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EUPAP

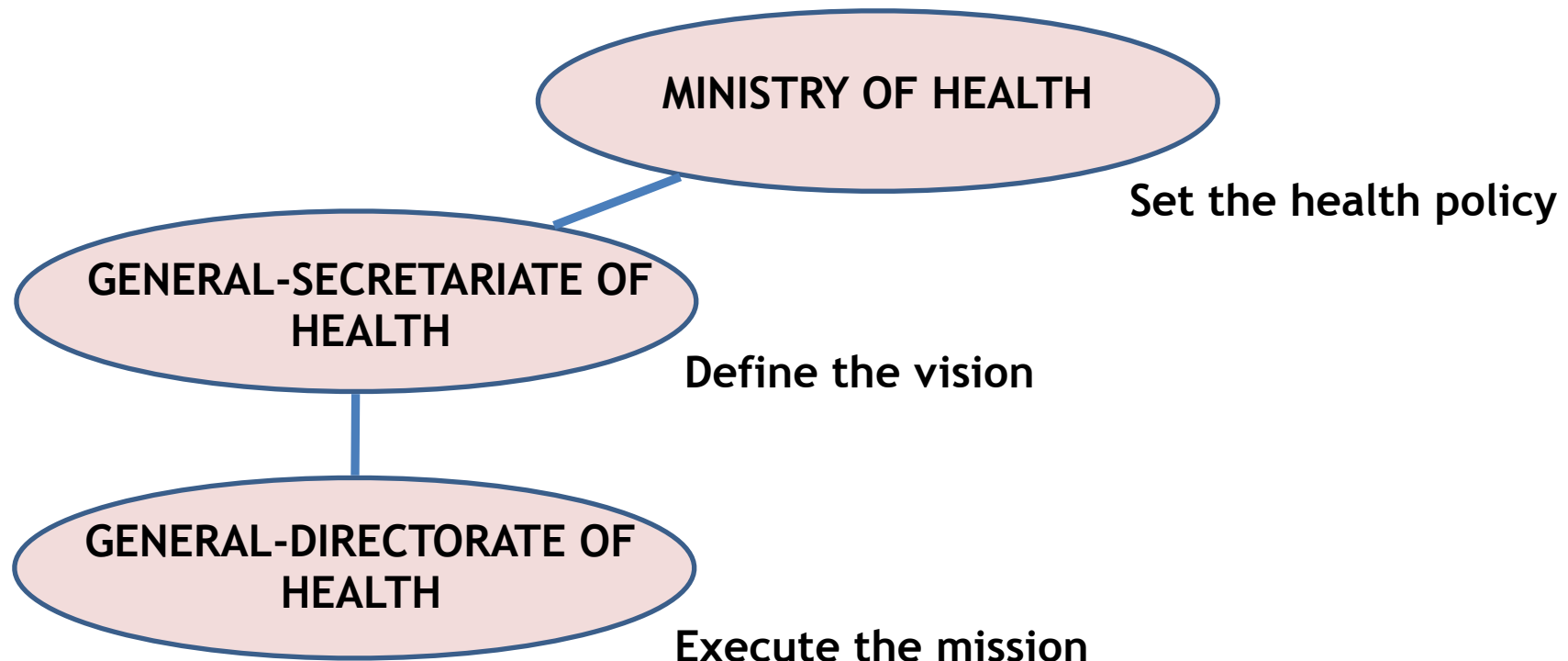
An European Physical Activity on Prescription model

Kick-Off Meeting
March 28, 2019

Partner:
General-Directorate of Health
MINISTERIO DA SAUDE - REPUBLICA PORTUGUESA (DGS-PT)

Partner DGS Outline

The Directorate-General of Health (DGS) is a **public body of the Portuguese Ministry of Health** that positions itself as a reference for all those who think and operate in the healthcare field.



Programas de Saúde Prioritários

**SNS**
Serviço Nacional
de Saúde**Já conhece o Portal SNS?**Clique aqui para aceder ao Portal SNS
www.sns.gov.pt
Pública 2019**Programa Nacional
para a Prevenção
e Controlo do Tabagismo****Programa Nacional
para a Promoção
da Alimentação Saudável****Programa Nacional
para a Promoção
da Atividade Física****Programa Nacional
para a Diabetes****Programa Nacional
para as Doenças
Cérebro-Cardiovasculares****Programa Nacional
para as Doenças Oncológicas****Programa Nacional
para as Doenças Respiratórias****Programa Nacional
para as Hepatites Virais****Programa Nacional
para a Infecção VIH/SIDA****Programa de Prevenção
e Controlo de Infecções
e de Resistência aos Antimicrobianos****Programa Nacional
para a Saúde Mental****Programa Nacional
para a Tuberculose**

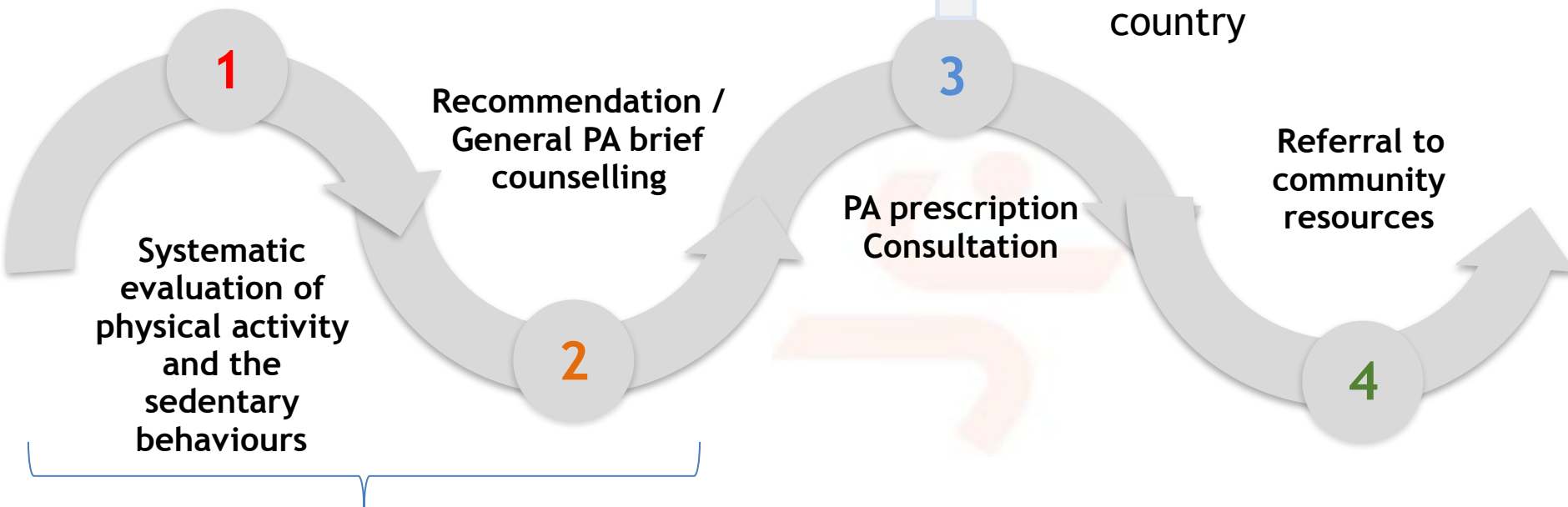
Developed by the DGS, the National Health Plan (NHP) includes (2016-2020), 12 priority programs for health prevention and promotion.

One of these programs is the National Program for Physical Activity Promotion developed in the realm of the National Strategy for the Promotion of Physical Activity, Health and Well-Being 2016-2025.

Portuguese experience in PAP



12 months pilot (about to start) in 14 health-care centres in the country



Already implemented

Our team involved in the project



Bruno Avelar Rosa, MSc in Sports Science, PM
PT member of the Assembly Consortium
Member of the Steering Committee
PT responsible for the WP 1-6



Cristina Godinho, PhD in Health Psychology
Member of the Steering Committee
Adjunct Director of the National Programme for Physical Activity Promotion
PT responsible for the WP7



Marlene Nunes Silva, PhD in Exercise and Health
Director of the National Programme for Physical Activity Promotion



Catarina Santos Silva, MSc in Nutrition
Scientific and technical support for the National Programme for Physical Activity Promotion Secretary

Sandra Bessa (DGS communication officer), **Carla Andrade** (DGS strategic planning officer) and **Belmira Rodrigues** (DGS financial officer)

Our roles in the project

7.1. Overview of work packages

WP number	Title	Description
1	Coordination	Actions undertaken to manage the project and to make sure that it is implemented as planned
2	Dissemination	Actions undertaken to ensure that the results and deliverables of the project will be made available to the target groups
3	Evaluation	Actions undertaken to verify if the project is being implemented as planned and reaches its objectives
4	Feasibility study	Actions undertaken to analyse the preparedness for practice transfer.
5	Implementation tools	Actions undertaken to develop implementation tools in English based on the Swedish FaR methodology
6	Education and training	Action undertaken to develop education and training initiatives according to the need in partner organisations
7	Local implementation and monitoring	Action undertaken to involve organisational structures and professionals in the local PAP implementation and monitoring procedures



WP7
coordination

WP7 Outline

- Partners
- Objectives of this WP
- Description of work
- Tasks for leader and partners
- Meetings
- Deliverables of this WP
- Gantt chart and deliverables
- General issues and requirements

Partners

Work package number	WP 7									
Work package title	Local implementation and monitoring									
Starting month	7			Ending month				36		
Leading applicant	Directorate-General of Health - Health Ministry (DGS-PT)									
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-IT	MFH-MT
Person months per applicant	6	13	6	6	6	6	6	6	6	6

Objectives of this WP

- To raise awareness about PAP in the institutions involved in the implementation.
- To train practitioners involved in local implementation.
- To implement PAP method in different European countries / regions.
- To apply monitoring and quality control mechanisms.



Description of work

Task 7.1. Introduction to the PAP method.

- Meetings with relevant stakeholders for PAP implementation
- Presentation of the PAP method in local implementation sites
- Local implementation practitioners training

Task 7.2. PAP implementation.

- Local community resources identification/partnerships establishment
- PAP implementation execution

Task 7.3. Implementation monitoring and quality control.

- Output indicators monitoring and quality control
- Data collection for process and impact evaluation



Tasks for leader and partners

Tasks for WP7 Leader

- Coordinate the elaboration of a plan for PAP implementation by each partner.
- Monitoring and report the implementation activities done.
- Build a database with data for process and impact evaluation.

Tasks for all partners

- Develop an implementation plan.
- Implement PAP
- Collect data on agreed indicators and report it to the WP7 coordinator.



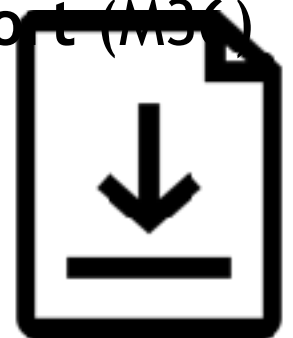
Meetings

- Will be held every 3 months.
- Face-to-face when coincident with meetings planned in other WPs, otherwise they will be online meetings.



Deliverables of this WP

- DL.7.1. Local community resources database/map (M12)
- DL.7.2. Monitoring and quality control plan (M12)
- DL.7.3. Midterm implementation monitoring report (M18)
- DL.7.4. Database for process and impact evaluation (M32)
- DL.7.5- Final implementation monitoring report (M36)



Gantt chart and deliverables (M1-M12)

	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12
WP7 - LOCAL IMPLEMENTATION AND MONITORING												
Task 7.1 – Introduction to PAP model												
7.1.1. Meetings with relevant stakeholders for PAP implementation												
7.1.2. Presentation of the PAP method in local implementation sites												
7.1.3. Local implementation practitioners training												
Task 7.2 – PAP Implementation												
7.2.1. Local community resources identification/partnerships establishment												DL 7.1.
7.2.2. PAP implementation execution												
Task 7.3 – Implementation monitoring and quality control												
7.3.1. Output indicators monitoring and quality control												DL 7.2.
7.3.2. Data collection for process and impact evaluation												

List of deliverables:

DL.7.1 - Deliverable 7.1. | Local community resources database / map

DL.7.2 - Deliverable 7.2. | Monitoring and quality control plan

Gantt chart and deliverables (M13-M24)

						M13	M14	M15	M16	M17	M18	M19	M20	M21	M22	M23	M24
WP7 - LOCAL IMPLEMENTATION AND MONITORING																	
Task 7.1 – Introduction to PAP model																	
	7.1.1. Meetings with relevant stakeholders for PAP implementation																
	7.1.2. Presentation of the PAP method in local implementation sites																
	7.1.3. Local implementation practitioners training							ML 7.1.									
Task 7.2 – PAP Implementation																	
	7.2.1. Local community resources identification/partnerships establishment																
	7.2.2. PAP implementation execution																
Task 7.3 – Implementation monitoring and quality control																	
	7.3.1. Output indicators monitoring and quality control										DL 7.3.						
	7.3.2. Data collection for process and impact evaluation																

List of deliverables:

DL.7.3 - Deliverable 7.3. | Midterm implementation monitoring report

List of milestones:

ML.7.1 - Milestone 7.1. | End of local professionals training

Gantt chart and deliverables (M25-M36)

		M25	M26	M27	M28	M29	M30	M31	M32	M33	M34	M35	M36
WP7 - LOCAL IMPLEMENTATION AND MONITORING													
Task 7.1 – Introduction to PAP model													
	7.1.1. Meetings with relevant stakeholders for PAP implementation												
	7.1.2. Presentation of the PAP method in local implementation sites												
	7.1.3. Local implementation practitioners training												
Task 7.2 – PAP Implementation													
	7.2.1. Local community resources identification/partnerships establishment												
	7.2.2. PAP implementation execution												
Task 7.3 – Implementation monitoring and quality control													
	7.3.1. Output indicators monitoring and quality control												DL 7.5.
	7.3.2. Data collection for process and impact evaluation								DL 7.4. / ML 7.2.				

List of deliverables:

DL.7.4 - Deliverable 7.4. | Database for process and impact evaluation

DL.7.5 - Deliverable 7.5. | Final implementation monitoring report

List of milestones:

ML.7.2 - Milestone 7.2. | End of data collection for PAP evaluation



Obrigado!

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