Relationship Between Physical Activity and Risk of Falls in Elderly of West Marin

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Presenter Information
Chelsey White, Crystal Hunter, Fasha Ruys-solorzano, Nancy Hunt, Shay Mozzetti, Nima Tso, Nicholas Ward, Tony Guevara, Kayla Kinsman, Dolma Tso, Sadaf Sardar, and Halina Truong
Community Assessment Project in West Marin

The Relationship Between Physical Activity and Fall

Chelsey White, Fasha Ruys-Solorzano, Crystal Hunter, Tony Guevara, Kayla Kinsman, Sadaf Sardar, Ha Truong, Nicholas Ward, Nima Tso, Dolma Tso.
Target Population

West Marin elderly residents

- 25% of West Marin population are seniors
- 44% of these seniors live alone
- Falls are the leading cause injuries among individuals over the age of 65
Point Reyes & Inverness

- Food bank
- Weekly Home visits
- Seated Zumba
San Geronimo Valley Community Center

Food Bank
Senior Luncheon
Weekly Home Visits
Background

- 325 square miles of rural area
- 25% of the population are 60+ years old
- West Marin Senior Services
  - Promotes independence
  - Remain in their homes for as long as possible.
- 44% of the seniors of West Marin live alone
  - Half suffer from malnutrition
  - Increases the risk for falls
Since the majority of the seniors in West Marin are living in widely spread out, rural, isolated locations, it is important to implement an exercise regime program where they are able to remain independent.

A seated zumba video was made to encourage an increase of exercise within the comfort of their own homes and to build their strength to prevent falls.
Benefits of Seated Zumba

- It is FUN!
- Fast paced dancing music
- It is safe!
- It is challenging!
- Improves coordination and stamina
- Improves mood and confidence
- Anyone can do it!
Physical Activity

Regular physical activity enhances health and functional status during aging. And also decreases chronic illnesses and functional limitations often assumed to be a part of the aging process.
Healthy People 20/20 Goal:

◆ “to increase aerobic physical activity for at least 150 minutes/week” (Healthy People 20/20, 2012)

Studies have found that increasing physical activity improves health outcomes in persons diagnosed with chronic illnesses and/or functional impairment.

According to the CDC, “millions of Americans suffer from illnesses that can be prevented or improved through regular physical activity” (CDC 2015)
Exercise

Helps build and maintain healthy muscles, bones and joints

➢ Slows the loss of bone density that occurs with age
➢ 150 minutes of moderate intensity aerobic activity weekly can lower risk of hip fracture
➢ Moderate intensity aerobic activity can decrease the risk of falls
Literature Reviews
The purpose of this study was to evaluate effectiveness of an exercise program on health and happiness in a population over the age of 65.

Participants felt they had increased happiness, stamina, strength, functional improvement, improved perceived fitness level, increased motivation and inspiration, improved balance, felt more confident in everyday activities such as gardening, improved social connections. They had a lowered risk of falls and improved quality of life.

Implications for nursing include the possibility for program creation and improved programs related to fitness in the older community.
The purpose of this study was to assess whether physical training could improve the physical capacity of exercise in the elderly and thus decrease the risk of heart failure.

The sample size was composed of 72 individuals who participated in cardiopulmonary exercise tests (bicycle ergometry) to assess several parameters associated with health.

The results disclosed that exercise training improved peak oxygen consumption and ventilatory threshold both in elderly and middle-age patients. Peak carbon dioxide output, minute ventilation, peak heart rate and peak blood pressure increased only in middle-age patients after 4 weeks exercise training.
What Motivates Older Adults to Improve Diet and Exercise Pattern?
By: Bardach, S., Schoenberg, N., & Howell, B

- In the research article, *What Motivates Older Adults to Improve Diet and Exercise Pattern?*, Shoshana, et al. explore different perspectives on older adults’ motivation to bring change in their diet and exercise.

- The study found that perception of older adults, personal motivation, and confidence influenced the participants to change their diet and exercise patterns.

- Implication for nursing: This study can guide the health care provider on how to approach with older adults to make change in lifestyle since the study gives perspective of older adults on their lifestyle changes.
The effect of physical activity on depressive symptoms and quality of life among elderly nursing home residents

By, Canbaz, M., Lok, N., Lok, S. (2017)

- A randomized controlled trial of a sample size of 80 individuals consisting of ages 65 & older.
- 10-week “Physical Activity Program"
- Purpose: Exercise program effects on the depressive symptoms and quality of life
- Physical Activity Program consisting of 10 minute warm-up activities, 20 minutes rhythmic exercises, 10 minute cool-down exercises, and a 30 minutes free walking period on four days of the week.
- Results of the study concluded that physical activity programs positively impact depressive symptoms and quality of life in the aging population among the participants.
- This study recommends that in order to prevent chronic diseases and enable the aging population to maintain a higher quality of life, nurses and other healthcare professionals working with this population need to establish routine physical activity programs.
1 year long physical activity program with 123 sessions over 52 weeks

**Sample size** of 120 elderly women from ages 60-65 and ages 65 and older

**Purpose**: To identify the effects of physical activity on elderly women based on age groups.

**Method**: 4 physical assessments based on Grip Strength (A1), Sit & Reach Test (A2), Static balance (A3), dynamic balance (A4)

**Results**: The group 60-65 yrs old showed more benefits from the program by exerting less effort. On the other hand, women older than 65 years of age needed more time to complete each exercise to benefit from the exercise.

**Overall**: The physical activity had an impact on changing the decline in physical ability involved with aging.
The aim of this research is to gain an insight into the relation between daytime activities and the independence of the elderly.

Day-care activities therefore are a powerful intervention to assure that vulnerable elderly people can continue living independently at home for a longer time.

Day-care activities are an essential intervention to ensure that elderly individuals who are considered vulnerable can continue living independently at home for longer periods of time, concluding that if day-care activities were not offered as much or not at all, frail elderly and their partners will become even more vulnerable, which could potentially lead to more disabilities, acute admissions, and deaths.
Need-Based Assessment

**Point Reyes Dance Palace**
- Aikido Tuesdays 6-7.30 PM
- Floating Island Sangha Weds 7-8 PM
- Pilates Tues/Thurs 8-9 AM
- Ping-Pong Mon 7:30-9:30 PM
- Tai Chi & Qigong Friday 10:30-11:30 AM
- Tai Chi Chuan Sunday 8:30-10 AM
- Zumba Mon Thurs 6-7 PM
- Exercise for Life 11:15-12:15 PM
- Seated Zumba Thursday 11:30-noon
- Gentle Pilates Tuesday 9:30-10:30 AM
- Yoga Mon, Weds, Fri, Sat

**San Geronimo Valley Community Center**
- Performing arts programs
- Monthly visual arts shows & galleries
- Community gym
- Tai Chi
- QiGong
- Yoga
- Ping-Pong Thursdays 1 PM
Nursing Diagnosis

Risk for falls among seniors living in West Marin related to decreased mobility, loss of muscle mass, and decreased balance as evidenced by increased use of assistive devices when ambulating, unsteady gait, and history of falls within the community.
➢ Increase the number of days per week that West Marin seniors perform the seated Zumba exercises from one day per week to most days of the week.

➢ Increase strength, mobility, and balance among West Marin seniors who participate in the seated Zumba project.

➢ Reduce risk of falls among West Marin seniors participating in the seated Zumba project.

➢ Increase exercise-related endorphins and reduce depression among West Marin seniors participating in the seated Zumba project
Nursing Interventions

**Primary prevention:** To reduce the risk of falls by educating this particular population about the many benefits that can be attained when exercise is introduced into their daily lifestyle.

**Secondary prevention:** Is screening those in the population who are at highest risks for falls.

**Tertiary prevention:** Is targeting those in the population who have already had a fall and are immobile and are at the highest risk for a repeat fall.
Implementation

- Oral presentation on the benefits of exercise and seated zumba were given to the community
- Discussion of the seated Zumba DVD project
- Encouraged the community to participate and give feedback
- Names of participants were collected for evaluation purposes

Distribution

- Point Reyes
  - 25 seated Zumba DVDs
- San Geronimo Community Center
  - 35 seated Zumba DVDS
Questionnaires for benefit of seated-zumba in West Marin seniors:

West Marin Location:
- San Geronimo Valley
- Point Reyes Station

1) Age:
- 65-75
- 76-85
- 86-95
- 96-105

2) Did you have a history of falls before seated zumba?
- Yes
- No
- If yes, (how many times)__________________

3) Did you attend the seated Zumba class offered at the Dance Palace?
- Yes
- No

4) Would you be willing to use this DVD?
- Yes
- No
Questionnaires for benefit of seated- Zumba in West Marin seniors: continued...

5) On average, how many minutes do you perform seated Zumba for a session?
   - 10 minutes
   - 20 minutes
   - 35 minutes

6) How effectively does the seated Zumba-DVD motivate you to exercise at home?
   - Strongly agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree.

7) How helpful was the seated Zumba DVD in increasing your strength and balance?
   - Very helpful
   - Helpful
   - Neutral
   - Not helpful
   - Not helpful at all

8) Have you fallen since you started using the seated Zumba DVD?
   - Yes
   - No
   If Yes, how many? _________
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