

Activity Coordinator, Val Shaw, demonstrating use of an exercise band during a Seated Exercise group at the Rochford Unit.

**►It remains predominantly the Activity Coordinator and Physio Assistant who facilitate the group with Ward staff assisting – more work required to encourage Ward Staff to lead a group ►Ward OT and Physio are able to observe & use the group as part of their assessment process ►Format easily transferable to other Divisions ►Showcased at Lincolnshire ‘Think Active’ conference**

**All teach, all learn**



**Feedback from staff & patients: ● A patient told me she felt energised after doing seated exercises, she practiced these when she went on home leave ● The group is inclusive and usually well attended by the majority of the patients on the ward ● It’s one of the most popular groups ● It’s good fun and makes us laugh ● We could do this every day!**

►Inclusion of volunteers/ward staff to support patient engagement especially on dementia wards ►Showcased Trust wide ►Resources requested & shared with other divisions

**Act**

►Collect Staff/Patient feedback ► Review regularity of provision on timetable ►Review patient participation ►Review staff participation ►Review electronic note entries

**Study**

 **Change idea: Improving patient physical wellbeing via provision of Seated Exercise Groups**

► ‘Seated Exercise Resource Pack’ available, including a Risk Assessment, Later Life Ltd Training Programme and exercise bands ►Advertise and promote across the Division ► Support/role model with initial implementation ► Signpost patients to community exercise groups as part of discharge planning

**Do**

►July 2011, DoH published new physical activity guidelines: ‘Start Active, Stay Active’ with recommendations for Older Adults ►Significant numbers of falls recorded in Older Adult Division ►Lack of recorded patient participation in physical activity ►Limited number of Ward staff trained to deliver seated exercises

**Why is this important?**

►To raise awareness of the importance of engaging in physical activity during admission and after discharge ►To identify resources suitable for use with Older Adults, liaising with Ward Physio ►To enable all Ward Staff to facilitate seated exercises ►To establish regular seated exercise groups on all Older Adult Wards as part of the therapeutic activity timetable

**Plan**

**Older Adult**

**Inpatient Division**

**QUALITY**

**IMPROVEMENT**

