Physical Activity Clinical Champions (PACC)

1 Recruitment
- PACC roles are advertised via NHS Jobs
- Roles are grouped into Medic (physician), Allied Healthcare Professional or Nurse/Midwife
- Candidates are shortlisted after application forms submitted
- Interviews, including observed teaching are completed

2 Training
- Successful PACCs complete training hosted by admin team and lead PACCs
- Two introduction sessions
- Administrative processes of the role (2 hours duration)
- Clinical teaching and session delivery (2 hours duration)

3 Delivery
- Sessions are organised by PACCs
- Each is 1-3 hours duration with a standardised slide set
- At least 12 healthcare professionals should be in attendance

4 Session learning outcomes
- Knowledge of the UK Chief Medical Officers’ guidelines for physical activity
- Population physical activity levels at national and local levels
- Benefits of physical activity for the management and prevention of long term conditions
- How to apply this knowledge to clinical care through routine brief advice and behaviour change

5 Review
PACCs complete a standardised form after each session, specifying details of the sessions delivered, the number and role of attendees