

# Faculty/Presenter Disclosure

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- ▶ **Relationships with commercial interests:**
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# Exercise is Medicine (EIM) Program at Loyalist Family Health Team

Primary Care Hypertension Update

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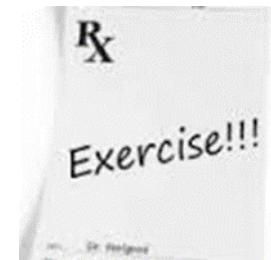
# What is Exercise is Medicine (EIM)?

- ▶ Global initiative launched in 2007 by American College of Sports Medicine.
  - Canadian launch in 2012 by Canadian Society of Exercise Physiology.
- ▶ Primary focus of EIM:
  - To encourage primary care physicians to include physical activity when designing treatment plans for their patients.

(<http://exerciseismedicine.org>)

# Why is prescribing physical activity so important?

- ▶ Physical activity is a highly effective prescription for the prevention, treatment and management of many chronic conditions, including hypertension (Wallace, 2003).
- ▶ It has also been shown that when a patient gets a prescription to become more physically active, they are more likely to do so (Grandes et al., 2005)



# Exercise is Medicine at the Loyalist Family Health Team

- ▶ Launched in April 2014 with the help of Kinesiology students from Queen's University.
- ▶ Physicians can:
  - Access a disease specific E-form in the EMR (e.g. Cardio Risk Factors, COPD, Diabetes, Hypertension, etc).
  - Print the prescription form and sign it.
  - Provide a copy of the form to the patient as part of their treatment plan.

# EIM Supplementary Programs and Supports at Loyalist FHT

- **Occupational therapist (OT) referral:** *for intro to exercise or exercise modification due to injury, pain or mobility issues.*
- **Exercise classes:** *monthly exercise classes where patients are shown chair based cardiorespiratory and strength exercises.*
- **Exercise bands:** sold at cost to patients.
- **Website:** our website has resources, links and resistance band exercise videos
- **Resource packages:** include resources links, tips to start exercising, physical activity guidelines, exercise handout and physical activity log
- **Other activities:** to help support patients in becoming more active (i.e. Exercise Classes with Recreation Center, Walk with your Doc, etc)



## Exercise Rx

The reason, for which you are given this prescription, is that I believe that physical activity is an important part of your overall physical health and well-being.

Name:

Date:

Age:

### Disease Profile

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Cardiovascular Risk Factors  | <input type="checkbox"/> COPD           | <input type="checkbox"/> Type II Diabetes | <input checked="" type="checkbox"/> Hypertension |
| <input type="checkbox"/> Osteoporosis   | <input type="checkbox"/> Osteoarthritis | <input type="checkbox"/> Low Back Pain    | <input type="checkbox"/> Mobility Impaired       |
| <input type="checkbox"/> General Well-Being: Adult  |   |   |  |
| <input type="checkbox"/> Meet with the Occupational Therapist before starting an exercise program |   |   |  |

X \_\_\_\_\_

Dr.



# Hypertension

## Physical Activity Recommendations

Type of Physical Activity :	Aerobic	Strength
Number of days per week :	<ul style="list-style-type: none"><li>• Minimum 4 days/ week</li></ul>	<ul style="list-style-type: none"><li>• 2 days/week</li></ul>
Duration per bout:	<ul style="list-style-type: none"><li>• 10-60 minutes adding up to 150 minutes per week</li></ul>	<ul style="list-style-type: none"><li>• 5-8 exercises (Targeting major muscle groups)</li><li>• 10-15 repetitions per exercise</li></ul>
Examples:	<ul style="list-style-type: none"><li>• Cycling, walking, jogging, dancing, swimming</li><li>• Exercise at moderate intensity (during moderate activity you are able to talk, but not sing your favorite song; enough to raise your heart rate)</li></ul>	<ul style="list-style-type: none"><li>• Exercises that use your body weight as resistance (squats, lunges, pushups)</li><li>• Gardening</li><li>• Resistance bands exercises</li></ul>

### Special considerations/ precautions:

- Start slowly and gradually progress the intensity and duration of your workouts.
- Keep well hydrated throughout your exercise session and avoid overheating.
- Antihypertensives, such as alpha blockers, calcium channel blockers, and vasodilators, may reduce blood pressure too much if exercise is stopped abruptly. Perform a 10 minutes cool down (slow walking or low resistance cycling) after you exercise.
- If possible, measure your blood pressure prior to your exercise session. Do not exercise if your resting systolic blood pressure is greater than 200 mmHg or your diastolic blood pressure is greater than 115 mmHg.
- Avoid holding your breath during exercise as this may cause large fluctuation in blood pressure and increase the possibility of passing out.

For more information on how to get started, links to resources, and for resistance bands exercises videos, please visit our website at [www.loyalistfht.com](http://www.loyalistfht.com)



# Resources

- ▶ **Video:** 23 and ½ hour: What is the single best thing you can do for your health?
  - <https://www.youtube.com/watch?v=aUaInS6HIGo>
- ▶ **EIM Canada Website:**
  - <http://exerciseismedicine.org/canada>
- ▶ **Canadian Academy of Sport and Exercise Medicine Website:**
  - <http://casem-acmse.org/education/exercise-is-medicine>
- ▶ **Kingston Gets Active Website:**
  - <http://kingstongetsactive.ca>
- ▶ **Loyalist Family Health Team Website**
  - [www.loyalistfht.com](http://www.loyalistfht.com)

# References

- ▶ Grandes, G. I., Sanchez, A., Sanchez-Pinilla, R.O., Torcal, J., Montoya, I., Lizarraga, K., Serra, J. (2009). Effectiveness of physical activity advice and prescription by physicians in routine primary care: a cluster randomized trial. *Archives of Internal Medicine*, *169*(7), 694–701. doi:10.1001/archinternmed.2009.23.
- ▶ Wallace, J. P. (2003). Exercise in hypertension: A clinical review. *Sports Medicine*, *33*(8), 585–598.

**Questions / Comments?**

