



## Procedure

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### EXERCISE PHYSIOLOGY / EXERCISE REHABILITATION GROUP

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#### **Definition / Description:**

Individual assessments and supervised exercise classes for people with chronic health conditions and complex needs who require exercise rehabilitation.

The provision of quality clinical care and management to clients of the Community Rehabilitation Program (CRC) and the Hospital Admission Risk Program – Chronic Disease Management (HARP-CDM).

#### **Personnel able to perform procedure:**

- Exercise Physiologist, Grade Two (2) / Grade One (1).
- Supervised Exercise Physiology Students are able to assist.
- Allied Health assistants under the supervision of an Exercise Physiologist.

#### **Expected Outcomes:**

- Clients gain a better understanding of how to manage their health condition and rehabilitate through exercise.
- Clients demonstrate a measurable physiological gain.
- Evidence based health and exercise information is provided to clients.
- Clients will be able to make informed health, fitness and lifestyle choices during their rehabilitation period and beyond.
- Clients in rehabilitation have the opportunity to form social support networks that may persist following their rehabilitation period.
- Appropriate and timely referral made to other health services where required.

#### **Equipment:**

- Trundle wheel.
- Fixed weight rubber coated dumbbells 0.5kgs – 6kgs.
- Adjustable 20 kg dumbbell set in carry case.
- Fixed leg weights 0.5 kgs – 3kgs.
- Adjustable leg weights 0.5 kgs – 10kgs.
- Stationary Bikes with accommodating wind resistance.
- Graduated resistance exercise bands- assorted lengths and colours.
- Exercise balls.
- Balance foam.
- Stop watch.
- Steps.
- Heart rate monitor.
- Scales.
- Measuring tape.
- Grip Strength Dynamometer.
- Treadmill.
- Stepper.

### **Process Standards:**

#### Enrolment

- New referrals are added to the Exercise Physiology waiting list located in the Community Rehabilitation team office.
- The 'Exercise Physiology Pathway' (*Annex 1*) will be used as a quick reference guide for the procedure.
- An 'Exercise Rehabilitation Group' brochure is provided to clients who plan to attend the group.
- If deemed necessary medical clearance is obtained prior to the client starting any objective assessment.

#### Group Administration, Structure and Format

- Allied Health Assistant (and/or Exercise Physiologist) sets up the physiotherapy gym area prior to class commencement.
- Short consultation with each client prior to starting the class to check for recent changes / events.
- 45 minute individualised exercise programs undertaken followed by a 15 minute stretching routine as a group completed by Exercise Physiologist (and/or Allied Health Assistant).
- At the conclusion of the class, the Exercise Physiologist will address any individual questions clients may have, clean and pack away equipment.
- Following Exercise Rehabilitation Group clients are provided a chit card to present to front reception and pay the \$4 cost of the class. Clients can attend 1 - 2 Exercise Rehabilitation Group sessions per week and clients are charged \$4 per service.
- Following class case records are completed on Exercise Rehabilitation Group attendance sheet and in the progress notes if a more detailed entry is required.
- Attendance recorded on stat sheet and returned to administration staff to enter in HMS.

**Annexes:** 1. Exercise Physiology Pathway.

**Related AWH Documents:** Exercise Rehabilitation Group Brochure.  
Exercise Rehabilitation Group Attendance Sheet – MR331.  
Exercise Physiology Assessment Form – MR330.  
Position description, Exercise Physiologist (Grade 2).

**EQulP Standards:**

**Other Relevant Information:**

**References:**

**Contact Point:** CRC Coordinator, Exercise Physiologist, Grade 2.

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## Exercise Physiology Pathway

### Referral:

- Must be screened by single point of entry if not from within the CRC program.
- Details placed on Exercise Physiology waiting list upon receipt of referral.
- Client added for next Exercise Physiology review meeting upon receipt of referral.
- Client contacted within 5 working days after receiving referral to schedule initial Exercise Physiology assessment.

### Initial Assessment:

- Conducted using Exercise Physiology assessment form.
- Used to record baseline outcome measures.
- Care plan and goals developed and faxed to GP and copy provided to client.
- Signed consent taken from client to liaise with other key parties.
- Exercise program developed based on goals and needs assessed.
- Estimated date for discharge documented.
- Brochures- Group, CRC, privacy and compliments with contact details.
- Client admitted to Exercise Physiology +/- CRC on HMS.
- Referrals made to other services if a need identified.

### On Program:

- Client commences Exercise Rehabilitation Group or 1:1 Exercise Physiology appointments.
- All appointments documented in clients file with key findings and future actions planned.
- Exercise Rehabilitation Group attendance sheet updated in file each group session.
- Exercise program reviewed and updated each session so progress can be tracked.
- Programs run from 1-12 weeks depending on a client's needs, goals and circumstances.
- Progress towards goals reviewed and documented each session.
- Each clients file reviewed at Exercise Physiology meeting once per month. Home exercise program established to run concurrently with Group or 1:1 appointments.
- Home visit offered to help establish home based exercise routine.

### Mid Program Assessment:

- All outcome measures and progress towards goals re-assessed.
- Completed for all programs running 8-12 weeks.
- Progress report provided to referrer via any means.
- Summary of assessment and plan documented in file.

### Final Assessment:

- All outcome measures re-assessed in 1:1 appointment.
- Progress towards goals assessed, referrer informed if no changes made or client declined.
- Future exercise plans discussed and information provided on suitable community groups.
- Client offered assistance to attend their first community group session.
- Ongoing referrals made to community groups when required.

### Post Review and Exit:

- Made to coincide with next Exercise Physiology review meeting.
- Phone review made to follow up clients exercise maintenance plans.
- Telephone health coaching provided and new goals discussed.
- Measure uptake in community groups or home exercise program.
- Discharge summary completed and sent to GP and other key parties.
- Client discharged from Exercise Physiology on HMS.
- File closure finalized and given to admin to file in records.
- Final update provided to referrer via any means.