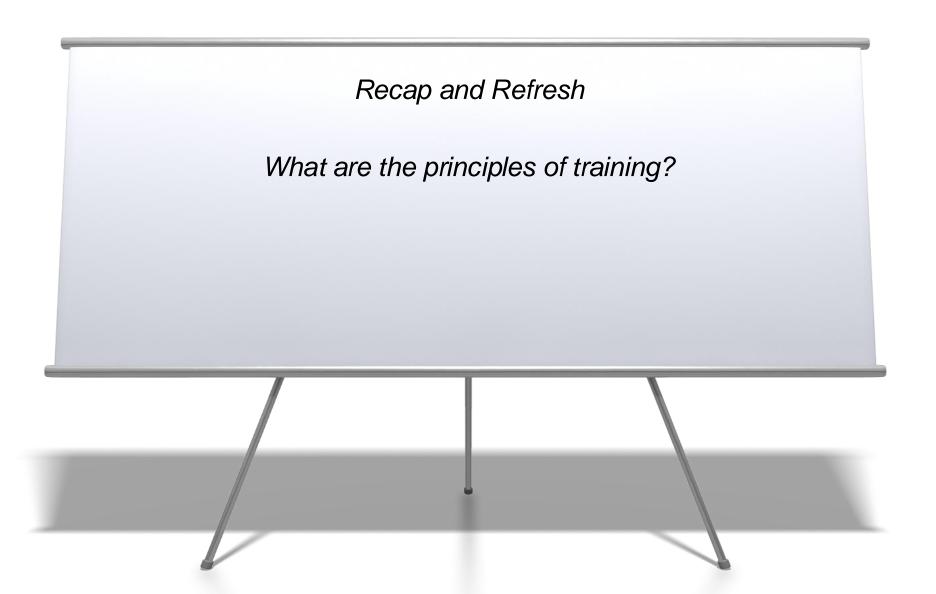


Adapting an exercise referral programme



Unit: Planning exercise referral programmes with patients







- Frequency how often the activity is undertaken (number of times per week)
- Intensity how hard the activity needs to be, the effort
- Time/duration how long the activity needs to be maintained for (single session/bout)
- Type/specificity the type of activity to bring about the desired training effect (e.g. flexibility, muscular strength/endurance, cardiovascular etc.)



- Overload working the body a little harder to bring about the desired benefits
- Adaptation the way the body responds and adapts to the exercise demands
- Reversibility –the loss of training benefits/adaptations when regular activity/exercise ceases
- Progression making an activity or exercise harder (overload)
- Regression making an activity or exercise easier to maintain or sustain the same level of functioning and health (reduce the rate of further deterioration from the condition)



How can the principles of training be modified when goals are not being achieved or when new goals are identified?



- Frequency decrease or increase
- Intensity decrease or increase
- Time/duration decrease or increase
- Type/specificity change, cross train, add variety, different exercises for same muscles, different positions etc



- Overload decrease of increase (FITT principles)
 - Adaptation –the body responds according to the demands
 - Reversibility adaptations will be reversed if activity ceases
 - Overload may be achieved at comparatively lower levels of intensity when a condition worsens
- Progression making an activity harder (overload)
- Regression making an activity easier
 - to maintain the same level of functioning and health
 - reduce the rate of further deterioration from the condition
 - disease progression may mean programme regression



What training systems do you know and use?

Any appropriate or modifiable for use with referred clients?



System examples

Cardiovascular

- Continuous
 - Long slow distance
 - Steady state
- Interval
- Fartlek

Flexibility

- Static
- Dynamic
- PNF

Muscular

- Single set
- Circuit approach
- Multiple set
- Super set



TASK

Choose one or more training systems

- Summarise advantages and disadvantages
- Discuss suitability for referred clients
- Using examples to highlight findings.



Appropriate training systems

- Maintain client motivation
- Promote adherence
- Accommodate specific needs
- Provide variety
- Offer a starting point for exercise
- Offer a means of progression or regression



What programme records would you need to maintain?

Why are these needed?

How would you store these records?



Keeping accurate records

- Client use
- Other instructor use, e.g. cover
- Monitoring and evaluation purposes
- Scheme quality assurance.
- Medico-legal requirement
 - Record any reasons for making changes
 - To keep health professionals informed
 - what changed and state why
- Audit trail
- Legal
- Commissioning





When may you need to share changes to the programme?



Sharing changes to exercise programmes

- Periodical programme reviews
- To seeking additional support and information
- Exit routes
- Session cover, e.g. leave or sickness
- New symptoms present
- Legal
- Commissioning

- GPs
- Multi-disciplinary working
- Other health care professionals,
 e.g. physiotherapist, dietician
- Other instructors, e.g. cover,
- Follow procedures for sharing information, e.g. Confidentiality and informed consent