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P07-02 Prescription of adapted physical activity: expectations of patients consulting general practitioners in the department of Yvelines
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Background
Since 2016, French law has allowed general practitioners to prescribe adapted physical activity (APA) to patients with long-term health conditions. Studies have demonstrated that physicians are interested in this practice but very few have surveyed patient expectations.

Objective
The objective of this work was to study patients’ expectations regarding the prescription of APA.
Methods
This is a quantitative descriptive study treating data obtained from a survey carried out in general practice offices in the department of Yvelines between June and September 2019. The inclusion criteria for patients were: above 18 years old and present in the waiting room.

Results
252 patients were surveyed in 9 doctors’ offices. We received 90% of responses. Prescription of APA is a good idea for 95.2% of patients, 80.2% were motivated to join an APA program and 67.4% thought that prescription of APA would increase their motivation. The main constraints to physical activity practice were lack of time (59.9%) and lack of motivation (31.7%). The main practices that would help patients to better adhere to an APA program were group sessions supervised by a professional (64.7%) pursued by a follow up with their doctor (41.7%). 53.2% of patients considered that it would be important to monitor their physical activity through a connected device. Factors independently associated with the motivation to participate in the APA program were a female gender ($p > 0.01$), a bachelor’s degree ($p = 0.01$), a general opinion that prescription of physical activity is a good idea ($p > 0.01$).

Conclusion
Our results revealed an enthusiasm with patients for APA prescription, which is interesting for the promotion of PA in general medicine.

Keywords: physical activity prescription, patient, primary care, general practice