



Supporting inter-professional
collaboration through a web-
based initiative.

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Barriers to exercise initiation and compliance

- Lack of self-confidence
- Lack of motivation
- Lack of support
- Lack of knowledge
- Lack of energy
- Lack of 'success' in the past



Hi, karenadmin



QUICK SEARCH BUDDY :

LOCATION

ANY

GOALS

ANY

SEARCH BUDDIES

QUICK SEARCH PROFESSIONAL :

LOCATION

ANY

PROFESSION

ANY

SEARCH PROFESSIONAL

Inter-professional collaboration

- The role of the practice nurse and GP in providing exercise and nutrition advice and support.
 - Limited capacity to support individual patients.
 - Green Prescription.
 - Referral to suitable health and fitness professionals / programmes.
- How to find a suitable health / fitness practitioner.



Fitness Buddies
Find Fitness FUN!

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FIND A PROFESSIONAL

Location

Hawke's Bay ▾

Fitness buddy friendly services

Any ▾

User Name

Services

Group activities / classes ▾

Profession

Personal Trainer ▾

Speciality

Weight loss ▾

Any

Weight loss

Maori / Pacific Island health

Over 50s

Children / teens

Maternity / pre- and post-natal

Ladies only

Chronic disease

Heart disease

Cancer

Diabetes

Osteoarthritis

Rheumatoid arthritis

Osteoporosis

Chronic pain

High performance athletes

Injury rehabilitation

Stress and anxiety

Club Sport

Any ▾

Search Professional

Practice nurse survey

- The practices utilised Green Prescription.
- Practice nurses were interested in more professional development in the area of exercise and nutrition.
- Most would be keen to have closer links with fitness and health professionals.
- Most liked the idea of an online register for fitness and health professionals.
- Interested in seminars / meetings with local fitness professionals.



**Heart
Foundation**

Thank you