What is the role of primary care in reducing the decline in physical function and physical activity in people with long-term conditions? Findings from realist synthesis with co-design.

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‘Function First’ – Be Active, Stay Independent
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 and in what circumstances? A realist synthesis of evidence.

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Emerging theory-areas

- Culture
- Monitoring
- Credible professional?
- Social elements
- Individualised
- Community links
- Behaviour change
- Explaining
Co-design workshops