Lets Get Moving!

Domenique Ivone BSN, RN
Brisa Consoletti BSN, RN
2-3-B is a 28 bed, all male locked acute psychiatric Unit
Veterans are not allowed outside of the unit
Provides care for veterans with a variety of mental disorders as well as detoxification from various substances
There are many group therapies offered to veterans on this unit by Psychology, Social Work and OT, however; there is currently nothing geared towards physical activity
Physical activity has been recognized as a key component of a holistic approach to recovery within mental health services, with the potential benefits ranging from a reduction in symptoms to an improvement in service engagement and utilization (Rosenbaum et al., 2014).

Physical activity is a broader concept than exercise and encompasses exercise as well as non-exercise interventions including yoga, tai chi, and exercise counseling (Rosenbaum et al., 2014).
The VHA developed and disseminated the MOVE! Weight Management Program for Veterans in 2006 to address the need for evidence-based weight management treatment (Kahwati et al., 2011).

MOVE! Uses a comprehensive, evidence-based, tiered approach that includes diet and physical activity counseling combined with behavioral modification strategies (Kahwati et al., 2011).
Interventions Implemented

* 30 minute exercise program taking place three times a week in the unit dayroom
* Exercises consisting of a combination of arm, leg, and core exercises modified for those with physical limitations
* Open based discussions on educational MOVE! VA program handouts
* Music incorporated into the exercise program
* Turning off unit TV and computer in dayroom for 30 minutes
* N: 14
* Pre-Test survey administered prior to the exercise program
* Post-Test survey administered immediately after completion of the exercise program
* March 2015 – April 2015
<table>
<thead>
<tr>
<th>TIME</th>
<th>TITLE</th>
<th>DESCRIPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-9:35</td>
<td>Intro/ Pre Test</td>
<td>Cross Arms x2&lt;br&gt;Neck Rotations x2&lt;br&gt;Behind the Head x2&lt;br&gt;Toe touches x1&lt;br&gt;Straddle x2&lt;br&gt;Pike x1&lt;br&gt;Butterfly x1&lt;br&gt;Cross Body x2</td>
</tr>
<tr>
<td>9:35-9:45</td>
<td>Stretches</td>
<td></td>
</tr>
<tr>
<td>9:45-10:15</td>
<td>Cardio Circuit</td>
<td>Jumping Jacks x25&lt;br&gt;Crunches x25&lt;br&gt;Squats x25&lt;br&gt;Plank x30 seconds&lt;br&gt;Pushups x5&lt;br&gt;Switch Lunges x10&lt;br&gt;Windshield Wipers x20&lt;br&gt;Russian Twists x25</td>
</tr>
<tr>
<td>10:15-10:30</td>
<td>Cool Down</td>
<td>Thigh Stretch x15 seconds&lt;br&gt;Alternate thigh muscles stretch x15 seconds&lt;br&gt;Shoulder and neck stretch x15 seconds&lt;br&gt;Post-Test</td>
</tr>
</tbody>
</table>
Participants

* Male Veterans of all ages
  * Exercises modified for each veterans individual limitations
* Psychiatric diagnoses including but not limited to: schizophrenia, bipolar disorder, alcohol use disorder, substance use disorder, depression, and PTSD
LETS GET MOVING PRETEST

1. I am currently experiencing anxiety or agitation.
2. I am currently experiencing depressed thoughts.
3. I have the resources available to me now to be physically active.
4. When I become agitated, I feel as though I can distract myself by being physically active.
5. I understand the importance of a healthy lifestyle and being physically active.
6. I feel motivated to make healthy lifestyle choices and to become physically active.

LETS GET MOVING - Post Test

1. I am currently experiencing anxiety or agitation.
2. I am currently experiencing depressed thoughts.
3. I have the resources available to me now to be physically active.
4. When I become agitated, I feel as though I can distract myself by being physically active.
5. I understand the importance of a healthy lifestyle and being physically active.
6. I feel motivated to make healthy lifestyle choices and to become physically active.
I am currently experiencing anxiety or agitation.

Pre Test
- Agree: 58%
- Disagree: 28%
- Neutral: 14%

Post-Test
- Agree: 28%
- Disagree: 14%
- Neutral: 58%
I have the resources available to me now to be physically active.

Pre-Test
- Agree: 65%
- Neutral: 14%
- Disagree: 21%

Post-Test
- Agree: 72%
- Neutral: 21%
- Disagree: 7%
When I become agitated, I feel as though I can distract myself by being physically active.

Pre-Test
- Disagree: 0%
- Neutral: 36%
- Agree: 64%

Post-Test
- Disagree: 0%
- Neutral: 29%
- Agree: 71%
There was a 30% reduction in agitation following a 30 minute inpatient exercise program.

There was a 7% increase in individuals who felt they could distract themselves with physical activity when they become agitated.

There was a 14% increase in veterans who felt they had the resources available to them now to be physically active following exercise.
Limitations

* Incompletion of post-survey as Veterans were interrupted during exercise program
* Environment unconducive to exercise such as limited space and required movement of weighted furniture.
* Unpredictable psychiatric behavior resulting in poor adherence
* Confusion regarding Likert scale for pre/post Test
* Veterans motivation and compliance
* Unpredictable size of group
Recommendations

* Train additional staff to implement exercise program
* Incorporate exercise program into weekend unit schedules
* Pedometers for Veteran use at request
* Access to recreation center when open
* Educate providers on MOVE! VA outpatient services to offer to Veterans upon discharge
Veterans experienced a decrease in agitation following the completion of a 30 minute exercise program.

Exercise has proven to be a positive outlet for Veterans with a mental illness.

Utilizing appropriate holistic measures and working with the inter-disciplinary team is crucial in providing positive outcomes for the Veterans.
Thank You for your support!

* Judith Wendt
* Mary-Joyce Lanoue
* MaryBeth Harrington
* Donna Glynn
* Elaine Alligood
* 2-3-B Staff

* Special Thanks to James Hixon for his ongoing guidance throughout our residency