CREDIT VALLEY FAMILY HEALTH TEAM WALK TO WELLNESS PROGRAM



Heather Hadden, BSc Phm Oct 26 2011



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

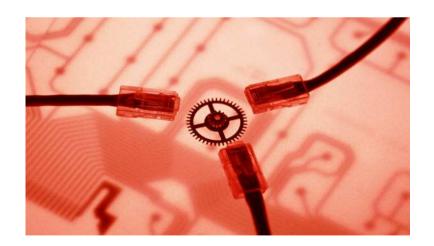
Chronic Diseases include but are not limited to:

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





How?

Presented idea to the team

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





CREDIT · VALLEY

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Physical Activity Readiness Questionnaire (PAR-Q)

ecular of	froicel a	clivity	(A Questionnaire for People As to lan and healths and increasingly more people are starting to be	ged 15 to 69) come more active every day. Being more active is very safe for most				
eaple. H	bwever, s	some	people should check with their doctor before they start becoming ma	uch more physically active.				
ges of 1 ery activ	5 and 65 e, check	9, the with y		vering the seven quadiens to the box below. If you are between the fart. If you are over 69 years of age, and you are not used to being loss carefully and answer each one thousafty: check YES or NO.				
YES	мо	-						
		t.	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?					
		2.	Do you feel pain in your chest when you do physical act	tivity?				
		3.	In the past month, have you had chest pain when you v	were not doing physical activity?				
		4.	Do you lose your balance because of dizziness or do yo	on ever lose consciousness?				
		5.	Do you have a hone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?					
		6.	ls your doctor currently prescribing deugs (for example, water pills) for your blood pressure or heart con- dition?					
		7.	Do you know of <u>any other reason</u> why you should not d	fo physical activity?				
	ered		YES to one or more questions Tall with your doctor by ptons or in person SEFORE you start becoming in your doctor wheat the PRP-Q and which questions you answered YES. You may be able to do any activity you must — as long as you shart yield these which we made keep you. Tall with your doctor about the limits of all. The doctor information commands are not use and the light if are not all the property of the property of the light information commands are not use and the light if are not all the property of the light information commands are not use and the light information.	only and build up gradually. Or, you may need to restrict your activities to				
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Why?

Benefits of Exercise

Improvement of:

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





Lingo

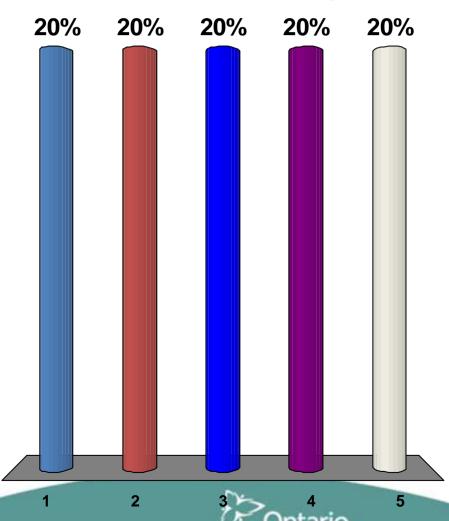
FITNESS=WELLNESS

EXERCISE/WORKOUT= ACTIVITY



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

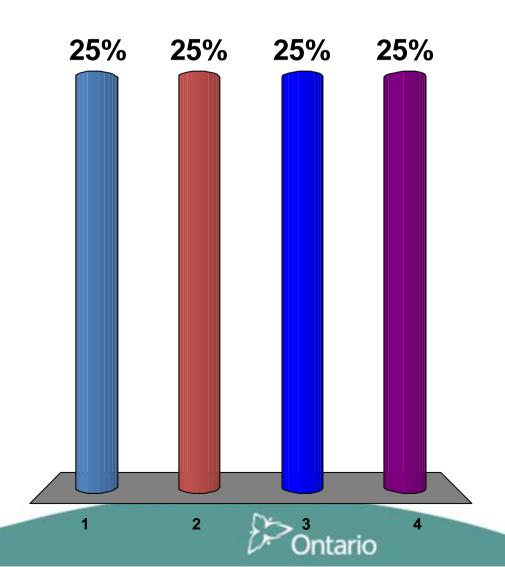
- 1. Never
- 2. 1-2 times/week
- 3. 3 -4 times/week
- 4. 5-6 times/week
- 5. Daily



How often do you perform resistance exercise?

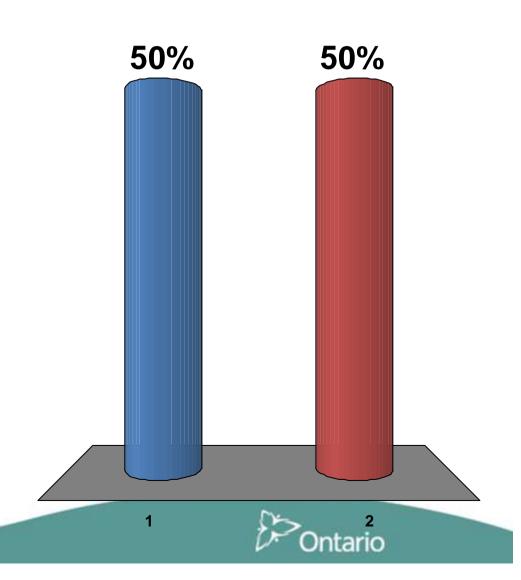


- 2. 1 time/week
- 3. 2 times/week
- 4. 3 times/week



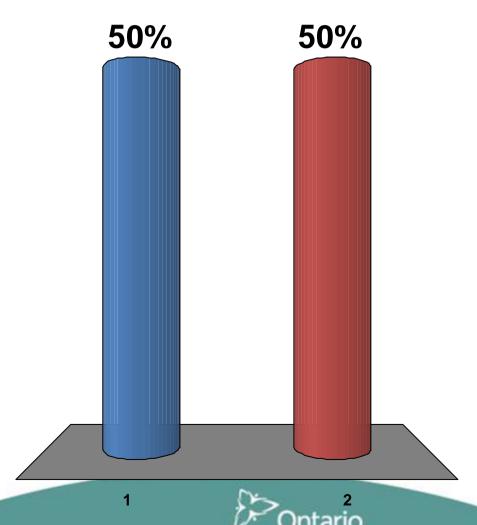
Do you stretch daily?





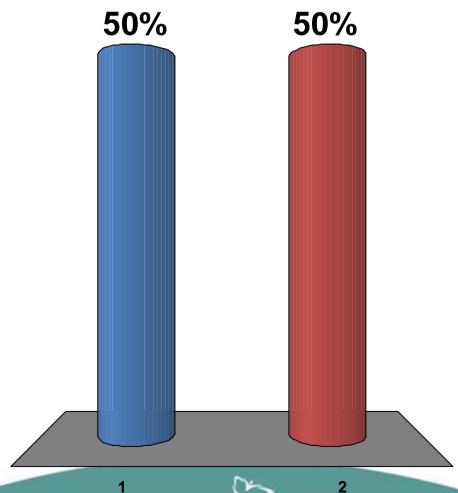
Do you perform coordination/balance exercises routinely?





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





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INACTIVITY IS AS HARMFUL TO YOUR HEALTH AS SMOKING





The Walk to Wellness Program

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 Orientation

Walking Tips (handout/practical)

distribution of pedometers

S.M.A.R.T. Goals

setting a goal





Smart Goals

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) _______



Patient Feedback

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

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



Assessment Continued

Lab Data

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



Goals of the Program

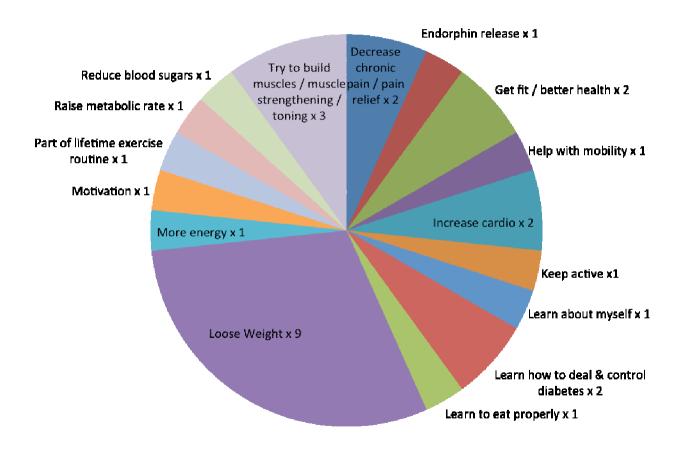
Purpose: To introduce the basic components of an active lifestyle beginning with a supervised group walking programme.

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?

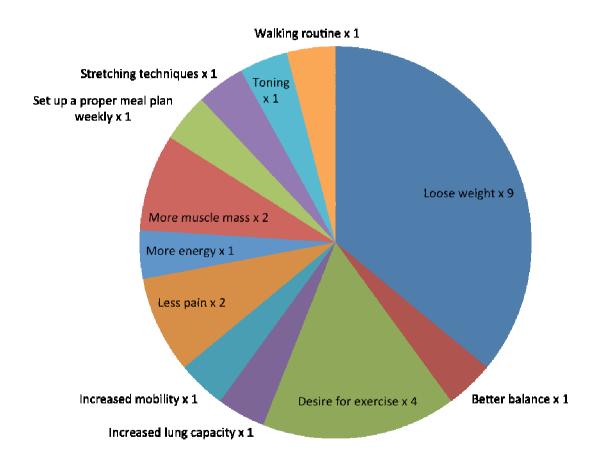




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What were their goals?

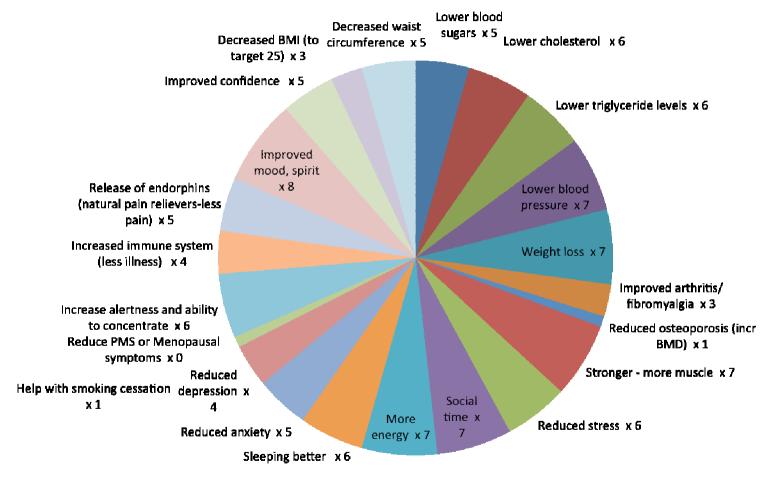
What Were Your Goals of this Program?





Benefits of Program

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





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YES -7

NO- 2







NOT JUST A WALKING PROGRAM

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

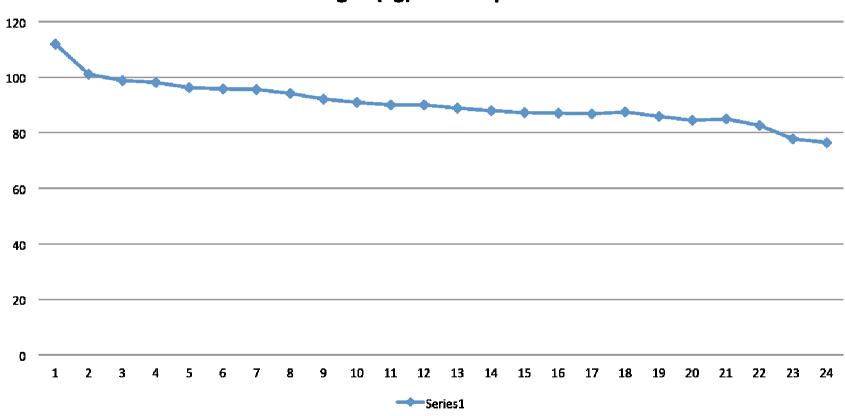
Walking with poles (decreased use of walker x 11 yrs)



PATIENT A

35.5 KG LOSS (=78 POUNDS)/10 MONTHS

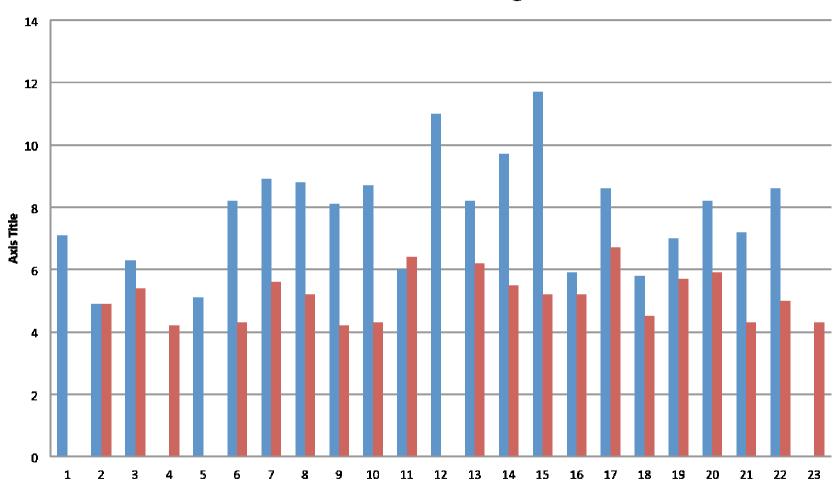
Weight (kg) - Participant A





Pre and Post Blood Sugars

Pre- and Post- Walk Blood Sugar Levels







NOT JUST A WALKING PROGRAM

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

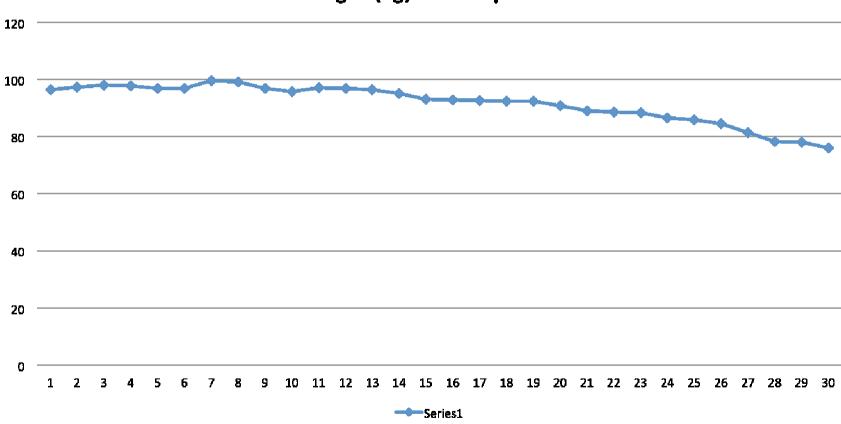




PATIENT B

20.5KG(45 POUNDS)/10 MONTHS

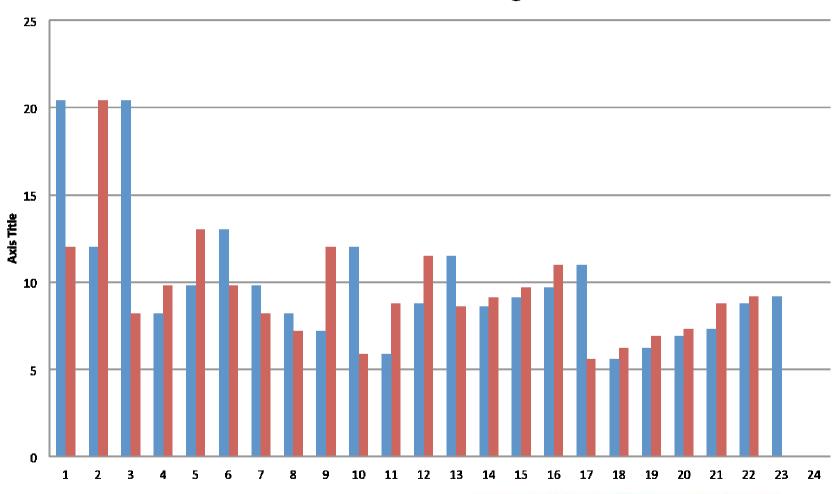
Weight (kg) - Participant B





Pre and Post Blood Sugars

Pre- and Post- Walk Blood Sugar Levels







NOT JUST A WALKING PROGRAM

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

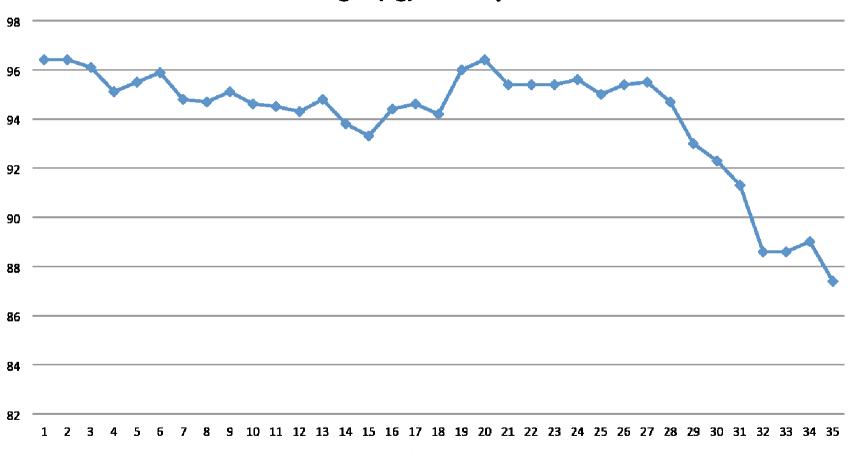
Decreased depression





PATIENT C 9 KG(19 POUND)/10 MONTHS

Weight (kg) - Participant C

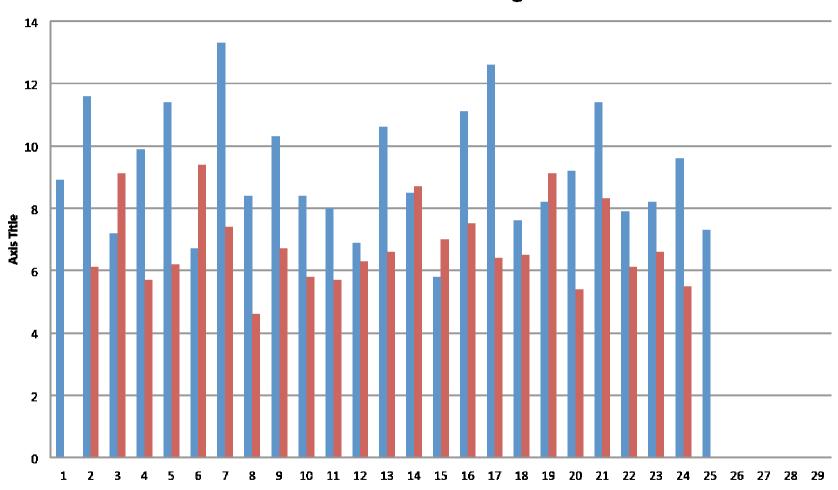






Pre and Post Blood Sugars

Pre- and Post- Walk Blood Sugar Levels

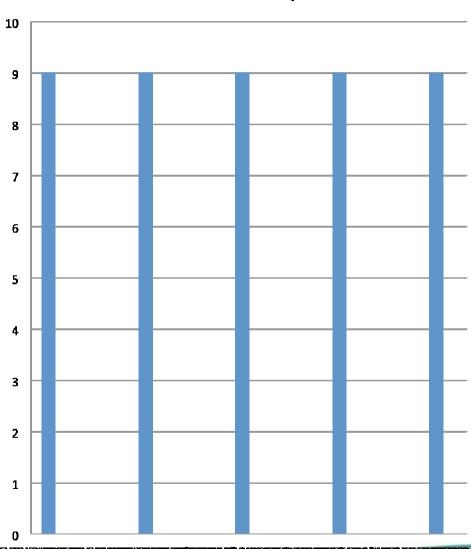




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SATISFACTION

General Questions



Series1

Series2

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NEXT STEPS

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

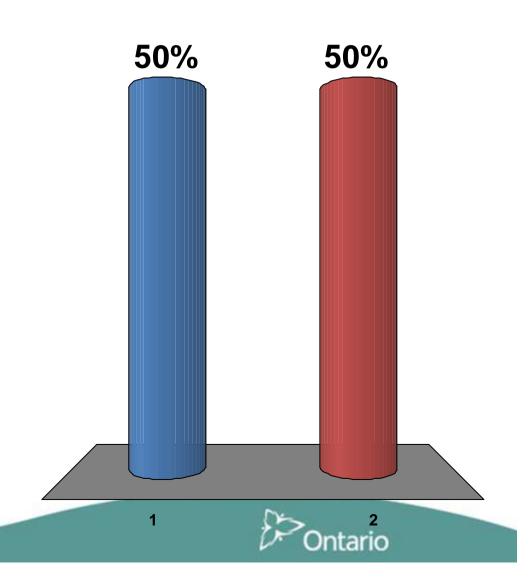
Study with Klauss Schwanbeck (Germany) with the Canadian Diabetes Association

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



Did you enjoy this presentation?







CONTACTS

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www.polewalkers.com

