

Exercise Rx

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Learning Objectives and Timeline for Today

- Review health benefits of physical activity for broad range of people
- Discuss how to assess a patient's physical activity and use their input to write an Exercise Rx
- Practice some cases in breakout groups
- Make your own Exercise Rx Template
- The Why ~ 5 minutes
- The How ~ 10 minutes
- Cases in breakout rooms 15 minutes
- Discussion of cases 10 minutes
- Log into Cerner and make a template ~ 5-10 Minutes
- Time for Questions ~10 minutes

The Why?

- Kids
- Teens
- Young Adults
- Pregnant Women
- Older Adults
- Special Populations

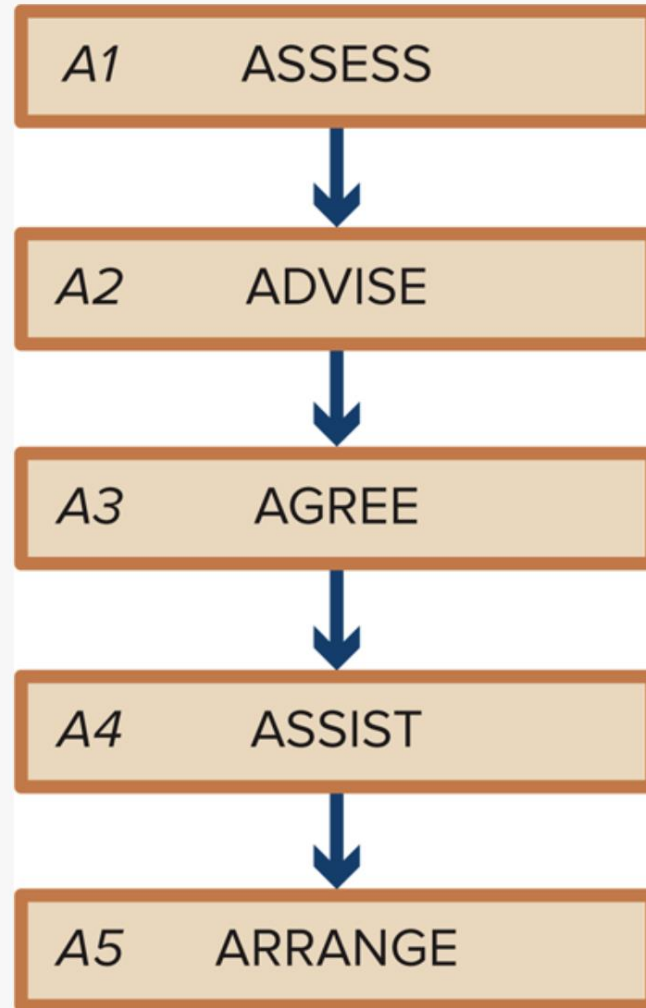
The How

- Start with assessing the patient's physical activity- Exercise as the 6th Vital Sign!
- Consider how to counsel the patient about the benefits of exercise- what is most likely to motivate them?
- Use Motivational Interviewing!
- Meet them where they are, don't be judgmental, and be realistic.
- Ask about barriers and help troubleshoot
- Agree on a realistic plan and write it down – PRESCRIBE IT!

The How

FIGURE 3.3

The 5As model of behaviour change



Source: Peter Brukner, Karim Khan: *Brukner & Khan's Clinical Sports Medicine*, 5e
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The How

- The classic exercise R_x has four components, which can be abbreviated by the acronym FITT:
 - frequency
 - intensity
 - time
 - type.
- We credit the American College of Sports Medicine's, *ACSM's Guidelines for Exercise Testing and Prescription*, and extend this with two additional components:
 - volume
 - progression.
- FITT-VP is a useful memory aid; however, it may not be the most effective order to follow in the actual exercise R_x process.

The How

- Type
- Time (length)
- Intensity
- Frequency
- Total Volume
- Progression

Case 1

- 67-year-old man with PMHx of HTN, HLD. Comes in for a follow up, has had labs done. His A1C is now 6.0. Vitals today: BMI 35, BP is 148/80. He is on losartan 100 mg, amlodipine 10 mg, and atorvastatin 40 mg. Lipids well controlled. Electrolytes, kidney function, and LFT's are WNL. He additionally has history of osteoarthritis in his knees. He is retired and on a fixed income with social security. He has not exercised regularly in years.
- How do you counsel him about exercise is medicine? What health benefits might you highlight to help motivate him? What barriers do you anticipate he will have to regular physical activity?

Case 2

- 55-year-old woman with past medical history of tobacco use, now in remission, fibroids and hysterectomy about 15 years ago who comes in to establish care. She works as an office manager at a law firm, and is under a lot of stress. Her mother has recently been diagnosed with dementia. She used to exercise regularly, but with work stress and having to help her mom more recently, she has not been exercising regularly.
- How do you counsel her about exercise is medicine? What health benefits might you highlight to help motivate her? What barriers do you anticipate she will have to regular physical activity?

Case 3

- 24-year-old male comes in for a check-up. He has been your patient since he was a teenager and is finishing up college. He played soccer in high school and had an ACL tear and reconstruction while he was playing intermural soccer in college. He has no other health problems but notes he has not been very active since the ACLR 2 years ago. He is getting ready to start a job at Sandia Labs as he just finished a masters in engineering. He says he has gained about 40 lbs in the past 2 years, and his body mass index is now 28. He has never had labs done to check his cholesterol or blood sugar.
- How do you counsel him about exercise is medicine? What health benefits might you highlight to help motivate him? What barriers do you anticipate he will have to regular physical activity?

Case 4

- A 35-year-old female comes in to have her Mirena taken out. She recently got married and says she and her partner want to have kids. She does hot yoga about 2 days per week. She used to exercise more, but since meeting her husband 2 years ago, neither of them have been as active as before they met. She has history of anxiety and depression when she was in college but has been stable the last 10 years or so. She is not taking any prescription medications but takes a biotin supplement when she remembers.
- How do you counsel her about exercise is medicine? What health benefits might you highlight to help motivate her? What barriers do you anticipate she will have to regular physical activity?

Your Exercise Rx Template

- Log into Cerner, and you can steal mine, or create your own.
- Mine is : .erx
- Start using in clinic!
 - MA's should be updating PA in Cerner during intake
 - Look for any kind of motivation/reason to bring it up as treatment for their medical conditions
 - Use the Patient Instructions as a place to put the Rx

*Performed on: 12/19/2022 1142 MST

Demographics

Histories

Family History - BH

Family Status

Home/Family

Education/Employment

Sexual Orientation

OB/GYN History

Male History

Procedure/Surgical

Past Medical History

Social History

Selecting this field AND clicking on "Mark all as Reviewed" below indicates Social History was reviewed and/or no changes reported since the last visit. Reviewed So

Mark all as Reviewed

Social

+ Add Modify Display: All

| Category | Details | Last Reviewed |
|-------------------|---|---------------|
| Alcohol | Past, Wine, 1-2 times per month | |
| Employment/School | Retired | |
| Exercise | Exercise frequency: Never. Self assessment: Fair condition. | |
| Home/Environment | Lives with Alone. Living situation: Home/Independent. Home equipment: CPAP/BiPAP. | |
| Substance Abuse | Never | |
| Tobacco | None (never smoked) | |

References

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