President’s Campaign

Physical activity for prevention & management of pain
**Committee**
EDPP, exercise specialists, doctors, patient representative

**European Parliament Launch**
Kick-off meeting with MEPs; integrating strategies that promote prevention measures in policy making

**Resources**
Infographics
Booklet
Video clips
[europaeanpainfederation.eu](http://europaeanpainfederation.eu)

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**3 Round Delphi Survey**
General Public
People with pain
Healthcare professionals

**Collaborators**
European Region of the World Congress of Physical Therapists
National Adult Literacy Agency

**German Translation**
Pain & Movement WG
Marjan Laekeman
Martina Egan Moog
Angela Dieterich
LET’S MOVE!
Physical activity is good for you and can help to prevent pain.

Top tips for everybody!
1. Find a form of activity that you like.
2. Do physical activity a little and often.
3. Set reasonable goals. Avoid comparing yourself to others.
4. Create good habits. Adjust your activity based on your day.
5. Build physical activity into everyday life. Take the stairs instead of the elevator, cycle or walk rather than using the car.

Remember that all activity is better than none.

The World Health Organization recommends that we all do 150 minutes of moderate-intensity aerobic physical activity a week (five 30-minute sessions) or 75 minutes of vigorous-intensity aerobic physical activity a week (three 20-minute sessions). Start your exercise programme slowly and work your way up.

Why this is important:
Our bodies are made to move regardless of age. Daily living habits affect how we feel. A more physically active lifestyle gives us great health benefits, and it is never too late to start.

Did you know?
Physical activity can help you lower the risk of developing chronic pain.

Resources:

About EFIC* On the move:
The European Federation of Clinical Ergonomics (EFIC) was set up in 1997 to promote the use of ergonomics in the workplace, with a focus on the prevention of musculoskeletal disorders. EFIC is a non-profit organization, representing over 3000 professionals worldwide. It is an international, non-governmental organization, with members in more than 100 countries. EFIC is a member of the International Ergonomics Association (IEA) and the European Ergonomics Society (Ergonomics Europe). It is also a member of the European Federation for Ergonomics (Ergonomics Europe).

About the European Pain Federation EFIC:
The European Pain Federation (EFIC) is a European interprofessional organization in the field of pain research and medicine, consisting of the International Association for the Study of Pain (IASP) and representing over 300000 pain researchers, doctors, nurses, psychologists, therapists and other health care professionals committed in somatic pain.

About ER-WCPT:
The European Region of the World Confederation for Physical Therapy (ER-WCPT) represents the National Physical Therapy Associations in 20 European countries, including Albania, Andorra, Austria, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, the Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Norway, Poland, Portugal, Romania, Russia, San Marino, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, Ukraine, and the United Kingdom. The WCPT is a global federation of 109 member countries, representing over 300000 physical therapists and other health professionals.
2018 & 19
Societal Impact of Pain

2019
European Public Health Association
Public Health Week

2018 & 19
European Core Curriculum for Pain Physiotherapy
Diploma in Pain Physiotherapy

2019
EFIC Congress Valencia - dedicated workshops

2020
European Year Against Pain
Pain Prevention
Physical activity and exercise promotion and prescription in undergraduate physiotherapy education: Content analysis of Irish curricula

O'Donoghue, G., Doody, C., Cusack, T.

UCD School of Public Health, Physiotherapy and Population Science, Health Sciences Building, Univ. College Dublin, Belfield, Dublin 4, Ireland

- Exercise Science
- Fundamentals of physical activity
- Physical activity / exercise testing & measurement
- Exercise promotion & planning
- Physical activity & exercise prescription for clinical populations
- Physical activity & exercise prescription or specific populations
- Physical activity & exercise promotion
- Strategies for changing physical activity behaviour
- Physical activity & exercise for life-style related diseases
- Physical activity & exercise for public health
Clinical Education
Skills based learning; practice tailoring exercise prescription in clinical populations e.g. cardiac / pulmonary / pain / MSK

Physiotherapy Hub
Contextual learning—community service addressing health needs with exercise & health promotion programmes

‘Make Every Contact Count’ Framework
Healthy Ireland Initiative
National UG Curriculum focused on behavioural change for every entry level Health Professional programme: smoking, nutrition, alcohol, activity - SNAP

Social-ecological model for determinants of PA
Social inequalities, community and environmental inequalities

E-Health

Sensor Technology
Facilitate adherence / log exercise behaviours

Sport & exercise psychology

Personal Training
Register of Exercise Professionals

Resources available & embedded in curricula
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VIRTUAL GLOBAL PAIN EDUCATION SUMMIT:
PRESENTED BY THE EUROPEAN PAIN FEDERATION
6-8 November 2020

- Biggest online pain education event in 2020
- Over 40 hours of teaching across 2 days
- Specific tracks of 14 hours teaching for physicians, physiotherapists, psychologists and nurses
- 5 hours of interprofessional learning sessions
- Cutting edge science lectures