

Addressing Physical Activity with Older Adults who have Cognitive Impairments in the Community

Introduction

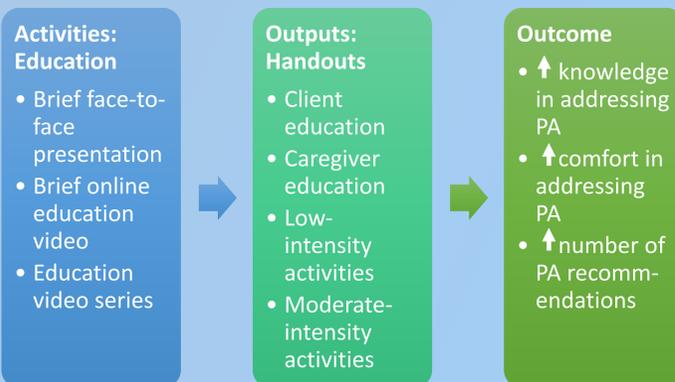
- There are over 1,000,000 Canadians impacted directly or indirectly from Dementia and Alzheimer's Disease (AD)
- Expected to increase by 60% in 15 years (Stats Can., 2017)
- Benefits of physical activity (PA) for older adults with AD, Dementia and mild cognitive impairment (MCI) (Bowes et al., 2013; Burge et al., 2017):
 - Slows progression of Dementia and AD
 - Improves performance in activities of daily living
 - Reduces comorbidities and caregiver burden
 - Reduces chances that MCI will progress to Dementia
 - Improves memory and attention

Physical Activity: Any bodily movement produced by skeletal muscles that results in energy expenditure, and it can include routine activities of daily living (e.g., cooking) as well as physical exercise aimed to maintain or enhance fitness (WHO, 2017).

Aim

- To increase the number of occupational therapists (OTs) and physiotherapists (PTs) who are comfortable and knowledgeable in discussing the benefits of physical activity with their older adult clients who have cognitive impairment by 20% by February 28, 2018.

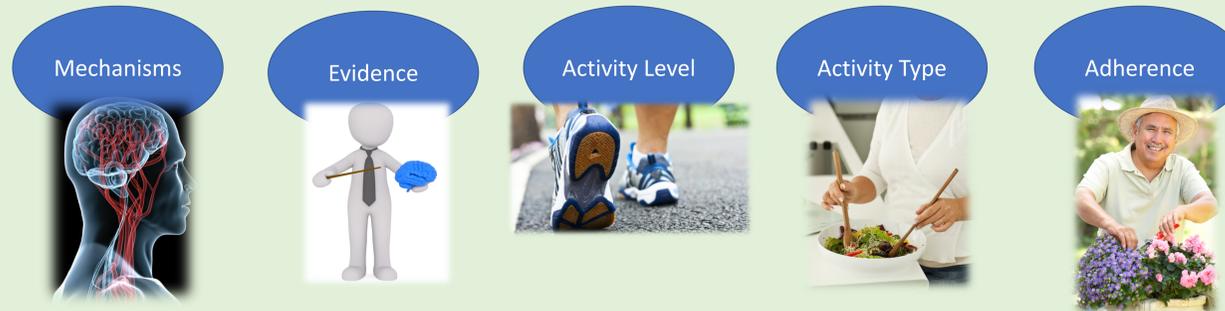
Improvement Plan



- Stakeholders were consulted and informed handout and education video content and formatting
 - 18 OTs and PTs on Mississauga/Halton Team
 - OT and PT Clinical Leads
 - Client Partner

Deliverables

Activities: Online Video Education

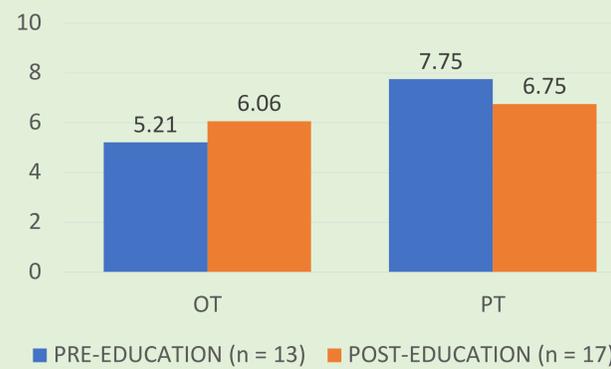


Outputs: Handouts

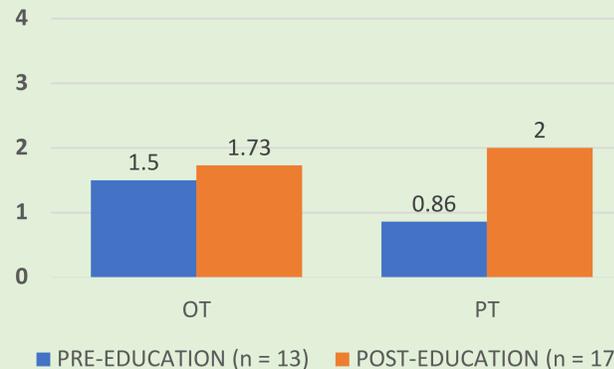


Results

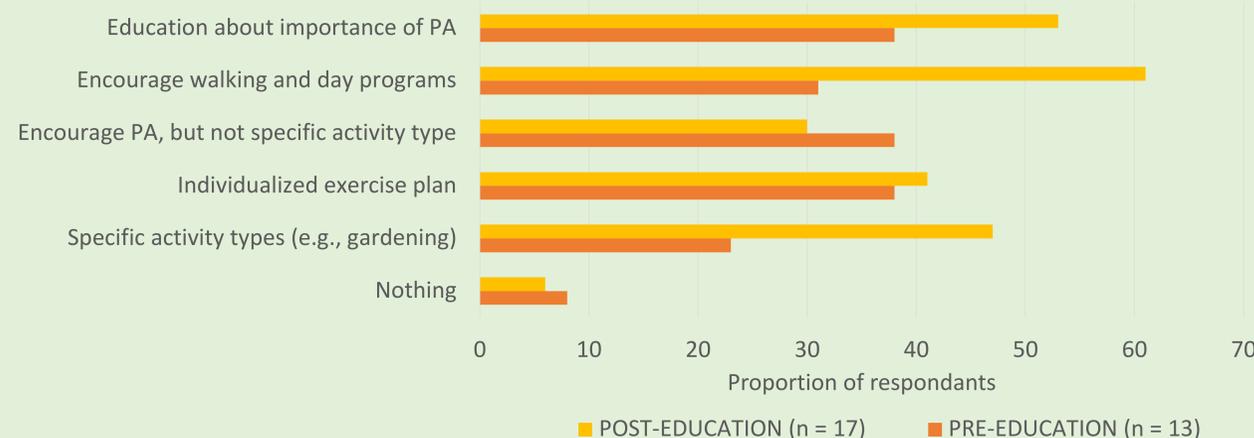
1) Average Self-Reported Knowledge and Comfort in Addressing PA on a 10-point Likert Scale



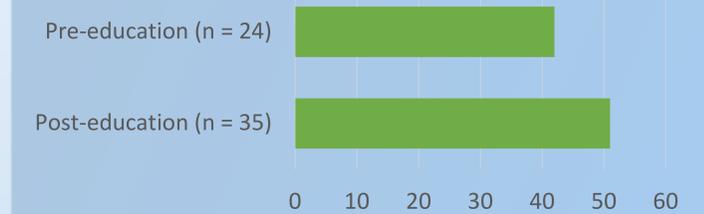
2) Average Correct Responses to Four Knowledge-Based Questions about PA and Older Adults



3) Common OT and PT Recommendations for Older Adults with Cognitive Impairments



4) Percentage of Charts that Indicated PA was Addressed with Older Adults



5) OT Feedback (n = 7)

"The handouts gave us a platform... I could say 'oh someone within our team did some research and there is a connection between physical activity and dementia'. I think that helps."

"I found the videos helpful to give me some background about why we are recommending physical activity"

Sustainability

- Incorporate training into orientation for new staff
- Stakeholder feedback to improve utility of client handouts and video modification (e.g., content and formatting)
- Training for clinical leaders on other teams (e.g., Central West, Toronto Central)
- Educate PT and OT graduate students
- Translate handouts into other common languages

Impact and Conclusions

- **Improved quality of OT and PT recommendations** for older adults with cognitive impairments
- Improve client safety and wellbeing by providing them with safe and accessible disease management strategies
- **Next Steps:** Consult client and family input about the value and usefulness of PA recommendations (e.g., what is the impact on caregiver burden in Mississauga/Halton?)

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