



## ORMSIF NETWORK

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# Objectives

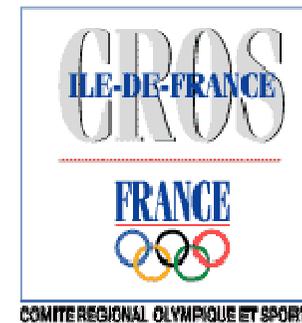
Main objective ..

Enable every person :

- insufficiently active,
- *very remote from the sports,*
- presenting significant risk factors due to cardiovascular issues,
- with a turned out pathology
- with a situation of physical, mental or social handicap ...

To adopt a regular, adapted, reassuring and progressive physical activity within the sports movement Inhabitant of the Ile-de-France.

# Actors

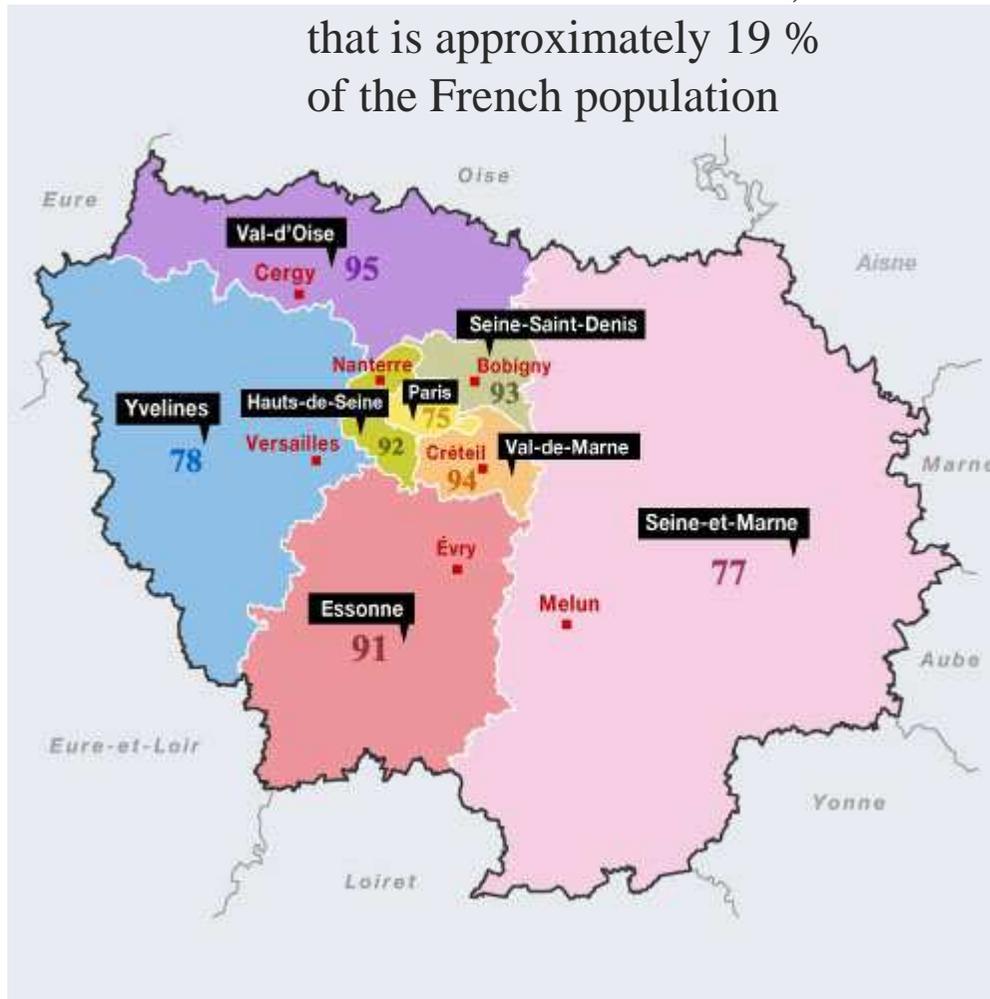


## CMS ILE DE France

55 among which 10 belong to ORMSIF on the 01/01/2010

# IDF Territory

11.7 Million **inhabitants**,  
that is approximately 19 %  
of the French population



Life expectation : among the longest  
in France. 83,5 years for women and  
77,5 years for men

**21 000 sports clubs and more  
than two million people  
*licensed* ?**

84 % of the sportsmen of the Ile-de-  
France mention they practice at least  
one of their regular physical or sports  
activities for the "health" and the  
“physical maintenance”

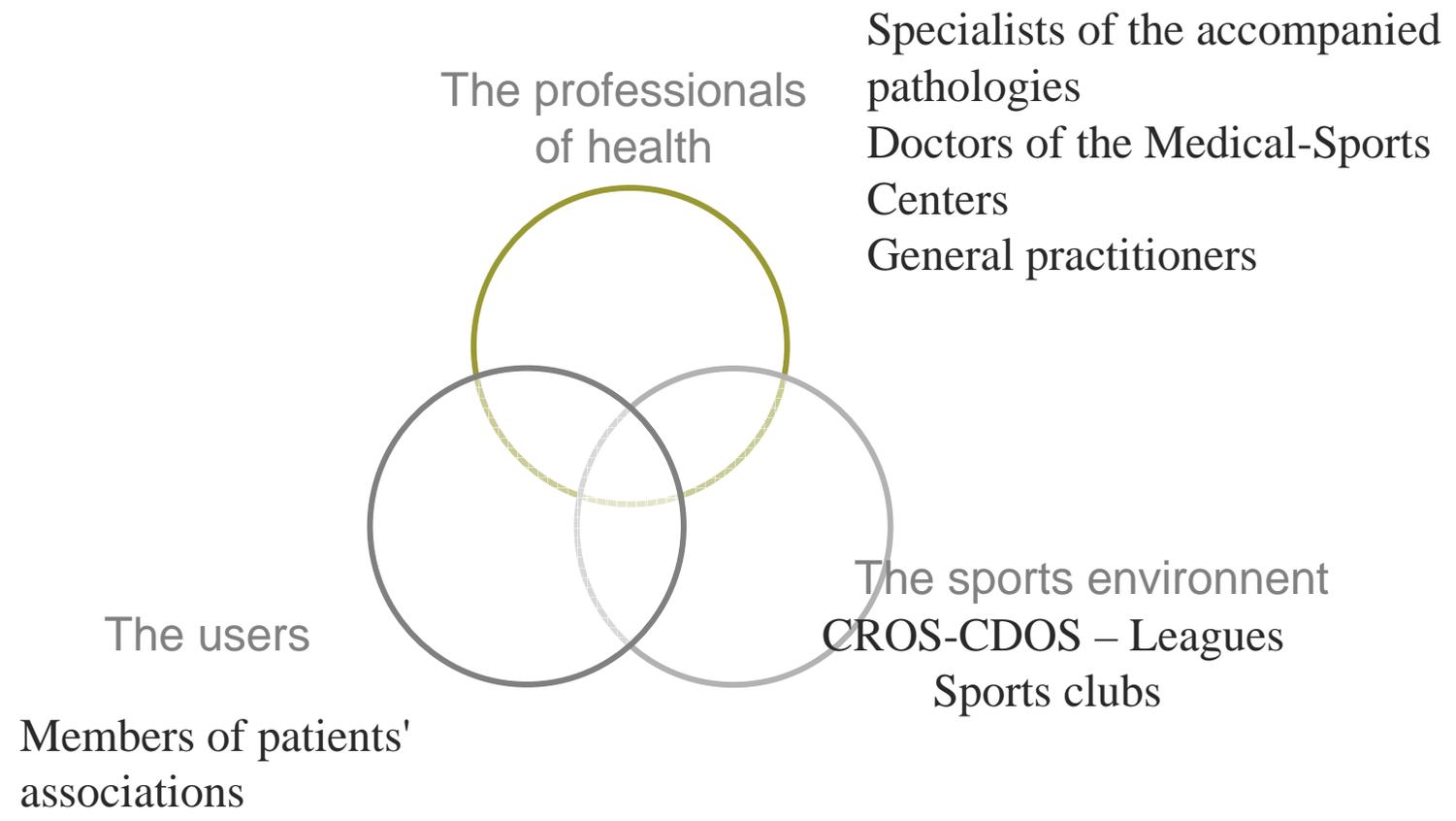
**47 289 specialized doctors**

**513 healthcare establishments**

# Implementation

- Federate and coordinate the project's actors
- Elaborate and experiment, within the network, collaborative tools
- Propose, with the networks of medical health and sporting medical networks, a coordinated and adapted training of Sport/Health
- Set up additional trainings for professionals of Health and Sports.
- Facilitate the accessibility to the offers of physical activities, adapted for the public who are most taken away from it (precariousness, handicap)...

# The operational structure of the network



# User's training

- Educational diagnosis for every user or patient sent to the network
- Accompaniment of the user or the patient towards a sports structure with an offering of physical activities adapted to the person.
- A regular follow-up of the patient
- A one year-end evaluation

# Trainings of the CMS' doctors

- The therapeutic education in two words
- The physical activity and the therapeutic education
  - to estimate brakes and control levers of the implication of one person, in a physical activity program
  - the induction of changes on behalf of the health behaviors
  - the accompaniment and the evaluation
  - the risk factors of the persons *treated(handled)* for chronic renal disease and, most particularly, for transplanted people
- the follow-up of the physical activity for the transplanted
- When is it the best moment to start ?
- The modalities of prescription and the initial evaluation of the physical state
- What sport for which patient ?
- Choice of the physical activity for the transplanted

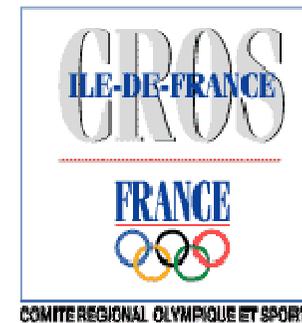
# Trainings of the leaders and the managerial employees of sports clubs

- The renal transplantation in practice
  - the history before the transplant, the preparation, the waiting list
  - the intervention in her even, the treatments of induction
  - the complications of the initial phase
- The profits of the physical activity for the transplanted patients
  - the treatment of maintenance and the late complications
- The physical activity for the transplanted
- When is it the best moment to start ?
- The modalities of prescription and the initial evaluation of the physical state
- What sport for which patient ?
- Choice of the physical activity for the transplanted ?
- according to the field
- according to the chosen sport

# Positive points

- A will asserted by all actors to make a commitment on the long term in these actions of prevention
- A will shared by the State in its constituents sport and health- but also the Olympic sports movement - the objectives of which of " Prevention health by the physical and sports activity " were reaffirmed by Denis Massiglia, President of the CNOSF, during its wishes 2010 to the whole sports movement
- A communication Media extensive for " the practice of a physical and sports activity in term of protection and improvement of the health “, main condition to a raising awareness of the actors to the success of our projects.

Thank you



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