

Sub-Theme 4: Promoting Physical Activity in Special Populations

Title: A longitudinal evaluation of the implementation of a physical activity stimulation program in 18 rehabilitation institutions across The Netherlands

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Key words: Dissemination, sports, active lifestyle, people with disabilities, rehabilitation

Background: The evidence-based nationwide program Rehabilitation, Sports and Exercise (RSE) aims to promote an active lifestyle in people with physical disabilities or chronic diseases during and after rehabilitation. As part of the implementation of the RSE program, rehabilitation institutions set up a Sports Counselling Centre (SCC) in which tailored advice and counselling are provided via motivational interviewing.

Purpose: To evaluate the implementation of the RSE program in 18 Dutch rehabilitation institutions over a three-year period.

Methods: Five process outcomes (e.g. reach, dosage, fidelity, satisfaction, maintenance) were assessed on institutional level by using the collected data from an online registration system and from questionnaires. Online data were obtained on the number of persons that received tailored advice via the SCC (reach, dosage). An annual questionnaire on the implementation of the RSE program (fidelity, satisfaction, maintenance) was filled in by rehabilitation professionals at three time points (T0:n=71, T1:n=65, T2:n=73).

Results: Reach: 5873 persons participated in the RSE program via one of the 26 active SCCs. Dosage: Almost 90% of these participants were provided with tailored advice and counselling. Fidelity: The extent to which the main components of the program were implemented according to the protocol was highest at T1 (median [range] T1: 75% [25-100%], T2: 75% [0-100%], $p < .05$). Satisfaction: Professionals' appreciation about the RSE program was positive and stable over time (mean ratings on a 10-point scale: T0:8,1, T1:8,0, T2:8,3). Maintenance: The program will continue in 16 of the 18 institutions.

Conclusion: The implementation of the RSE program resulted in 26 active SCCs. Fidelity and reach were highest halfway the implementation period illustrating the importance of continuous attention for the implementation of the program in rehabilitation care. Rehabilitation professionals were positive about physical activity stimulation during and after rehabilitation. The sustainability of the physical activity stimulation program in rehabilitation shows promising signs.

Word count: 300