E-Poster

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Adaptive Sports in Physical and Rehabilitation Medicine Across Europe: The Forgotten Therapeutic Ally

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Adaptive sports enable leisure physical activity engagement among people presenting with mild to severe disabilities. Studies have shown that such activities are beneficial to both the physical and mental health of its participants. However, adaptive sporting opportunities remain poor in the community. It is unknown if they are more common within hospital-based settings.

The primary goal of our survey is to investigate into the use of adaptive sports within Physical and Rehabilitation medicine (PRM) units in European countries, to collect information on these practices, and to identify any barriers limiting the development of this offer. The secondary goal is to investigate how PRM health care professionals view and promote adaptive sports to their patients.

METHODS

The Special Interest Scientific Committees "Sports Affairs" of the European Society of PRM developed an online questionnaire, which was disseminated across healthcare professionals working in PRM units across Europe. They were invited to answer the questions. All fully completed questionnaires were analyzed.

RESULTS

Hundred ninety healthcare professionals working in PRM answered the survey, of which the majority were PRM physicians. A total of 31 different European countries were represented through this, though sample size per country varied from 1 to 34. Though the healthcare professionals viewed adaptive sports as beneficial, only 25% of the represented countries seemed to offer such sessions to patients undergoing inpatient or outpatient rehabilitation. The greatest perceived barrier was a lack of infrastructure to host adaptive sporting opportunities.

CONCLUSION

In Europe, the offer of adaptive sports in PRM remains poor. Both structural and legislative changes, as well as providing healthcare professionals in PRM units with tools and resources, are needed to improve the situation.

Statement of Disclosures

None

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