

7<sup>th</sup> International Conference on**GERIATRICS GERONTOLOGY & PALLIATIVE NURSING**

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**PATIENTS' EXPERIENCE OF PHYSICAL ACTIVITY ON PRESCRIPTION AFTER A HIP FRACTURE****Pia Hendberg<sup>a</sup>, Lena Zidén<sup>a</sup> and Marie Rusner<sup>a</sup>**<sup>a</sup>University of Gothenburg, Sweden

Fear of falling, functional limitations and activity restriction is common after a hip fracture. Physical activity on Prescription (PaP) aims at increasing patient's activity and confidence. The aim of this study was to explore the patients' experience of physical activity to focus on PaP and how it affected them in their daily life. Individual open interviews were conducted and analyzed according to content analysis. An overarching theme was formulated: PaP means step from insecurity and fear to increased physical activity and independence if it is completed with individual support. This embraced the content of three categories: Fear prevents physical activity, to overcome fear, and to get support based on your own needs in order to advance. PaP cannot replace physiotherapy but PaP increase self-efficacy and physical activity after hip fracture. It is important to ask the patients about their fear and what kind of individual support they need.

**Biography**

Physiotherapist Pia Hendberg is interested in the benefits of physical activity and the health of the elderly. Her Master study in Physiotherapy consists of two studies; Physical activity in Prescription leads to increased self-efficacy. Walks as a supplement compared with physiotherapy alone and Patients' experience of Physical activity on Prescription after a hip fracture. The results of these studies indicate that Physical activity on Prescription (PaP) can be a method to increase self-efficacy to be more physically active after a hip fracture if it is combined with individual support.

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