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29TH INTERNATIONAL CONFERENCE ON
HEALTH PROMOTING HOSPITALS AND HEALTH SERVICES
**THE ROLE OF HEALTH PROMOTION IN
WELL-BEING-ORIENTED HEALTHCARE**



International Network of
Health Promoting Hospitals
& Health Services

The experience of the Profitness project in promoting personalized physical activity among healthcare workers with chronic disease

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The importance of physical activity in promoting health is widely recognized, as it has been shown to improve people's well-being and health.

WHO guidelines of physical activity and sedentary behaviour
National Prevention Plan 2020-2025
National Recovery and Resilience Plan
Prevention Plan of Friuli-Venezia Giulia



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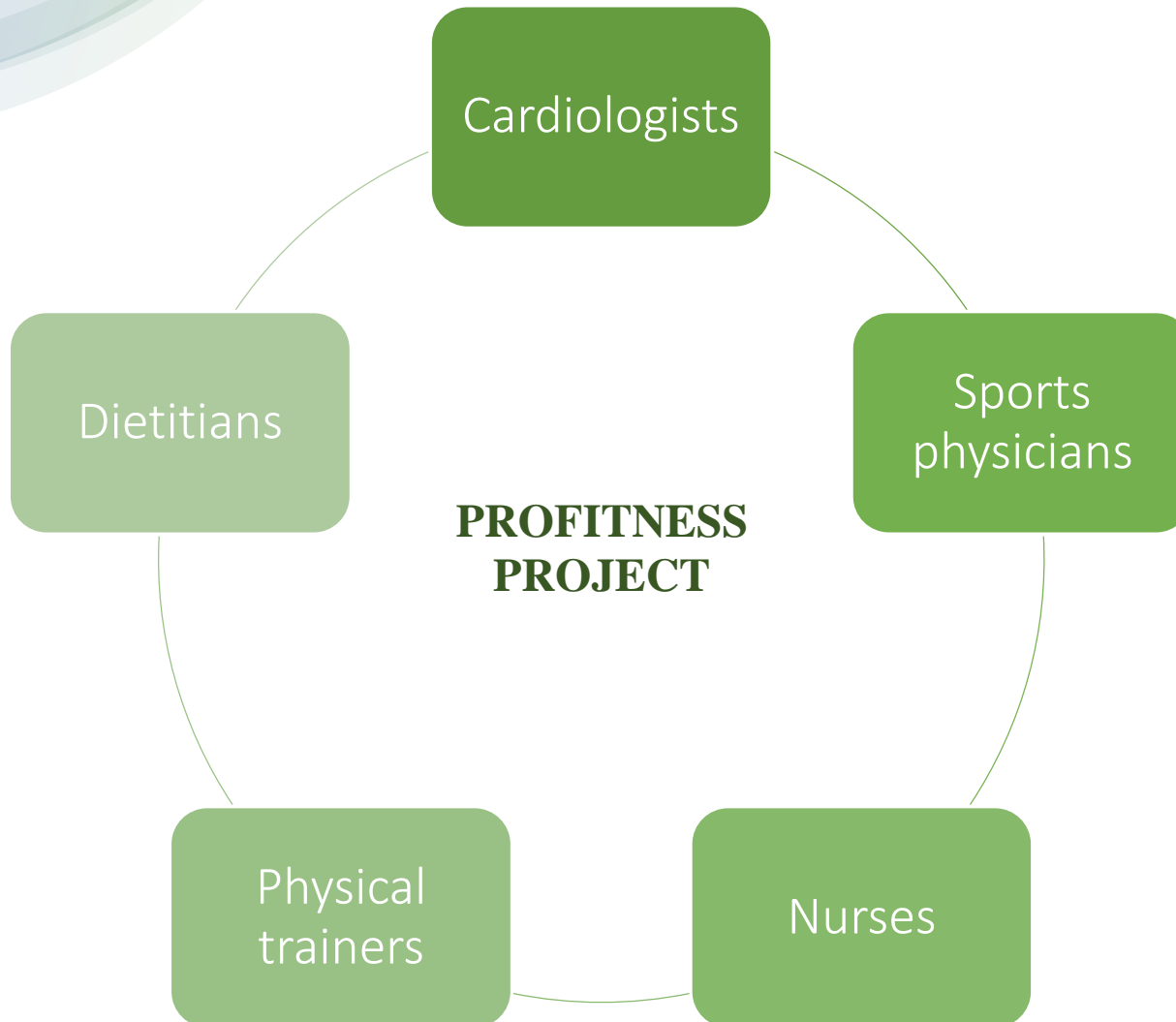


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INCLUSION CRITERIA

High cardiovascular risk factors
Metabolic syndrome
Type I and type II diabetes mellitus
Chronic coronary heart disease including subjects undergoing coronary revascularization
Subjects undergoing solid organ transplant

EXCLUSION CRITERIA

Pathologies in the acute phase
Cognitive impairment
Rehabilitation

The people eligible for the center's activity are those who have autonomy in walking, even with aids, and the ability to interact with operators

The project is divided into the following phases:

1. Enrollment
2. Prescription of physical exercise
3. Administration of physical exercise
4. Maintenance of physical exercise



PHASE 1 : ENROLLMENT

Specialist physicians, general practitioners and occupational physicians send patients according to inclusion criteria

PHASE 2 : PRESCRIPTION

Tests for the functional capacity/potential performed at baseline and at the end of the project:

- Cardiorespiratory fitness Test
- Hand Strength Test

Baseline data:

- Age
- Sex
- Body weight
- Height
- Body mass



Personalized indications are provided on the type of exercise to be performed, adapting the exercise to the physical condition and to the risk factors

PHASE 3 : ADMINISTRATION

The subjects follow a personalized exercise program

A single session includes a total of 40 to 60 minutes of exercise including warm-up and cool-down

Personalized physical activity is carried out:

- under medical/nursing supervision
- inside the center and outside following a specially structured path



PHASE 4 : MAINTENANCE

The person continues to carry out the personalized exercise programs:

- at the gyms
- at home

The team of the Project continues to propose and monitor the performance in order to maintain constant feedback with the person concerned by monitoring parameters

RESULTS



From the beginning of 2018 to January 2023, 251 subjects participated in the project, of which 12 were healthcare workers: 8 males and 4 females, mean age 57 ± 6 years



They completed 2 training sessions per week for a total of 27 ± 17 training weeks, with a participation rate of $76 \pm 9\%$ of training sessions

PRE

V'O2 max:	2301 ± 627 ml/min
FC max:	150 ± 14 bpm



POST

V'O2 max:	2365 ± 501 ml/min
FC max:	156 ± 12 bpm



Hand strength increased by an average of 5 ± 1 N
($p < 0.05$)



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DISCUSSION

The project is an innovative experience with a personalized and supervised training program designed for people who need support in introducing physical activity into their lifestyle

This experience is a useful example of improving health and well-being among healthcare workers with risk factors or stable chronic conditions



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THANK YOU FOR THE ATTENTION

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