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University**  
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**fuse**

The Centre for Translational  
Research in Public Health



**Tees, Esk and Wear Valleys**  
NHS Foundation Trust



**Teesside  
University**

***“Just (~~Don’t~~) Do It”:***

**Physical activity as an intervention on  
acute inpatient mental health  
units**

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**Cumbria, Northumberland,  
Tyne and Wear**  
NHS Foundation Trust

# The Team

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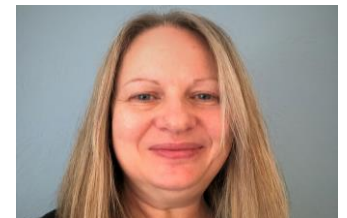
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# (Rapid!!) Physical activity on AMHU's: A systematic review

## Aim

- Assess Impact of PA on AMHU'S
- Guide future intervention development

## Focus

- Physical and Mental Wellbeing
- Ward Atmosphere

## TIDieR

- Intervention details (instructor, group/individual, FITT etc.)
- Outcome measures
- Effects



# (Rapid!!) Physical activity on AMHU's: A systematic review

## Results

- 12 studies (n=560)
- 75% +ve (7 MH & 2 PH)
- Potential for PA to act as an adjunct treatment

## Limitations (considerations)

- High Risk of Bias
- Baseline to post change in PA = 2 studies
- PH and MH outcomes largely self-report
- Setting and implementation details



# Focus Groups

## Processes & Methodology

- Ethics - Peer Researchers and The Trust; Recruitment
- Data collection - Loose interview schedule - Findings of rapid review, grey literature, 'lived experience'
- Two sites/ 6 focus groups:
  - CNTW - 1 carer (2); 1 Lived Experience (4); 1 staff (8)
  - TEWV - 1 Lived Experience/Carer (4); 2 Staff (14)
- Data analysis: Braun & Clarke... with a smattering of Interpretive Phenomenological Analysis.

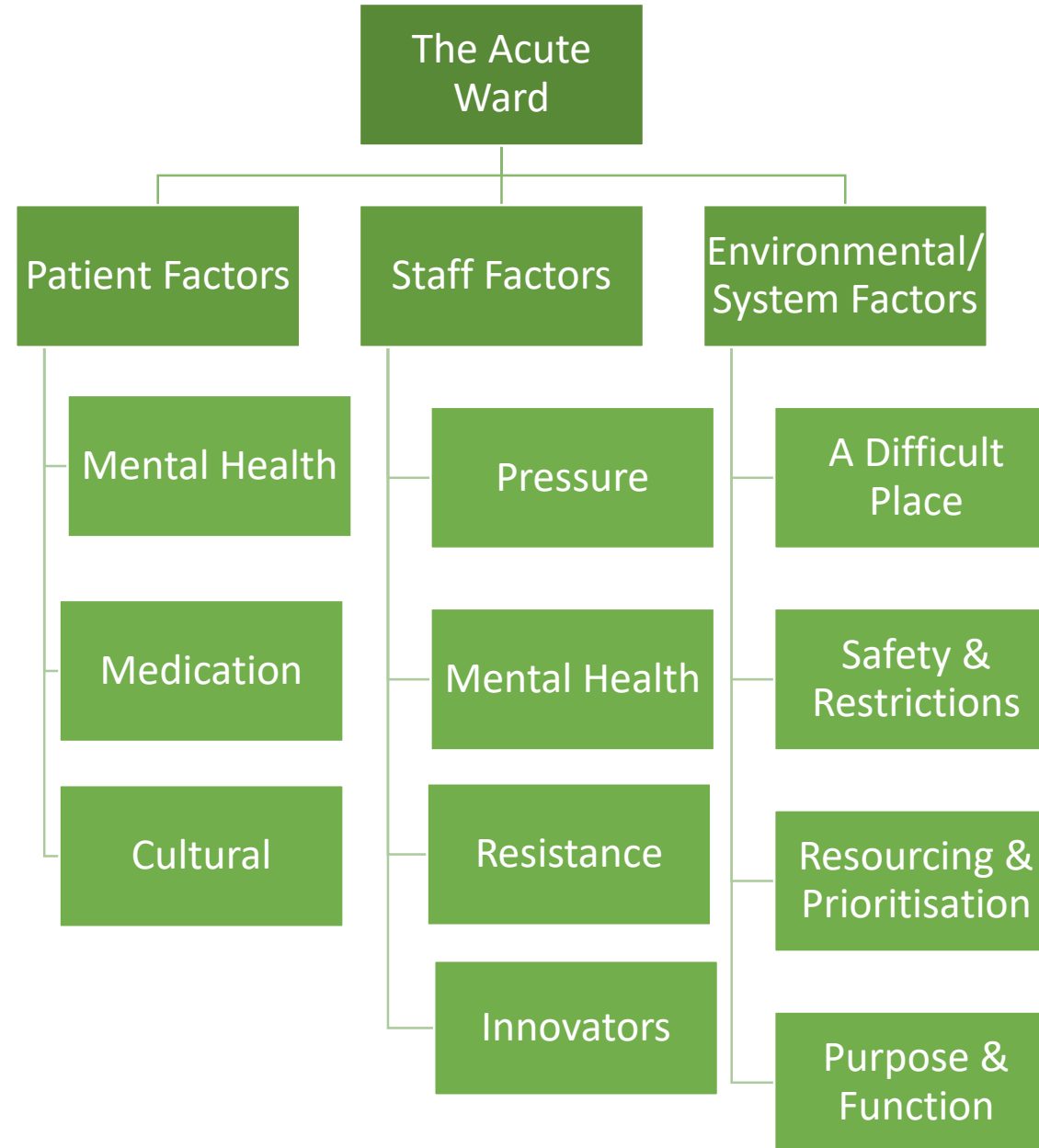
**Total= 32 Participants**

# Focus Groups

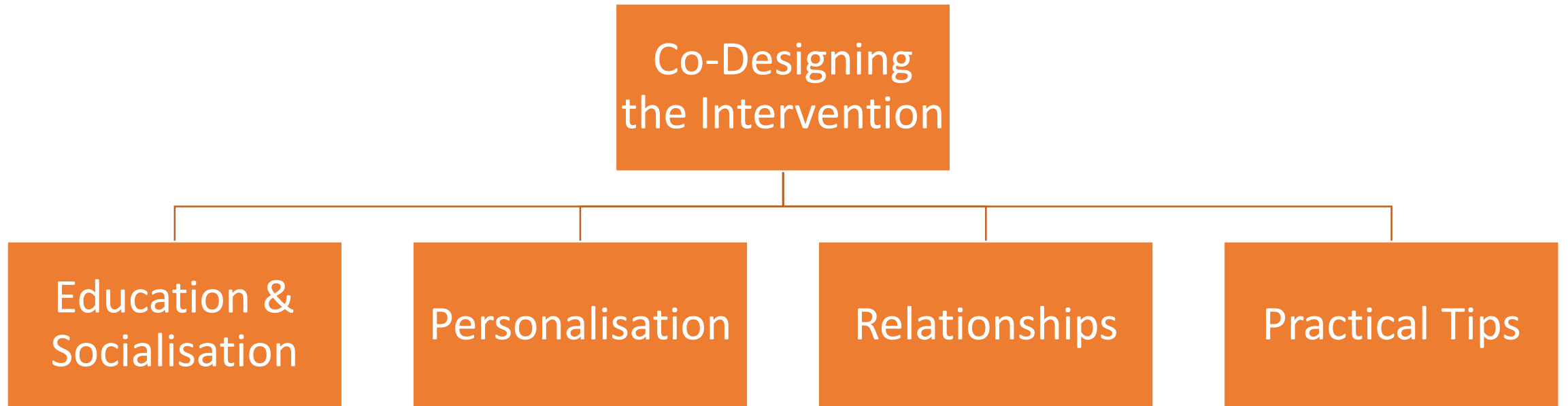
## Findings - 5 Themes:

1. 'Lived experiences' of exercise
2. 'A difficult place' - The acute ward setting; patient & staff factors
3. 'Make it fun' - Co-designing the intervention
4. 'Passing the baton' - Transition to community
5. 'Are we winning?' - Co-designing evaluation methods

## 2. The Acute Ward Setting



# 3 & 5. Co-Designing the Intervention





## 5. Measuring Success



# Next Steps

- To develop a funding application to co-design and trial a physical activity intervention within acute inpatient mental health settings.
- *Pending further funding...*
  - Co-design and develop a specific physical activity intervention
  - Trial this physical activity intervention within acute inpatient mental health settings across CNTW and TEWV.

# Questions?

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