Evidence-based exercise intensity in hydrotherapy for patients with rheumatological diseases

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Introduction

- Evidence has led to a change, promoting more intense physical activity for patients with rheumatological diseases
- Patients with rheumatological diseases have low physical capacity and often exercise at an insufficient intensity level
- Important factors to promote intense physical activity is self-efficacy, social support and expected positive outcome of the training
How can we implement increased physical intensity in both instructed exercises and leisure time physical activities for patients with rheumatological diseases?

- Education for rehabilitation staff
- Designing and posting posters (Borg Intensity Scale)
- Increased information to patients from physiotherapists
- Regular information and coaching by rehabilitative staff to patients
- Questionnaire to patients (3 months, 9 months)
- Follow-up educational meeting with rehabilitative staff (5 months)
Easy to see, easy to follow 😊

Well-informed patients by competent staff
Results led to more interventions

- Further education of PT
- Further increased information from PT (new contacts)
- Written information material handed out by PT
- Continuous regular meetings with rehabilitative staff every three months

Amount of patients totally agreeing to

<table>
<thead>
<tr>
<th>Service</th>
<th>2014</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being informed by physiotherapist</td>
<td>80%</td>
<td>70%</td>
</tr>
<tr>
<td>Being informed by physiotherapy assistant</td>
<td>60%</td>
<td>50%</td>
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<tr>
<td>Usefulness of posters</td>
<td>40%</td>
<td>30%</td>
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<tr>
<td>Patients exercising on desired level of intensity</td>
<td>30%</td>
<td>20%</td>
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<tr>
<td>Patients reaching set intensity goals</td>
<td>20%</td>
<td>10%</td>
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<tr>
<td>Patients using the intensity scale in other activities</td>
<td>10%</td>
<td>5%</td>
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Take home message

- Same message in the rehabilitation chain
- Repeated information and coaching of both staff and patients

Small interventions can lead to great changes

...an on going continual improvement process...