

Misericordia University

Misericordia Digital Commons

Student Research Poster Presentations 2021

Student Research Poster Presentations

2021

Perceptions of Physical Activity in those with Visual Impairment

Derek Hendershot

Misericordia University, DerekHendershot@gmail.com

Joseph Grasso

Misericordia University, grassoj3@misericordia.edu

Steven Hernandez

Misericordia University, hernans2@misericordia.edu

Jonathan Buck

Misericordia University, buckj@misericordia.edu

Maureen Rinehimer

Misericordia University, mrinehimer@misericordia.edu

Follow this and additional works at: https://digitalcommons.misericordia.edu/research_posters2021



Part of the [Medicine and Health Sciences Commons](#)

Recommended Citation

Hendershot, Derek; Grasso, Joseph; Hernandez, Steven; Buck, Jonathan; and Rinehimer, Maureen, "Perceptions of Physical Activity in those with Visual Impairment" (2021). *Student Research Poster Presentations 2021*. 52.

https://digitalcommons.misericordia.edu/research_posters2021/52

This Poster is brought to you for free and open access by the Student Research Poster Presentations at Misericordia Digital Commons. It has been accepted for inclusion in Student Research Poster Presentations 2021 by an authorized administrator of Misericordia Digital Commons. For more information, please contact jluksa@misericordia.edu, mcech@misericordia.edu.

Perceptions of physical activity in those with visual impairment

Maureen Rinehimer, Derek Hendershot, Jonathan Buck, Joseph Grasso, Steven Hernandez

INTRODUCTION

- Individuals with visual impairment may be more hesitant to partake in exercise or physical activity due to safety concerns
- Health issues may be increased in those with visual impairment due to lack of movement
- The effects of inactivity can be exacerbated in those with disability due to additional challenges in attempting to be active

BACKGROUND

2.2 billion people have visual impairment

Individuals with visual impairment:

- Spend less time exercising
- Spend more time doing sedentary activities
- Likely to experience falls
- Likely to lose balance

Increasing risk of:

- Obesity
- Hypertension
- Coronary artery disease
- Diabetes
- Cancer

CURRENT LITERATURE

Current research has shown:

- Intervention can improve balance and functional capacity in those with visual impairments
- QOL and perception of health can be improved with physical activity in those with visual impairments

GOAL OF RESEARCH:

Our goal is to gain insight into the activity levels and perceptions of exercise of individuals with a visual impairment.

SUBJECTS

Those receiving services from Northeast Sight Services who are:

- 18 years or older
- Visually impaired
- English speaking
- Consenting to participate
- Able to comprehend and understand study

METHODS

Survey:

Demographic

20 Questions on a Likert scale on:

- Current activity levels
- Comfort exercising alone and in water
- Confidence in performing physical activity
- Perception of benefits of physical activity

Distribution of study through

- Digital Link ; survey monkey
- Print copy ; premarked return envelope

 SurveyMonkey

SAMPLE SURVEY QUESTIONS

I believe I would benefit from being more active

Strongly Agree___ Agree___ Neutral___

Disagree___ Strongly Disagree___

I am confident exercising on my own.

Strongly Agree___ Agree___ Neutral___

Disagree___ Strongly Disagree___

I would be interested in learning more about aquatic therapy and its benefits

Strongly Agree___ Agree___ Neutral___

Disagree___ Strongly Disagree___

I am confident in my ability to get up from the floor on my own

Strongly Agree___ Agree___ Neutral___

Disagree___ Strongly Disagree___

I am confident in my ability to walk for 6 minutes or more with minimal fatigue

Strongly Agree___ Agree___ Neutral___

Disagree___ Strongly Disagree___

APPLICATION TO PT

Results of survey can aid PTs in the following when working with persons with a visual impairment:

- Picking most salient activities
- Identifying shortcomings in knowledge of exercise
- Identifying need for exercise to improve ADLs
- Promoting primary prevention of disease through exercise

ACKNOWLEDGEMENTS

We would like to thank our mentor, Maureen Rinehimer PT, Ph.D., MS, MHS

We would also like to thank Northeast Sight Services for their assistance with our research

