

# **Making Every Contact Count for the health of disabled people: Training the social workers of today and tomorrow in physical activity promotion**

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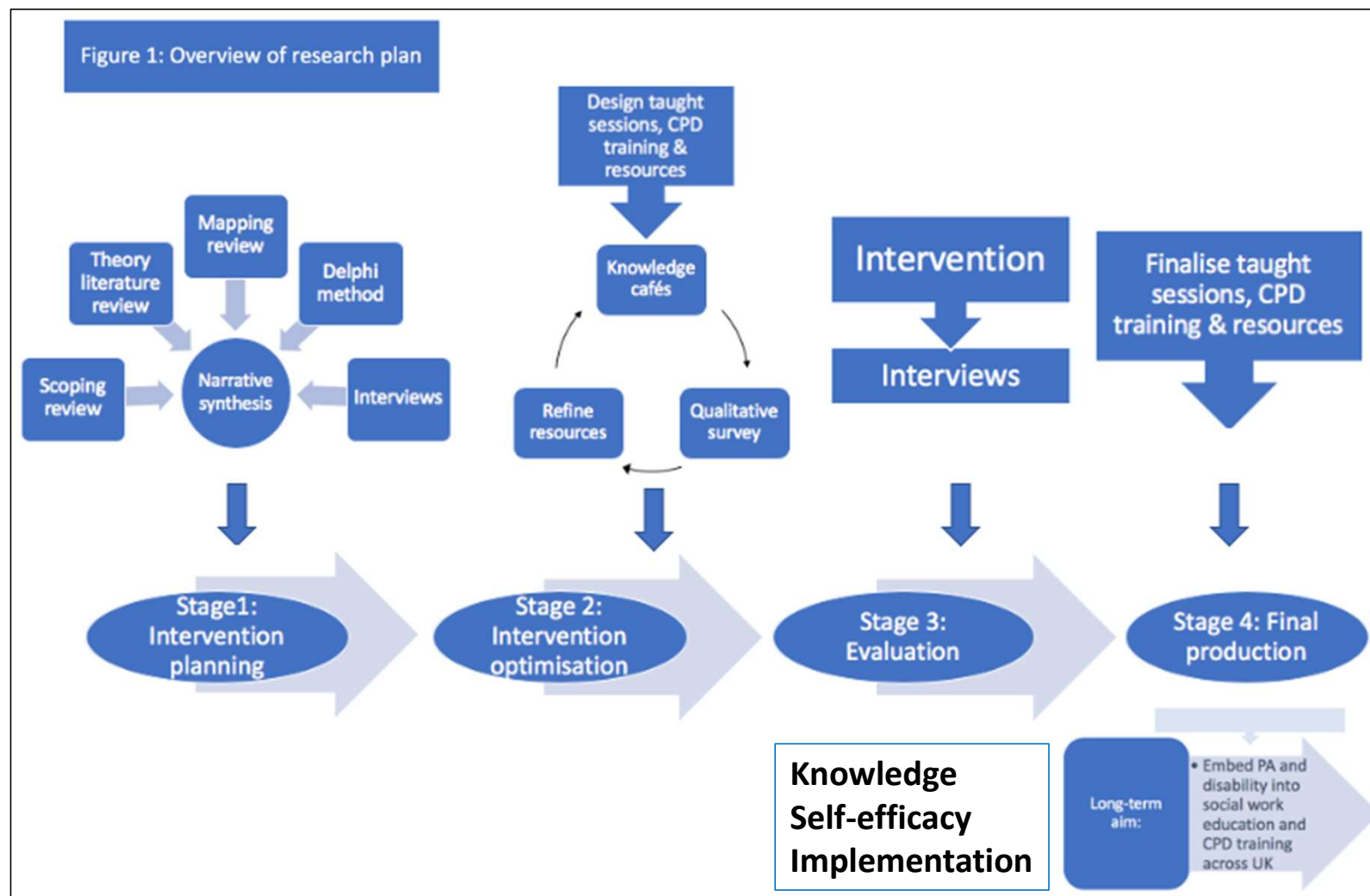
**Aim:** To co-produce training for social work students and practicing social workers on why and how to promote physical activity with disabled people

**NIHR** | Applied Research Collaboration  
North East and North Cumbria



Social  
Work  
England





**Co-produced**

# Co-produced and theory informed training

## Which behaviour change techniques are effective in promoting physical activity to disabled people?

**What is the issue?**

Disabled people are some of the least active members in our society. Disabled people also experience high incidences of long-term health conditions. Increasing physical activity levels can offer solutions to these issues.

Behaviour change techniques are the active ingredients within interventions that result in changes in health behaviours. Understanding which techniques to use during an intervention helps create effective tools for positive changes in physical activity behaviours.

But which behaviour change techniques have been effective in current interventions for promoting physical activity for disabled people?

**Which behaviour change techniques are effective at promoting physical activity?**

- For all impairments**
  - 1.1 goal setting (behaviour)
  - 1.4 action planning
  - 2.3 self-monitoring of behaviour
  - 3.1 social support
  - 4.1 instruction on how to perform behaviour
- For physical and intellectual impairments**
  - 6.1 demonstrate behaviour
  - 8.7 graded tasks
  - barrier identification
- For physical and neurological impairments**
  - 1.2 problem solving
  - 2.2 feedback on behaviour
  - 8.1 behavioural practice/rehearsal
  - 9.1 credible source

**Physical Impairments**  
Spinal Cord Injury  
Musculoskeletal Conditions  
Osteoarthritis

**Intellectual Disabilities**

**Neurological Impairments**  
Multiple Sclerosis  
Dementia

**What can we do when designing future interventions?**

This infographic is designed for anybody with an interest in promoting physical activity to disabled people, notably healthcare professionals, social workers, carers etc.

Reid et al. BMC Public Health (2022) 22:1784  
https://doi.org/10.1186/s12889-022-14178-6

BMC Public Health

RESEARCH Open Access

Use of the behaviour change wheel to improve everyday person-centred conversations on physical activity across healthcare

> J Phys Act Health. 2020 Mar 1;17(3):349-359. doi: 10.1123/jpah.2018-0720.

## Implementation Intentions for Exercise and Physical Activity: Who Do They Work For? A Systematic Review

Justin Kompf

### Template of a physical activity plan

	Week					
	When	What	Where	Frequency	Duration	With whom
	When will you do your physical activity?	What physical activity will you do?	Where will you do your physical activity?	How often will you do this physical activity this week?	How long will one session be?	Will you do your physical activity alone or will someone join you?
Monday						
Tuesday						
Wednesday						
Thursday						

QUALITATIVE RESEARCH IN SPORT, EXERCISE AND HEALTH  
<https://doi.org/10.1080/2159676X.2022.2052946>



OPEN ACCESS Check for updates

## Co-production: A resource to guide co-producing research in the sport, exercise, and health sciences

Brett Smith <sup>a</sup>, Oli Williams<sup>b,c,d</sup>, Lydia Bone<sup>e</sup> and the Moving Social Work Co-production Collective<sup>f</sup>

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<https://www.youtube.com/watch?v=56ufdDMwNMs>

A new typology of  
co-production and  
principle







International Journal of  
*Environmental Research  
and Public Health*



*Review*

# Training Healthcare Professionals on How to Promote Physical Activity in the UK: A Scoping Review of Current Trends and Future Opportunities

Jake Netherway, Brett Smith \* and Javier Monforte 

Received: 7 September 2021 | Revised: 11 November 2021 | Accepted: 6 January 2022

DOI: 10.1111/hsc.13724

ORIGINAL ARTICLE

**Health and  
Social Care** In the community

WILEY

## Designing a programme to train social workers on how to promote physical activity for disabled people: A Delphi study in the UK

Javier Monforte PhD<sup>1</sup>  | Matthew Smith PGCE<sup>2</sup> | Brett Smith PhD<sup>1</sup> 

Research Article

# Moving on From the Delphi Study: The Development of a Physical Activity Training Programme Prototype Through Co-produced Qualitative Research

Qualitative Health Research  
2022, Vol. 32(13) 1952–1964  
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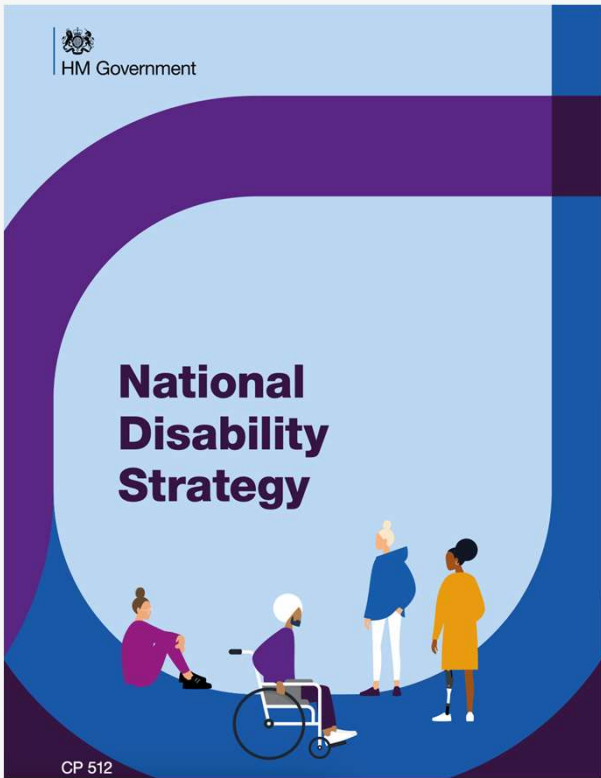
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Javier Monforte<sup>1,2</sup>, Chris Davis<sup>3</sup>, Shaesta Saleem, and Brett Smith<sup>1,4</sup>

Using the world café  
within co-produced  
research: From method  
to unmethod





Guidance

## UK Chief Medical Officers' physical activity guidelines communications framework

A framework for UK and devolved government administrations, public health agencies and partners to support the communication of the UK CMO guidelines to a professional audience.

From: [Department of Health and Social Care](#)

Published 24 March 2023

# What next?

