



Sharbot Lake
Family Health Team

Exercise Promotion Programming at FHTs

- Exercise is Medicine (EIM) Program at the Loyalist Family Health Team
- Senior Fitness & Lifestyle Program at the Sharbot Lake Family Health Team

Primary Care Hypertension Update

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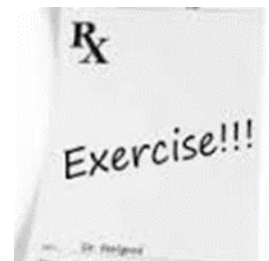
Ashley Williams MScOT, OT Reg. (Ont.)

Faculty/Presenter Disclosure


- ▶ **Presenters: Isabelle Nickel OT Reg. (Ont.)
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- ▶ Relationships with commercial interests:
 - Grants/Research Support: N/A
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 - Other: N/A

Why is prescribing physical activity so important?

- ▶ Physical activity is a highly effective in prevention, treatment and management of many chronic conditions, including hypertension (Wallace, 2003).
- ▶ The WHO ranks physical inactivity as the 4th leading risk factor for overall morbidity and mortality worldwide.



How do we motivate people to become more physically active?

- It has been shown that if a patient gets a 'prescription' to become more physically active, they are more likely to do so (Grandes et al., 2005).
 - Programming that is engaging, enjoyable, and connects people to the community are more likely to attract and retain participants (Kravitz, 2010).
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Miracle Cure!



"If exercise could be purchased in a pill, it would be the most widely prescribed and beneficial medicine..."

-Dr. Robert H. Butler

Exercise is Medicine

Loyalist Family Health Team

»» Isabelle Nickel, MScOT, OT Reg. (Ont.)



What is Exercise is Medicine (EIM)?

▶ Primary focus of EIM:

- To encourage primary care physicians to include physical activity when designing treatment plans for their patients.
- To encourage all health professionals to have the conversation about the impact of physical activity on health and supporting patients in becoming more physically active.
- Only 15% of Canadians meet the minimum physical activity guidelines of 150 minutes per week of physical activity (Stats Canada).

Exercise is Medicine at the Loyalist Family Health Team

- ▶ Launched in April 2014 with the help of Kinesiology students from Queen's University EIM program.
- ▶ 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 pain or mobility issues; discussion of community recreation options; counselling.*
- **Exercise bands:** *sold at cost to patients.*
- **Pedometers:** *free, or renting from library.*
- **Website:** *resources, links, resistance band exercise videos.*
- **Exercise/ nutrition groups:** *weekly meetings for first month, followed by monthly meetings with information, goal setting and support.*
- **Staff challenges:** *Move with your Doc, Healthy Weeks*



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

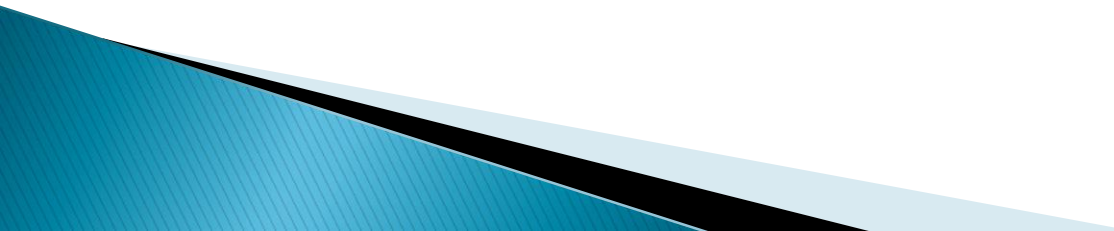
| Type of Physical Activity : | Aerobic | Strength |
|-----------------------------|---|--|
| Number of days per week : | <ul style="list-style-type: none">• Minimum 4 days/ week | <ul style="list-style-type: none">• 2 days/week |
| Duration per bout: | <ul style="list-style-type: none">• 10-60 minutes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

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

Closing the Loop

- ▶ Referral made to community physical activity locations (i.e. VON SMART exercise program, Senior Association)
 - ▶ Asking patients to keep track of their minutes of physical activity 1 month before their next clinic visit.
 - ▶ Having Physical Activity as a vital sign.
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The Senior Fitness & Lifestyle Program

Sharbot Lake Family Health Team

»» Ashley Williams, MScOT, OT Reg. (Ont.)



What is the Senior Fitness & Lifestyle Program (SFLP)?

- ▶ Twice weekly exercise and wellness program targeted toward older adults.
- ▶ Goal: to promote physical activity and wellness in older adults in a community based setting by:
 - Increasing physical activity
 - Encouraging and promoting healthy lifestyle choices
 - Connection participants to the community
- ▶ Delivered based on the Canadian Centre for Activity and Aging (CCAA) Seniors Fitness Instructor Certification (SFIC) curriculum and guidelines.
 - Includes cardiorespiratory exercise, strength training, balance training, and stretching.

SFLP Components

▶ **Prescreening**

- ParQ&You, ParMedX

▶ **Weekly exercise classes**

- Canadian Centre for Activity & Aging – Senior Fitness Instructor Certification Model
- Two moderate-high intensity classes twice per week
- One gentle chair based class once per week

▶ **Monthly information sessions**

- Range of health and community related topics

▶ **Seasonal activity challenges**

- E.g.: Move across Canada

▶ **Seasonal social events**

- Usually include physical activity component (e.g.: Zumba, Tai Chi, Yoga)

▶ **Quarterly program evaluation**

What Makes it Work?

- ▶ Exercise programs only work if people are motivated to attend ...
- ▶ Why do people show up to the SFLP?
 - Social connection
 - Program components that are enjoyable - e.g.: selecting appropriate music, “dance moves,” themed classes, etc.
 - Group challenges that increase cohesion (communal vs. competitive) – e.g.: Festival of Trees, Move Across Canada

**** People come because they have fun****

“Apart from the fitness benefits, it gets me out of the house and helps me connect with my community.”

– SFLP Participant

Fitness & Fun!



Activity Challenge: Walk Across Canada!



Festival of Trees – Won 2nd place!



Halloween Themed Class

Questions / Comments?



Resources

- ▶ **Video:** 23 and ½ hour: What is the single best thing you can do for your health?
 - <https://www.youtube.com/watch?v=aUalnS6HIGo>
- ▶ **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>
- ▶ **Canadian Centre for Activity & Aging**
 - <http://www.uwo.ca/ccaa/>
- ▶ **Loyalist Family Health Team Website**
 - <http://www.loyalistfht.com/>
- ▶ **Sharbot Lake Family Health Team Website**
 - <http://www.sharbotlakefht.com/>

References

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