

University of Vermont

ScholarWorks @ UVM

Family Medicine Clerkship Student Projects

Family Medicine Community

2021

Inclusive Local and Online Resources to Stay Active During the COVID-19 Pandemic

Collin B. Montgomery
UVM College of Medicine

Follow this and additional works at: <https://scholarworks.uvm.edu/fmclerk>



Part of the [Medical Education Commons](#), and the [Primary Care Commons](#)

Recommended Citation

Montgomery, Collin B., "Inclusive Local and Online Resources to Stay Active During the COVID-19 Pandemic" (2021). *Family Medicine Clerkship Student Projects*. 634.
<https://scholarworks.uvm.edu/fmclerk/634>

This Book is brought to you for free and open access by the Family Medicine Community at ScholarWorks @ UVM. It has been accepted for inclusion in Family Medicine Clerkship Student Projects by an authorized administrator of ScholarWorks @ UVM. For more information, please contact donna.omalley@uvm.edu.

Inclusive Local and Online Resources to Stay Active during the COVID Pandemic

South Burlington Family Medicine

November 2020 - January 2021

Collin Montgomery

Mentor: Dr. Whitney Calkins

Problem Identification: What is the Need?

- ▶ Many resources exist for physical activity, however many of these inaccessible or too strenuous for seniors, people with disabilities, and people that are otherwise too deconditioned
- ▶ COVID-19 pandemic continues to interrupt and limit opportunities for safe physical activity via gym closures and crowded public spaces
- ▶ At home exercise equipment and online workout classes are often not inclusive of older adults and people with disabilities
- ▶ Inclusive exercise equipment requires significant financial investment for which many do not have the resources
- ▶ 26.9% of adults aged 65-74 years and 35.3% of adults aged ≥ 75 years report no physical activity outside of work during the past month¹
- ▶ Percent of adults who met the Physical Activity Guidelines for both aerobic and muscle-strengthening activity is only 23.2%²

Public Health Cost and Community Data

- ▶ Chittenden County population: 163,774³
 - ▶ 15% aged 65+³
- ▶ 23.7% of Vermonters have some form of disability⁴
 - ▶ 9.9% of Vermonters have serious difficulty with mobility⁴
 - ▶ 6.0% of Vermonters have serious difficulty with independent living⁴
- ▶ Disability costs in healthcare expenditures are \$941 million per year in Vermont⁵
- ▶ Seniors and people with disabilities are more likely to be inactive and have high blood pressure⁵
- ▶ Percent of national health expenditures for nursing care facilities and continuing care retirement communities is 4.8%⁶

Community Perspective and Support

- ▶ Both formally and informally discussed this issue with physicians, physical therapists, and YMCA staff
- ▶ “An important piece of this is to meet people where they are in their fitness and in their mental space. If they are willing to try something, great. If they just want to find out what opportunities are out there, that’s great too.”
- ▶ “A big problem right now with anything is information overload. Something that trims down all the information out there, makes it digestible, is easy to read, and has visual aids can be really valuable.”
- ▶ “[The elderly and people with disabilities] are so often overlooked when it comes to encouraging physical activity. There is a real need there for information and increasing awareness of what is already out there.”
- ▶ “There are programs that exist, it is often just a matter of finding out about them. A lot of people struggle with where to start looking.”

Intervention and Methodology

- ▶ Identified a community need and aimed to create a targeted, multipurpose, easy to read patient information sheet
 - ▶ 3 sections
 - ▶ List of local resources for inclusive physical activity and wellness with description of community organization contact information, and class schedules
 - ▶ List of online resources consisting of inclusive activity news, motivation, inclusive exercise equipment providers, and free online exercise classes
 - ▶ At home exercise section, consisting of exercise walkthroughs with visual aids, information about what muscle groups this targets, suggestions for increasing or decreasing the difficulty, and descriptions of how this exercise helps support independent living and functional ability
- ▶ Make information available to print off with patient instructions

Results and Response

- ▶ Created patient information sheet with three clear sections, each with a different, complementary purpose
- ▶ Worked with physical therapy team in office to include appropriate visual aids for exercises and instruct patients on how to conduct exercises safely and without increasing fall risk
- ▶ Staff appreciated the easy to access information embedded within the EMR interface

Inclusive Resources for Physical Activity and Wellness

COVID Friendly Local Resources (as of January 2021)

Enhance Fitness is a proven fitness and arthritis management program that helps older adults become more active, energized, and empowered.

Here you will find an exercise class for older adults of all levels of fitness that meets three times per week for one hour. The first 16 weeks are free of charge.

Classes are held Mondays, Wednesdays, and Fridays at the O'Brien Community Center (32 Mallets Bay Avenue, Winooski, VT) in Winooski and Rehab Therapy at the Fanny Allen Campus in Colchester (792 College Parkway, Colchester, VT)

Pre-registration is required as class size is limited.

(802) 847-7012

seniorexercise@uvmhealth.org

Greater Burlington YMCA offers a wide range of activities and has a wonderful, easy to read, and frequently updated schedule that you can find at <https://www.gbymca.org/for-healthy-living/fitness-sports/group-fitness-classes/>. Here are some selected classes. Pre-registration is required.

Senior Strength and Stretch is a functional strength and joint stability program offered with the assistance of seated and standing support.

- Free for members, \$12 adult, \$7 senior non-members
- Mondays and Friday 1:15 to 2:15 pm

Moving to Heal is a program to heal your body through sensation and mindful movement, utilizing dance, martial arts, and healing. It can be performed either standing or in a chair.

- Free for members, \$12 adult, \$7 senior non-members
- Sundays 11:15 am to 12:15 pm

Balance, Mobility, and Core is a program with both land based and water based classes that aims to improve balance and mobility through increasing joint stability, core strength, and reducing risk of falls.

- Free for members, \$12 adult, \$7 senior non-members
- Land: Tuesdays 10:30 to 11:00 am. Water: Thursdays 10:30 to 11:00 am.

Effectiveness Evaluation and Limitations

▶ Effectiveness Evaluation

- ▶ Follow up with local resources to investigate increases in inquiries and enrollments
- ▶ Track usage frequency of information sheet
- ▶ Qualitative follow up with providers - *Do you think this has been helpful?*
- ▶ Follow up with patients at subsequent visits to understand current utilization of resources

▶ Limitations

- ▶ Resource list, contact information, and class schedules will not remain accurate as time goes on
- ▶ Information sheet is of less value in a post-pandemic society as gyms reopen
- ▶ Limited accuracy in follow up and utilization evaluation
- ▶ Missed population of those who do not have access to internet or come into the office

Future Project Recommendations

- ▶ Investigate additional local resources
- ▶ Update resource list contact information and class schedules
- ▶ Elaborate further on inclusive at home exercises, potentially creating an inclusive exercise regimen
- ▶ Education session with providers to raise awareness of community needs and resource availability
- ▶ Community session with locals to discuss available resources and walk-through exercises
- ▶ Coordinate with senior care facilities to reach larger audience for information sheet
- ▶ Coordinate with neurology clinics, geriatric providers, PM&R providers, and rehab centers where information can reach more patients with similar needs

References

- ▶ Watson KB. Physical Inactivity Among Adults Aged 50 Years and Older – United States, 2014. *MMWR Morb Mortal Wkly Rep.* 2016;65. doi:[10.15585/mmwr.mm6536a3](https://doi.org/10.15585/mmwr.mm6536a3)
- ▶ National Health Interview Survey Early Release 2018 - Physical Activity. Published May 29, 2019. Accessed January 14, 2021. <https://www.cdc.gov/nchs/nhis/releases/released201905.htm>
- ▶ U.S. Census Bureau QuickFacts: Chittenden County, Vermont. Accessed January 14, 2021. <https://www.census.gov/quickfacts/fact/table/chittendencountyvermont/PST045219>
- ▶ Anderson WL, Armour BS, Finkelstein EA, Wiener JM. Estimates of state-level health-care expenditures associated with disability. *Public Health Rep.* 2010;125(1):44-51. doi:10.1177/003335491012500107t
- ▶ CDC. Disability & Health U.S. State Profile Data: Vermont | CDC. Centers for Disease Control and Prevention. Published September 12, 2019. Accessed January 14, 2021. <https://www.cdc.gov/ncbddd/disabilityandhealth/impacts/vermont.html>
- ▶ CDC. FastStats - Health Expenditures. Published November 10, 2020. Accessed January 14, 2021. <https://www.cdc.gov/nchs/fastats/health-expenditures.htm>