

CREDIT VALLEY FAMILY HEALTH TEAM WALK TO WELLNESS PROGRAM



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Oct 26 2011

Why?

CV FHT has many patients who suffer from chronic diseases that could be altered with increased physical activity

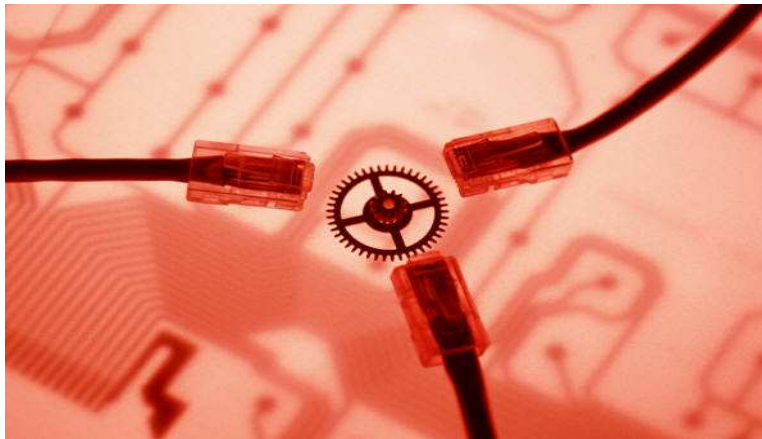
Chronic Diseases include but are not limited to:

Diabetes, Hypertension, Dyslipidemia ,COPD, Obesity, Chronic Pain, Coronary Artery Disease



CV FHT GOAL

Integration of Prevention and Wellness with Chronic Disease States while promoting Self Management amongst patients



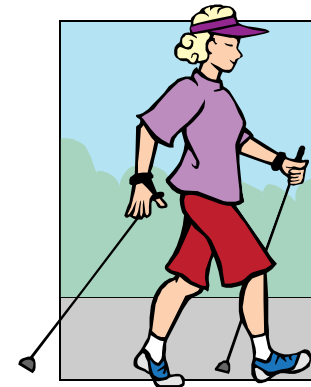
Why me?

Background is B Sc Phm (U of T 1984)

Other Qualifications:

Numerous certifications in Fitness Instruction

- Specializing in the older adult
- Chronic diseases



Presented idea to the team

- Focus on Patients with Diabetes
- Referral Process and Consent
- Orientation, Testing and Waiver



Physical Activity Readiness Questionnaire (PAR-Q)

Physical Activity Readiness Questionnaire - PAR-Q (revised 2002)

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If you answered

YES to one or more questions

Talk with your doctor by phone or in person **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the limits of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.

Take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- If you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Reprinted from the PAR-Q: © The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, the entire form may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

or SIGNATURE (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



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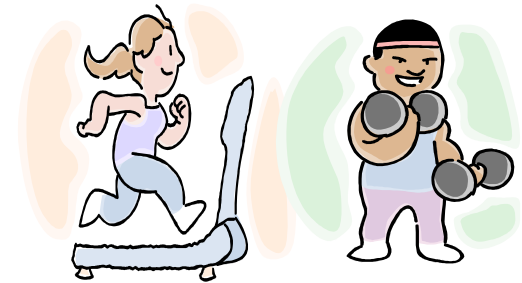
Santé Canada

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Benefits of Exercise

Improvement of:

- Blood Sugars, Blood Pressure, Cholesterol
- Cardiovascular Fitness, Blood Flow, Muscular Strength and Endurance, Calories burned, immune system

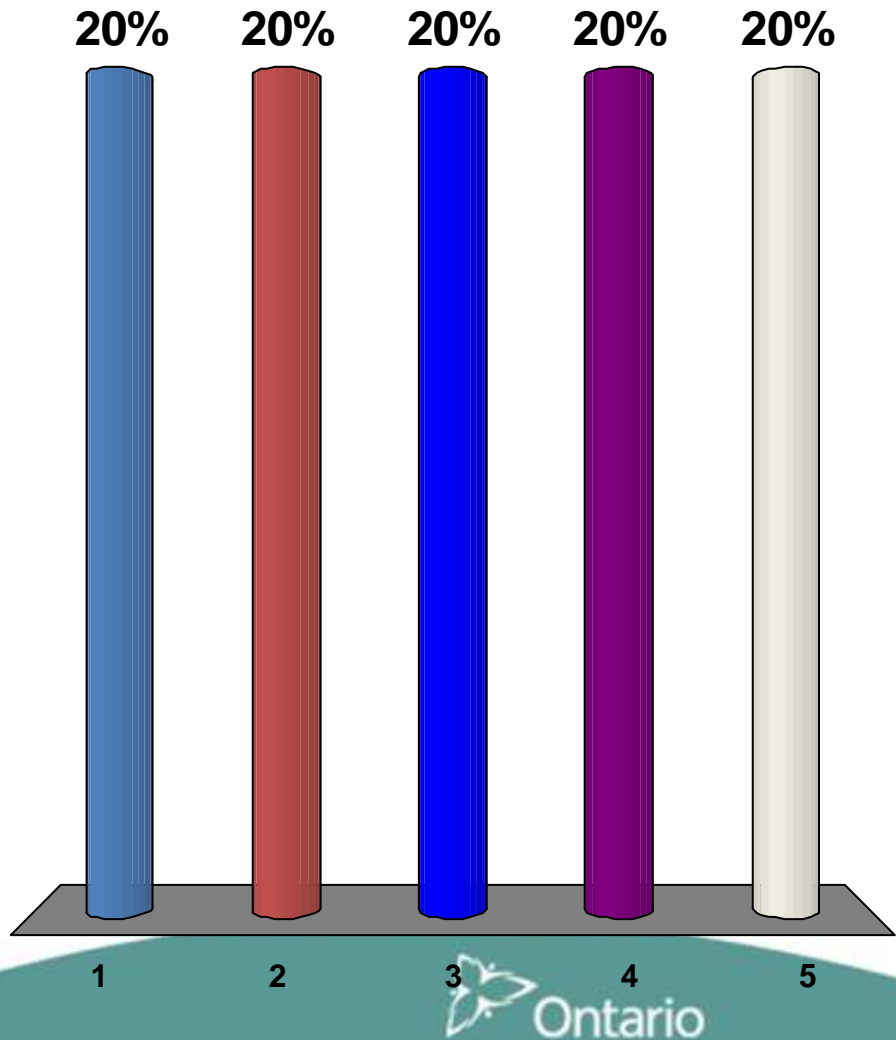


FITNESS=WELLNESS

EXERCISE/WORKOUT= ACTIVITY

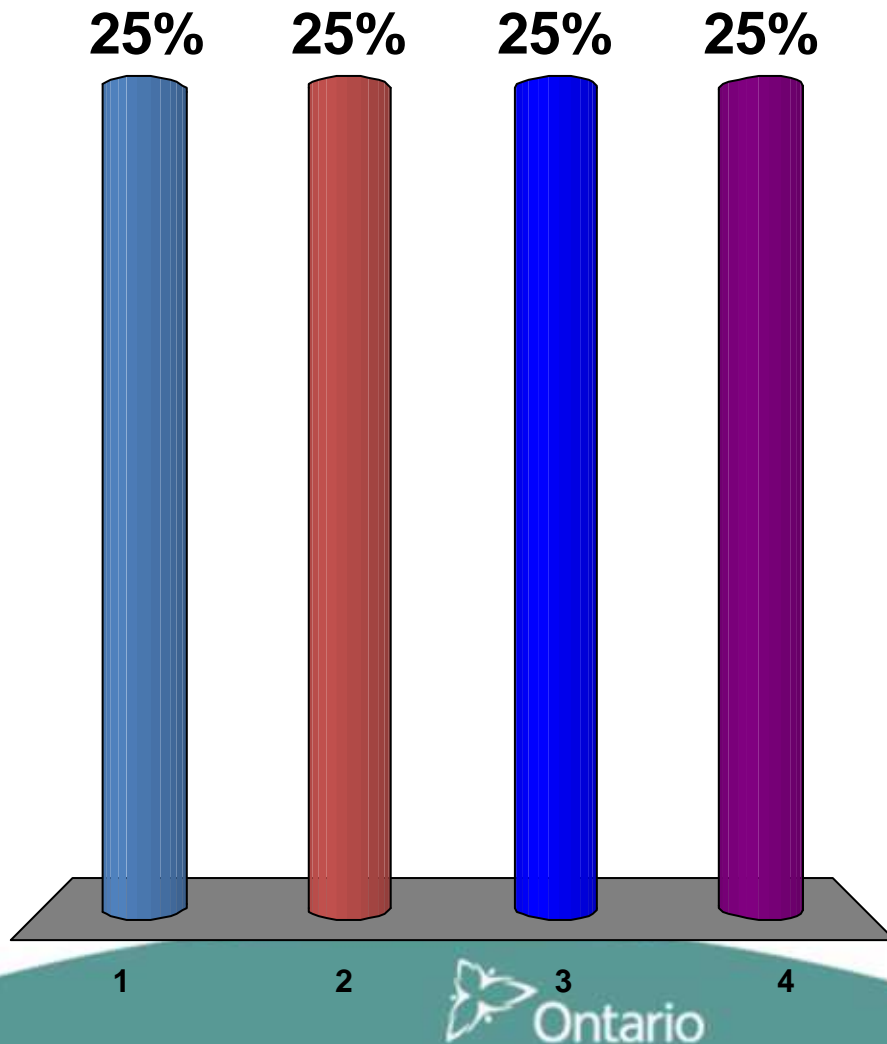
How often do you perform 30 minutes of moderate/intense cardiovascular activity?

1. Never
2. 1-2 times/week
3. 3-4 times/week
4. 5-6 times/week
5. Daily



How often do you perform resistance exercise?

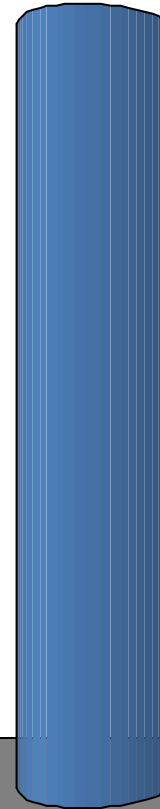
1. Never
2. 1 time/week
3. 2 times/week
4. 3 times/week



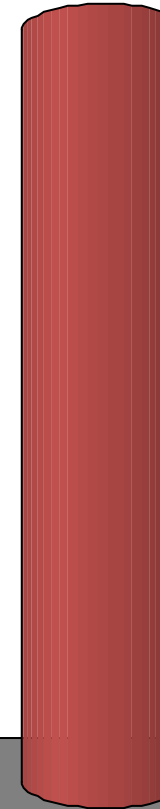
Do you stretch daily?

1. Yes
2. No

50%



50%



1



2

Ontario

Do you perform coordination/balance exercises routinely?

1. Yes
2. No

50%

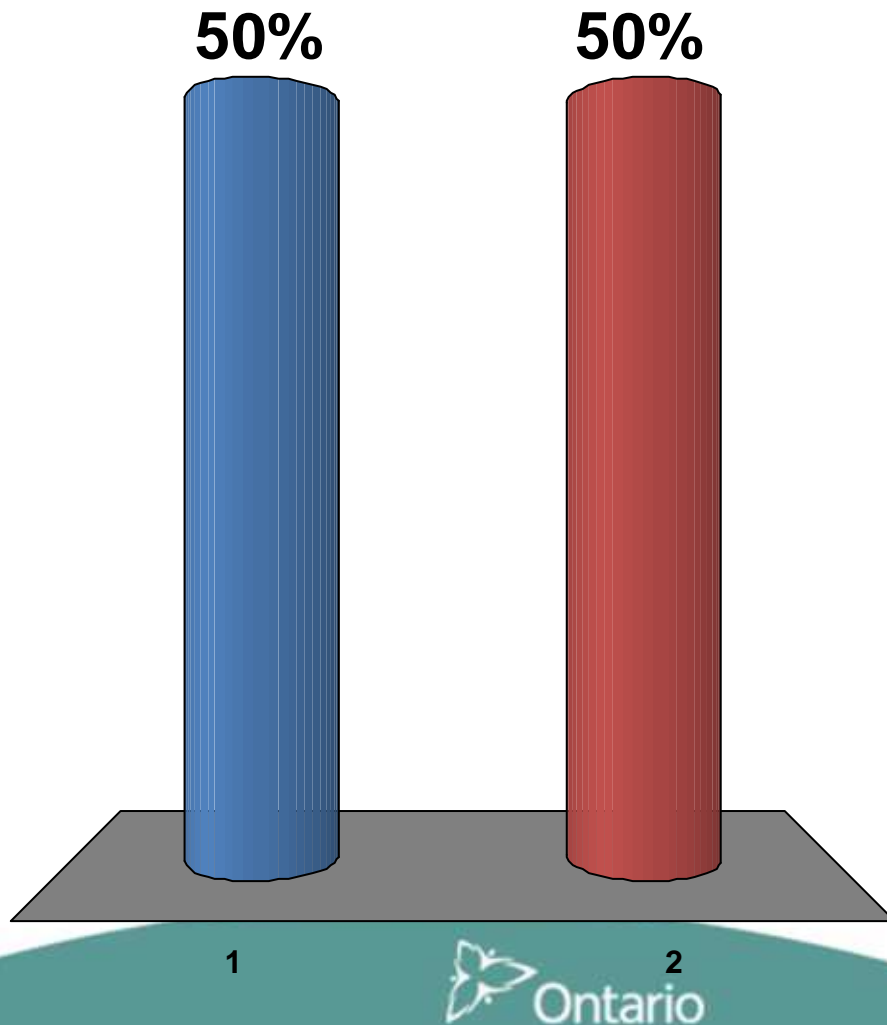
50%

1

2

Do you ask your patients about their fitness routine? (If they exercise/are active)

1. Yes
2. No



**INACTIVITY IS AS
HARMFUL TO YOUR
HEALTH AS SMOKING**

ORIENTATION CLASS

Assessments

- Blood Pressure
- Blood Sugar (if applicable)
- Weight/ Height (calculate BMI)
- Waist Circumference (patient to measure own)
- Previous Lab Data (Cholesterol/LDL/HDL/ratio/HbA1C/Fasting BS)

Assess for Risks (Balance)

“Get up and Go Timed Test”

Handouts

Walking Tips (handout/practical)

- distribution of pedometers

S.M.A.R.T. Goals

- setting a goal

My Action Plan

Choose something YOU want to change in your practice to reflect Self Management!

- Your Action Plan needs to include:
- What you are going to do (e.g. practice action planning)
- How much you are going to do (e.g. with one patient)
- When you are going to do it (e.g. starting on Monday)
- How often you are going to do it (e.g. twice this week)
- When will I you start? _____
- I will (what) _____
- (How much) _____
- (When) _____
- (How many times) _____

Did you find the orientation session helpful?

YES - 9 NO - 0

Did you find the handouts educational?

YES - 9 NO - 0

Assessment Form

CREDIT VALLEY FAMILY HEALTH TEAM
 “WALK TO WELLNESS PROGRAM”
 INITIAL ASSESMENT AND WEEKLY FOLLOW UP

PATIENT NAME _____

DATE	INITAL	WEEK 1	WEEK 2	WEEK 3
Pre BP				
Post BP				
Pre BS				
Post BS				
Height				
Weight				
BMI				
Waist Circumference				

Lab Data

Date	Initial	3 Months	6 Months	9 Months
Total Cholesterol				
HDL				
LDL				
Ratio				
Fasting BS				
Triglycerides				
HbA1C				

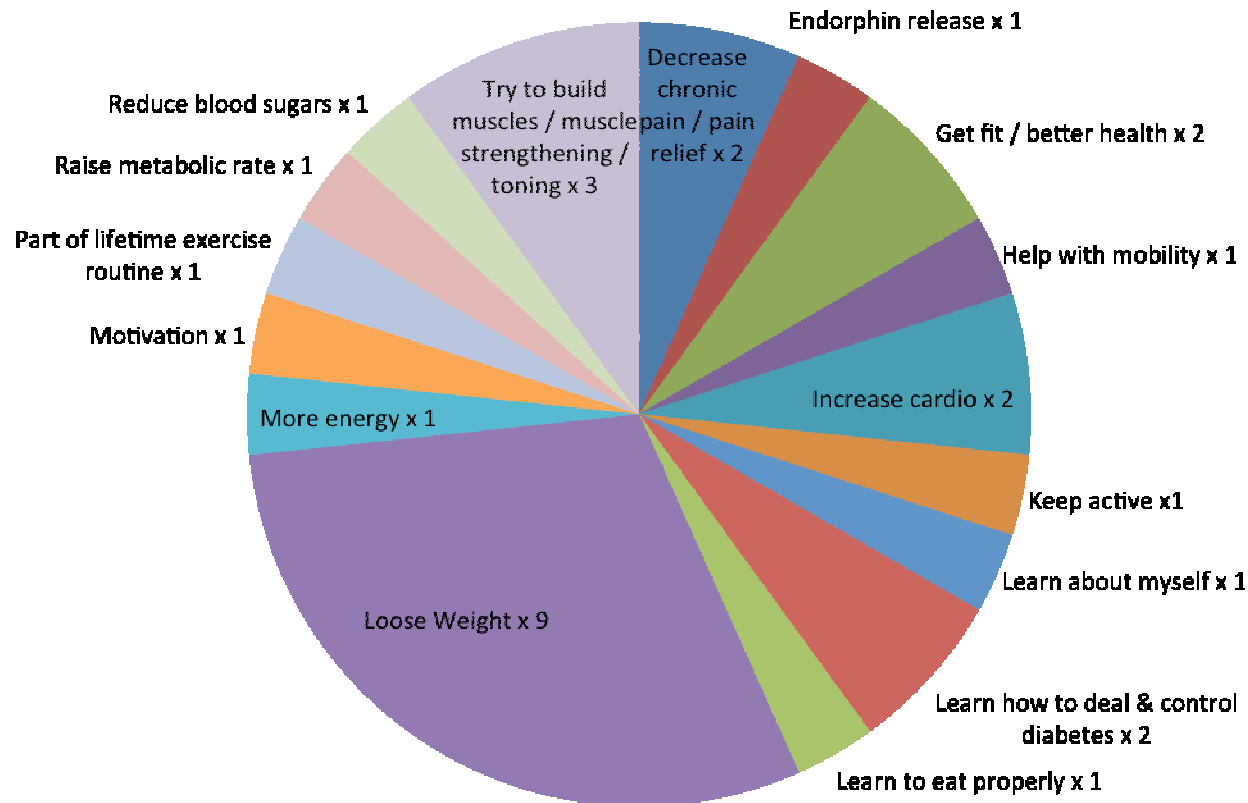
Goals of the Program

Purpose: To introduce the basic components of an active lifestyle beginning with a supervised group walking programme.

Goals: The general goal will be to increase this target group's activity by at least 1 walk per week. Longer term goals will be to gradually increase activity as tolerated. This group will serve as the basis for information about leading a more active healthy lifestyle. This group will be provided with links in the community that suit the individual to further pursue a more active lifestyle.

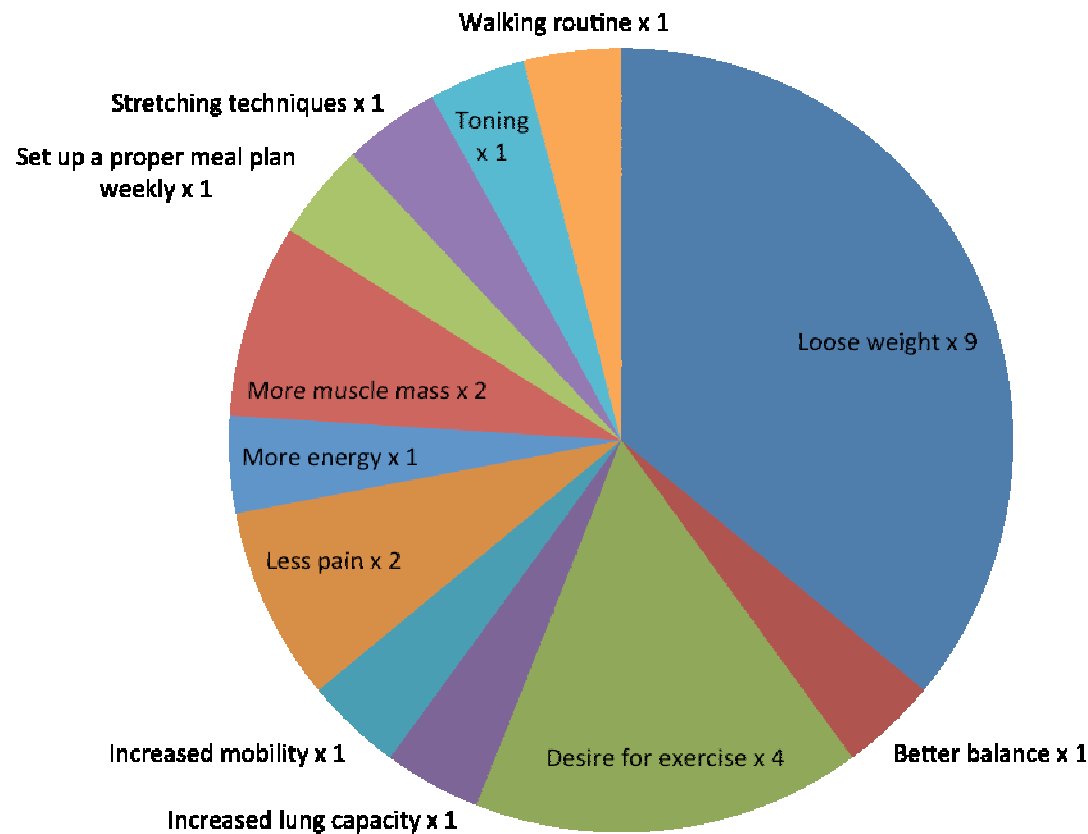
Why did the participants join?

Why Did You Join the Walk to Wellness Program?



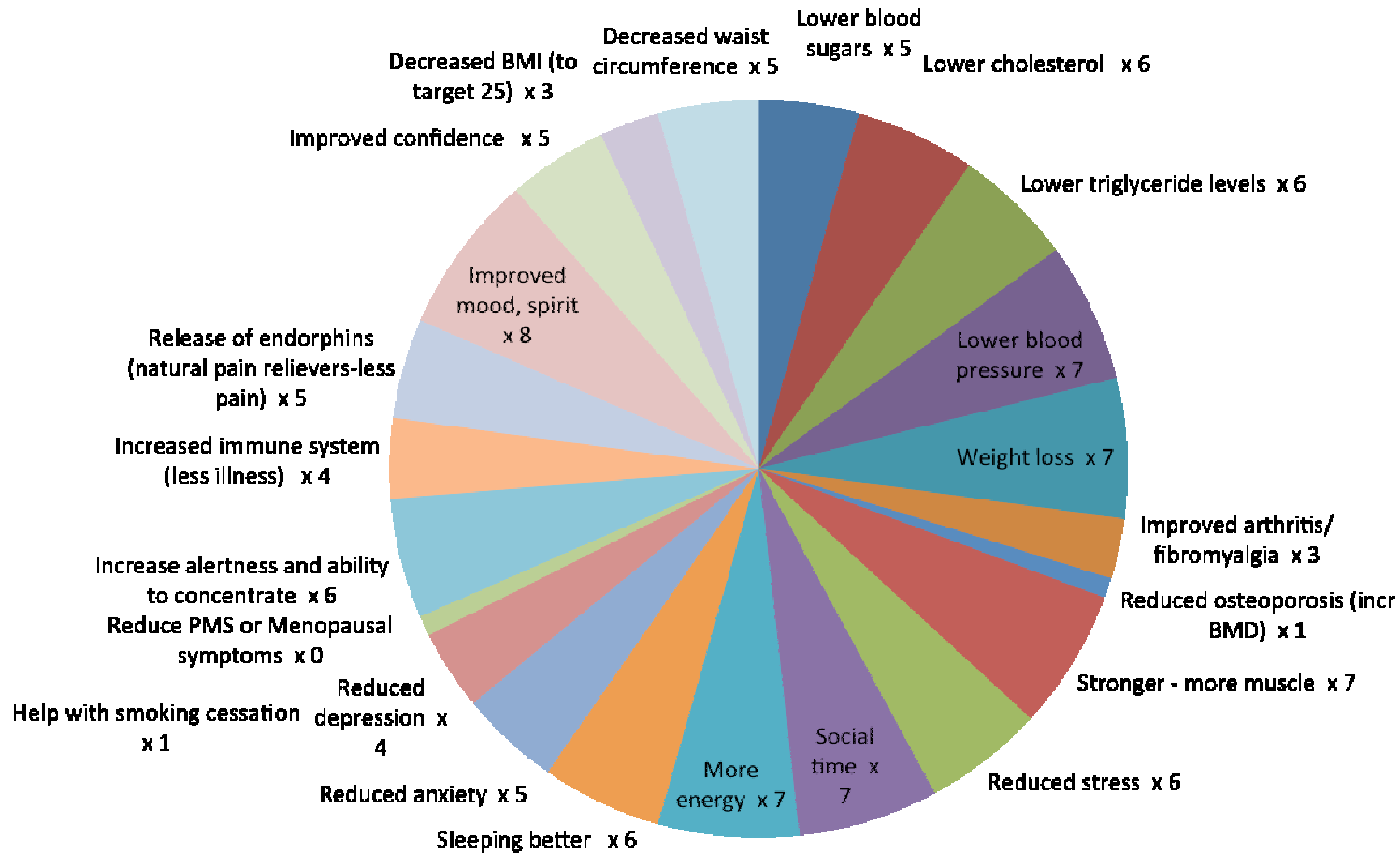
What were their goals?

What Were Your Goals of this Program?



Benefits of Program

Do You Feel that You are Seeing the Following Benefits Due to the Walk to Wellness Program?



?YES or ?NO

YES -7

NO- 2



Patient A

78 pound weight loss

BMI from 46 down to 31.7

Waist circumference 134 cm to 96 cm

No Glucose Intolerance

Decreased BP meds dose in half

Diagnosed Asthma (Spirometry)

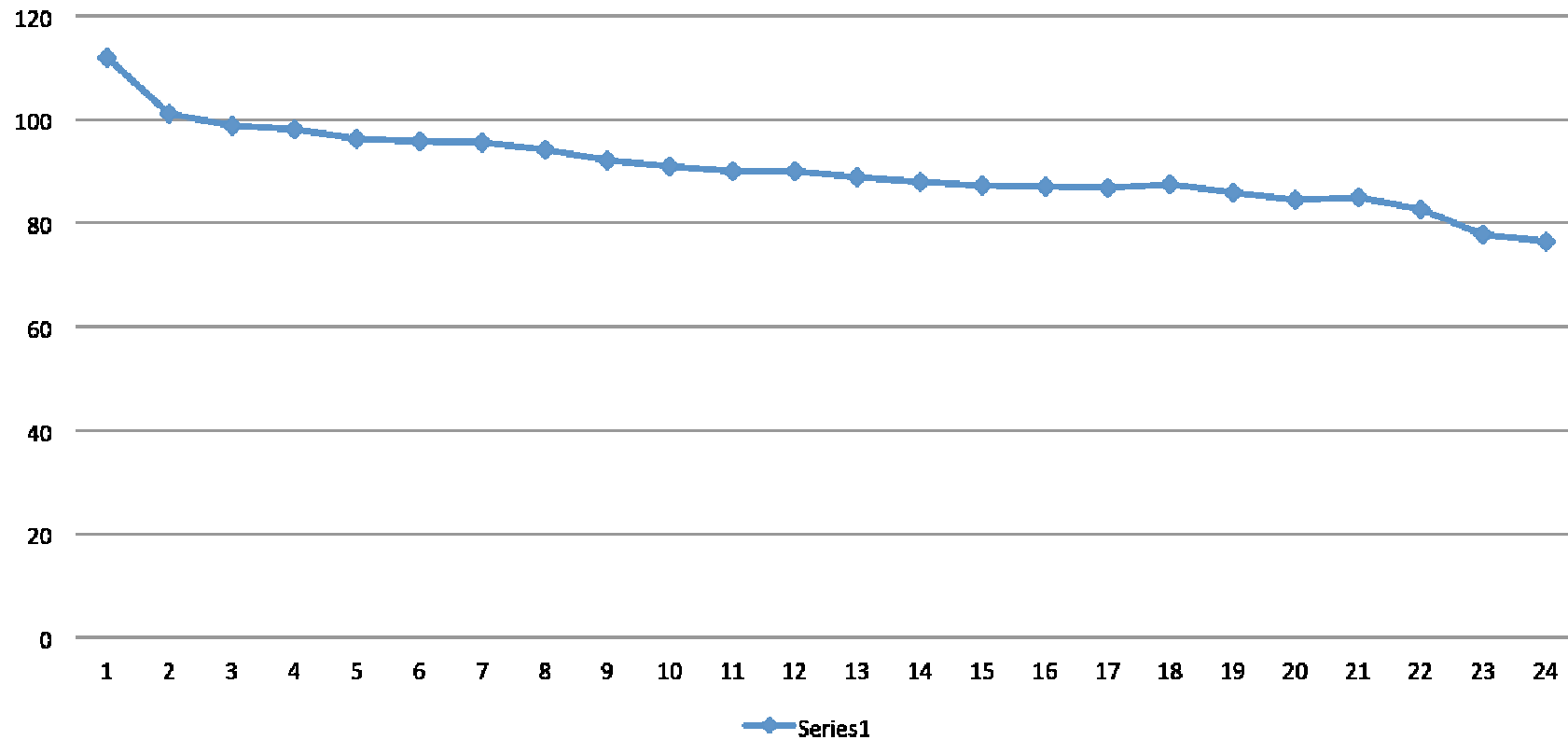
Confirmed COPD (COPD Education) Pulmonary Rehab

Caught COPD exacerbation

Walking with poles (decreased use of walker x 11 yrs)

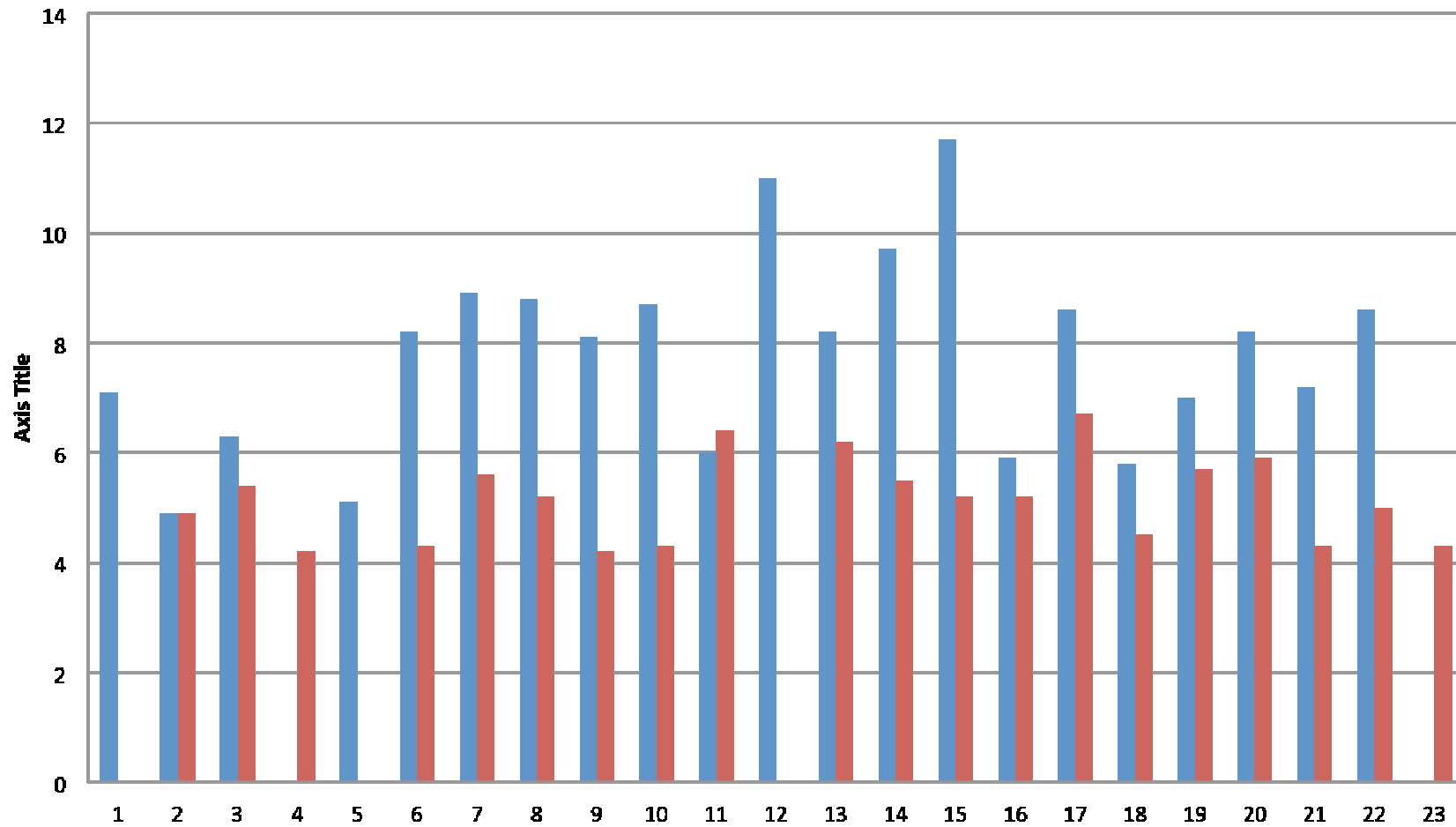
35.5 KG LOSS (=78 POUNDS)/10 MONTHS

Weight (kg) - Participant A



Pre and Post Blood Sugars

Pre- and Post- Walk Blood Sugar Levels



Patient B

45 pound weight loss

BMI 32 down to 25 (ideal)

Waist circumference 120cm down to 100cm (ideal)

Asthma Education (Spirometry)

COPD diagnosis & Education

Smoking Cessation program

Taken off insulin

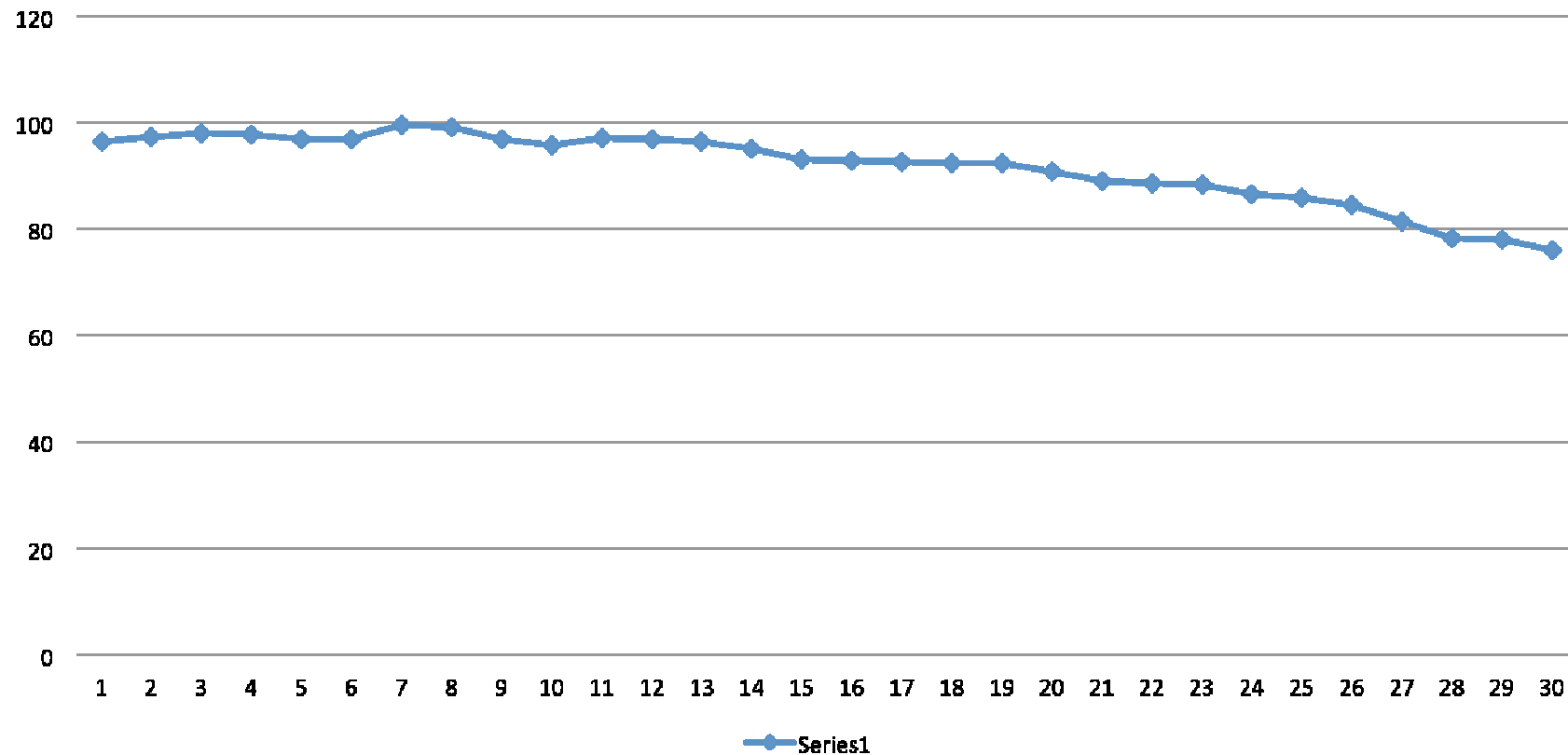
Rotator Cuff Surgery rehab

Various Medication changes

Alcohol Free x 1 year

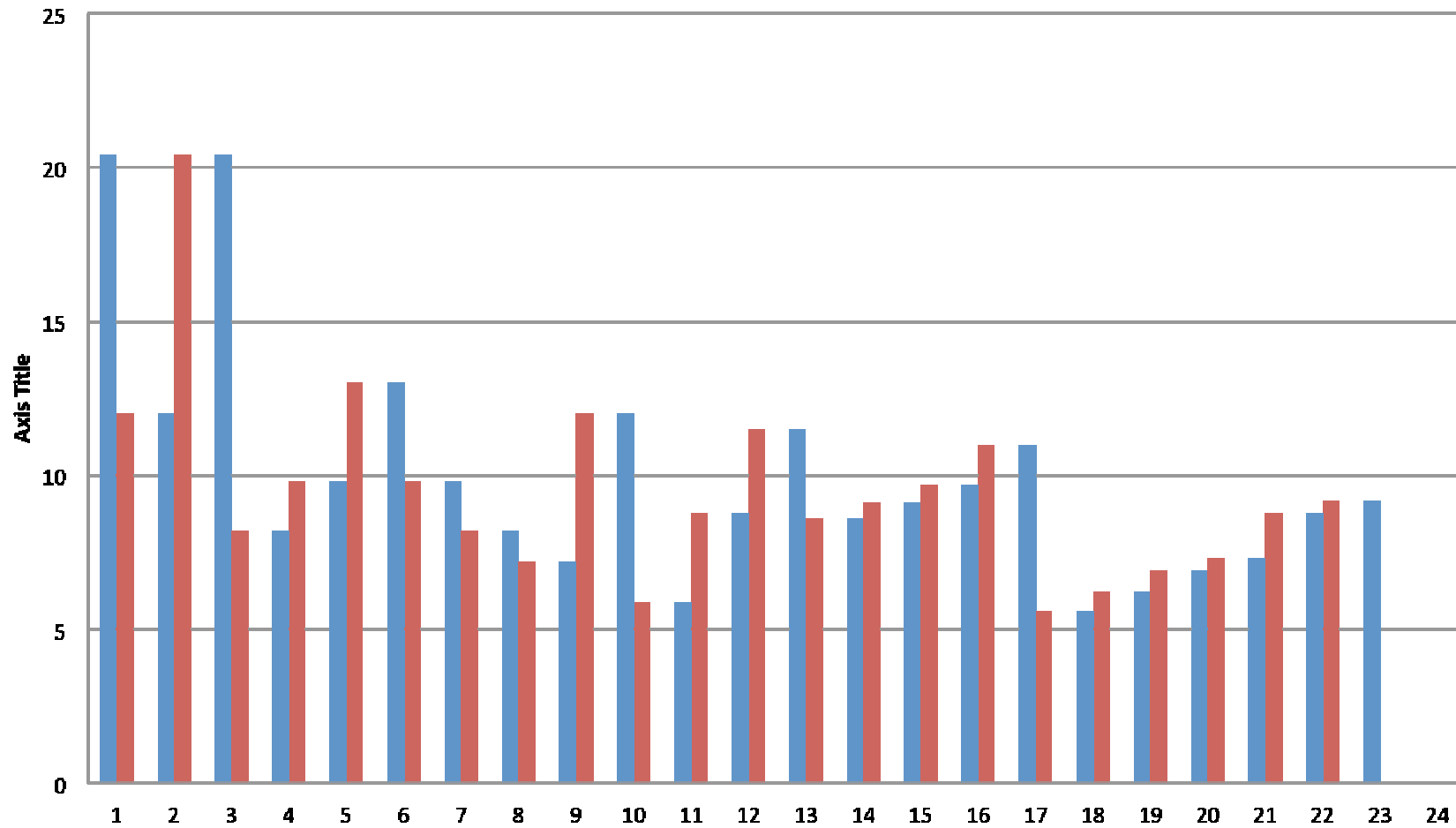
20.5KG(45 POUNDS)/10 MONTHS

Weight (kg) - Participant B



Pre and Post Blood Sugars

Pre- and Post- Walk Blood Sugar Levels



Patient C

20 pound weight loss

Waist circumference 130cm down to 101 cm

BMI down from 41 to 37

Diagnosis of Asthma (Spirometry, Education, Medications,
Allergist referral)

Diagnosis of H Pylori (treatment)

Switching of Epileptic Medication (Divalproex to Topamax) to aid
in weight loss- Neurologist referral

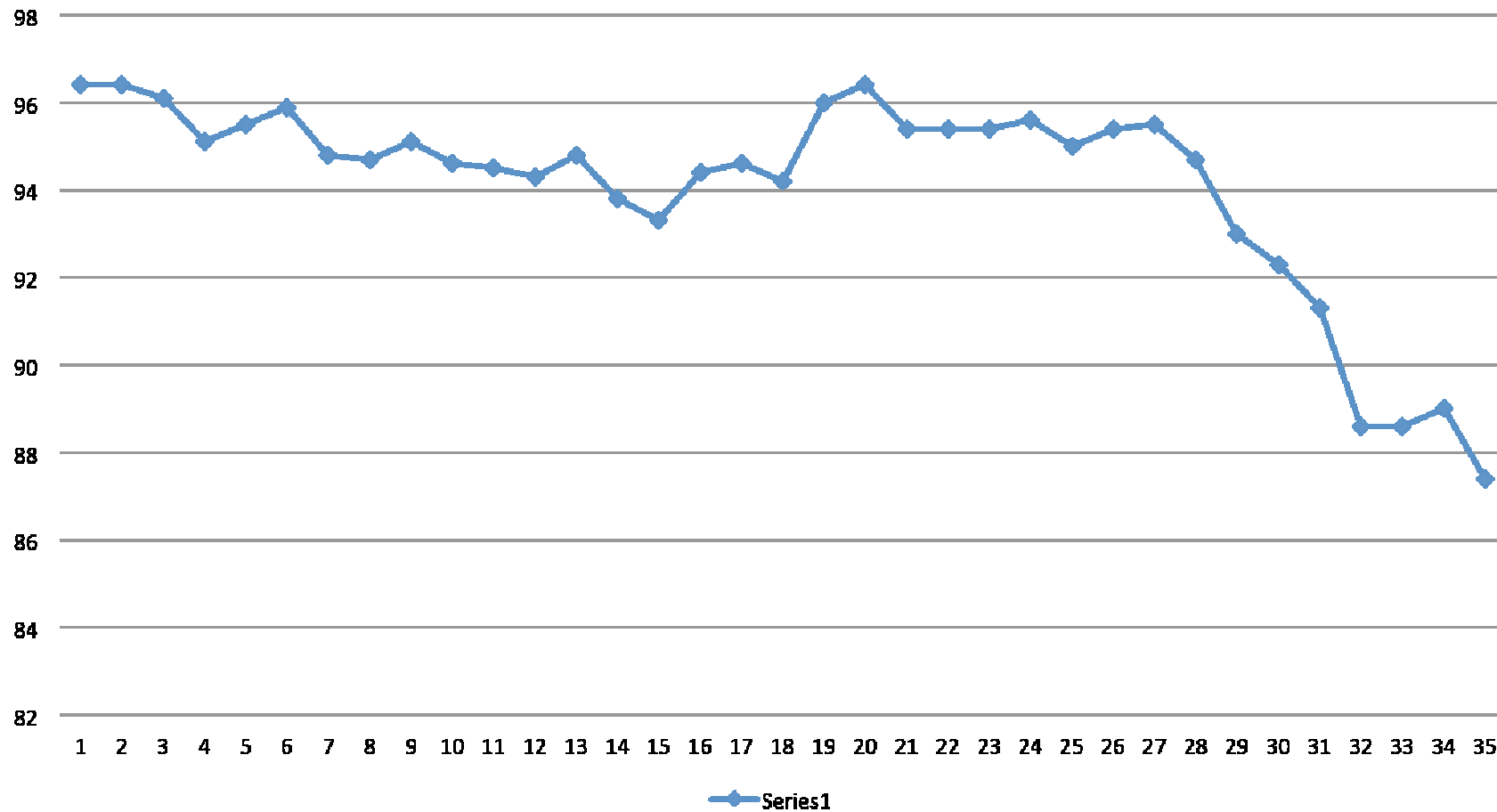
Lowering of BP medication

Decreased depression

PATIENT C

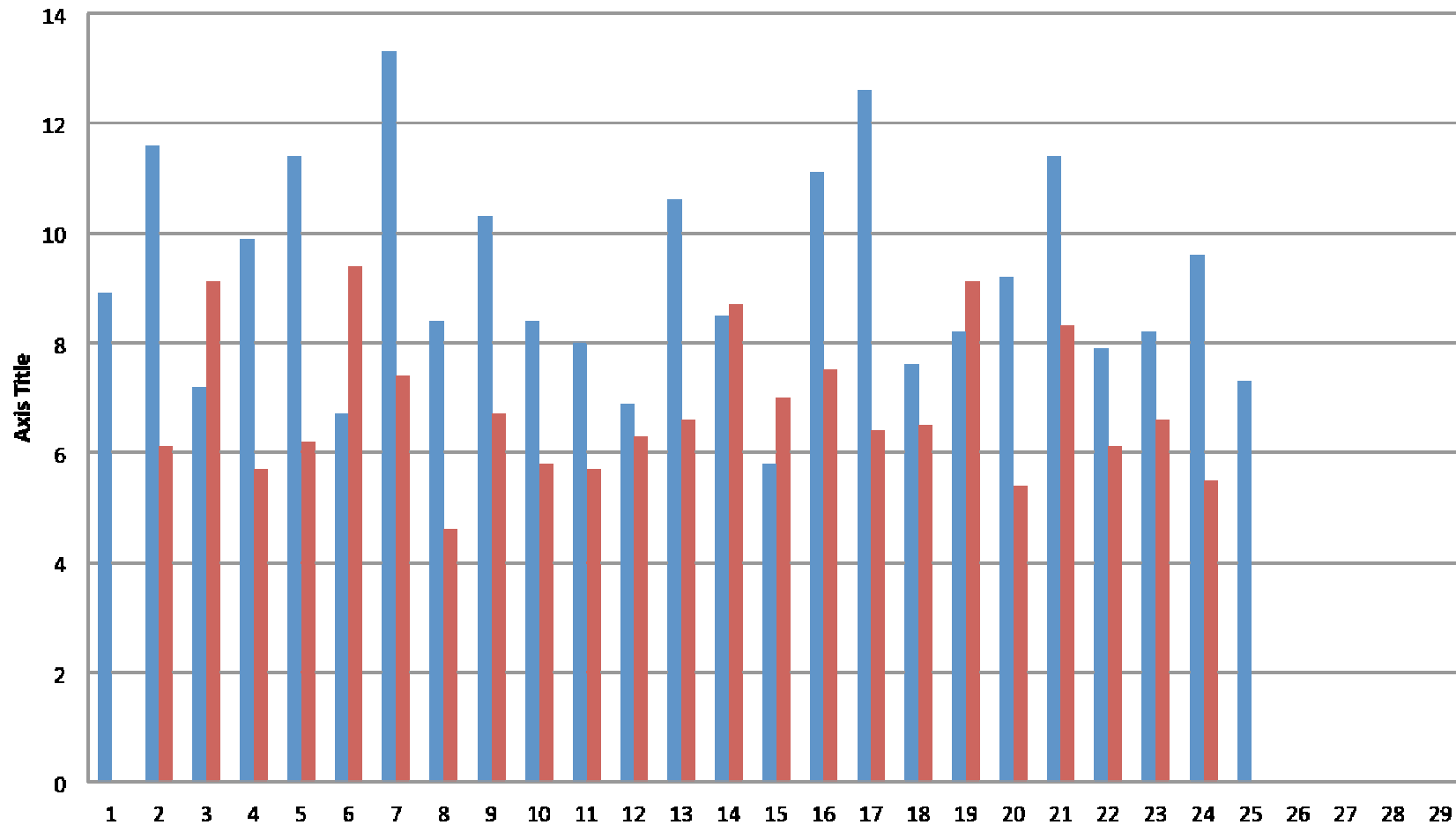
9 KG(19 POUND)/10 MONTHS

Weight (kg) - Participant C



Pre and Post Blood Sugars

Pre- and Post- Walk Blood Sugar Levels



NORDIC POLE WALKING

Benefits Over Walking

25-46% more calories burned

90% of all body muscles worked

25% more cardiovascular work

Up to 26% less impact on joints

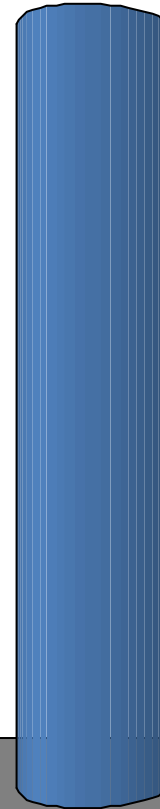
Study with Klauss Schwanbeck (Germany) with the Canadian
Diabetes Association

30min walks x 3/week 3 months patients with diabetes

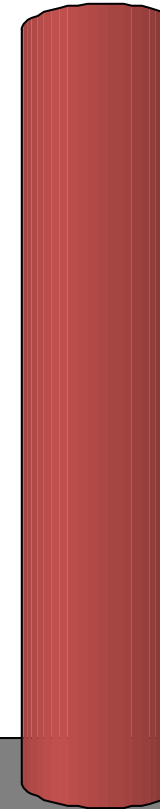
Did you enjoy this presentation?

1. Yes
2. No

50%



50%



1



Ontario

2

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