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Affiliation

Italian Society of Internal Medicine

Affiliation

School of Medicine, University of Padova

Affiliation

Sport and Exercise Medicine Division, University of Padova

Host Institution – Department of Medicine, Acting Division – Sport and Exercise Medicine Division, University of Padova

The Sport and Exercise Medicine Division of the University of Padova is the office of the Regional Centre with expertise in the therapeutic prescription of exercise in different chronic diseases. After a clinical evaluation, which includes cardiopulmonary exercise testing and strength and balance analysis, the Division provides patients with an adapted and tailored physical exercise prescription. Patients are subsequently referred to the institutional gym to start their activity program. The objective of the Centre is to create a regional clinical and outpatient network for the prescription and application of physical exercise as prevention and treatment modality in different non-communicable diseases.



NC Advisory Board

Affiliation

Deodato Assanelli, M.D.,	<ul style="list-style-type: none"> Professor & Head of Sport and Exercise Medicine Division, Department of Clinical and Experimental Science – University of Brescia
Andrea Ermolao, M.D.	<ul style="list-style-type: none"> Professor & Head of the Sport and Exercise Medicine Division, School of Medicine, University Hospital of Padova
Ezio Ghigo, M.D.	<ul style="list-style-type: none"> Professor & Director of the Graduate School of Sport and Exercise Medicine, Medical Science Department, University of Torino
Stefano Gobbo, Ph.D.	<ul style="list-style-type: none"> Vice-President, Italian Association of Exercise Specialists (AISE)
Mario Plebani, M.D.	<ul style="list-style-type: none"> Professor, Clinical Biochemistry and Clinical Molecular Biology, Head of the Department of Integrated Diagnostic Services (DIDAS), University Hospital of Padova
Patrizio Sarto, M.D.	<ul style="list-style-type: none"> Head, Sports and Exercise Division, Treviso Hospital Representative Deputy, Prevention, Food Security, Veterinary – Veneto Region
Gaetano Vaudo, M.D.	<ul style="list-style-type: none"> Professor & Director of the Graduate School of Sport and Exercise Medicine, Medicine Department, University of Perugia
Roberto Vettor, M.D.	<ul style="list-style-type: none"> Professor & Head, Department of Medicine, University Hospital of Padova Italian Society of Internal Medicine (SIMI)

2022 Goals

- Host the 10th Annual EIEIM Conference at the University of Padova
 - To find sponsors for the EIEIM conference and EIM Italy
 - Increase engagement and activity of advisory board members
 - Develop an online workshop to educate general practitioners on exercise prescription
 - Integrate EIM training into General Practice, as well as Sports and Exercise Medicine, beginning with the advisory board member institutions
 - Increase stakeholder organizations on the EIM Italy Advisory Board (i.e., Italian Physiotherapy Association, Italian Society of Sports Science, Italian Federation of Sports Medicine)
 - Continue implementing “Palestre della Salute” (Health Gyms) in pilot regions with the aim of forming a network of facilities throughout Italy
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Accomplishments to Date

- Officially established the EIM Italy National Center in October 2019
 - Developed EIM Italy website (<https://exerciseismedicine.it>) in 2021
 - Conducted two trainings for 20 healthcare providers and another two trainings for 25 exercise professionals in 2020 during the coronavirus pandemic
 - Representatives from the Italian Society of Obesity and Italian Committee of Motor Science joined the Advisory Board (2021)
 - Obtained funding to organize an online course on exercise prescription in chronic diseases (2021)
 - Conducted project involving exercise prescriptions in hospital outpatient clinics to assess physical activity levels and cardiovascular risk and referral to health gyms (2020-21)
 - Wrote an article titled “The Economic Impact of Physical Activity in Different Chronic Conditions: A Regional Cost-Saving Pilot Study in Italy” (2021)
 - Created different factsheets regarding the impact of exercise on chronic diseases to better reach and educate patients (2021)
 - Completed a project with the Hospital of Brunico, which resulted in factsheets and brochures being produced in three languages, as well as video content for local media (2020-21)
 - Translated and produced six handouts (in three languages) about exercise in different chronic diseases (2020)
 - Performed a cost savings pilot study in the Veneto Region examining the economic impact of exercise in four chronic diseases (2020)
 - Submitted a grant application to ERASMUS+ to develop and evaluate an EIM network in Italy
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