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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 home of the Regional Centre with expertise in the therapeutic prescription of exercise in different chronic diseases. The Division provides patients with a clinical evaluation, which includes cardiopulmonary exercise testing, strength and balance analysis, and an adapted, 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

Roberto Vettor, M.D.	Professor & Head, Department of Medicine, University Hospital of Padova, Italian Society of Internal Medicine (SIMI)
Andrea Ermolao, M.D.	Professor & Head of the Sport and Exercise Medicine Division, School of Medicine, University Hospital of Padova
Andrea Benso, M.D.,	Professor, Director of Graduate School of Sports and Exercise Medicine, University of Torino
Luca Busetto, M.D.	- Professor, Internal Medicine Physician, University of Padova - Italian Society of Obesity
Carolina De Ciuceis, M.D., Ph.D.	Professor, Director of Graduate School of Sports and Exercise Medicine, University of Brescia
Daniel Neunhaeuserer, M.D., Ph.D.	Professor, Director of the Graduate School of Sports and Exercise Medicine, University of Padova
Sara Ortolan, M.D.	- Medical Doctor, University Hospital of Padova - Regional Center for Exercise Prescription in Chronic Diseases
Giacomo Pucci, M.D.	Director, Graduate School of Sport and Exercise Medicine, University of Perugia
Patrizio Sarto, M.D.	- Head, Sports and Exercise Division, Treviso Hospital - Representative Deputy – Veneto Region
Gerarda Soren	President, Italian Association of Exercise Specialists (AISE)

2025 Goals

- Pursue the implementation of the PAVS as a vital sign in the Veneto Region health system and within sport and exercise medicine divisions
 - Increase stakeholder organizations on the EIM Italy Advisory Board (i.e., Italian Physiotherapy Association, Italian Society of Sports Science, Italian Federation of Sports Medicine)
 - Increase EIM education efforts to professionals around Italy to reach different target audiences
 - Increase research efforts to raise awareness among policy makers, including research on exercise and breast cancer, cost savings involved with physical activity
 - Continue implementing “Palestre della Salute” (Health Gyms) in pilot regions with the aim of forming a network of facilities throughout Italy
 - Creating standardized templates for training courses targeting general practitioners
 - Organization of one (or more) events (likely online) on exercise and pregnancy in collaboration with Mamika Care
 - Continued participation with Rimini Wellness to maintain continuity and enhance visibility
 - Organize more webinars for patient associations
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Accomplishments to Date

- Officially established the EIM Italy National Center (October 2019)
 - Developed a MOOC (Massive Online Open Course) on exercise prescription for health professionals (2023), which has now been completed by 1948 participants (616 in 2024)
 - Conducted multiple EIM online courses (9 for medical doctors, 1 for nurses, 1 for physiotherapists) and 3 in-person courses for medical students (n=80) (2024), in addition to previous trainings for health care providers (2022: 2 trainings for 52 individuals; 2021: 2 trainings for 20 individuals)
 - 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). This work has expanded through coordination with the Division of Oncology, Bariatric Surgery, Gastroenterology and Cardiology and now results in a referral to a new outpatient hospital gym (2024)
 - In Brescia, worked with older adults with type 2 diabetes and organized a virtual course about healthy lifestyles (2022) and have now established projects involving patients with type 2 diabetes and the elderly across 3 health gyms (2024)
 - Sent out 14 EIM Italy newsletters throughout the year (2024)
 - Developed EIM Italy website (<https://exerciseismedicine.it>) with >5200 views and downloading of >3000 infographics (2022)
 - Hosted the 10th Annual EIEIM Conference at the University of Padova, which was attended by >250 people and several int’l speakers (2022)
 - Filmed short videos with University Hospital of Padova on activities performed in outpatient clinics for exercise prescription that have been viewed 4000+ times (2022)
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Accomplishments to Date (Cont.)

- 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 EIM Italy 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)
 - Submitted a grant application to ERASMUS+ to develop and evaluate an EIM network in Italy
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