

Norway



Dr. Terje Halvorsen

National Center Director

Dr. Terje Halvorsen

Affiliation

Nimi Hospital

National Center Manager

Host Institution – Nimi Hospital

Nimi was founded as a specialist environment for treatment of athletes at all levels. Today we are a full-fledged medical specialist center for most people - with private hospitals, training, rehabilitation and dedicated research department. At the intersection between elite and public health is Nimi unique. Our work over three decades has made sports medicine principles to folk.



National Center Advisory Board

Dr. Terje Halvorsen

Ola Ronsen

Affiliation

Nimi Hospital

Aker Solutions

2015 Goals

- We have agreed with the Norwegian Medical Association – Division Primary Care, to arrange courses for GP's in "Exercise IS Medicine". Time and place have not been planned yet.
- We will try to work with Oslo University Hospital – Division Preventing Lifestyle Diseases to take part in their work for teaching patients or/and physicians to use "Exercise IS Medicine".
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Past Accomplishments

- We have, since our start in 2010, been working together with the Norwegian Directorate of Health in supporting them in their struggle to get people more physical active, specially the people with lifestyle diseases.
- We have produced information pamphlets for patients together with them, and we are asked to take part in the work to upgrade "Aktivitetshåndboken"/"The Handbook of Physical Activity".
- We fulfilled two projects in the period 2012-13 in two Communities in Norway, in General Practice. The goal was to give upgraded information to the GPs about the positive effects of physical activity for human health/lifestyle diseases, information of what to do-frequency of exercise and how to follow, and to give them a tool to motivate patients to start exercise and structure the daily activities of the patients, we called the education a "mini structure coarse". After finishing these two projects, most of the GP's were very pleased and many of them had used the information and the tool in their daily consultations.
- Since 2013 we have been teaching medical students in "Exercise Is Medicine", 45 minutes a year.
- In October 2014, we had a 15 hours course in "Exercise Is Medicine" during the largest Primary Physician Congress in Oslo.