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# An Intervention to Increase Exercise Adherence in the Rehab Setting

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# Overview

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- ❑ Introduction
- ❑ Current recommendations: Exercise Adherence
- ❑ An intervention to increase adherence to exercise in St. James's Hospital
- ❑ Continued efforts to improve adherence of physiotherapy patients

# Rehabilitation in St. James's Hospital:

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- ❑ 59 bed care of the elderly rehabilitation unit.
- ❑ Patients receive daily physiotherapy intervention.
- ❑ Patients are given individualised exercise programmes to be carried out independently outside of treatment time.
- ❑ Rotating physiotherapist.

# Background:

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- ▣ Adherence:

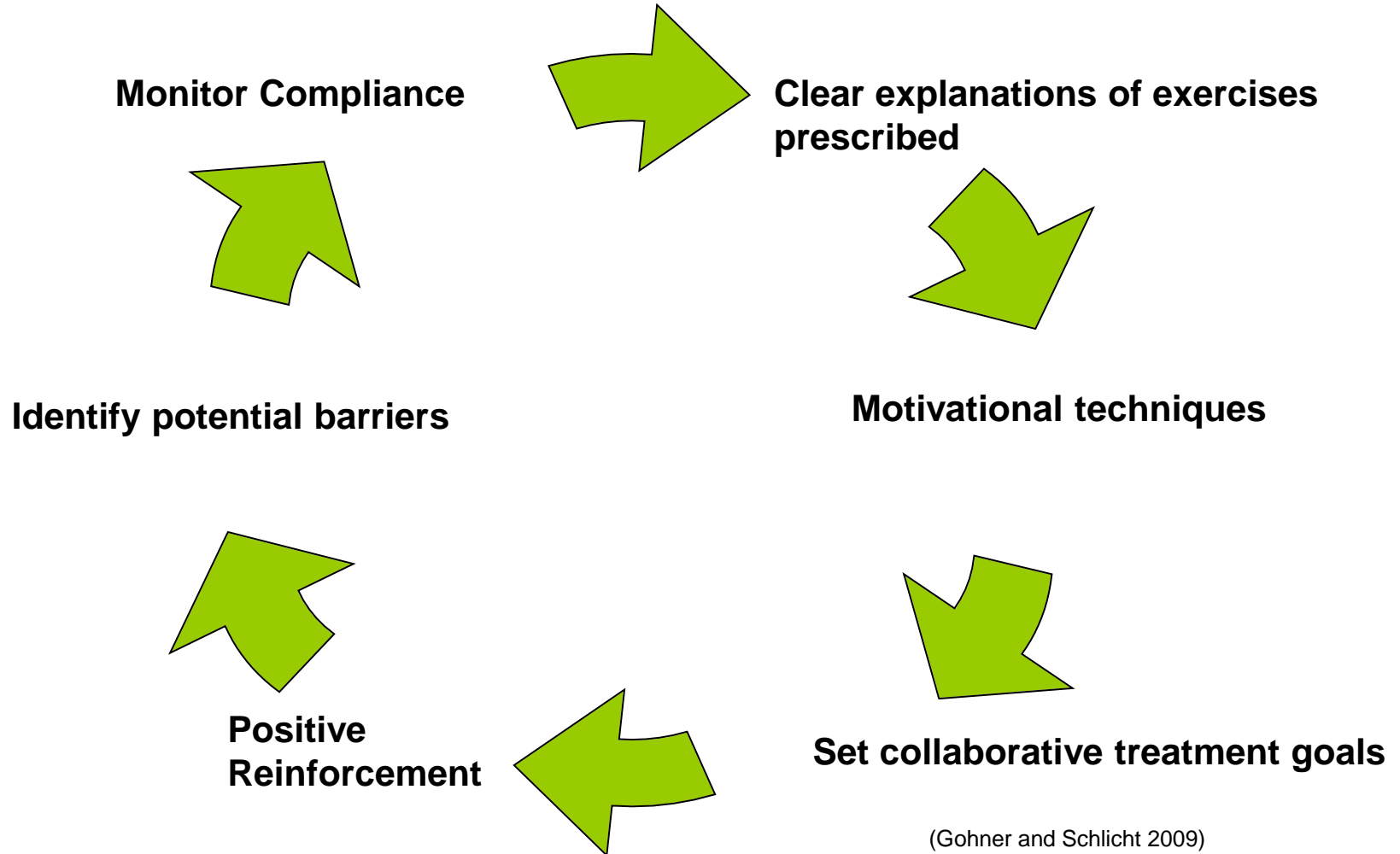
“the extent to which a person's behaviour corresponds with agreed recommendations from a healthcare provider” (WHO, 2003).

- ▣ Studies suggest that adherence with treatment regimen and exercise performance could be as low as 30% (Sluijs et al. 1993).

- ▣ Adherent patients may have better treatment outcomes than non-adherent patients (WHO, 2003).

# Strategies To Increase Exercise Adherence:

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# Aim:

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- ❑ To introduce an intervention to improve the exercise adherence of physiotherapy patients in a rehabilitation setting.

# Methodology:

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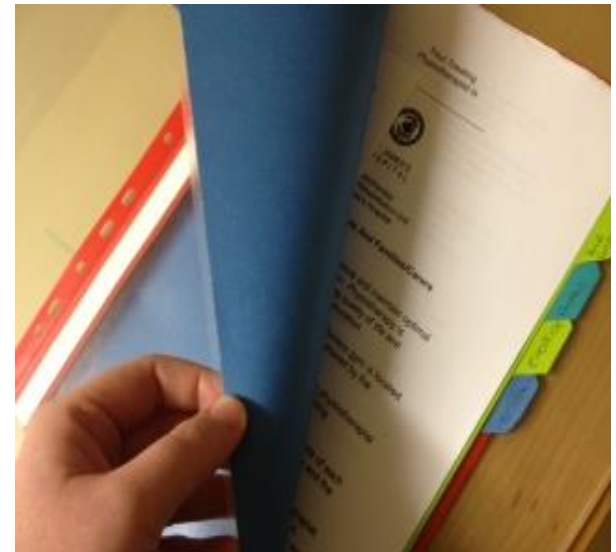
- ❑ A literature review was carried out in the area of exercise adherence within physiotherapy.
- ❑ Physiotherapy assistants subjectively questioned patients daily pre and post intervention regarding adherence to exercise.
- ❑ These exercises could be carried out independently by patients on the ward.
- ❑ Patients included in this study came from a variety of clinical areas (Eg. Stroke, orthopaedics and respiratory).
- ❑ A physiotherapy pack was formed.

# Patient Information Pack:

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The patient information pack contains:

- ❑ An introduction to physiotherapy
- ❑ Patient exercise programme
- ❑ Goals for treatment
- ❑ Exercise diary
- ❑ A question page for patients
- ❑ Patient satisfaction questionnaire
- ❑ Information leaflet: Benefits of daily exercise





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# Study Population:

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## **Control Group (n=20)**

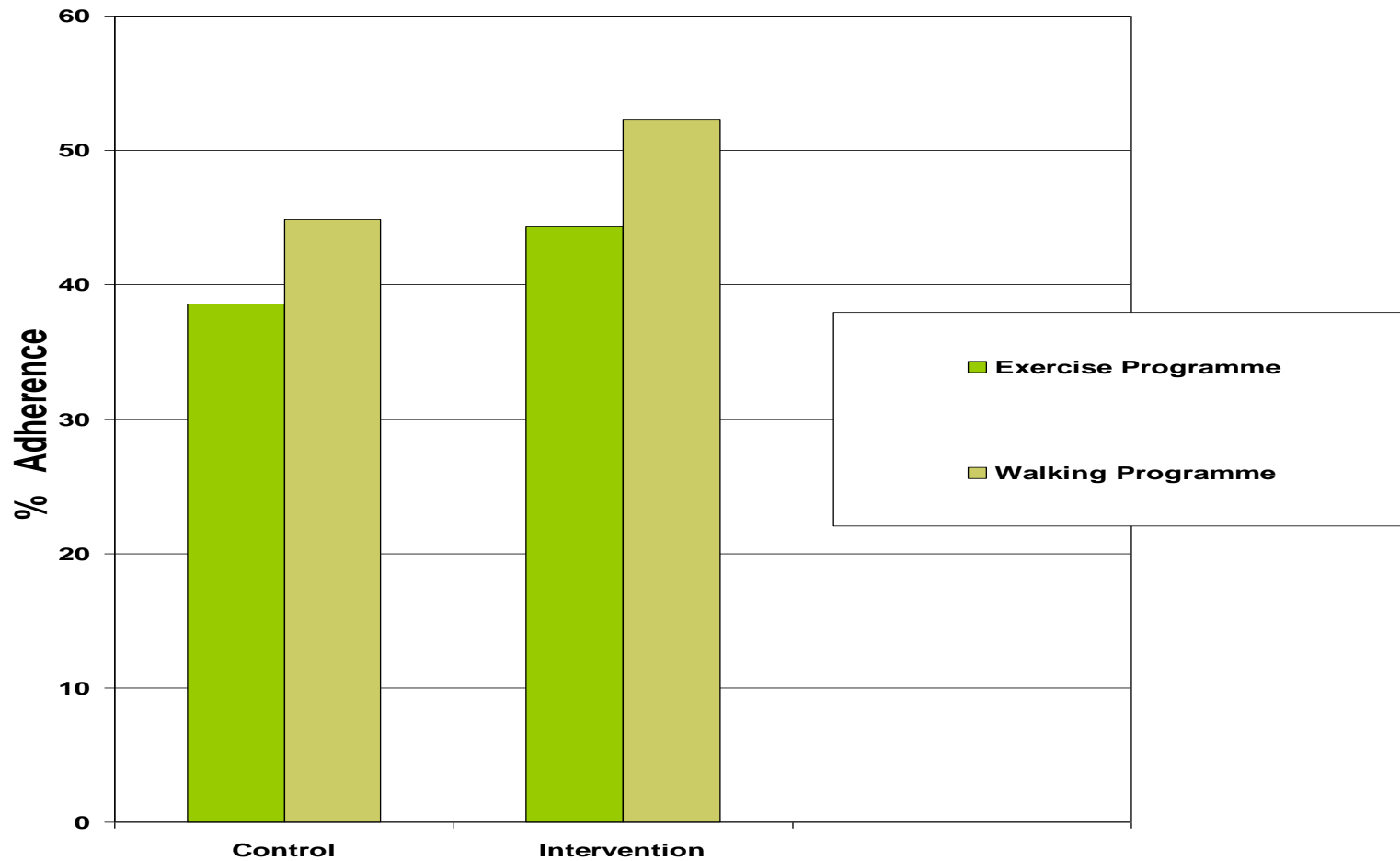
- ❑ 13 male 7 female, mean age of 75
- ❑ Patients not given information pack.
- ❑ Twice daily recordings of completion exercise programme by the PTA for ten consecutive treatment days.

## **Intervention Group (n=20)**

- ❑ 11 male 9 female, mean age of 72
- ❑ Patients given information pack.
- ❑ Twice daily recordings of completion of exercise programme by the PTA for ten consecutive treatment days.

# Results:

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# Conclusion:

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- ❑ This pack continues to be part of patient care in the rehabilitation hospital.
- ❑ Cost effective.
- ❑ Now introducing the pack into wider areas of the hospital.
- ❑ Positive feedback in patient satisfaction questionnaires received.

# Discussion:

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- ❑ Barriers to exercise adherence were identified from this study e.g. depression, anxiety, motivation, cognition, literacy.
- ❑ It is now important to identify how these barriers can be reduced.
- ❑ Additional research needed-  
Does this information pack reduce the length of stay of patients?

# Any Questions?

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# References:

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