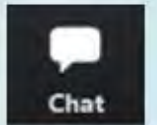


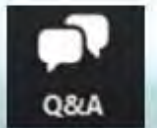
**VIRTUAL
COMMUNITY
EXERCISE
PROGRAMS**

WELCOME HOUSEKEEPING

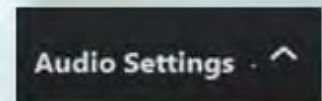
To notify the presenters and moderators if you are having any technical difficulties



To ask questions through session



To check your audio settings by clicking "Test speaker and microphone"





family
PHYSIOTHERAPY
CENTRE



VIRTUAL COMMUNITY EXERCISE PROGRAMS

JENNIFER HARRIS

Regional and Quality Manager, Prevention and Rehabilitation Programs, University of Ottawa Heart Institute

JEANNE BONNELL

Director, Home & Community Care Champlaine Local Health Integration Network (LHIN)

DANA GUEST

Best Practice Physiotherapist, Champlaine Regional Stroke Network

GRACE KOWALCZYK

Manager, Eldercare Programs Family Physiotherapy Centres

- ✓ Overview of Heart Wise
- ✓ Integration of Seniors fitness with Heart wise/
Chronic disease
- ✓ Best Practice Recommendations for
community exercise post stroke
- ✓ Regional post stroke exercise program and fitness
leader training
- ✓ Virtual exercise program and referral process



AGENDA



COMMUNITY EXERCISE PROGRAMS: Powerful Prevention Strategy

- Lower CVD risk
- Provides safe environment
- Enables social connections
- Facilitates self management
- Promotes long term exercise

HEART WISE EXERCISE | 6 CRITERIA OF HWE



1. Encourages daily, regular aerobic exercise
2. Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions
3. Allows participants to exercise at a safe level and offers options to modify intensity
4. Includes participants with chronic health conditions (physician approval may be required)
5. Offers health screening for all participants
6. Has a documented emergency plan that is known to ALL exercise leaders, including the requirement of current CPR certification, phone access to local paramedic services and presence of an AED



- Patient/participant
- Health care providers
- Fitness professionals
- Policy makers/funders
- Public

"A closer look at meeting the exercise needs of your clients with chronic conditions"

The Heart Wise Exercise Training combines self-directed online learning with live in-person sessions (where available) that are designed to present best practice guidelines and create connections between health care practitioners and the fitness community. The Training Program includes an optional exam at the completion of training. Experts are available (in-person or by email) to answer any questions.

The content includes:

- HWE program overview
- Introduction to CVD
- Introduction to coronary interventions
- Exercise and the cardiac participant
- Diabetes and Exercise – Updated!
- Exercise and Dementia
- Motivating Clients to Exercise
- Exercise and mental health
- **Exercise, Stroke and TIA**
- Exercise and COPD
- Health Canada AQHI
- Exercise and Cancer
- OA: Increasing Long-Term Participation in PA



HEART WISE EXERCISE TRAINING PROGRAM

Integrating Seniors Fitness Exercise Classes, Heart Wise Exercise and Chronic Disease Programs

Presenter Jeanne Bonnell, Director Home and Community Care at the Champlain LHIN

Date 2020 September 10

Physio Reform 2013

- MOHLTC announced changes to physiotherapy funding in April 2013 with roll-out in August 2013 - CCACs single point of access for in-home physiotherapy
- Champlain - highest volumes in the province for the transition period
 - *>5500 clients safely transitioned to alternate care*
 - *128 Facilities across 18,000 sq. kms.*
- Family Physio to provide publicly-funded exercise classes – 855+ classes were held weekly at numerous sites across Champlain

Challenges

- Retirement Homes reported staff absences
- Workforce no longer onsite, travel incurred, lost many qualified instructors
- 30 minute classes
- Instructors paid per class
- High staff turnover
- Health partners unaware or lacked trust in safety of classes

Where to start?

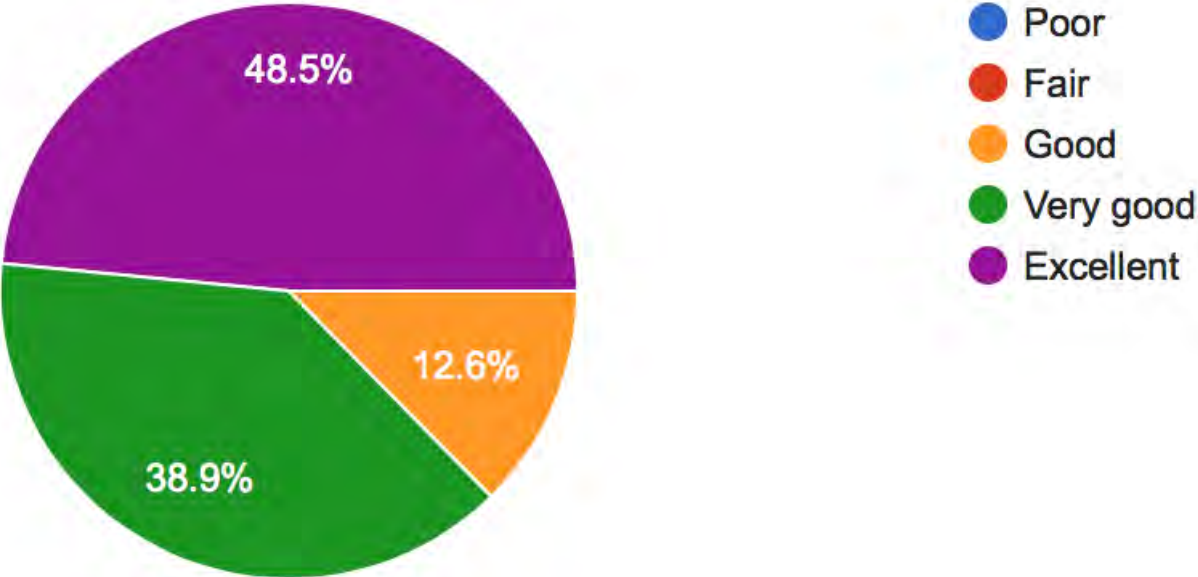
- Heart Wise Exercise well respected and thought of as next step post rehab
- Determine what it would take to make Senior Fitness Exercise Classes, Heart Wise Exercise Classes
- Connect with **Jennifer Harris** University of Ottawa Heart Institute Heart Wise Exercise Program Regional Manager

Partnership developed

- Face to face HWE training set up across Champlain for instructors
- All instructors had access to on-line modules
- Worked together to speak to Rehab groups and later Chronic Disease Networks/Groups to increase profile and develop Specialty Classes

Champlain LHIN and Ottawa Heart Institute
hired masters student in kinesiology to evaluate classes

Site visits performed and over 490 seniors surveyed with very positive results



How have you benefited from the Exercise Classes?

- **78%** reported an **improved range of motion**
- **76%** reported **better balance**
- **56%** reported **reduced stress**
- **55%** reported **increased confidence**
- **37%** reported a **decrease in the number of falls**
- **36%** reported that it was **easier to go upstairs**

Areas to Improve

- Needed additional education on presenting multiple levels in the class
- Needed to increase intensity and allow those that were capable to advance
- Individual instructors needed 1:1 feedback on animating to motivate class

Champlain Falls Prevention Steering Committee

- Steering Committee members expressed concerns re instructor training across the region
- Expert working group came to consensus on Instructor Qualifications:
 1. *PTA/OTA/Kinesiologist*
 2. *Senior Fitness Instructor Course CCAA or Older Adult Fitness YMCA*
 3. *Heart Wise Exercise trained*
 4. *Ongoing support for education*

Response – increased education and individual needs addressed

- Reviewed class content to ensure breadth of exercises could meet the needs of seniors at different levels

Added education sessions

- Breath for Life (partnership with Ontario Lung Association)
- Heart Wise Exercise refresh,
- Intensity training
- Senior Fitness Instructor Course, Canadian Centre for Activity and Aging

Senior Fitness Exercise – Specialty Classes

- Specialty Classes developed to meet the need of transitioning from rehabilitation programs to maintenance.
- Partnered with experts to develop classes: Diabetes Educators, Lung Network, Parkinson's Society and the Champlain Regional Stroke Network

Current State- Covid-19

Currently

- Virtual via Zoom - 229
- In person - 153

Specialty classes:

- COPD-2
- Parkinson's-EORC-14
- Parkinson's- Colonnade-12
- Stroke-6
- Diabetes-4

- TOTAL of 382 classes.

EXERCISE AND MOBILITY



Post stroke mobility/exercise can be challenging for stroke survivors leading to an increase in sedentary lifestyle and poor health status.



Exercise is an important part of recovery and can reduce the risk of having another stroke by ~ 30%.



Long term health benefits are achieved when stroke survivors participate in self-directed home/community exercise.

Best practice

FILLING THE GAP



Regionally

- Lots of general exercise programs
- Few tailored to meet the needs of stroke survivors

Accessibility Challenges

- Location
- Cost
- Limited number of weeks with definitive start dates



Increased participation in community exercise for stroke survivors throughout the region

- ✓ Community partnerships
- ✓ An evidence-based exercise class: using guidelines and adapted frameworks

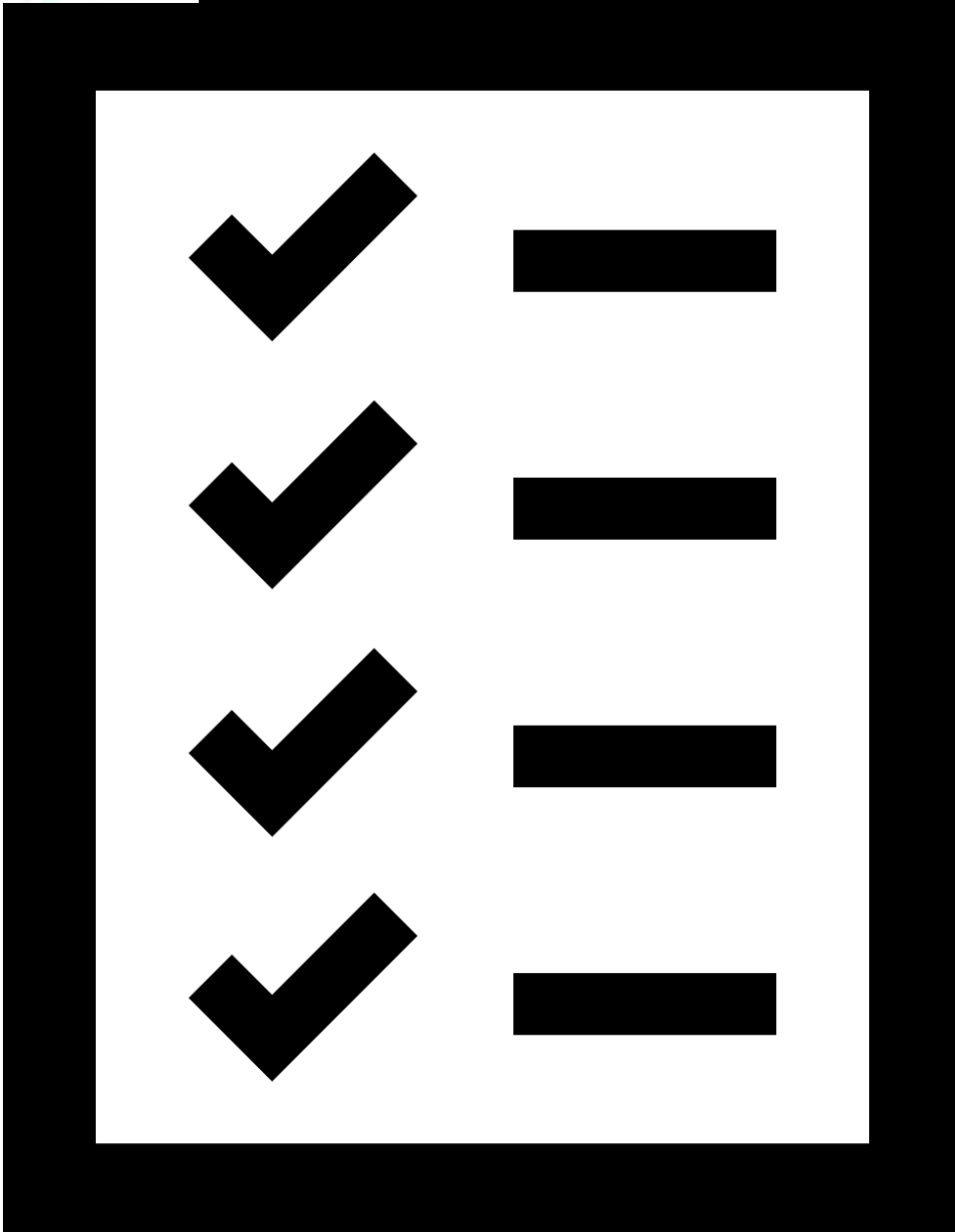


To Ensure

- ✓ Accessible
 - Financially
 - Location
 - Timing

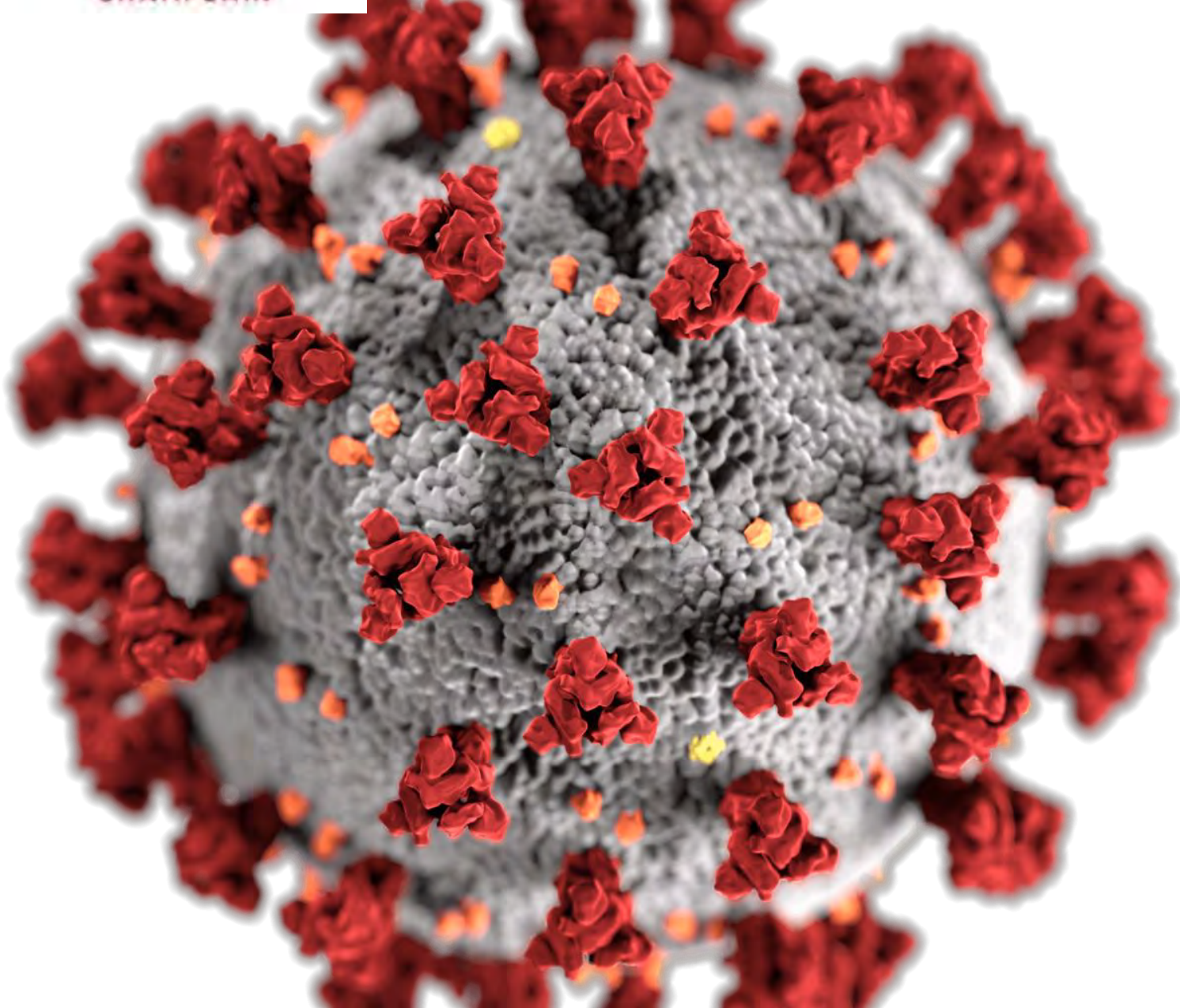
- ✓ Support Survivors participation
 - Knowledgeable fitness instructors
 - Meaningful exercise

OUR PLAN



- 3 exercise classes
- Located at 3 Ottawa area RH's
- Run 2x/ week
- Option for additional classes
- Possibility to expand

COVID Response



Opportunity for Virtual

- More accessible across region
- Stay active and safe

Virtual class structure

- 2-3 times/ week
- Option to expand dependent upon demand

PROGRAM DEVELOPMENT

- Based on current guidelines
- Adaptation of evidence-based programs



TRAINING

Knowledge
is
power!



- ✓ Structure/content of class
- ✓ Common Impairments and adaptations
- ✓ Types of exercise
- ✓ Intensity
- ✓ Contraindications to exercise

CONTENT

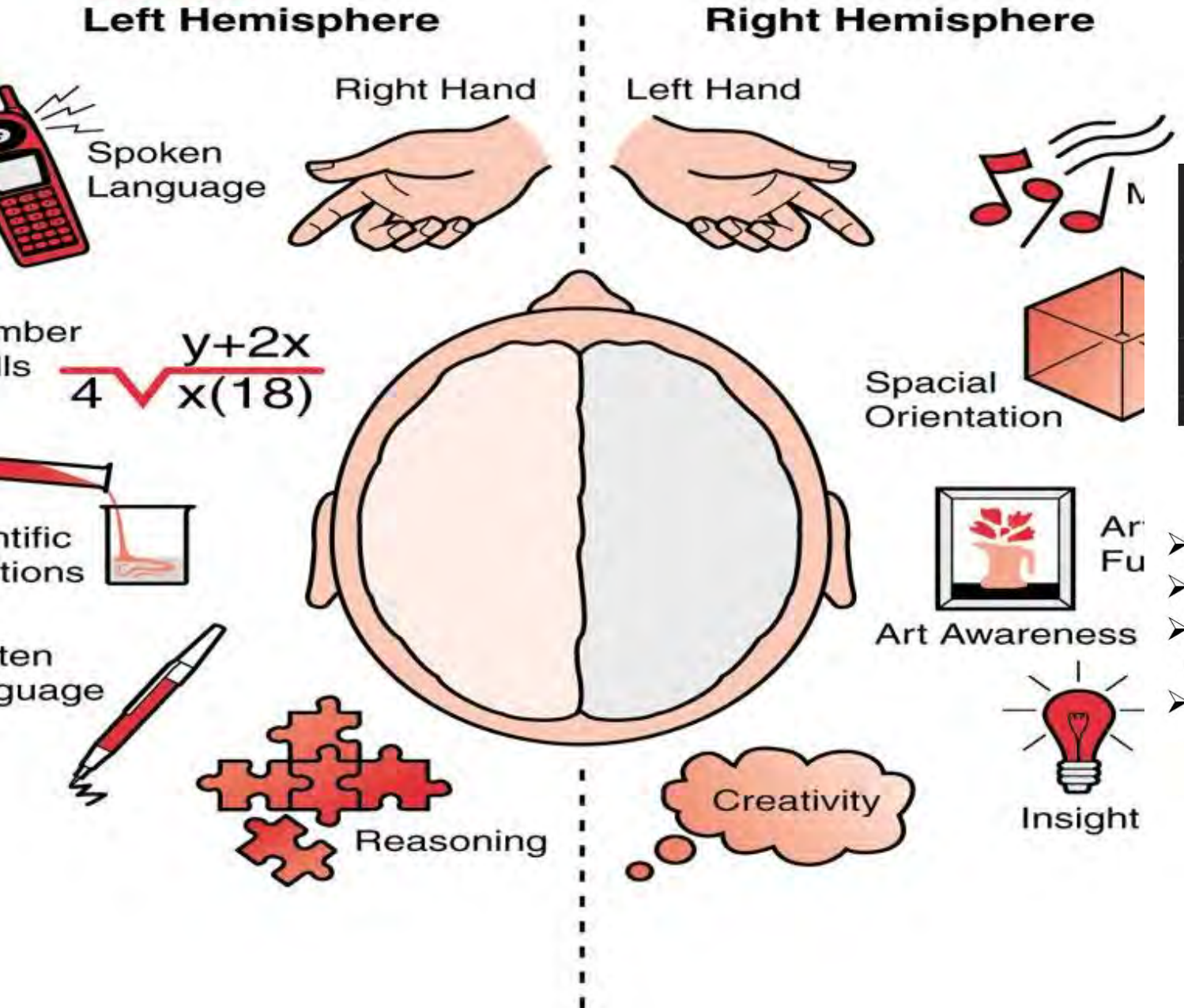


Core Health Recommendations : Stroke Exercise Class Components

Aerobic Activity	Strengthening	Balance/ Coordination	Stretching
Frequency: 3-7 days/ week	Frequency: 2-3 days/ week 1-3 sets of 10-15 reps	Frequency: 2-3 days/week	Frequency: 2-3 times/week
Duration: 20-60 min or Multiple 10 min sessions 3-5 minutes warm up/cool down	Duration: 10-30 min	Duration: No specific guideline	Duration: Hold stretch

- ✓ Outline of structure
- ✓ Core list of evidence-based exercises
- ✓ All exercises modifiable

IMPAIRMENTS AND ADAPTATIONS



PAIN

Pain is a sensation causing discomfort and may last a short time (less than 3 months) or a longer time (lasting more than 3 months).

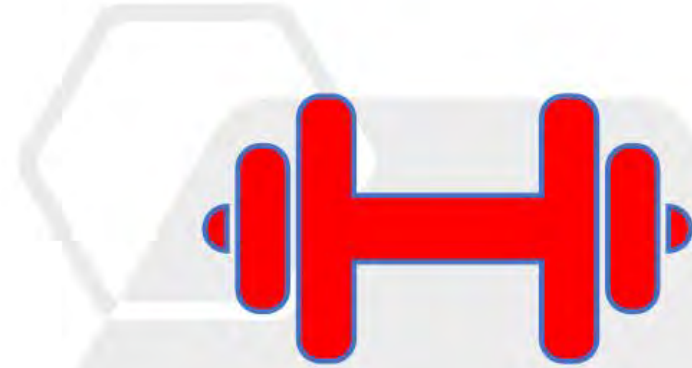
- About a third of all stroke survivors will experience pain.
- Shoulder and/or arm pain are the most common.

Pain can present in the following forms:

- **MUSCULOSKELETAL** e.g. Hemiplegic shoulder
- **NEUROPATHIC** e.g. Complex Regional Pain Syndrome (CRPS)
- **CENTRAL** e.g. Central Post-Stroke Pain

- Exercises should not aggravate pain
- Do not pull on affected arm to assist participant
- Participants may support affected arm with strong side during bilateral movements
- Avoid above shoulder exercises if pain is present

What type of Exercise?



Survivors should engage in exercise that is:

- Meaningful/Engaging
- Progressive/Intensive
- Task specific/Repetitive
- Goal Oriented

Types of exercise should include:

- Strengthening
- Balance Activities
- Aerobic Training

INTENSITY

How Hard Post Stroke?

Many stroke survivors were sedentary prior to stroke or have preexisting medical conditions placing them at higher risk for adverse events

- ❑ Sedentary individuals should start slow at low intensity (<45% of HRR or RPE <4) and may require an interval approach, alternating intervals of rest and activity.
- ❑ Lower risk individuals should aim to exercise in the moderate intensity of 45-60% of HRR or RPE 4-5 and gradually build to high intensity of >60% of HRR or RPE > 6.
- ❑ Exercise intensity should be progressed as tolerated by the participant.
- ❑ Education on level of intensity is provided to patients as part of best practice prior to discharge.



Signs and Symptoms of Stroke:

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F.A.S.T** because the quicker you act, the more of the person you save.



Home



About Us



Events Calendar



Education & Training



Stroke Best Practices



Clinical Tools & Resources



Community of Practice



Stroke Prevention Clinics

Clinical Resources

These infographics have been developed by the CRSN's Best Practice team as subject matter experts within the stroke system of care. Click on each image to view the details. The infographics are listed in alphabetical order.

Please note that the **Patient side of the website has its own infographics**. These are listed under Resources for Stroke Care and Recovery and may also be helpful to you.





Patient initiated referral

Patient provided with contact information for program



Intake process

Short intake to determine functional status and provide information on technology required(using Zoom platform)



Start class

Patient may start class as soon as they wish



Privacy

Features on zoom platform to maintain privacy



Numbers

Keeping class sizes small at 4-6 to allow for monitoring



Emergency Plan

Developed prior to initiating classes



- ✓ Educate patient on program
- ✓ Assist in referral process
- ✓ Ensure technology accessible and installed
- ✓ Liaise with family
- ✓ Include program recommendations and info in discharge documentation

Virtual Post Stroke Exercise Classes for Older Adults

Instructors are Heart Wise Exercise trained
and classes are designed to meet the needs of
individuals living with stroke



No fee

**Classes accommodate all
fitness levels**

Seated or standing exercise



Flyer and class information can be located on
Caredove platform

<https://www.caredove.com/champlaincss>

or it can be found on our webiste

<https://crsn.ca/en/clinical-tools-resources/clinical-tools-resources-4>

Classes funded through the senior fitness exercise program, run
through Champlain LHIN Home and Community Care.

To register or for more information, please contact Grace at
613-796-4729 or gkowalczyk@familyphysio.com

Peer Support Group for Stroke Survivors

Join others from our community to:

- ▶ learn new information from experts and each other
 - ▶ talk about your experience with stroke
 - ▶ hear from others with similar experiences
 - ▶ discover and share community resources
- ▶ Where? By phone (call Michelle to register 613-798-5555 ext. 18575)
 - ▶ When? Third Tuesday of each month
 - ▶ What time? 10:30AM for 45 minutes
 - ▶ Anyone who has had a stroke or with a loved one who has had a stroke is welcome to participate.

Date	Topic
September 15	Mental wellness after stroke
October 20	Managing changes
November 17	Decided by you



UOHI RISK FACTOR MANAGEMENT SUPPORTS

CardioPrevent

12/6 month one-on-one health coaching
and risk factor management program

Quit Smoking Program

Nurse-led clinic that provides one-on-one
support in your quit attempt

Heartwise Initiatives

Exercise App

Webinar Series

Website (virtual resources)

PWC.OTTAWAHEART.CA/COVID-19

**All sessions will be recorded
and available on our
Prevention and Wellness Centre (PWC) website.**

PWC.OTTAWAHEART.CA

**Please email pwc@ottawaheart.ca
if you have any questions or ideas
for additional topics.**

THANK YOU FOR JOINING!