

# Exercise Groups for People Living with Chronic Disease

Telemedicine Services,  
a part of Rideau Community  
Health Services

Intermediate and Beginner Level programs



**Telemedicine...making healthcare connections.**

## Faculty/Presenter Disclosure

**Faculty:** Angela Moore RPN, Clinical Telemedicine Coordinator, Rideau Tay Health Link Care Coordinator and

Tracy Birrell Registered Kinesiologist, Certified Heart Wise Instructor and Member of OKA

### Relationships with commercial interests:

**Grants/Research Support:** N/A

**Speakers Bureau/Honoraria:** N/A

**Consulting Fees:** N/A

**Other:** N/A



**Telemedicine...making healthcare connections.**

# Telemedicine Services

Inclusive exercise programs for person 18+ living with chronic illness(es), led by a Registered Kinesiologist and supervised in person, at each location by a Telemedicine Nurse.

**Intermediate Group=Moderate Intensity**

**Beginner's Group=Light Intensity**



**Telemedicine...making healthcare connections.**

# Telemedicine Services

Both groups are delivered live in person in **Smiths Falls** at Rideau Community Health Services and linked with RCHS **Brockville** office on Mondays and Thursdays, as well as the Country Roads Community Health Centre in **Portland** on Thursdays only using videoconferencing technology via the Ontario Telemedicine Network.

\*It is important to note here that CRCHC offers their own exercise programming in the community on Mondays at the Portland Community Hall. \*



**Telemedicine...making healthcare connections.**

# Telemedicine Services

All participants have the option of moving up to the Intermediate Group level when they feel they are ready for more challenging physical exercise or vice versa, we have had participants suffer a significant health event and return to our exercise groups at the Beginner level.



**Telemedicine...making healthcare connections.**

## Outcome Goals

- Persons living with chronic illness(es) will see improvement in their health outcomes such as decreased pain levels, increased mobility, flexibility, strength and stamina.
- Decreased loneliness and increased levels of socialization.
- Possible health improvements include stabilization or improvement in disease symptoms such as improved blood glucose levels and blood pressure ranges.



**Telemedicine...making healthcare connections.**

An extensive program evaluation has been conducted over the past fiscal year.

38 participants were evaluated as well as program administration

**Highlights include the following:**



**Telemedicine...making healthcare connections.**

# Telemedicine Services

## Most Common Chronic Health Conditions reported:

**Diabetes: 20**

**Hypertension: 17**

**High Cholesterol: 14**

**Arthritis: 23**

8 participants report having had a knee or hip replacement in the past.

2 participants report having a stroke in the past.

8-10 other chronic conditions were reported but were affecting minimal numbers. (i.e.: 2 of 38)



**Telemedicine...making healthcare connections.**



## Objective Data

- 42% of participants had elevated BP's on initial assessment.  
69% of this group had BP's lowered to within normal range on post program participation assessment
- 32% individuals had a weight loss during the time they participated in the program
- 45% individuals had a decrease in waist circumference during their participation



**Telemedicine...making healthcare connections.**

# Telemedicine Services

- 25% individuals with diabetes had an improvement in their FBS results during their participation (hgba1c not available)
- 53% individuals increased the number of squats they could complete in a minute (proxy for increased lower extremity strength)



**Telemedicine...making healthcare connections.**

## Program Weaknesses

- The program is full in some locations due to space limitations of the room
- The program may be a duplication of other community exercise opportunities



**Telemedicine...making healthcare connections.**

## Program Strengths

- Inclusive program for all individuals with chronic diseases
- Beneficial that RCHS offers several different levels of exercise programming from Chair, Beginner and Intermediate. (RVDS\* has a Gentle Chair Program on Wed's that is led by a Diabetes Nurse Educator)
- Socialization opportunities have been beneficial for the participants.
- Nurse supervised
- Led by a Kinesiologist who can give specific direction and modify program in real time based on participant needs both at a group and individual level

\*RVDS=Rideau Valley Diabetes Services



**Telemedicine...making healthcare connections.**

# Telemedicine Services

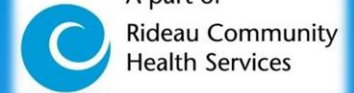


## Questions?



Telemedicine...making healthcare connections.

# Telemedicine Services



## Telemedicine Services

Serving South Lanark, Leeds and Grenville

**Phone:** 613-284-2558

**Fax:** 613-284-2591

[www.rideauchs.ca](http://www.rideauchs.ca)



**Telemedicine...making healthcare connections.**