

enable participants to feel that they have an influence on the final project and to have an impact on the project sustainability.

**Impact and implications:** This positive experience has empowered the steering group to take the lead on future updates of Inspire, thereby making it a more sustainable resource. This has also led to a group of members who have reported to want more engagement with the CSP in the future, thereby having an impact on the relevance of the work of the CSP to members.

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POS239

### Reducing time in sedentary activity of people 75 and above: a case study in Portugal



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**Relevance:** Despite the known benefits of exercise and physical activity, the older population continues to present predominantly sedentary patterns of behaviour (Harvey *et al.*, 2015), which are larger with increasing age (Buchanan *et al.*, 2014). The present models of health care in Portugal do not address adequately the needs of older people, specifically in terms of the factors already identified as predictors of successful ageing, namely the reduction of time spent in sedentary activity and the increase of gait speed.

**Purpose:** The aim of this study was to contribute to the development of a home based intervention programme for the Portuguese population aged 75 years or older, aimed at decreasing time in sedentary activity and increasing gait speed.

**Methods/analysis:** A series of case studies was used, including people 75 years old or above, with a minimum score of 22 in the mini Mental State Examination. Those without the ability to walk independently or with conditions which do not allow physical activity, were excluded. Two subjects were selected. Time spent in sedentary activity was assessed through a diary of physical activity, a pedometer and semi-structured interviews. To evaluate gait speed, the dual task gait test was used (Beauchet *et al.*, 2009). Variables were assessed at baseline, 12 weeks and follow up. Content analysis and descriptive statistics were used to analyse the data.

**Results:** Inspired by the Australian LiFE programme (Clemsey *et al.*, 2012), adjustments were introduced according to the Portuguese socio-cultural context. This resulted in an individually tailored 12-week programme, based on

adjustment of daily activities, and decreased supervision promoting gradual autonomy. Subject A reduced the time spent in sedentary activity through the 12 weeks and maintained it at follow up. Subject B, had an initial activity pattern considerably lower at baseline and troubled night sleep. Time spent in sedentary activity was reduced, maintained at follow up, and with a positive impact on the sleeping pattern during the night. The dual task gait speed increased in both participants, although in participant A it was maintained at follow up and in participant B increased further after the end of the programme. Both participants adjusted their daily routine and were able to keep the changes without the presence of the physiotherapist, being quite satisfied with their new routine.

**Discussion and conclusions:** People aged 75 and older are amongst the most sedentary group of the population, highly resistant to change daily routines. Other studies have focused in promoting physical activity through participation in structured/supervised activities, which have been identified as a barrier for participation of the Portuguese elderly. The present programme appears to have the advantage of introducing change through the daily routines, promoting adherence. The results obtained are promising but need further study with a wider group of participants.

**Impact and implications:** The development of a model to allow people to maintain routines, and still increase daily activity seems to be an important contribution to new models of sustainable care for older people, particularly in a country where 50% of the elderly are older than 75.

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### ‘Let the platform see the learning’: ELP and participatory learning



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**Relevance:** Collaborative and co-operative learning has been revitalised and refashioned over the past 20 years through the burgeoning of multimedia resources and simulation in healthcare professional education. Numerous studies determine the learning characteristics of ‘the Millenials’ (individuals born since 1982) to include qualities such as the ability to multitask, with preferences for networked and collaborative activities that focus on learning from video, images and sound rather than text (Mason & Rennie, 2008).

Originating in the early 2000’s Electronic Learning Platforms (ELP) are designed to operate as frameworks to deliver student centric learning by unifying educational theory and practice, technology and content. Characteristics of ELPs that are often open to contention are in being designed around