To promote health and to prevent lifestyle-related diseases - a responsibility for physiotherapy today

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Conclusions
Swedish PTs demonstrate a great interest in health-promotion and prevention of lifestyle-related diseases and have actively utilized the support provided by the project.

Many PTs have behavior-change competencies and integrate health-promotion in daily practice.

A development process has started and further development is motivated.

Objectives
To facilitate broadening of the professional physiotherapy paradigm and integrate health-promotion and prevention of lifestyle-related diseases, through the implementation of National Guidelines for Methods of Preventing Disease (2011) in clinical practice.

Methods
A project organization within the Swedish Association of Physiotherapists with a project manager and a group of PT experts applied for funding and developed a 2-year strategic action plan, based on two surveys assessing the curriculums of national PT educations concerning health promotion, and the interest and needs for development in health-promotion among members.

Action plan
- Co-operation with health authorities
- Articles in professional journal aiming to influence attitudes
- Website with study material and activity information
- Organizing national and regional educations for PTs
- Educating change advocates in professional interest groups
- Providing tools/material as support for clinicians
- Development of intra- and inter-professional networks

Results
- 11,000 unique visits on website last 6 months of project (Swedish Association of Physiotherapists has 12,000 members)
- Change advocates appointed in 11 of 16 interest groups
- Regional educations held in 19 of 21 districts
- 30,000 Physical activity for health and 30,000 Test your lifestyle leaflets ordered by clinicians for use in daily practice

Implications
This project can function as a model to change attitudes and improve competencies among PTs, in order to expand the physiotherapy paradigm towards health-promotion and influencing healthy lifestyle-changes in the population.

<table>
<thead>
<tr>
<th>Target lifestyle</th>
<th>Important in my professional role</th>
<th>Have competence</th>
<th>Perform in my current work</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity</td>
<td>99 %</td>
<td>100 %</td>
<td>97 %</td>
</tr>
<tr>
<td>Eating habits</td>
<td>85 %</td>
<td>57 %</td>
<td>40 %</td>
</tr>
<tr>
<td>Tobacco use</td>
<td>85 %</td>
<td>36 %</td>
<td>24 %</td>
</tr>
<tr>
<td>Use of alcohol</td>
<td>75 %</td>
<td>20 %</td>
<td>11 %</td>
</tr>
</tbody>
</table>

A survey to 10% of Swedish PTs (randomly selected), two years after the project started, assessed behavior-change competencies and attitudes to prevention of lifestyle-related diseases in daily practice.

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