

Encouraging Patients to Keep Active

Mike Holwill, Mary Andrews and Rachel Tarrant

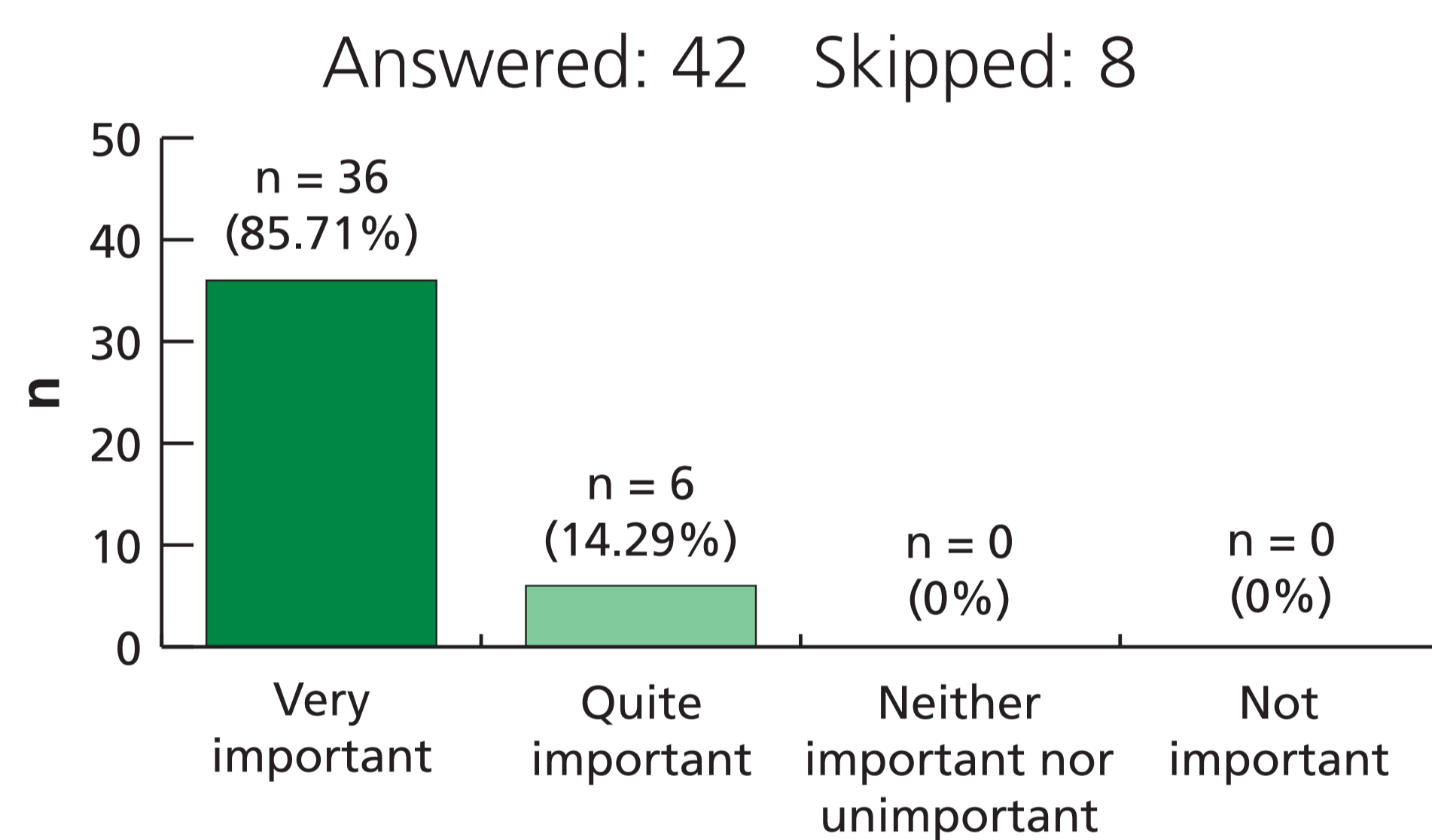
Background

Current research suggests that a program to improve physical fitness before surgery reduces the chance of complications after surgery^{1,2}. Patients are advised to keep active whilst waiting for a liver transplant but no further support is given.

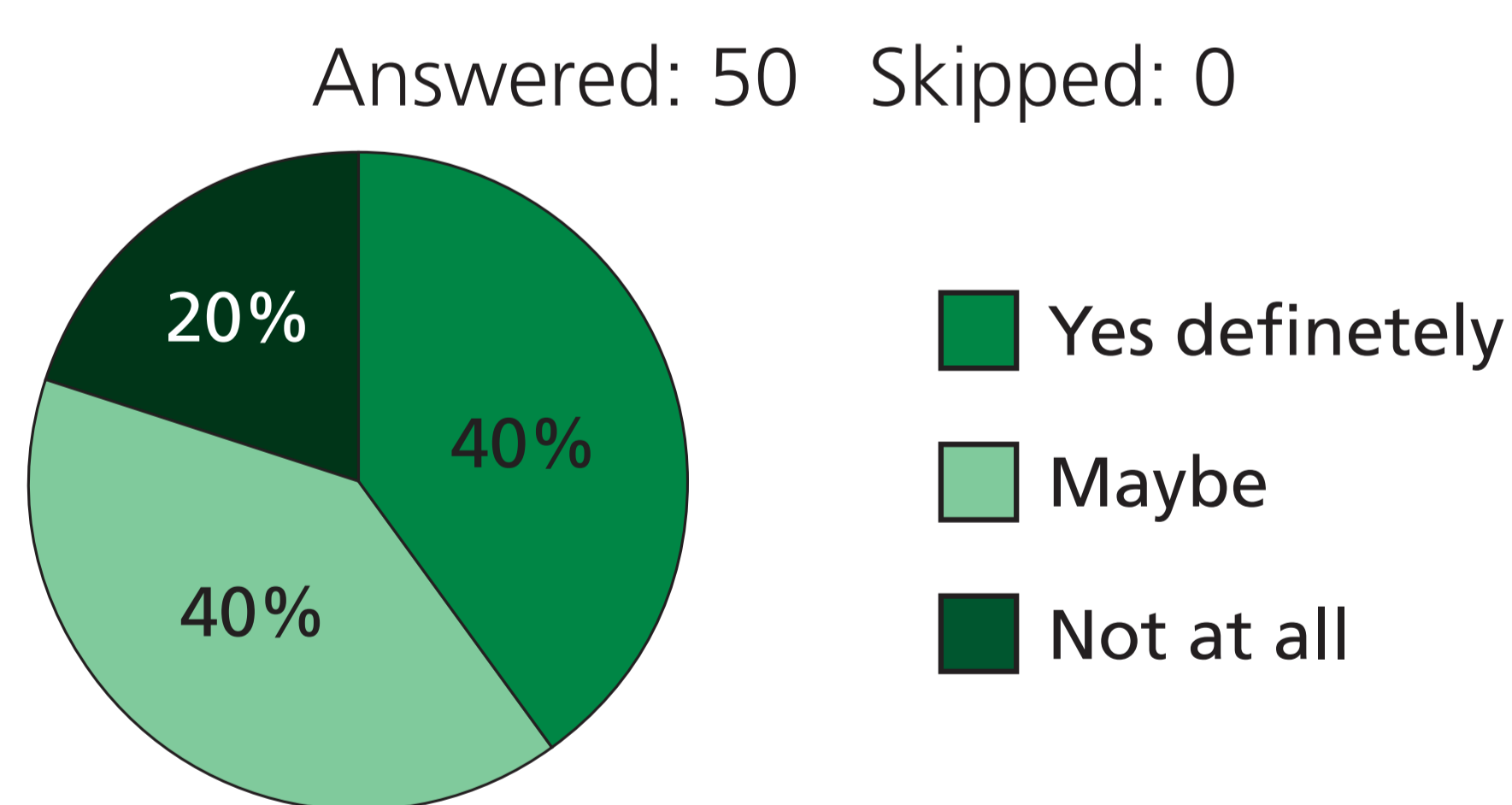
Current patient opinion

50 patients were surveyed in clinic about their attitude to activity and how an activity journal could look.

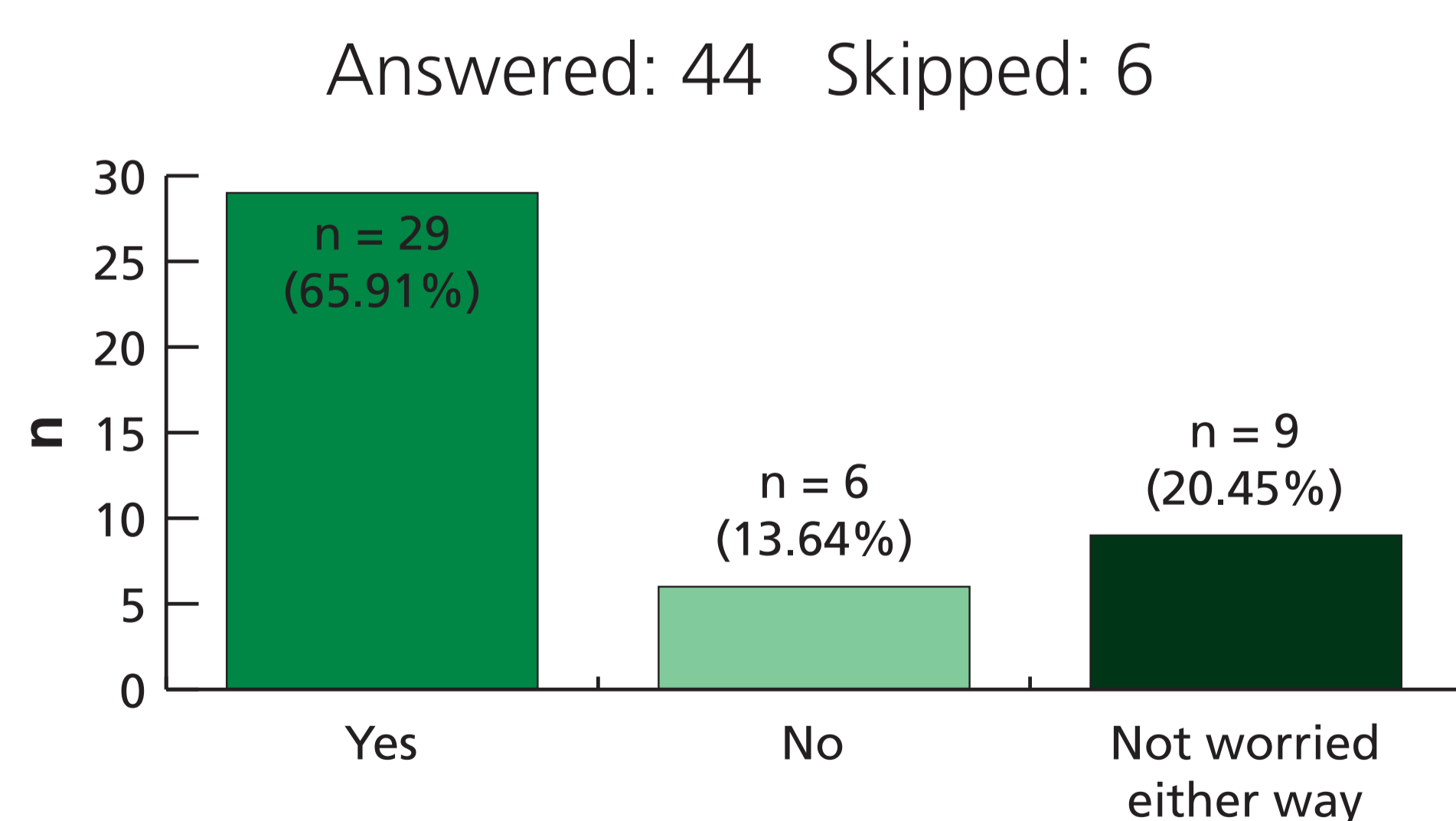
How important do you think exercise is whilst waiting for a liver transplant



Would an exercise / activity journal be something you would like to try?



Would you like pictures and diagrams



Responding to patient demand

- ◆ We have developed a new booklet offering support to patients on the transplant list
- ◆ This suggests suitable exercise
- ◆ It includes an exercise journal to record and see progress

Keeping active on the liver transplant list
including a daily activity journal
Information for patients

Shoulder raises - one arm at a time

- Sit upright in a chair or stand with your feet slightly apart and your arms by your sides
- Keeping your arm straight, slowly raise it in front of you to shoulder level
- Hold for a count of 5 and slowly lower down to your side again

Sit to stand

- Sit on a dining room chair
- Stand up and sit down. Try not to use your arms if possible

My daily activity diary
Use this space to record your activity each day

	Day 1		Day 2		Day 3		Day 4	
	Number	Score	Number	Score	Number	Score	Number	Score
Bicep curls								
Leg raises								
Shoulder raises								
Sit to stand								
Heel raises								
Overhead arms								
Side leg lifts								
Wall press-ups								
Squats								
Cardiovascular Activity - time and type								

How was this weeks' activity?

Week Commencing:

	Day 5		Day 6		Day 7	
	Number	Score	Number	Score	Number	Score

Exercise Scale (Score)

0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	Hard
7	Really Hard
8	Really Hard
9	Really Hard
10	Maximal, just like my hardest exercise

The Future

- ◆ The booklet will be ready for the autumn 2016
- ◆ It will be available online on our website
- ◆ The Physiotherapy team is increasing input in patient care
- ◆ We have plans to develop a matching iPhone app

References

1. Lemanu DP, Singh PP, MacCormick AD, et al. Effect of preoperative exercise on cardiorespiratory function and recovery after surgery: a systematic review. *World J Surg* 2013; 37:711-720
2. Jones, L. W., Peddle, C. J., Eves, N. D., Haykowsky, M. J., Courneya, K. S., Mackey, J. R., Joy, A. A., Kumar, V., Winton, T. W. and Reiman, T. (2007), Effects of presurgical exercise training on cardiorespiratory fitness among patients undergoing thoracisurgery for malignant lung lesions. *Cancer*, 110: 590-598. doi:10.1002/cncr.22830



The liver transplant team are here to help you through the transplant journey. Please feel free to contact us on:
Telephone: 0113 206 6585
or email: leedsth-tr.livertransplant@nhs.net