Pathway Case Study Template

# **Aim:**

Give an overview of the different pilot pathways that have embedded physical activity interventions to increase physical activity levels in their patient group

Please complete this template to allow your case study to be built into the Active Hospital Toolkit.

Case studies have 6 main sections:

1. Pathway introduction
2. Pathway overview
3. Interventions
4. Outcomes
5. Top Tips & reflections
6. Resources

## **Pathway type:**

|  |  |
| --- | --- |
| Outpatient |  |
| Medical pathway |  |
| Surgical pathway |  |
| Chronic Condition |  |

## **Pathway introduction**

*Describe the context of this patient pathway, including why moving more matters for your patients including relevant literature and references.*

## **Pathway overview**

*Complete the patient journey in the pathway step. You can have up to 4 steps.*

*Direct interventions related to each step are completed below – these are the interventions that staff have with their patients e.g. motivational interviews / use of patient information leaflets / exercise class.*

*Indirect interventions are those that support the pathway but are not directly aimed at patients e.g. environment changes including posters / training for staff / governance framework.*

|  |  |  |  |
| --- | --- | --- | --- |
| Pathway Step 1 | Pathway Step 2 | Pathway Step 3 | Pathway Step 4 |
| Direct Interventions | Direct Interventions | Direct Interventions | Direct Interventions |
| Indirect interventions |

## **Interventions**

*List the interventions that were used in this pathway. Please give an overview of why these were selected and how they were implemented.*

*Within the website these will be links to the resources. e.g. if an intervention was a patient information leaflet detailing exercises this would be linked to a resource section to enable download of that resource.*

## **Top Tips & Reflections**

*What tips would you give to someone about to set up a similar service? Think about the challenges that you encounter and how you overcame these? Aim for 5 top tips / barriers and suggested solutions. What worked well? What was less successful?*

## **Outcomes**

*Give a brief overview of the outcomes from this pathway (both qualitative and quantitative). These can be displayed in a chart / diagram or with supplementary Excel spreadsheet.*

## **Resources:**

*Please list the resources that are to be included within the case study.*