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Affiliation

School of Medicine, University
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Affiliation

Sport and Exercise Medicine
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**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
Gerarda Soren	<ul style="list-style-type: none"> • 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)
Marco Zaccaria, M.D.	<ul style="list-style-type: none"> • Professor, Regional Center for Exercise Prescription in Chronic Diseases – Veneto Region

2023 Goals

- Develop and disseminate a Massive Open Online Course by February 2023
 - Implement PAVS in regional clinic records within sport and exercise medicine divisions
 - Organize an event or conference with all Italian Sports and Exercise Medicine schools in summer 2023
 - Organize EIM workshops in high schools
 - Increase stakeholder organizations on the EIM Italy Advisory Board (i.e., Italian Physiotherapy Association, Italian Society of Sports Science, Italian Federation of Sports Medicine)
 - Present webinars for other scientific associations or other medical schools (outside of exercise and sports medicine)
 - Increase EIM education efforts to professionals around Italy to reach different target groups (teenagers, general practitioners, physicians)
 - Increase research effort to raise awareness among peers and policy makers, including research on exercise and breast cancer, cost savings involved with physical activity
 - Present on EIM at Rimini Wellness, a huge Italian fitness event
 - 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 (October 2019)
 - Developed EIM Italy website (<https://exercisemedicine.it>) with >5200 views in 2022 and the downloading of >3000 infographics and other EIM Italy content
 - The 10th Annual EIEIM Conference at the University of Padova was attended by >250 people with many international speakers (2022)
 - In Padova, activated a “hospital outpatient clinic for exercise prescription” in which an average of 4 patients with different chronic diseases visited per week. These patients received an exercise prescription and were then referred to health gyms (2022)
 - Filmed short videos in cooperation with the University Hospital of Padova, regarding the activities performed in the outpatient clinic for exercise prescription and in the health gym that have been viewed 4000+ times (2022)
 - In Brescia, we worked with older adults with type 2 diabetes and organized a virtual course about healthy lifestyles (2022)
 - In the Veneto Region, the concept of a ‘health gym’ was developed in collaboration with the Prevention Department of the Veneto Region (2022)
 - Conducted multiple trainings for health care providers (2 trainings for 52 individuals in 2022; 2 trainings for 20 individuals in 2021)
 - Conducted multiple trainings for exercise professionals (2 trainings for 15 people in 2022, 2 trainings for 25 individuals in 2020)
 - 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)
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- 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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