Can lack of knowledge of health professionals on epilepsy and exercise prescription be a barrier to exercise practice? Reply to Vancini et al. (1)

To the editor:

We would like to thank Dr. Vancini et al. regarding their letter (1) discussing the importance of our recent research (2). Drawing attention to our findings of health professionals’ lack of knowledge of the benefits of exercise for people with epilepsy as a barrier to exercise, Vancini et al. agreed that there needs to be an increase in the education of health professionals in relation to exercising with epilepsy (1, 2). Through acknowledging the lack of education of health professionals within this area (2, 3), further movements towards increasing health professionals’ education on the benefits of exercise for people with epilepsy will be a positive gain toward decreasing barriers to exercise for people with epilepsy.

References


Sarah S. Collard*; Caroline Ellis-Hill§

*Bournemouth University, Faculty of Health and Social Sciences, Royal London House, Christchurch Rd., Bournemouth, BH1 3LT

Corresponding author: Sarah Collard

* scollard@bournemouth.ac.uk