

PLANNING A BLUE PRESCRIPTION

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Background and purpose

There is a growing evidence that **social prescribing** can lead to positive health and wellbeing outcomes.

Exposure to **blue spaces** (coastal and offshore spaces) can promote health and wellbeing although mechanisms are poorly understood.



Methods

We built up an **interdisciplinary and transectorial** research team within the framework of the **Roses Oceans and Human Health Chair** (Catalonia, Spain) which engages researchers and patients in health promotion and research activities.

This project has been supported by the **E-Health grant** of the Official College of Physicians of Girona to study the use of **smartwatch technology** to assess the different parameters of health and well-being of patients and to engage and empower patients in the study.



Results

We have created a **Blue Prescription protocol for oncology patients**:

- (i) Establishing the **research team** (family physicians, oncologists, marine biologists and social anthropologists in collaboration with a local cancer patient support association and a diving club)
- (i) Planning a **pilot study** to evaluate how **swimming, snorkelling and walks by the sea** in well preserved Blue spaces can contribute to improve the health and well-being of cancer patients. We used smartwatches to monitor health parameters before and after patients perform these activities, which will be complemented by the POMS questionnaire (Profile of Mood States) and the practice of focus groups.
- (i) Establishing the **blue prescription circuit in primary health care centers**.

Conclusions

Local interdisciplinary and transectorial approaches are needed to assess how **sustainable recreational activities in Blue spaces** can play a role in **health promotion and wellbeing of oncology patients**, in order to identify them as health assets in our community.

The protocol contributes to a **salutogenic** approach to primary health care consultations that is necessary to include **blue prescription** in the community **social prescription program**.

