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1) Purpose

To promote and improve levels of physical activity in lower limb amputees at The Oxford Prosthetics Centre

2) Rational

- A collaboration in April 2018 between the Oxford Prosthetics Service and Sport and Exercise Medicine team to promote physical activity
- Lower limb amputees have a greater risk of morbidity and mortality and high rates of physical inactivity
- Well documented evidence that Physical activity improves; physical function, cardiopulmonary function, quality of life and reduces the risk of falls in lower limb amputees

3) Method

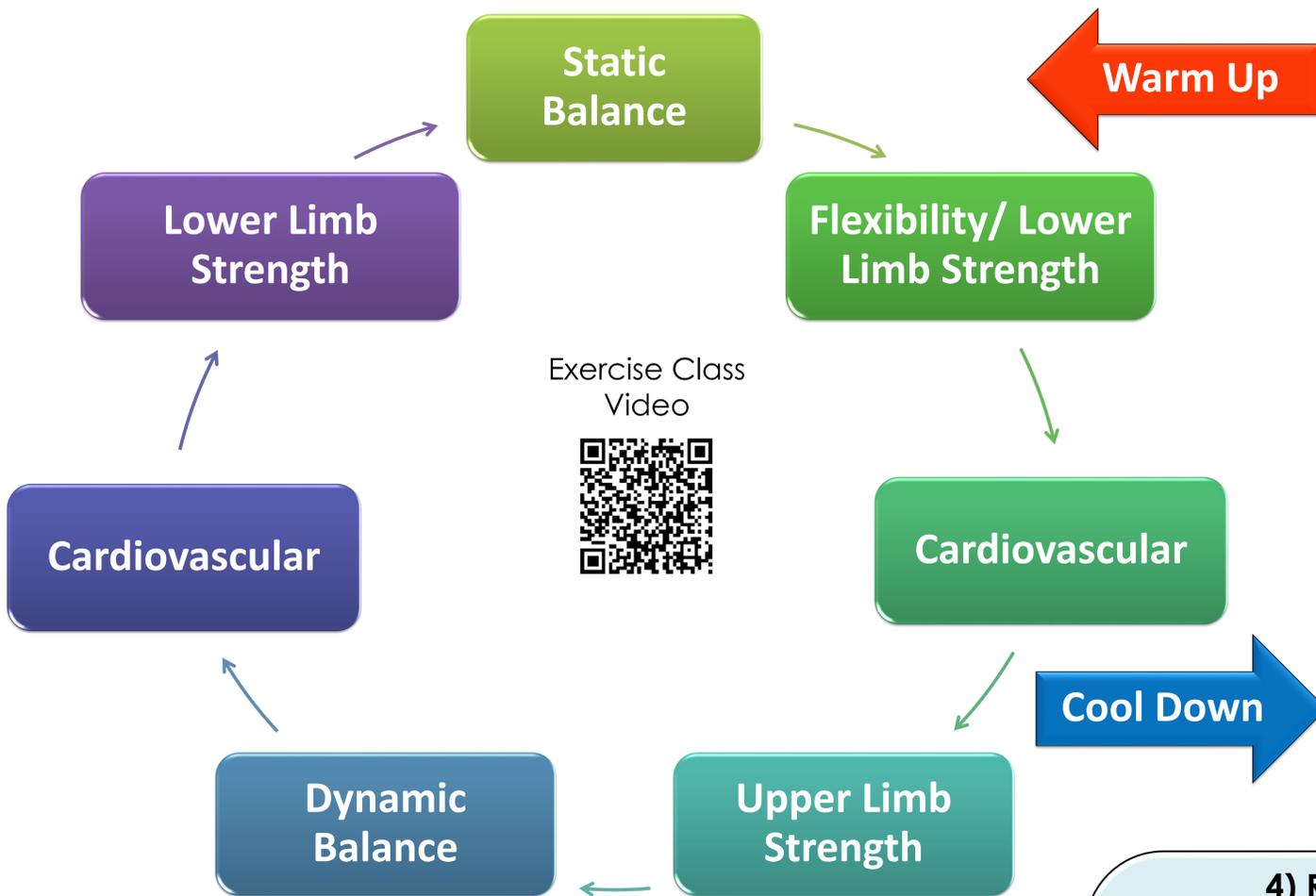
- A class for 6-8 patients
- 12 week duration

Pre-Class:

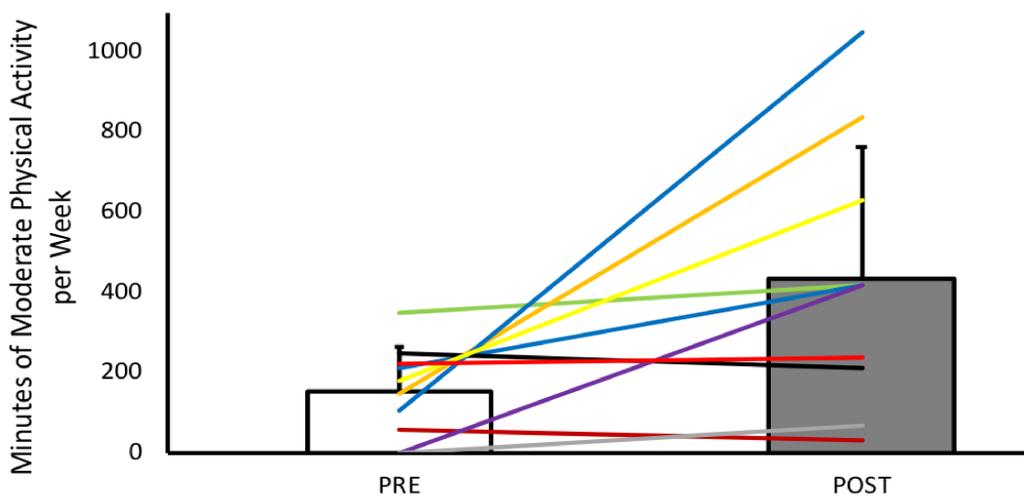
- Initial Safe to exercise form
- Motivational Interview
- Goal Setting
- Exercise Vital Sign⁽¹⁾,
- Questionnaires
- Activity Booklets

Post-Class:

- Motivational interview/ Goal review at:
 - 0, 3, 6, and 12 months after finishing the class
- Exercise Vital Sign



Exercise Vital Sign before and after a 12-week Physical Activity Programme



4) Results - September 2019

- 28 patients enrolled in the class
- 10 completed full programme
- 6 on-going

Reasons for non-completion

- Medically unfit
- Returned to high functioning level early
- Attendance whilst inpatient only
- Social circumstances

5) Discussion

- Post class activity levels increased
- Medical co-morbidities the main reason for non-completion of class
- Positive feedback from patients, relatives and staff
- Class programme offers unique opportunities of; peer support, motivational interviewing and close links with the community

6) The Future

- To gather more descriptive data to demonstrate meaningful impact on patient pathways (Quality of Life)
- Collaboration with community organisations and other Prosthetic centres to further develop the pathway (LimbPower)
- Analyse longitudinal data - at what point does physical activity decline after the physical activity class has ended?
- At what point do people need an intervention (exercise referral/ motivational interview) to maintain levels of physical activity



(1)Exercise Vital Sign:

Coleman KJ, Ngor E, Reynolds K, Quinn VP, Koebnick C, Young DR, et al. Initial validation of an exercise "vital sign" in electronic medical records. Med Sci Sports Exerc. 2012;44(11):2071-6.

Reference:

