

PACE-UP – Checklist for nurses

Session One: First Steps		
Date..... Nurse initials Patient IDNO.....		
Seen as individual or couple		
Content of session (20-30 minutes)	Page(s) in patient handbook or diary	Completed?
1. Health benefits and personal benefits of increasing walking.	Handbook P 3	
2. <i>Optional patient handout on advantages and disadvantages.</i>	<i>Handout</i>	
3. How much physical activity should adults and older adults do?	Handbook P 4	
4. What is moderate intensity physical activity, how does it relate to step-count?	Handbook P 4	
5. Aims of the PACE-UP programme, setting goals relating to patient's baseline steps, reviewing their baseline step-count.	Handbook P 5	
6. Tailoring the programme, are the PACE-UP goals appropriate? Would they like to go slower or faster?	Handbook P 5	
7. How to safely increase walking.	Handbook P 6	
8. Teach use of pedometer.	Diary P 2	
9. Recording walks and daily steps in the PACE-UP diary.	Diary P 3	
10. Ideas to increase walking & daily step-count.	Diary P 4 & 6	
11. <i>Optional discussion & patient handout on rewards for making change.</i>	<i>Handout</i>	
12. Final check: Summarise what has been agreed and check patient understanding.		
13. Plan date / time for next meeting 4 weeks and contact details. Remind patient to bring pedometer and diary.		

Date /time of next meeting.....

Approximately how long did the session take? minutes

Any other comments / reminders for next meeting.

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Session Two: Continuing the Changes

Date..... Nurse initials Patient IDNO.....

Seen as individual or couple

Content of session (20 Minutes)	Page(s) in patient handbook or diary	Completed?
1. Review step-count and walking goals in patient diary.	Diary P 3,5,7,9	
2. Encourage progress in increasing walking and achieving step-count goals		
3. Troubleshoot any problems with pedometer or diary.		
4. Review target and agree goals for next month	Handbook P5 (or diary 11,13,15,17)	
5. <i>Optional patient handout on barriers and facilitators to increasing physical activity</i>	<i>Handout</i>	
6. <i>Optional patient handout on pacing and avoiding boom and bust</i>	<i>Handout</i>	
7. <i>Optional patient handout on building confidence to change</i>	<i>Handout</i>	
8. Final check: Summarise what has been agreed and check patient understanding		
9. Arrange date / time for next meeting. Remind patient to bring pedometer and diary.		

Date /time of next meeting.....

Approximately how long did the session take? minutes

Did the patient use the pedometer and diary?

Everyday Sometimes Not at all

Comment

Did the patient achieve their step-count goal?

Yes No

Comment

Any other comments / reminders for next meeting.

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Session Three: Building lasting habits		
Date..... Nurse initials Patient IDNO.....		
Seen as individual or couple		
Content of session (20 Minutes)	Page(s) in patient handbook or diary	Completed?
1. Review step-count and walking goals in patient diary	Diary 11,13,15,17	
2. Review overall progress over the sessions	Diary 3-17	
3. Encourage progress in increasing walking and achieving step-count goals		
4. Troubleshoot any problems with pedometer or diary		
5. <i>Optional patient handout on barriers and facilitators to increasing physical activity</i>	<i>Handout</i>	
6. <i>Optional patient handout on pacing and avoiding boom and bust</i>	<i>Handout</i>	
7. <i>Optional patient handout on preparing for setbacks</i>	<i>Handout</i>	
8. <i>Optional handout on building lasting habits</i>	<i>Handout</i>	
9. Setting goals: maintaining current activity or increasing further?	Handbook P5 or Diary P19	
10. Remind the patient about PACE-UP trial follow-up (research assistant to contact in 3-4 weeks)		

Approximately how long did the session take? minutes

Since the last session, did the patient use the pedometer and diary?

Everyday Sometimes Not at all

Comment

Did the patient achieve their step-count goal?

Yes No

Comment

Any other comments



IDNO.....

Date of birth

Pedometer use in last 12 months – usual physical activity group

You have been in the usual physical activity group in the PACE-UP trial. We have not yet given you a pedometer for you to use to monitor your step-count. We know that some people may already have a pedometer. We are interested to find out how many people in PACE-UP this applies to.

1. Had you used a pedometer (step-counter) before the trial started?

Yes No

2. Have you obtained a pedometer in the last 12 months?

Yes No

3. Did you use a pedometer during the last 12 months?

Yes (please go to Question 4) No (please turn over)

4. If yes, how often did you use a pedometer during the last 12 months?

Every day or most days of the week

At least once a week

At least once a month

Less than once per month

If you have worn a pedometer, can you give us some details about when and why you wear it?.....

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..... P.T.O.

If there are any other comments that you would like to make about wearing or using a pedometer, please write them here.

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Thank you for taking part in the PACE-UP trial. When we receive your accelerometer back, we will be sending you a pedometer to keep, along with feedback on your physical activity levels from the accelerometer that you have worn.

IDNO.....

Date of birth

Pedometer use in last 12 months – pedometer by post group

You were posted out a pedometer and a 12-week diary to use about 12 months ago by the researcher. We are interested in how often you have used the pedometer over the past year and whether you have found it helpful.

1. Had you used a pedometer before the trial started?

Yes No

2. For the 12 week period of the diary:

How often did you wear the pedometer?

Every day or most days for the 12 weeks

At least a few days each week for the 12 weeks

Occasionally

Never

3. For the last 9 months, since the diary finished:

How often did you wear the pedometer?

Every day or most days of the week

At least once a week

At least once a month

Less than once per month

Never

If you have worn the pedometer since you stopped using the diary, can you give us some details about when and why you wear it?

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..... P.T.O

4. Please indicate how strongly you agree or disagree with each statement by ticking one of the boxes

	Strongly Agree	Slightly Agree	Unsure	Slightly Disagree	Strongly Disagree
The pedometer is helpful for monitoring physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The pedometer is easy to use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using the pedometer can help you to increase your walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The pedometer is difficult to wear with some clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would recommend a pedometer to others who are trying to walk more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If there are any other positive or negative comments that you would like to make about wearing or using the pedometer, please write them here.

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IDNO.....

Date of birth

Pedometer use in last 12 months – physical activity nurse group

You were given a pedometer and a 12-week diary to use about 12 months ago by your physical activity nurse. We are interested in how often you have used the pedometer over the past year and whether or not you have found it helpful.

5. Had you used a pedometer before the trial started?

Yes No

6. For the 12 week period of the diary and while you were in contact with the nurse:

How often did you wear the pedometer?

- Every day or most days for the 12 weeks
- At least a few days each week for the 12 weeks
- Occasionally
- Never

7. For the last 9 months, since you have stopped seeing the physical activity nurse:

How often did you wear the pedometer?

- Every day or most days of the week
- At least once per week
- At least once a month
- Less than once per month
- Never

If you have worn the pedometer since you stopped seeing the nurse, can you give us some details about when and why you wear it?

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..... P.T.O

8. Please indicate how strongly you agree or disagree with each statement by ticking one of the boxes

	Strongly Agree	Slightly Agree	Unsure	Slightly Disagree	Strongly Disagree
The pedometer is helpful for monitoring physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The pedometer is easy to use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using the pedometer can help you to increase your walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The pedometer is difficult to wear with some clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would recommend a pedometer to others who are trying to walk more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If there are any other positive or negative comments that you would like to make about wearing or using the pedometer, please write them here.

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