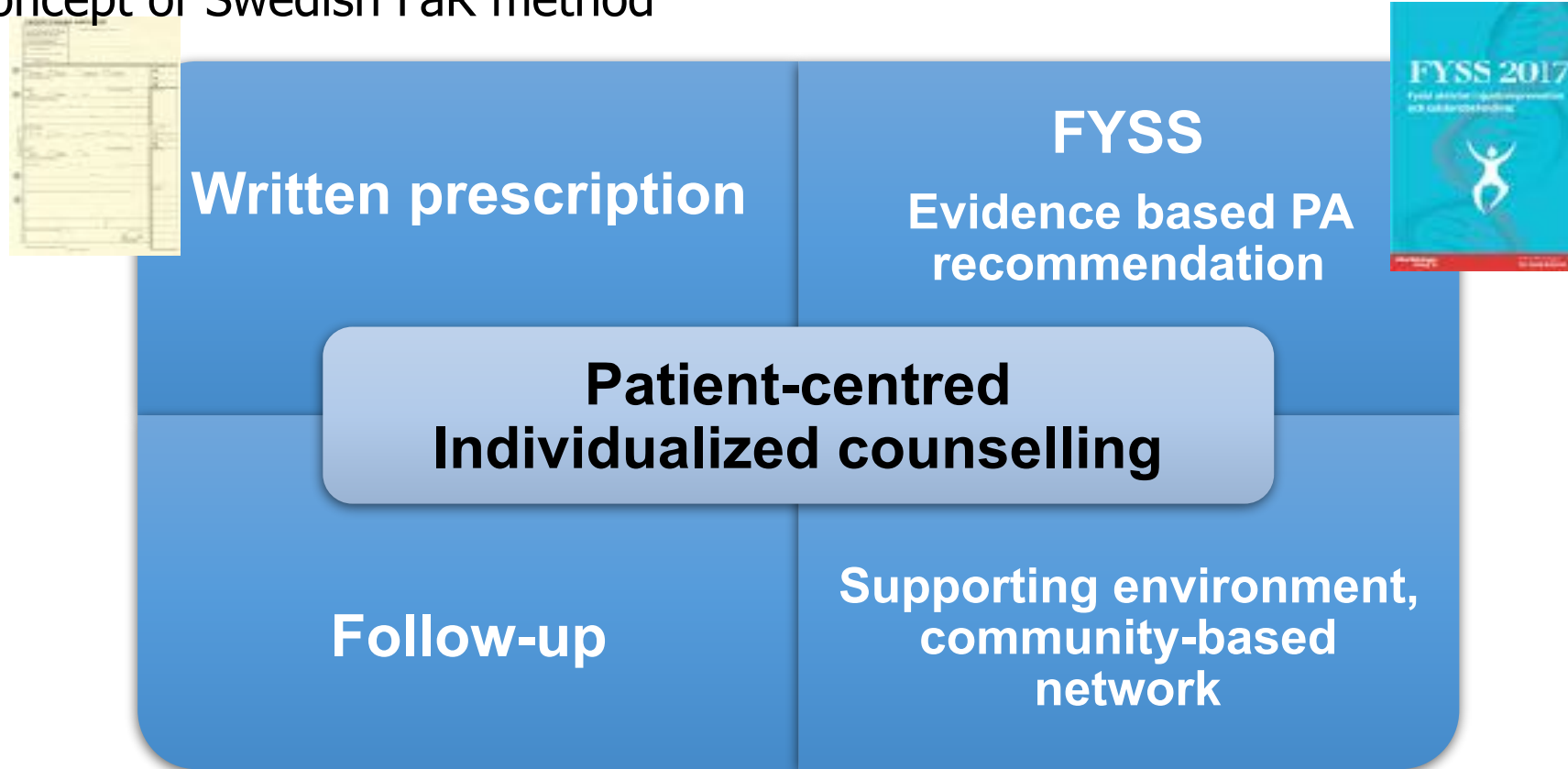
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# The education and training includes 1(2):

- Basic concept of Swedish FaR method



# The education and training includes 2(2):

- Physical activity and health overview (with examples from common diagnoses)
- FYSS
- Risk assessment
- Person centered care, behavioral change theories and interview technique overview and brief skill practice
- Clinical reasoning and individualization of the prescribed physical activity
- Practical exercises, physical activity intensity estimation etc.
- Implementation tools and planning for implementation in own context/country
- Study visit

Content and design of the follow-up day will be planned together with course participants.



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# Target groups

- Healthcare professionals who will work with physical activity prescription as a tool to prevent and treat disease.
- Educators who will plan and arrange courses in their own countries and contexts.



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# Deliverables linked to WP6

DL6.1.

Educational material on the method published on web-site (M5)

Educational material (presentation and /or a film)

- covering introduction and information about the Swedish FaR method
- can be used as part of the local implementation.



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# Milestones to be reached by WP6

Title	Lead beneficiary	Due Date (in months)	Means of verification
MS6.1	1 - FOHM-SE	5	Course curricula and material developed
MS6.2	1 - FOHM-SE	36	Partners present a plan for continuous education and training in PAP
MS6.3	1 - FOHM-SE	6, 9, 13	Training course for educators and practitioners
MS6.4	1 - FOHM-SE	1, 9, 16	Seminars at SC meetings

# Tasks for WP leader

- Coordinate
  - the courses,
  - study visits and
  - seminars at SC meetings.

# Tasks for all partners

- Assign key persons to participate in the training initiatives
- Plan and organize training in their countries, based on local needs.
- Develop a plan for continuous education and training after the end of the project.



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# Welcome to the first Education and training

**Date:** May 20 (9.00 a.m.) – May 22 (12.00 p.m.), 2019

**Premises:** CHP (Idrottshögskolan), networking in central Gothenburg 1st evening

**City:** Göteborg, Sweden

**Registration on-line**  
A link will be sent out

## **Costs**

The course and 1<sup>st</sup> network event is financed by the WP6 leader (PHAS)

Each participant is expected to cover their own travel and accommodation



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# Working progress

- Contactlists
- Communication WP-leaders
- Go through with the 1st session of Education and training
- Evaluate and improve the arrangement
- Plan, set dates and go through the 2nd and 3rd session
- Create fruitful networks
- Plan and organize training in the countries/regions, based on local needs
- Develop plans nationally/regionally for continuous education and training after the end of the project



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# Questions

