Increasing Physical Activity in the 65 and Older Population

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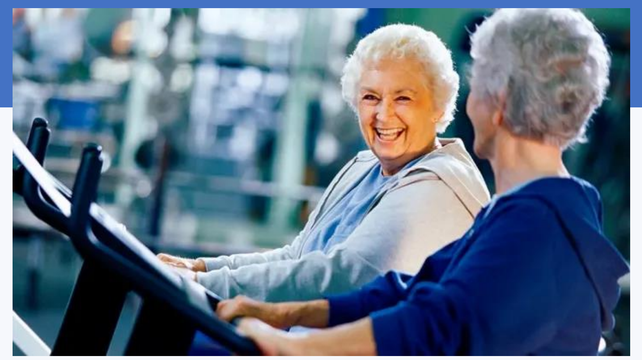


ABSTRACT

- In the United States adults 65 and older do not meet the recommended guidelines for exercise as outlined in the 2018 Physical Activity Guidelines (U.S. Department of Health and Human Resources, 2018)
- Medicine throughout the years has made significant advances and as a result the population is living longer.
- Older adults are developing chronic preventable diseases that require a significant amount of money to manage.
- As of 2020, a total of 16 states reported an adult obesity prevalence at or above 35% while nationwide 41.9% of the US population is considered obese (Center for Disease Control, 2022).
- The annual obesity-related cost for medical care in 2019 was estimated at around $173 billion (Center for Disease Control, 2022).

OBJECTIVES

The purpose of this DNP project is to increase the physical activity, flexibility, and pain levels of the 65 and over population to comply with the CDC's recommendation of 150 minutes per week through a practice quality improvement project.

This change will involve an order for patients to attend a free exercise program, address the medical benefits of PA, address perceived barriers to PA, and provide printed PA written resources including exercises and stretching recommendations for the 65 years of age and older patient population in a Chiropractic office in Southwest Florida.

METHODS

Two group posttest quality improvement project.

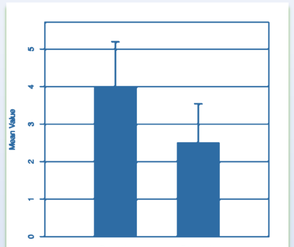
Participants were measured for pain levels, strength and flexibility utilizing a pre and post survey and assessment. Results from the intervention group were compared to those in the current practice group who do not participate in the free fitness class. Descriptive statistic including mean, median, range and standard deviation were utilized for demographic questions. Data was evaluated using either parametric or nonparametric testing based upon sample size to determine statistical significance. The statistical means was evaluated to determine the difference in the intervention group's exercise level, strength, flexibility, perceived barriers, pain levels and self-efficacy as compared to the non-intervention group

RESULTS

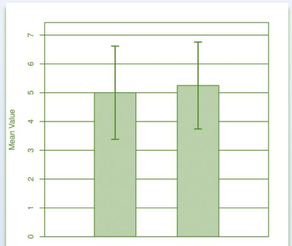
The findings of this project show that incorporating an exercise treatment plan into routine patient appointments which includes a pre-assessment, list of local resources, access to free fitness classes that are specific to the 65 and over population and follow up testing during office appointments is effective in increasing the PA levels of this population. It should also be noted that participants in the IG reported a decrease in barriers to increasing PA and stated that they felt safe and were not afraid of injury during their PA intervention.

There were a total of 26 participants in this study which included fourteen in the IG group and twelve in the CPG. The response and completion rate for both groups was 100%. The participants were predominately female (n = 18, 69.23%). Most of the group reported an income of less than $25 thousand per year ($n$ = 10, 38.46%). Most of the participants were married (n = 13, 50.00%). All participants stated they receive a yearly health exam (n = 26, 100.00%). The most frequently observed categories of Age were 68 and 70, each with an observed frequency of 4 (15.38%). Education of a College Degree was reported highest of all educational levels (n = 12, 46.15%) with employment reported as retired with a part time job (n = 15, 57.69%).

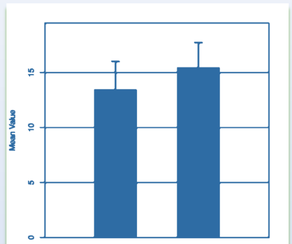
PAIN: IG



CPG



STAND: IG



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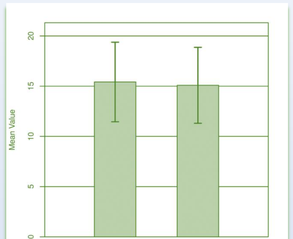
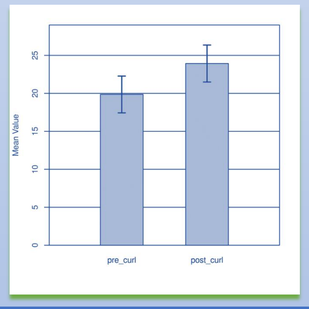


BICEP CURL: IG



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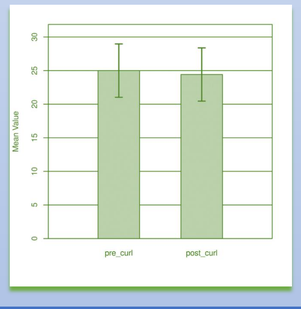
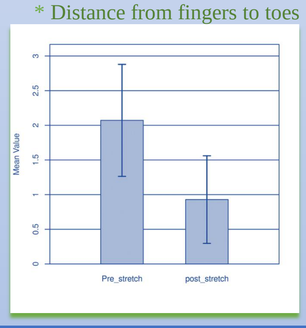


STRETCH: IG

* Distance from fingers to toes



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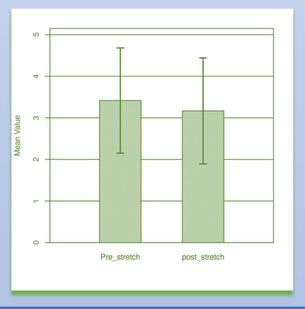

CONCLUSION

The findings of this project show that incorporating an exercise treatment plan into routine patient appointments which includes a pre-assessment, list of local resources, access to free fitness classes that are specific to the 65 and over population and follow up testing during office appointments is effective in increasing the PA levels of this population. It should also be noted that participants in the IG reported a decrease in barriers to increasing PA and stated that they felt safe and were not afraid of injury during their fitness classes.

The fitness site reported that participants are still attending classes three times a week and have brought family members and friends to join them. They have also reported that participants have created a social group for community outings.

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