



Exercise for Life

A Better Breathing & Healthy Hearts collaboration

Sarah Mooney, Hannah Brown, Nina McKenzie, Emma Foster, Steph Botes, Laura Donald, Rhona Donovan, Sarah Candy, Alison Howitt, Tom Epps

Aim



By December 2016 ...

Healthy Hearts and Better Breathing will implement the self-management change package across all services (community based exercise programmes for people with heart and/or lung problems).

By December 2015

100 Healthy Heart and Better Breathing participants will increase their self management survey results* from x to y.

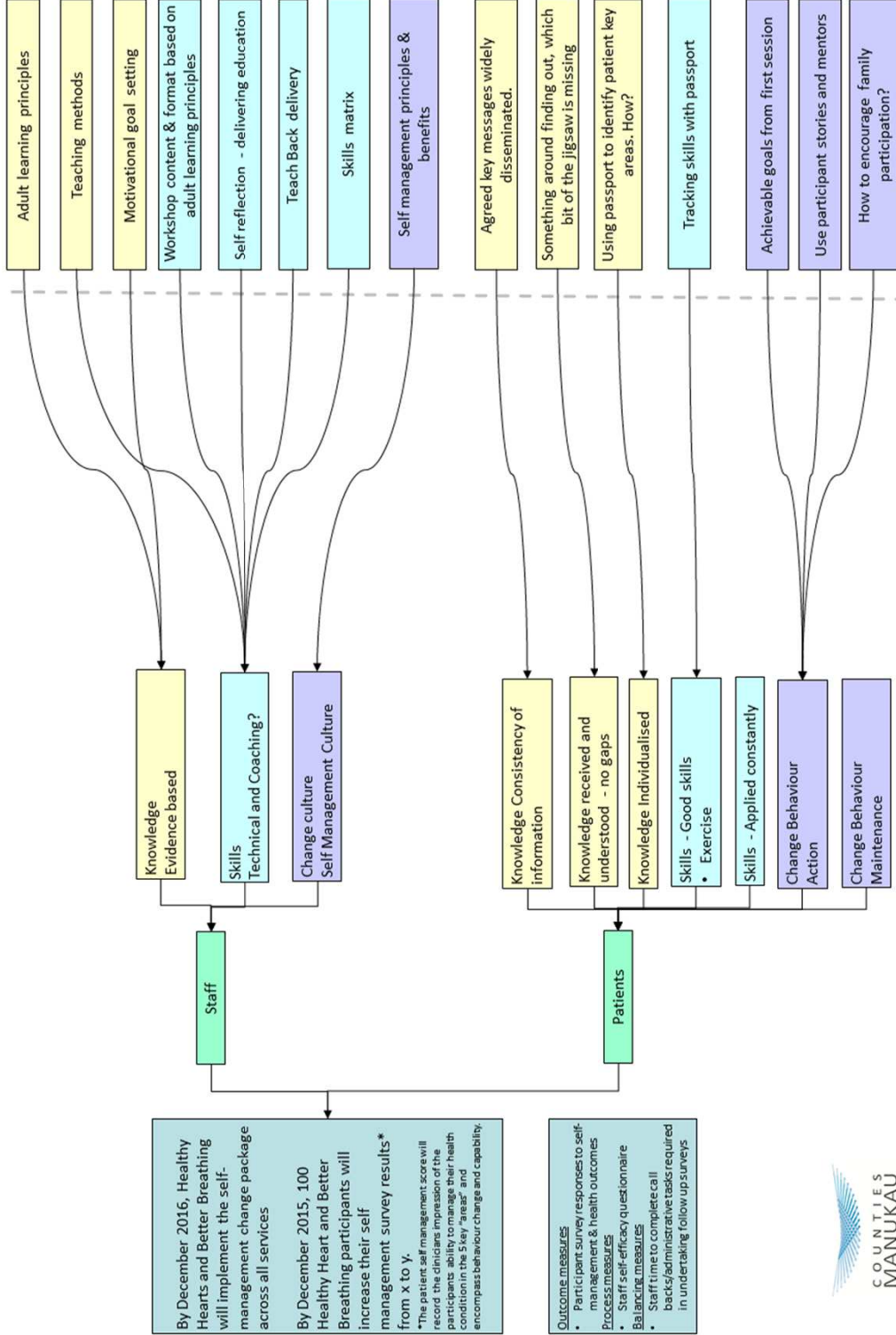
**The patient self management score will record the clinicians impression of the participants' ability to manage their health condition in the 5 key "areas" including behaviour change and capability.*

Moving to a self management culture

- To achieve a self management based approach to exercise rehabilitation, we need to change both behaviour of staff and our patients
- To be effective, exercise needs to become a life choice and everyday routine for people with heart and/or lung problems
- To be effective, physiotherapists need to deliver exercise knowledge and skills that will foster and empower people to self-manage in terms of regular exercise, and health and lifestyle change



Driver Diagram: Exercise for Life



Outcome measures

- Participant survey responses to self-management & health outcomes

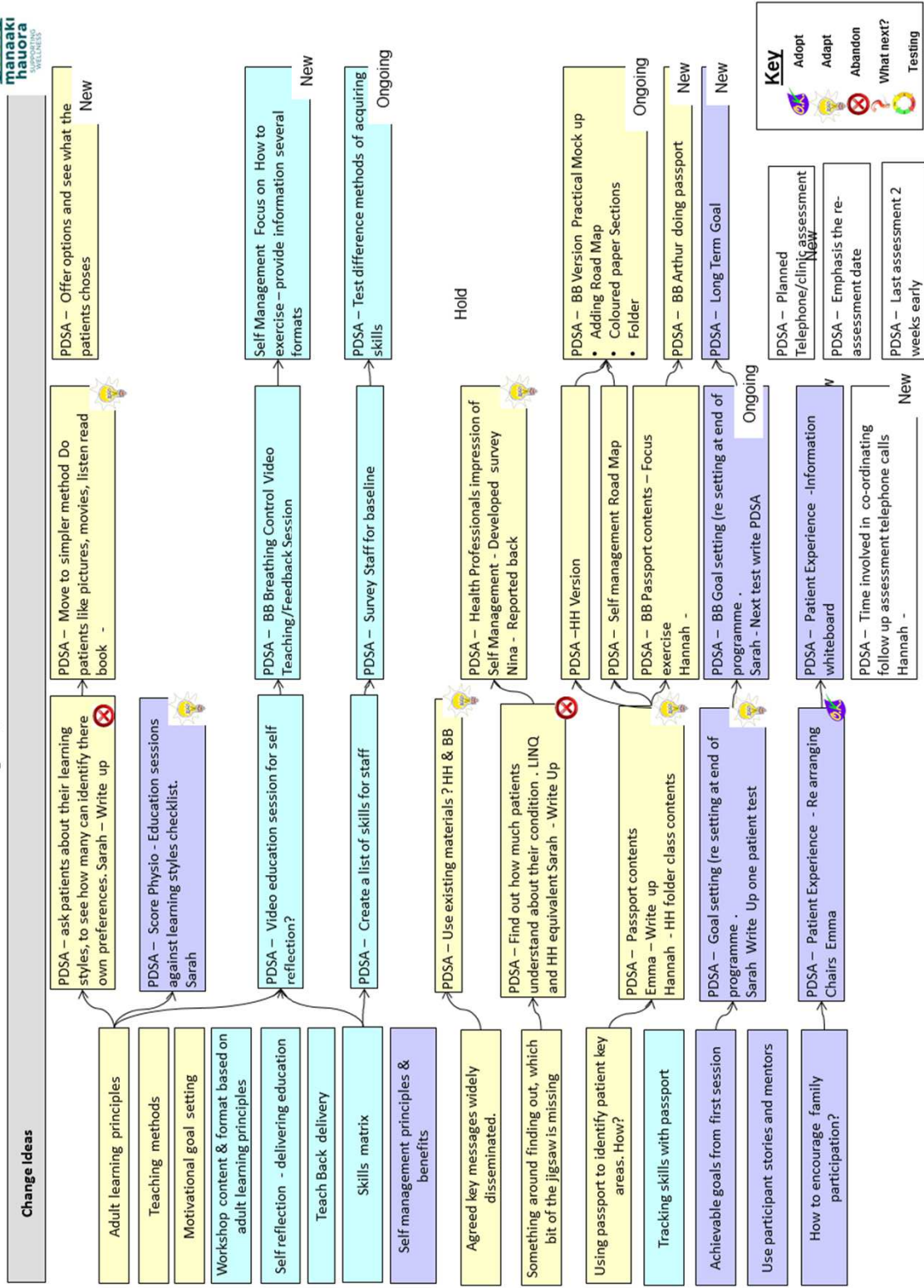
Process measures

- Staff self-efficacy questionnaire

Balancing measures

- Staff time to complete call backs/administrative tasks required in undertaking follow up surveys

Driver Diagram/PDSA Tree : Exercise for Life



Key

- Adopt
- Adapt
- Abandon
- What next?
- Testing

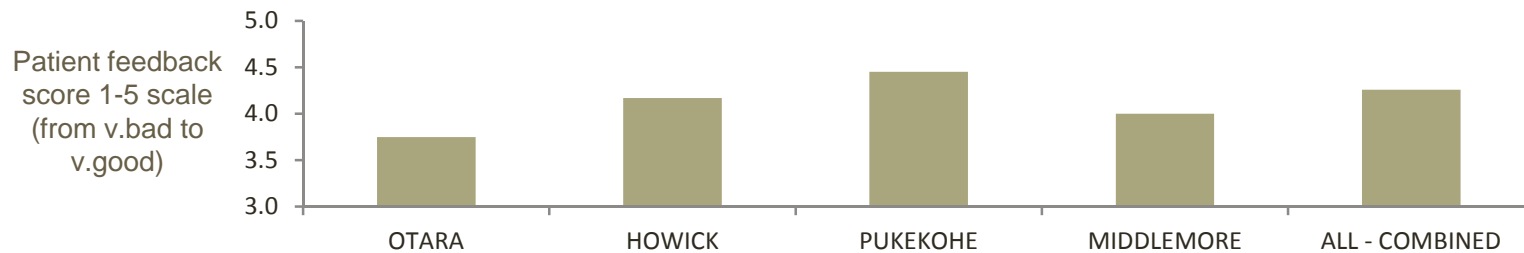
Dashboard - participants



Patient satisfaction survey –

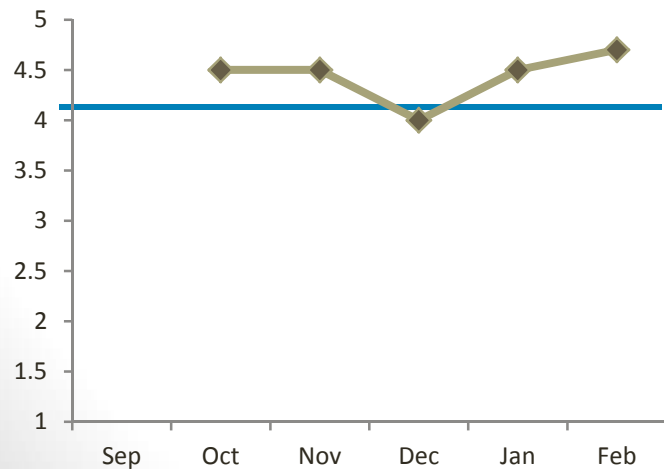
I am able to manage my daily activities more easily e.g. showering, dressing

Baseline results from patient surveys across the different locations

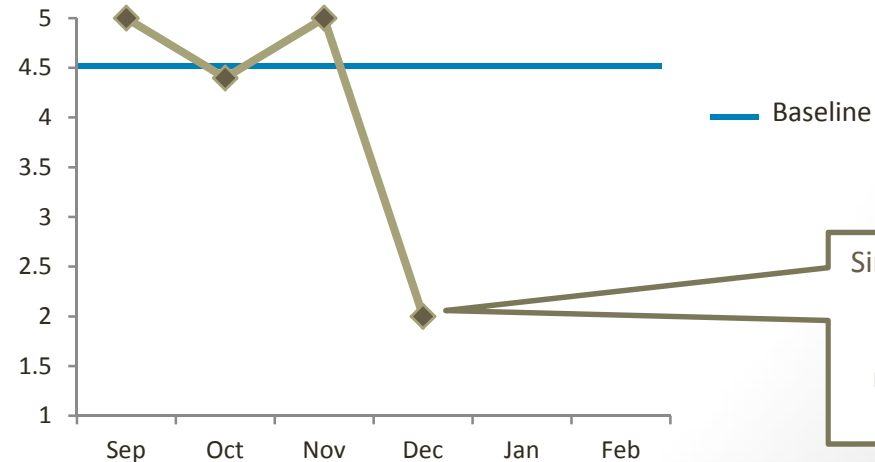


Howick & Pukekohe patient ratings of their management of daily activities (following completion of their programme 2015 - 2016)

Howick



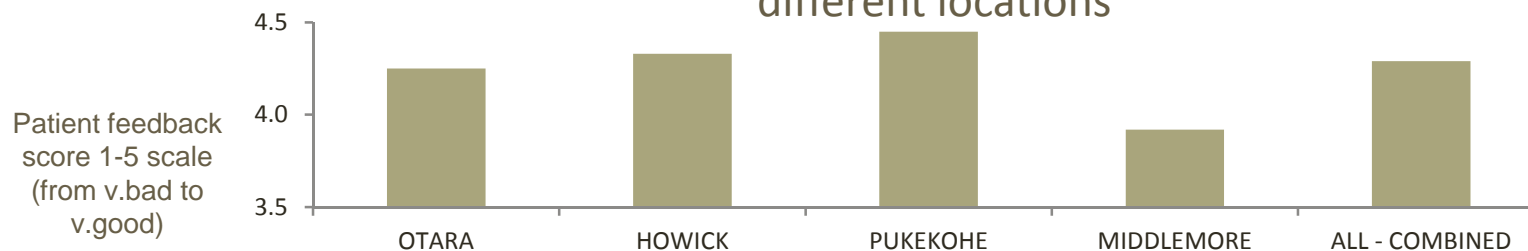
Pukekohe



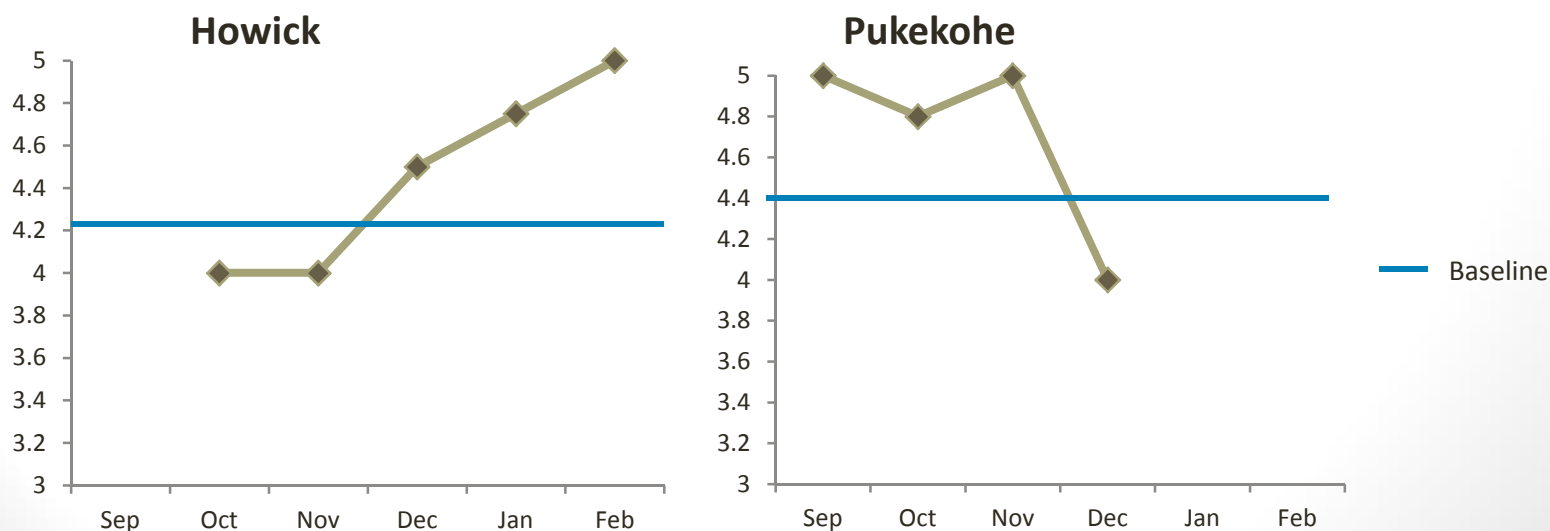
Single participant survey rating. Range 1-5 responses per month

Patient satisfaction survey – I feel more confident managing my breathing condition

Baseline results from patient surveys across the different locations



Howick & Pukekohe patient confidence ratings of managing their breathing (following completion of their programme 2015 - 2016)



Voice of the patient

Extract from participant satisfaction survey following their completion of the Better Breathing and Healthy Hearts programmes



What were the most useful aspects of the pulmonary rehabilitation programme?

“Getting encouragement and a program to do and get fit again. Also a program that was assessed to your ability.”

“Talks very useful and very interesting”

“The ability to be provided with home exercise programme after the course using whatever facilities you have available in or around the home”

Is there anything we could improve on or do differently?

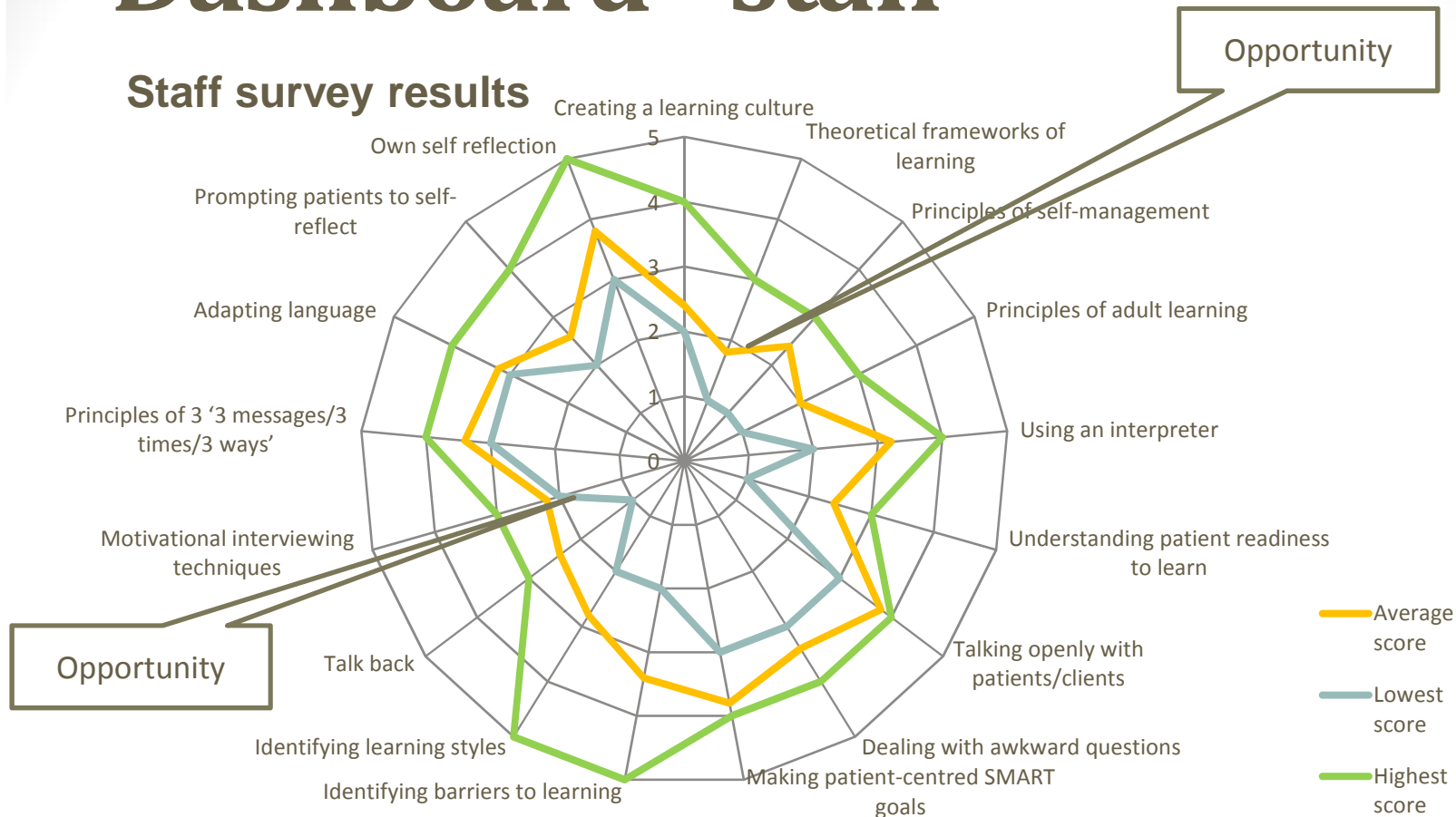
“Follow up is good”

“More hands on assistance with the exercises, particularly in the first few sessions”

“Explain to newcomers the importance of the programme”

Dashboard - staff

Staff survey results



Self-assessment of key self-management strategies undertaken by 5 staff members in September 2015 enabling a targeted approach to knowledge gaps

Change packages



Passports

*SM
Questionnaire*

Goal setting

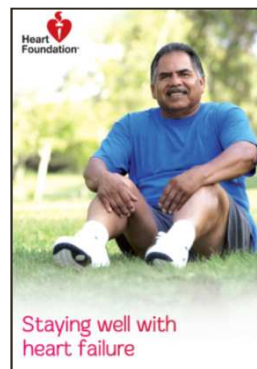
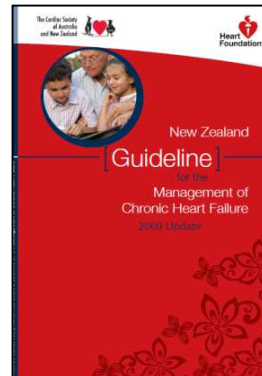
Staff education

*Follow up
assessments*

Passport to health

Informed by:

- Evidence
- Best practice
- Responsive to community
- Current trends
- Consumer co-design



Self Management – participants:

- Personalised
- Key health messages
- Action Plan
- Useful contacts
- Resources

Self Management – staff:

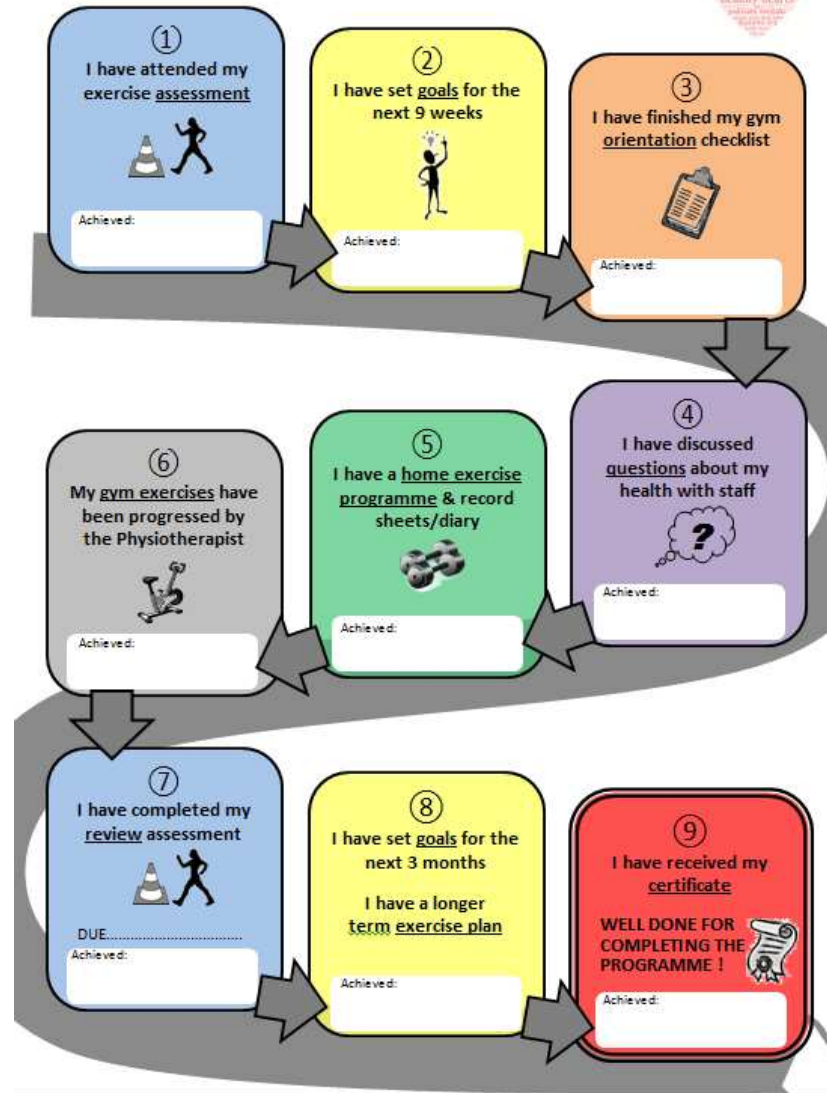
- Skills in facilitating SME
- Knowledge of education frameworks



Road map to self-management



Making my way through the Healthy Hearts programme



Self-management indicators



Health Message	Questions/Prompts
Knowledge of condition	(K) Do you know the name of your condition? (K) What is your understanding of your condition? (E) Have you ever looked up information about your condition?
Medications	(K) Do you know what the names of your medications are and what they do? (E) Do take them? (E) Do you ever run out?
Action Plan	(K) How do you know when you are becoming unwell? (E) What would you do when you are becoming unwell?
Physical Activity	(E) Are you currently doing any exercise/activity? (F.I.T.T) (K) Why do you think exercise is important?
Lifestyle	(K) What changes do you need to make to become healthier?(Diet/Exercise/Sleep/Smoking etc) (E) What are you doing to make these changes?

Staff: self-assessment of key self-management strategies



EXERCISE FOR LIFE Better Breathing and Healthy Hearts

Purpose

The purpose of this questionnaire is to establish what are the learning needs of staff and resources required to improve confidence and competence in using self-management strategies with patients/whanau and family to optimise their health and management.

Please score yourself against the following skills in terms of confidence and competence levels using the following 0-5 scoring system:

- 0 Not really sure
- 1 Aware of but not confident in doing this
- 2 Able to apply tentatively but not confident
- 3 Able to apply and somewhat confident
- 4 Confident and competent
- 5 Sufficiently confident and competent to assist learning of others

Self-management strategy	0-5
Creating a learning culture	
Theoretical frameworks of learning	
Principles of self-management	
Principles of adult learning	
Using an interpreter	
Understanding patient readiness to learn	
Talking openly with patients/clients	
Dealing with awkward questions	
Making patient-centred SMART goals	
Identifying barriers to learning	
Identifying learning styles	
Teach back	
Motivational interviewing techniques	
Principles of 3 '3 messages/3 times/3 ways'	
Adapting language	
Prompting patients to self-reflect	
Own self reflection	

PDSA's / Key learnings



1. Home based exercise programmes

- Creating a user-friendly programme accommodating different learning styles

2. Education

- Creating a learning environment
- Meeting different learning styles/needs
- Ensuring all resources are 'user friendly' in terms of learning styles, health literacy and key health messages
- Developing staff insight and education into learning strategies including barriers to learning etc

Risks and associated plans



- **Time challenges**

- Time for staff to meet – all together consistently
- Tension between meeting clinical needs and time to develop/evolve/implement ‘passport’ and other strategies

- **Marketing constraints**

- Resource constraints to develop ‘quality product’ ie brand/corporate image
- Access to resources i.e. colour photocopier, graphics, talent

Highlights



- **Collaboration between Better Breathing & Healthy Hearts**
 - Learning from existing programmes
 - Sharing and combining resources
 - Inspirational/innovative and productive meetings
- **Mutual agreement on shifting the existing paradigm**
 - Dominant goal orientated programme
 - Participant led self-management 'journey' facilitated by staff, evidence and best practice



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