

Coventry and Warwickshire VTS, CRN West Midlands and Warwick Medical School
‘Primary Care Research and Audit in Coventry and Warwickshire’
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PRESENTER’S DETAILS		
Title Dr	First Name Jean-Pierre	Surname Laake
Place of work/study Warwick Medical School, University of Warwick		
PRESENTATION DETAILS (total max 250 words - not including title)		
Co-Authors Joanna Fleming (j.l.m.fleming@warwick.ac.uk)		Title of Study Effectiveness of physical activity promotion and exercise referral in primary care: protocol for a systematic review and meta-analysis of randomised controlled trials
What’s the problem you are tackling? (Background) Physical inactivity is the fourth leading risk factor for global mortality. Both sedentary behaviour and reduced physical activity are associated with mortality, independently of obesity. Reducing sedentary behaviour and increasing physical activity are efficacious for improving many physical and mental health conditions (obesity, cardiovascular disease, T2DM, depression), however most adults in the UK do not currently meet the guidelines of the UK’s Department of Health & Social Care for weekly exercise.		

How did/will you do it? (Method)

A protocol for a systematic review and meta-analysis of randomised controlled trials of physical activity promotion and referral in adults recruited in primary care. A comprehensive literature search of seven bibliographic databases will be conducted for studies with a minimum follow up of 12-months that report physical activity as an outcome measure (by either self-report or objective measures) including an intention to treat analysis. Papers will be screened in two stages, first by title and abstract and then by full text. The quality of the evidence will be assessed using the GRADE (Grading of Recommendations Assessment, Development and Evaluations) approach. Pooled effects will be calculated using a random effects model.

What did you find? (Results)

Not applicable

Why does this matter? (Conclusion)

This work will summarise the evidence for the effectiveness of physical activity promotion and referral as interventions for improving physical activity, as well as whether studies using objective measures of physical activity have similar effects to those studies using self-report measures. This knowledge has importance for primary care clinicians, patients and, given the focus of the recent NHS long term plan on preventive medicine, to those making policy decisions.