

Better Conversations For Better Health

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Physical activity plays a major role in improving outcomes and tackling inequalities across many different aspects of our lives and society. From an audit between May – June 2023 it was highlighted that an average of 85% of all MSK consultations within 3 GP practices did not have a conversation around physical activity. The physical activity standards Scotland 2022 highlight the importance of physical activity in adults by enabling and supporting health and social care professionals to refer people to local activities which will benefit their health and wellbeing.

AIM
By April 2024 60% of all patient contacts with a MSK APP in primary care in 3 GP practices will involve a physical activity discussion; Public Health Scotland Physical Activity Standards 2022

