

- separate exercises
- Low impact, easy to follow exercises, with senior friendly principles and geared towards hospitalized older adults

Background

- Deconditioning and loss of function are recognized adverse effects of hospitalization for older patients
- Increasing health care demands challenge health care providers to meet patients' daily mobility needs
- The Physiotherapy Best Practice Committee wanted to find a cost effective approach to improving patient activity and mobility

 Creation of English & French exercise booklets Chair Exercise Screening Tool for Health Care Professionals created and piloted

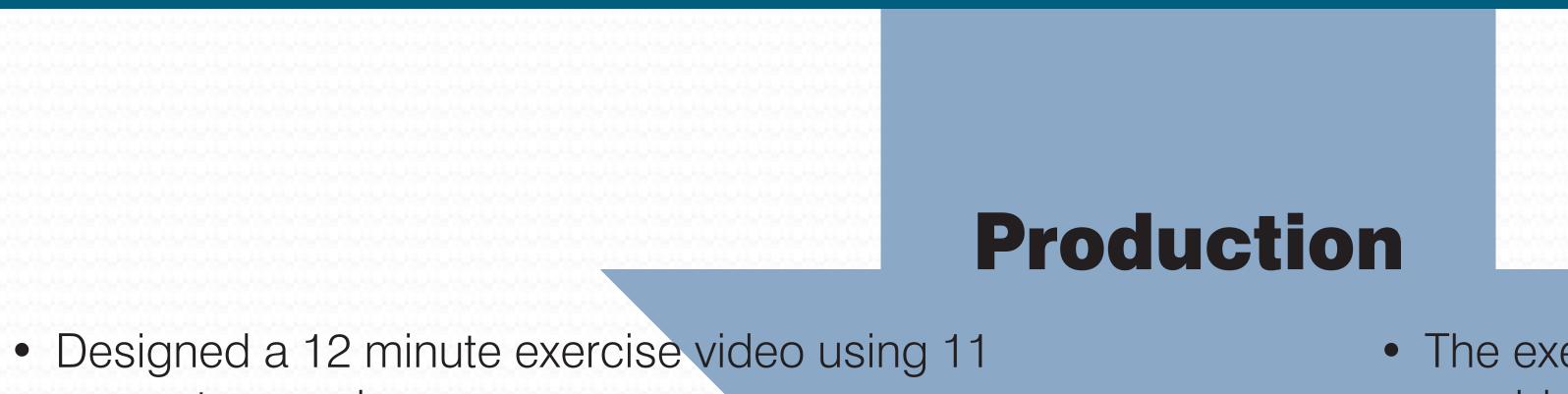
Future Directions

Video will be available on patient bedside TV's and on TOH website. Business plan development for marketing of video and accompanying tools.

MOVE AND IMPROVE :

The development of a chair exercise video for use by hospitalized older adults

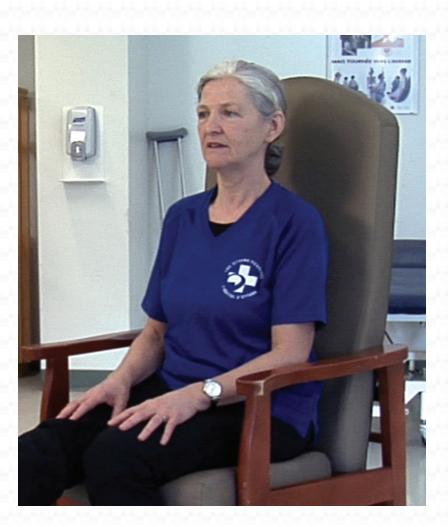
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- Multiple edits..

Move and Improve

Join in our exercise program today!



Implementation

• The exercises target major muscle groups using combined movements • Music chosen for its tempo and generational style

Creation of video with private film company



Exploration

- Literature and internet search
- Survey monkey
- Review of available videos
- Review of all findings
- Investigate feasibility of designing and producing an original video

• Chair exercise video piloted by volunteers on an inpatient unit using iPads; plan to expand project • Volunteer, Staff and Patient follow-up questionnaires





