



Move and Improve:

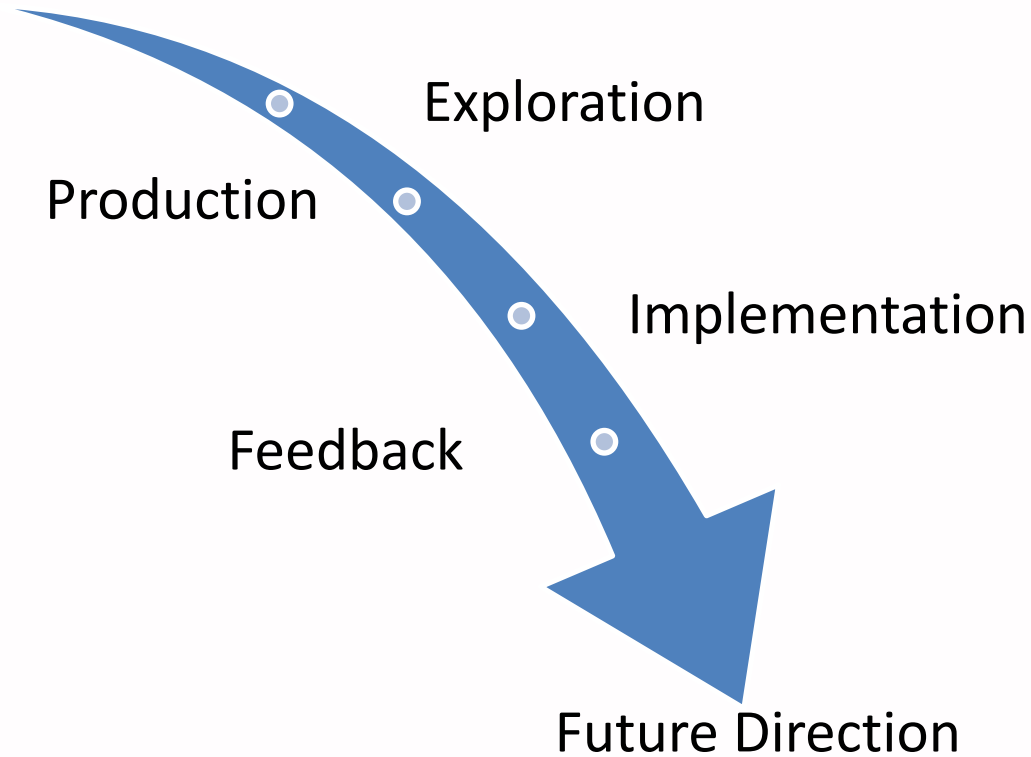
The Development of a Chair Exercise Video for Use by Hospitalized Older Adults

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Outline



Exploration: Why have a video?

- Deconditioning and loss of function are recognized adverse effects of hospitalization for older patients
- Meeting mobility and activity needs of patients is difficult with ↑ health care demands
- Need for a cost effective approach to improving patient activity and mobility



Exploration

- Project initiated by Physiotherapy Best Practice Committee at TOH Civic Campus
- Literature and Internet search
- Survey monkey
- Review of findings and available videos
- Discussions in hospital with Business Development
- Decision made to design and produce an original video

Production

Exercise content

Senior friendly

Exercises target major muscle groups

Combined movements

Easy to follow exercises

Safety consensus on content

We chose 11 exercises

Breathing, neck, upper & lower limbs



Production

- Creation of script and waiver
- Liaised with Risk Management, Publication Officer, Translation Services
- Generation appropriate music
 - Tempo and tone matching of songs to exercise
- Review of filming options – private company selected
- Casting and location selected
- Editing...



Implementation

Plan A: Launch the video on a free channel on patient bedside televisions

- Hospital wide in servicing, follow-up and evaluation

- Patient and staff evaluation forms created

Plan B: Link with hospital volunteer program and implement a pilot program with the video on iPads

- Volunteer orientation initiated; evaluation forms created

- Creation of companion exercise booklet

Patient Feedback

- 90% feel that keeping senior patients active in hospital is important
- 80% find the video instructions easy to follow and volunteer assistance helpful
- 80% would like to do this video daily

“ I enjoyed the exercises”

“Liked the idea of the technology”

“Happy to do the exercises”

Future Directions

- Video to be posted on TOH website
- Re-evaluate tools, process and use of volunteers
- Expand implementation to include a large medical unit and eventually hospital wide once on hospital TV's
- Ongoing in servicing-PT department, medical units/health care professionals involved , volunteers
- Promotion of video during Physiotherapy Month
- Liaise with Business Development