

YOU Inc Presented – Returning to my ‘new’ normal!

25th February 2017 @ the Nurses Memorial Centre



Keynote Speaker: Dr Catherine Granger PhD PT APAM, Senior Research Physiotherapist @ Royal Melbourne Hospital.

Guidelines of the Presentation

1. Physical Activity (PA) - what is it and how much should we be doing.

Physical Activity is any bodily movement that results in energy expenditure.

Exercise is planned, structured & repetitive

How much PA should we be doing – World Health Organization in 2010 recommend 150 minutes of moderate PA or 75 minutes vigorous PA per week, for the general adult population

Lack of PA is a global health issue: annually costs the healthcare system \$53.8 billion, responsible for 13.4 billion disability life days

**Reduced risk of dying with increased PA, more is better, some is much better than none.*

2 .PA in people with chronic disease, why is it low

People with a cancer diagnosis decrease their physical activity between diagnosis and starting treatment, only a minority of people with a cancer diagnosis meet PA guidelines at diagnosis

Benefits of exercise for cancer: improvements in Fitness, Quality of life, Mood (anxiety and depression), Fatigue, Symptoms, Treatment side effects

3. Exercise after major abdominal surgery – how to recommence exercise and special precautions with stomas

In hospital: commence walking on day of or day after surgery – helps preventing chest infections, shortens hospital stay. Requires good pain relief, promote sitting out of bed during the day, support of a towel or pillow over wound or stoma when coughing and straining, advice from stoma therapy nurse regarding stoma supports, the physiotherapist will assist with abdominal and chest exercises.

4 .Exercise – how to do exercise, where to find support & tips to keep you active

Prior to starting a new exercise speak to your GP, physio or nurse, some people might need a medical assessment first, an individualized program is recommended but not always possible.

Exercise should be individually prescribed taking into consideration – disease, baseline fitness and medical condition. Exercise program can include:

Aerobic cardiovascular, cardio respiratory: walking, jogging, running, cycling, step machine, water aerobics & dancing.

Length: at least 10 minutes at a time, ideally 30 minutes per day. *How often:* at least 5 times a week.

Resistance strength, weights(should be performed initially under supervision) weight machines, hand held weights, gravity, step ups, squats, wall push- ups, and sit ups *Length:* 8-12 repetitions of each exercise, repeat 2-3 times. *How often:* 2 – 3 times a week

Where to access support: *Chronic Disease Management Plan: Referral from GP required, Team Care Management Plan allows access to two allied health professionals with Medicare rebate, Access to 5 paid consultation in a calendar year HARP program post hospitalization, Chronic disease rehab program.

General Advice: Walking is great, make exercise enjoyable, be aware of good/bad days, maintain good hydration, avoid exercise in extremes of weather, look at ways to be more active

* **Exercise is Beneficial, lots of research supporting exercise, GET ACTIVE.**