

# Physical Activity Care Pathway (PACP)

Department of Health, NHS London,  
Natural England & BHF National Centre  
for Physical activity and Health

# What is the PACP?

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- Patients aged between 16-74 are eligible
- Practitioners utilise GPPAQ to assess current PA levels to assess eligibility
- Practitioners provide a brief intervention (BI) using motivational interviewing (MI) principles: assessing readiness to change, identifying appropriate goals and signposting
- Patients are invited for a follow up consultation at 3 and 6 months

# Purpose of the Pilot

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- To assess the feasibility of implementation
- To identify challenges to implementation
- To explore patient perspectives
- To assess the training received and resources
- To inform future developments, testing and roll out

# Practices Involved & Methods

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- 8 practices across 5 London PCTs
- Two patient recruitment methods:  
Opportunistic & disease register
- Evaluation methods: Process data, EMIS,  
patient intercept survey & focus groups /  
interviews with practitioners

# What we Hope to Learn & Next Steps

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- What is the value of a PACP for both patient and practitioner?
- Of the two recruitment methods, which one works best in practice?
- What amendments, if any would be required for a national roll out? – Towards a best practice model
- Recruitment of practices for wave two