acpin
Connecting knowledge and practice

Kensington & Chelsea
BUSINESS AWARDS 2018
WINNER

LEGS
LOCAL EXERCISE GROUPS
FOR STROKE & NEURO CONDITIONS

London ACPIN evening lecture:
Implementation of Telehealth & Neuro rehabilitation

Sarah Sparkes- Physiotherapist

22nd June

What we did pre COVID-19

- LEGS is a charity providing neurological rehabilitation, social support & education for those living with a neurological condition
- LEGS provided a physio led 60-minute group exercise circuit class with a 30-minute discussion session
- Sessions ran on a Monday and Tuesday, 15.15-16.45pm in a private studio Kensington & Chelsea/ Westminster border
- Accepted self referral or health care professional
- 10 participants to a class
- £5 per session - £60 upfront for 12 consecutive sessions

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What platform should we use?

Will participants work as hard as they do in the studio?

Can we have participants not muted to allow for more discussion?

How do we keep everyone safe ?

How do we ensure we don't increase carer strain / burden?

Will our participants manage the technology ?

How can we ensure group is user friendly for participants with aphasia & cognitive difficulties ?

Which outcome measures can we collect virtually?

How can we reduce risks of shielding & isolation?

What we are doing now with COVID 19 adjustments?

- Consent form for Zoom, what's app support group
- Safety tips/ recommendations for exercising online sent to all participants
- What's app group guidance
- Emergency policies adjusted for virtual classes
- IT support from LEGS team to set up Zoom & what's app

- 1:1 assessment completed via physio on Zoom
- Visual set up/ where to exercise/ equipment to use
- Subjective history clarified
- Objective assessment. & outcome measures
- Movement screening/ analysis – setting up particular exercises for class
- 12 participants max per class

Outcome Measures

Studio OM January 2020

LEGS MOVE

- SFSIS (short form stroke impact scale)
- 5 STS
- TUAG (timed up and go)- secs
- Functional reach – cm
- Tandem – secs R & L
- SLS – secs R& L
- 2 minute walk - m walked

Zoom OM April 2020

LEGS MOVE

- EQ5D5L
- 30 sec STS
- 360 degree turn – secs & steps R & L
- Tandem –secs R &L
- SLS- secs R & L

LEGS EXTRA:

- As per LEGS MOVE
- Modified Clinical Test of Sensory Integration in Balance (CTSIB-M)
- Weight lifted for weights stations

LEGS REACH:

- ARMA
- Motor Activity Log
- Motor Assessment Scale
- Photo screen shots with electronic goniometer

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Discussion Sessions over Zoom

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May: App of the Week

- Clock yourself : @clockyourself
- REPS : Recovery for Stroke Exercises : @kscriv2013
- CALM – tied in with Mental Health Awareness week : @calm
- Apple Health & Google Fit

June: #MovemoreinJune

- Physical Activity Guidelines (2019)
- Move more month calendar
- Stroke Association Stroke Assembly Physical Activity
- Active 10 app

Helix Centre

NHS Central and North West London NHS Foundation Trust

What else have we done through a virtual platform ?

- Daily what's app contact Mon – Fri
- All team meetings
- Charity trustee meetings
- Journal club with LEGS physios & graduate physiotherapists
- Focus group with CWL Healthwatch re COVID 19 experiences of participants
- 1:1 peer support
- Grant / research proposal meetings
- Collaboration with @Camden_neuro
- Clinical education for Brunel physio students
- Pub quiz social with participants & their families

healthwatch

Edward Harvist TRUST

Reflection on telehealth experiences

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Positives

- No drop outs
- Supported aphasic and cognitively impaired participants ++ to allow participation
- Positive physical changes being seen
- Adherence very high / less DNA's than studio
- Increased intensity - many participants doing more than one session a week now
- No clinical incidents
- Virtually we can do more than we ever thought just need to be creative
- Many participants now using Zoom for socialising with friends and family

Difficulties/ Challenges

- Time for set up – IT support
- Broadband width - freezing / drop outs
- Not optimal set up despite instruction
- Progressing - equipment costs / increased challenge ? more risk
- Orthotics
- Music
- Many free virtual exercises available

Biggest reflection: We will keep some ONLINE classes going forward post COVID

Participants feedback on Telehealth sessions

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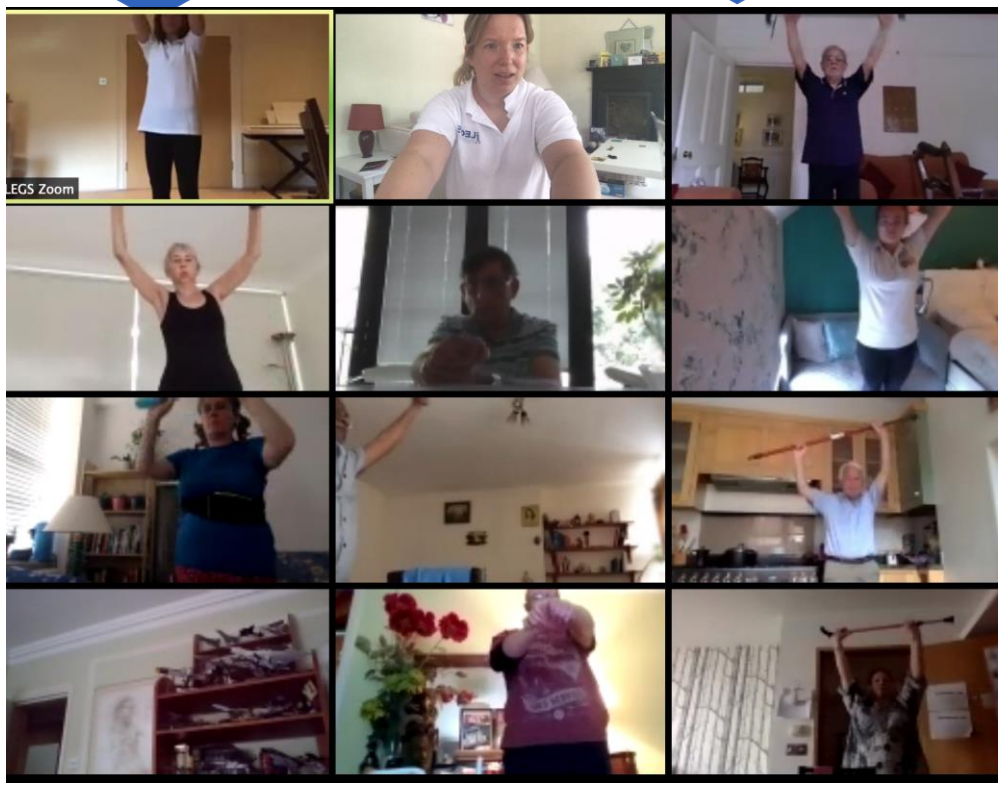
"Fantastic to continue to exercise as part of a community, I love seeing the others in the group and would have not exercised twice a week without my LEGS family"

" The Zoom classes are the highlight of my week we work hard but have fun!"

I have loved the groups and felt motivated by all to do more.

"I did not know I could run and jump . A big THANK YOU to LEGS Extra"



" I would not have survived lock down without the LEGS classes"

"Shielding would have meant deconditioning , isolation, and loneliness but with the support of LEGS I feel stronger, connected & supported "

"Easier to access then some of the hospital systems & so nice to exercise in a group"

" The education & discussion sessions have taught me more about my condition & what I can do to help manage it"

"The what's app group has been a great plus to the zoom classes - Up Sally Down Sally squat challenge has become a firm favorite - which I do with my family over zoom now "

I work harder on Zoom, I think it is the fact everyone can see me all the time !

I feel my balance has improved and confidence has soared with the support via zoom classes

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