



# MOVE AND IMPROVE :

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

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### Production

- Designed a 12 minute exercise video using 11 separate exercises
- Low impact, easy to follow exercises, with senior friendly principles and geared towards hospitalized older adults
- The exercises target major muscle groups using combined movements
- Music chosen for its tempo and generational style
- Creation of video with private film company
- Multiple edits...

### 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

### Move and Improve

Join in our exercise program today!



### Exploration

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

### Implementation

- Creation of English & French exercise booklets
- Chair Exercise Screening Tool for Health Care Professionals created and piloted
- Chair exercise video piloted by volunteers on an inpatient unit using iPads; plan to expand project
- Volunteer, Staff and Patient follow-up questionnaires

### 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.

