

**Exploring Primary Care physical activity interventions
using LEGO® SERIOUS PLAY®**

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Workshop Title:

Exploring Primary Care physical activity interventions using LEGO® SERIOUS PLAY®

Aim:

To use LEGO® SERIOUS PLAY® to explore the role of primary care in reducing the decline in physical function and physical activity in people with long term conditions; what works, for whom, in what circumstances?

Learning outcomes:

- Use LEGO® SERIOUS PLAY® to share and reflect on experiences of:
 - primary care based physical activity interventions designed to improve physical function (for primary care professionals)

OR

- maintaining physical activity and physical function (for patient representatives)
- Use LEGO® SERIOUS PLAY® to develop a shared understanding of why primary care based interventions designed to improve physical activity and physical function work for some people and not others
- Reflect on the use of LEGO® SERIOUS PLAY® to engage diverse people in primary care based research, to elicit experiences and different perspectives and create shared knowledge

Format:

Two qualified LEGO® SERIOUS PLAY® facilitators will lead a 90 minute LEGO® SERIOUS PLAY® session. This will not involve the use of slides (with the exception of a 3-5 minute introduction). The session can accommodate up to ~50 individuals, in a cabaret style room with roughly 6 individuals per table. The facilitators will provide a small Lego kit for each individual attending the session, for the duration of the session.

The facilitators will be two design research academics whose research focuses on the application of creative design activities to participatory research approaches in healthcare contexts. They will be supported by an academic whose research focuses on physical activity and physical function and a primary care clinical academic. All four facilitators are collaborators on an NIHR HS&DR funded project exploring this theme.

Content:

The session is split into 3 sections:

- 1) Skills building
- 2) Exploration of primary care based interventions designed to improve physical activity and physical function
- 3) Reflection on the topic and the method

Skills building is the initial 20 minutes period during which the participants are introduced to the LEGO® SERIOUS PLAY® methods. They will be led through a series of activities, focused on trivial topics to establish familiarity and confidence with the method. The main body of the session moves on to asking individuals to repeat these processes but applied to specific questions focused on the theme of primary care, physical activity and physical function. This takes approximately 45-50 minutes. The final 20 minutes will be used to reflect equally on the topic and the method using an After Action Review methodology followed by some open Q&A.

Intended Audience:

This workshop will be relevant to any delegates with an interest in:

- participatory research methods
- creative methods of public involvement
- maintenance of physical activity and/or physical function in older adults with long term conditions
- physical activity interventions in primary care