

Importance of long term behaviour change



Unit: Planning exercise referral programmes with patients

TASK – consider the following

Summarise the physiological adaptations and benefits for each component of fitness:

- *Group A: Cardiovascular*
- *Group B: Muscular strength and endurance*
- *Group C: Flexibility*
- *Group D: Motor skills , e.g. balance etc*

General health benefits of exercise

- These include the potential to:
 - reduce the risk of premature death by 20 – 30%
 - reduce the risk of developing some diseases by 50%, specifically, coronary heart disease (CHD), stroke, diabetes and certain cancers
 - improve functional capacity
 - reduce the risk of back pain
 - increase bone density and reduce the risk of osteoporosis
 - improve psychological well-being
 - reduce the risk of stress and anxiety
 - reduce the risk of clinical depression
 - reduce symptoms of depression and anxiety
 - reduce the risk of falls (older adults)
 - improve weight loss and weight management, reducing the risk of obesity
 - improve quality of life and general well-being

TASK: consider the following

Why is it important for clients to understand the health benefits of structured exercise referral programmes?

Client understanding is important to:

- Increase their knowledge and understanding of the reasons for activity (educate)
- Increase awareness of potential benefits – what's in it for them
- Increase engagement and interest
- Increase motivation
- Help to identify possible goals – what they want to achieve
- Assist long term commitment to activity (change)

TASK: consider the following

- Why it is important for an exercise referral instructor to work with clients to agree goals, objectives, programmes and adaptations

The importance of agreeing goals, objectives, programmes and adaptations

- Client-centred working
- Informed choice
- Clear understanding
- Give freedom and flexibility (not rigid)
- Promote adherence
- Increase motivation
- Monitor progress
- Meet specific needs, e.g. preferences
- Shared responsibility

TASK: consider the following

Why is long term change important?

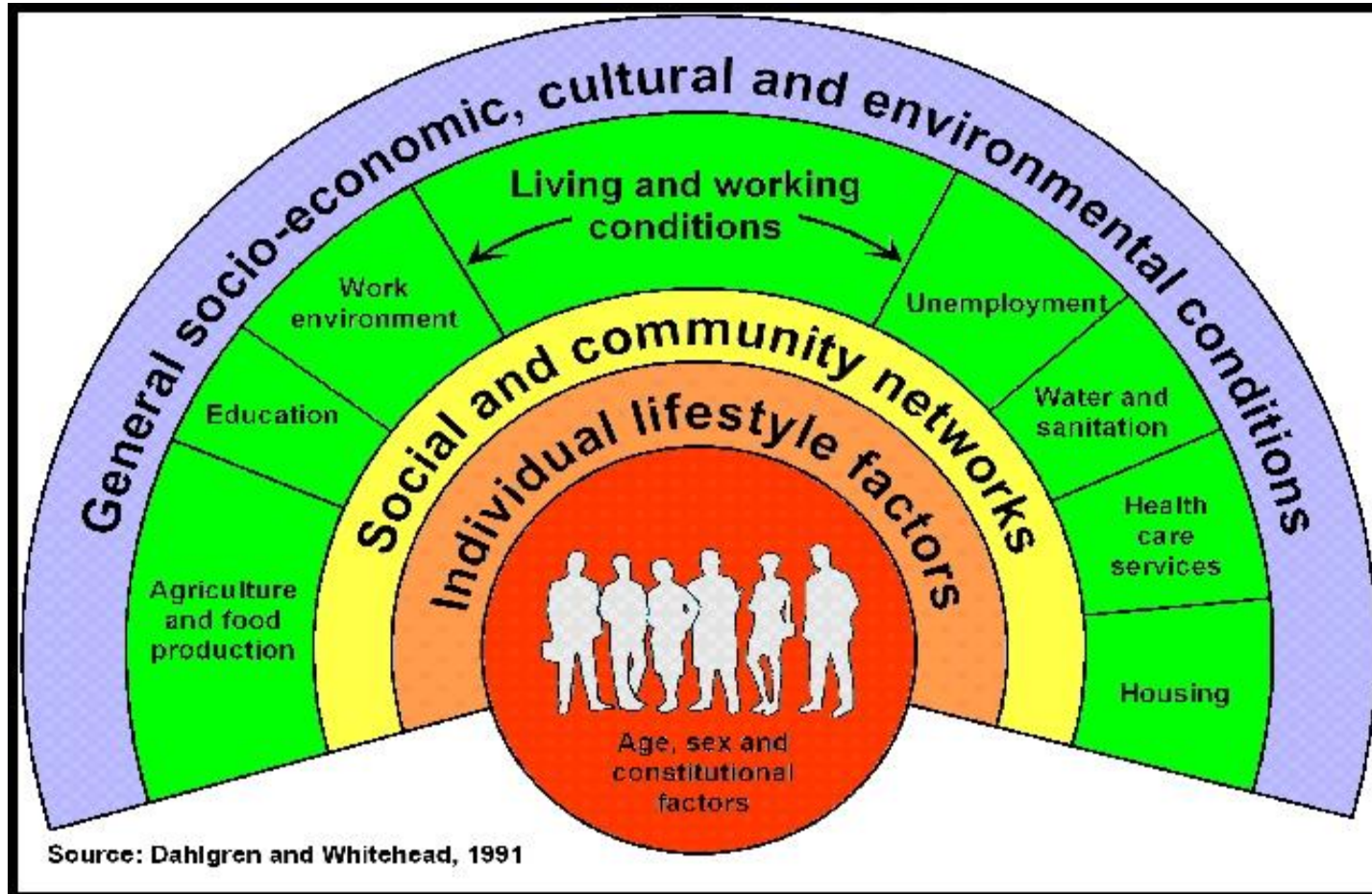
The importance of long term change

- To maintain health improvements
- To reduce deterioration of health
- To maintain independence
- To decrease reliance on medication, e.g. low back pain
- To impact local and national health targets
- To reduce expenditure and costs (e.g. NHS)
- To make a difference to future generations and future health forecasts

TASK: consider the following

What things may get in the way of long term change?

Health Determinants



Barriers to change

- Role modelling, e.g. peers and family inactive
- Social pressure, e.g. other commitments take over
- Education, e.g. don't understand the benefits
- Age, e.g. activity declines with age
- Gender e.g. women reported less active than men
- Socio-economic status, e.g. lack of money
- Cultural beliefs, e.g. activity not part of culture
- Accessibility, e.g. live in rural area
- Psychological factors, e.g. low self-esteem

Barriers to change

- Often a combination of factors
- Some factors provide a stronger barrier for certain people.
- Find out which determinants have the strongest influence and are most challenging for individual to overcome
- Explore solutions

TASK: consider the following

What can be done to overcome barriers?

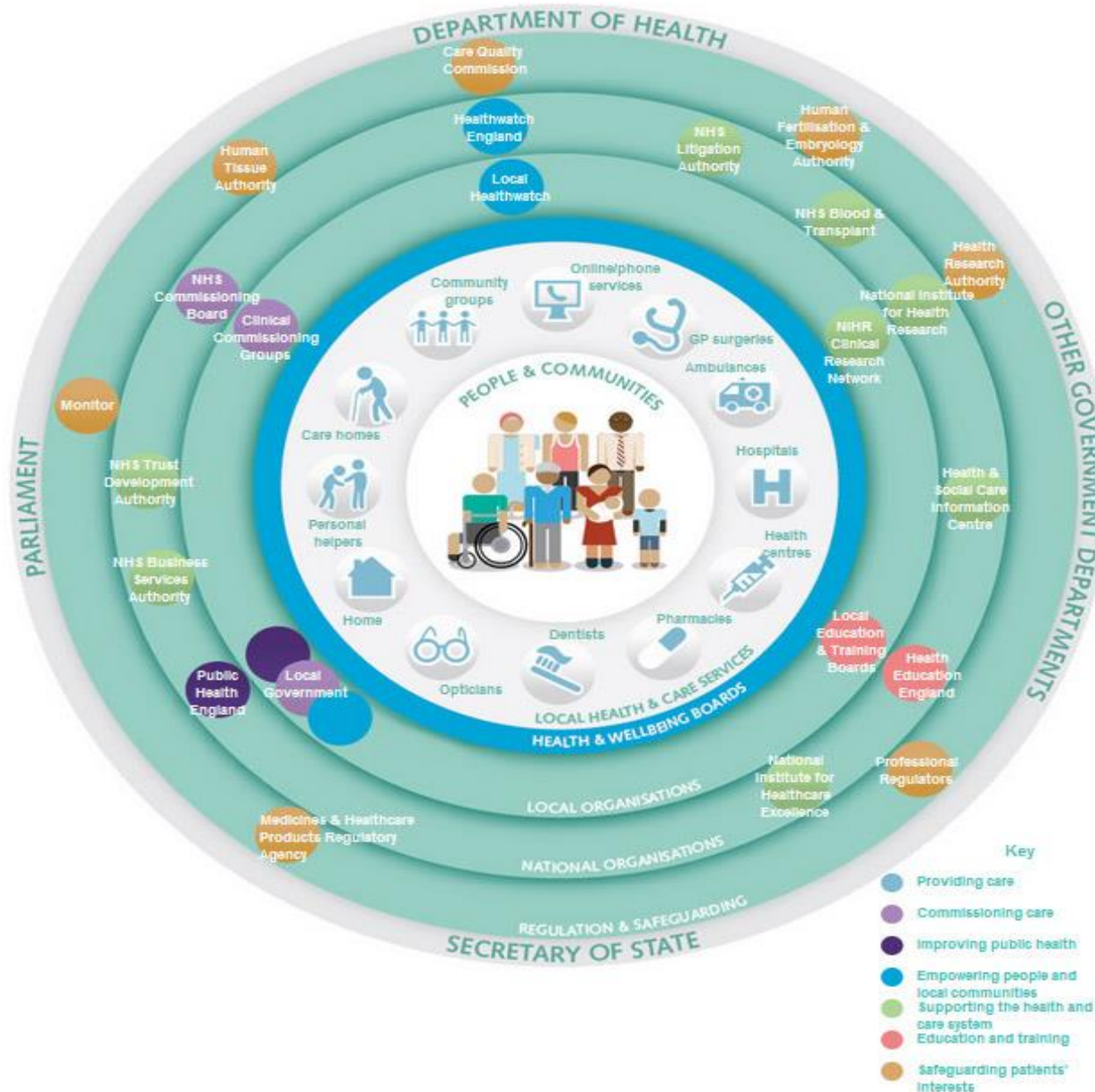
How can we encourage clients to commit to long term change?

Encourage commitment

- Healthcare system policy and strategic action
- Health promotion & education, e.g. change4life
- Enable informed choice
- Client-centred working (no blame, shame, humiliation)
- Affirm positive actions and small steps
- Increase motivation, e.g. Use motivational interview to facilitate increased change talk
- Help to support and manage barriers
- Use SMART goals and create small steps
- Increase support systems, e.g. community, family

Whole system
strategic
approach

Client-focused



Encourage commitment

- Motivational interviewing
- Open questions, reflective listening
 - Increase their motivation
 - Facilitate change talk
- Affirming statements
 - Increase self-efficacy and self-esteem
 - Reduce fears and barriers
 - Extend personal comfort zones
- Identify support resources
 - Friends, family
 - Skilled helpers, e.g. smoking cessation support