

Speaker Name	Statement
Darren Brown	None
Date : 1 st July 2016	July 2016



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HIV & EXERCISE

Darren Brown, HIV Specialist Physiotherapist, London UK
@darrenabrown

CONTENT

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- 1 } UK recommendations – why does it matter?
- 2 } Who does how much
- 3 } Behavioral models of change
- 4 } How to help your patients be more active




UK Physical Activity Recommendations

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FACTSHEET 4

Physical activity guidelines for

ADULTS (19–64 YEARS)



1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
2. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.
3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.
4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.



UK Physical Activity Recommendations

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FACTSHEET 5

Physical activity guidelines for

OLDER ADULTS (65+ YEARS)



1. Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.
2. Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
3. For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.
4. Older adults should also undertake physical activity to improve muscle strength on at least two days a week.
5. Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.
6. All older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.



How Much Do We Do?

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30 mins



Moderate-intensity activity

x5

per week

or



15 mins



High-intensity activity

x5

per week



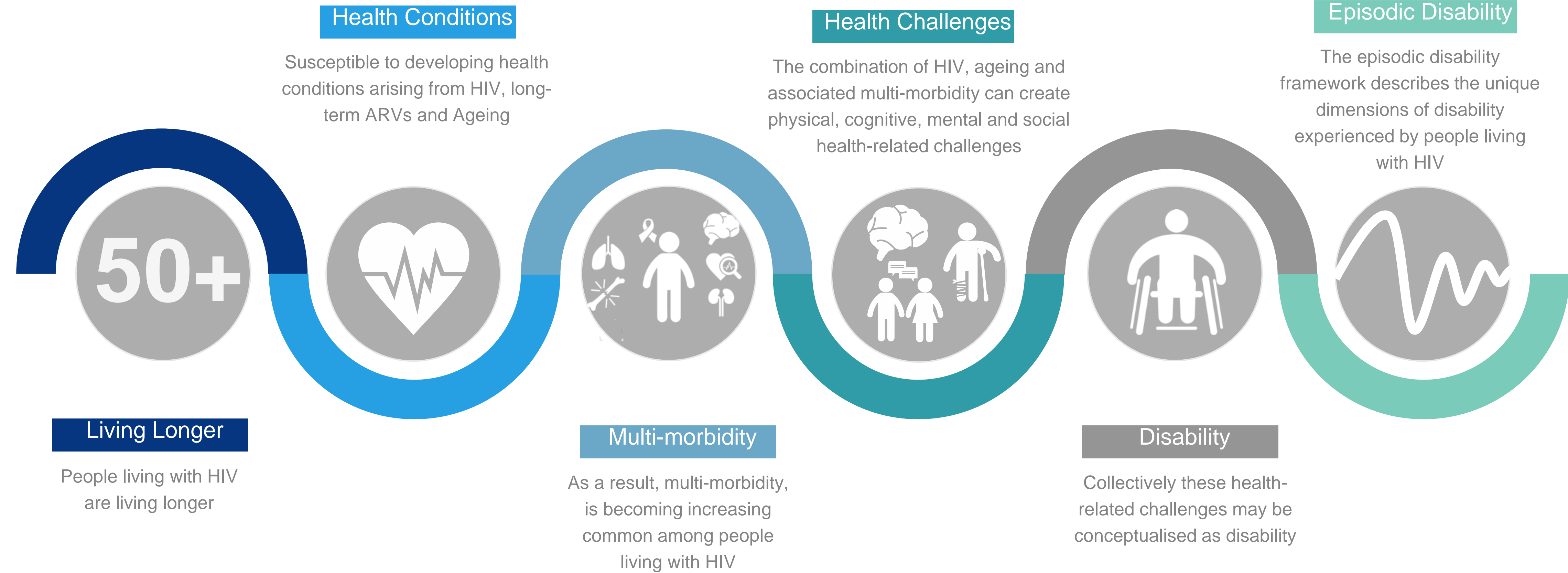
Why Is Exercise Important?

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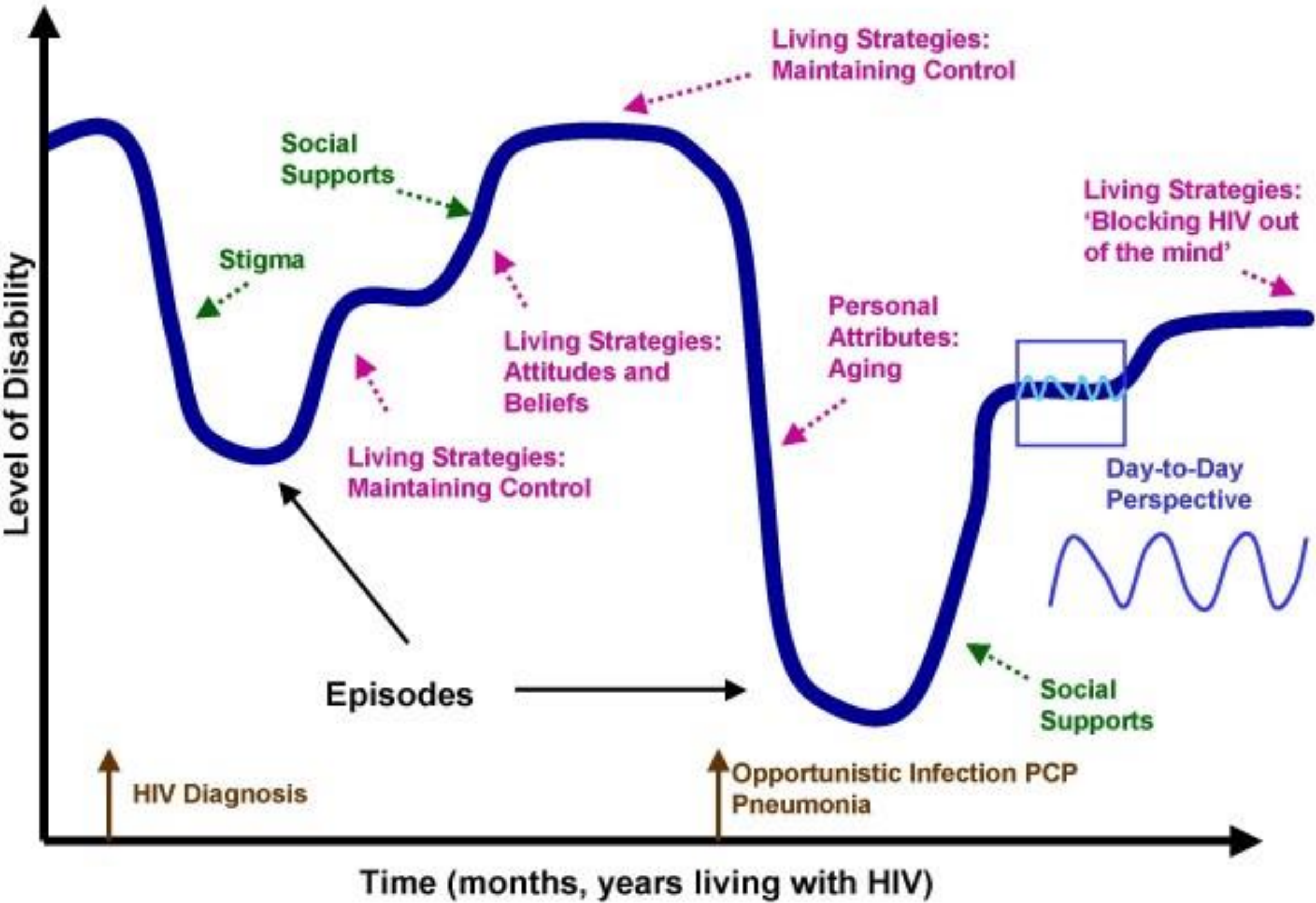
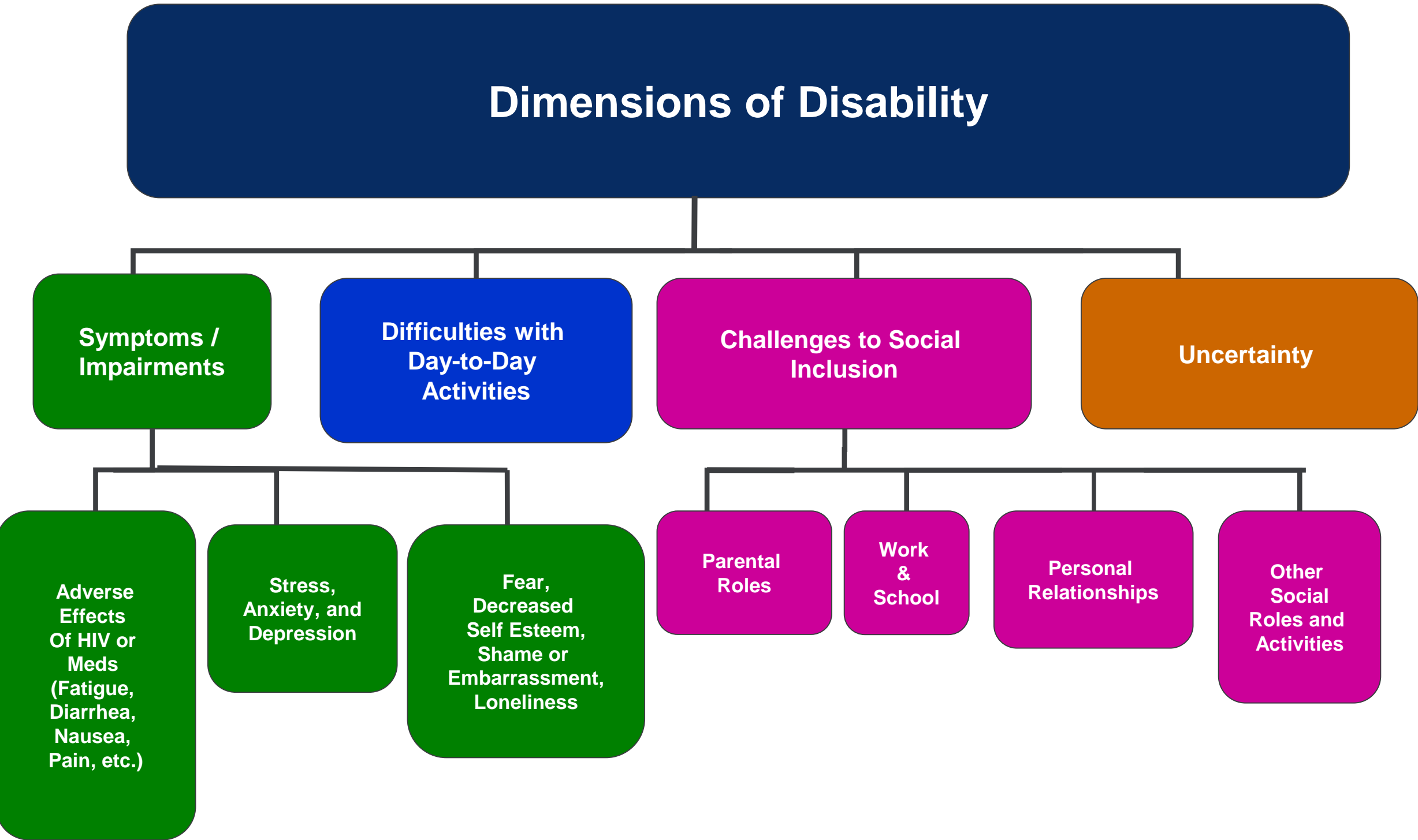
Why Is This Important for PLWH?

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EPIODIC DISABILITY FRAMEWORK

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Intervention Review

Aerobic exercise interventions for adults living with HIV/AIDS

Kelly O'Brien^{1*}, Stephanie Nixon², Anne-Marie Tynan³, Richard Glazier³

Database Title

The Cochrane Library

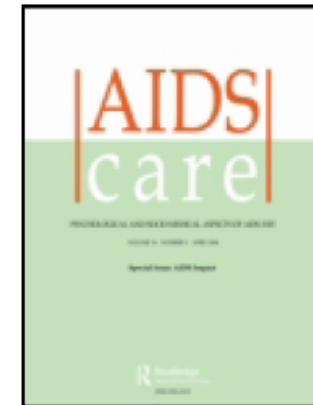
Editorial Group: Cochrane HIV/AIDS Group

Published Online: 4 AUG 2010

Assessed as up-to-date: 25 FEB 2010

DOI: 10.1002/14651858.CD001796.pub3

Copyright © 2010 The Cochrane Collaboration.
Published by John Wiley & Sons, Ltd.



AIDS Care: Psychological and Socio-medical Aspects of AIDS/HIV

Publication details, including instructions for authors and subscription information:
<http://www.tandfonline.com/loi/caic20>

Effects of progressive resistive exercise in adults living with HIV/AIDS: systematic review and meta-analysis of randomized trials

K. O'Brien^{a b}, A.-M. Tynan^b, S. Nixon^a & R.H. Glazier^{b c d}

^a Department of Physical Therapy, University of Toronto, Toronto

^b Centre for Research on Inner City Health, The Keenan Research Centre in the Li Ka Shing Knowledge Institute of St. Michael's Hospital, Toronto, Canada

^c Department of Family and Community Medicine, University of Toronto, Toronto, Canada

^d Institute for Clinical Evaluative Sciences, Toronto, Canada

Published online: 24 Jun 2008.

Exercise leads to improvements in;

- Cardiopulmonary fitness (VO2max, exercise time)
- Body composition (leg muscle area, % body fat, arm and thigh girth)
- Strength
- Quality of life
- No change in CD4 count or Viral Load

<http://onlinelibrary.wiley.com/o/cochrane/clsysrev/articles/CD001796/frame.html>



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Who Does How Much?

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87% Inactive



Schuelter-Trevisol et al. *Curr HIV Res*
2012; 10(6):487-97 DOI: 10.2174/157016212802429794
<http://www.ncbi.nlm.nih.gov/pubmed/22762420>



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Readiness to Engage in Exercise

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Dynamic Construct

Readiness to engage in exercise among PLWH is a dynamic and fluctuating construct.

Episodic Disability

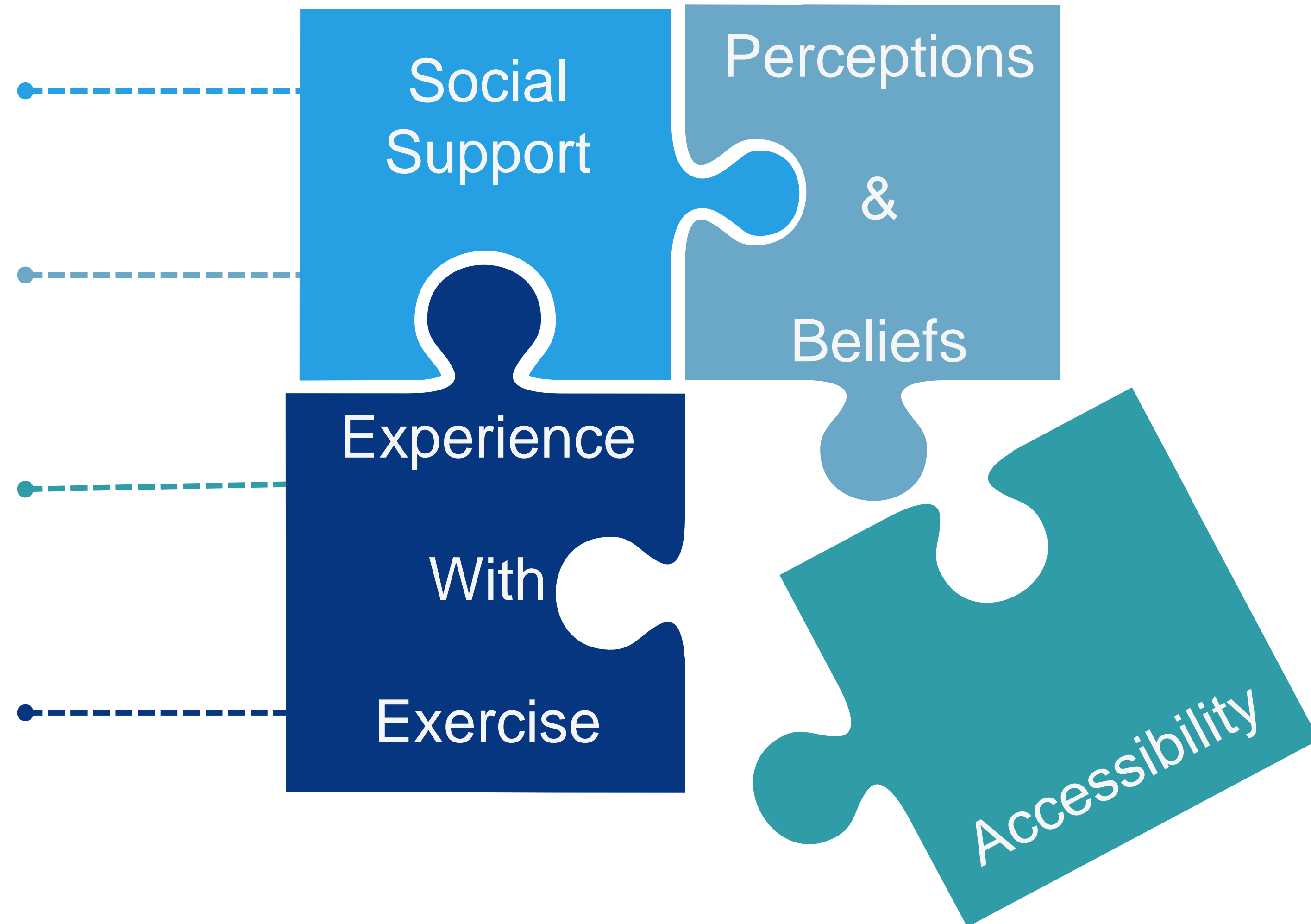
That may be influenced by episodic nature of HIV and multimorbidity (physical impairments, mental health challenges & uncertainty) and 4 subfactors.

Strategies

To facilitate readiness to exercise, should consider the interplay of these factors .

Health Outcomes

In order to enhance physical activity and subsequently improve health outcomes of PLWH and multimorbidity .

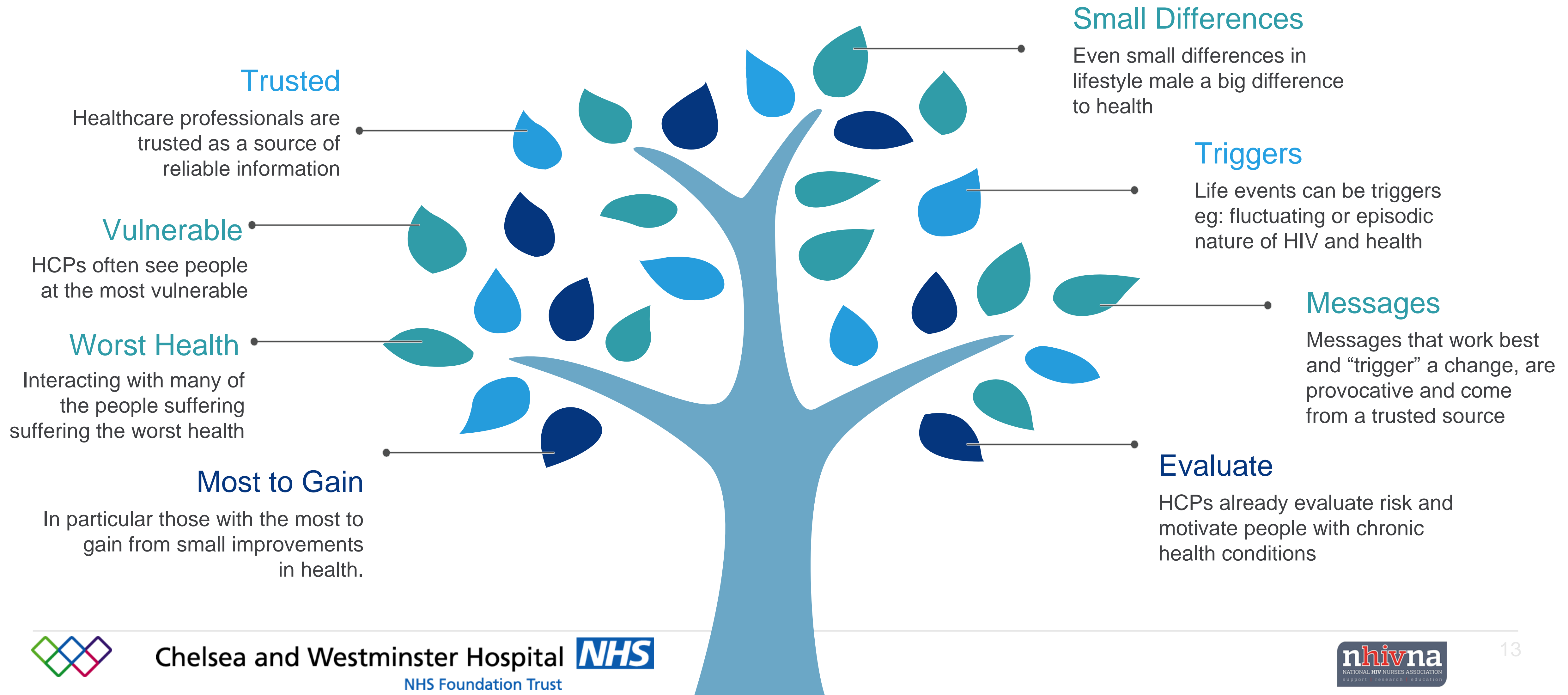


Simonik et al. *BMJ Open*
Are you ready? Exploring readiness to engage in exercise among people living with HIV and multimorbidity in Toronto, Canada: a qualitative study
2016; 6:e010029. DOI: 10.1136/bmjopen-2015-010029
<http://bmjopen.bmj.com/content/6/3/e010029.full.pdf+html>



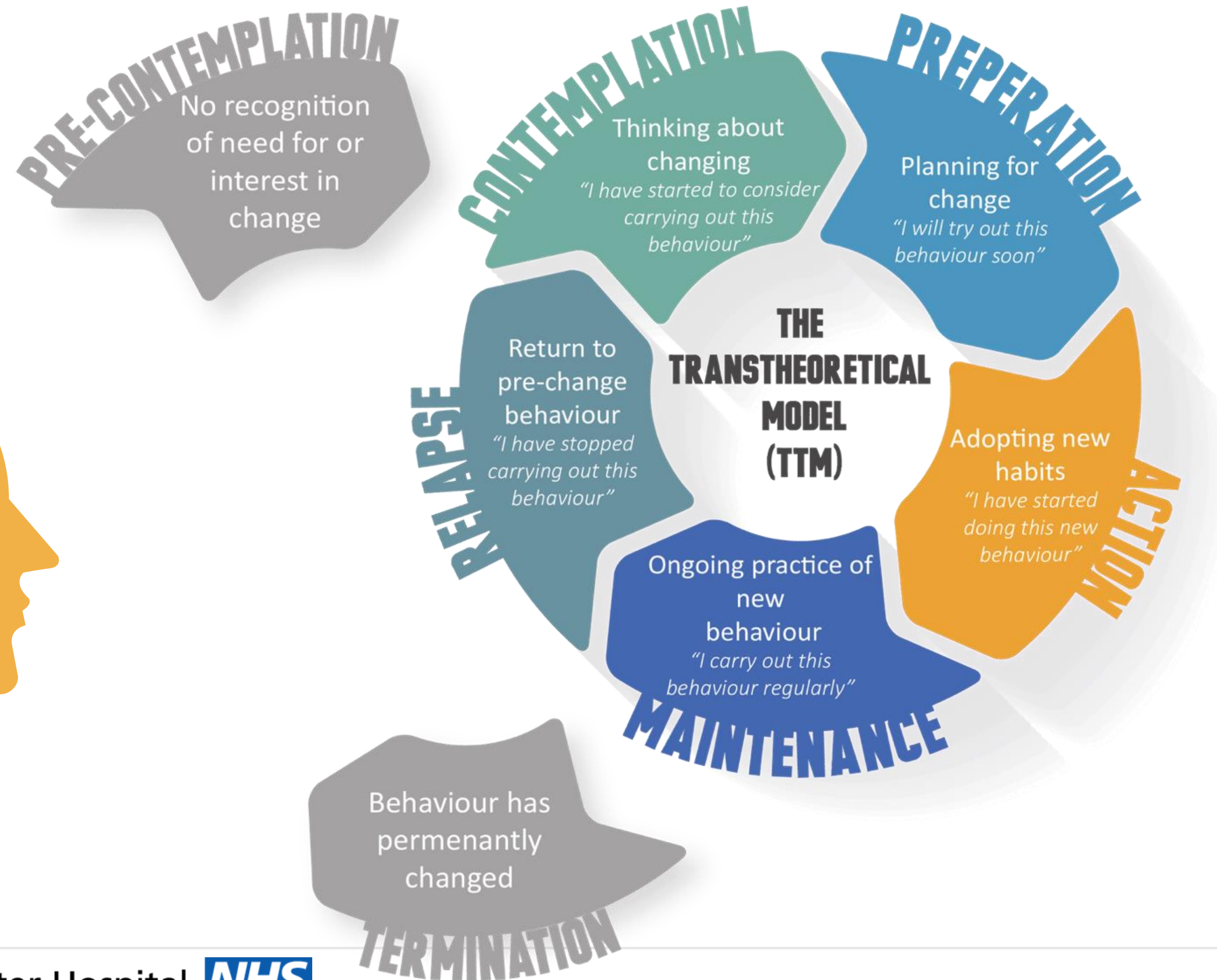
The Role of Health Professionals

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Models of Behavioural Change

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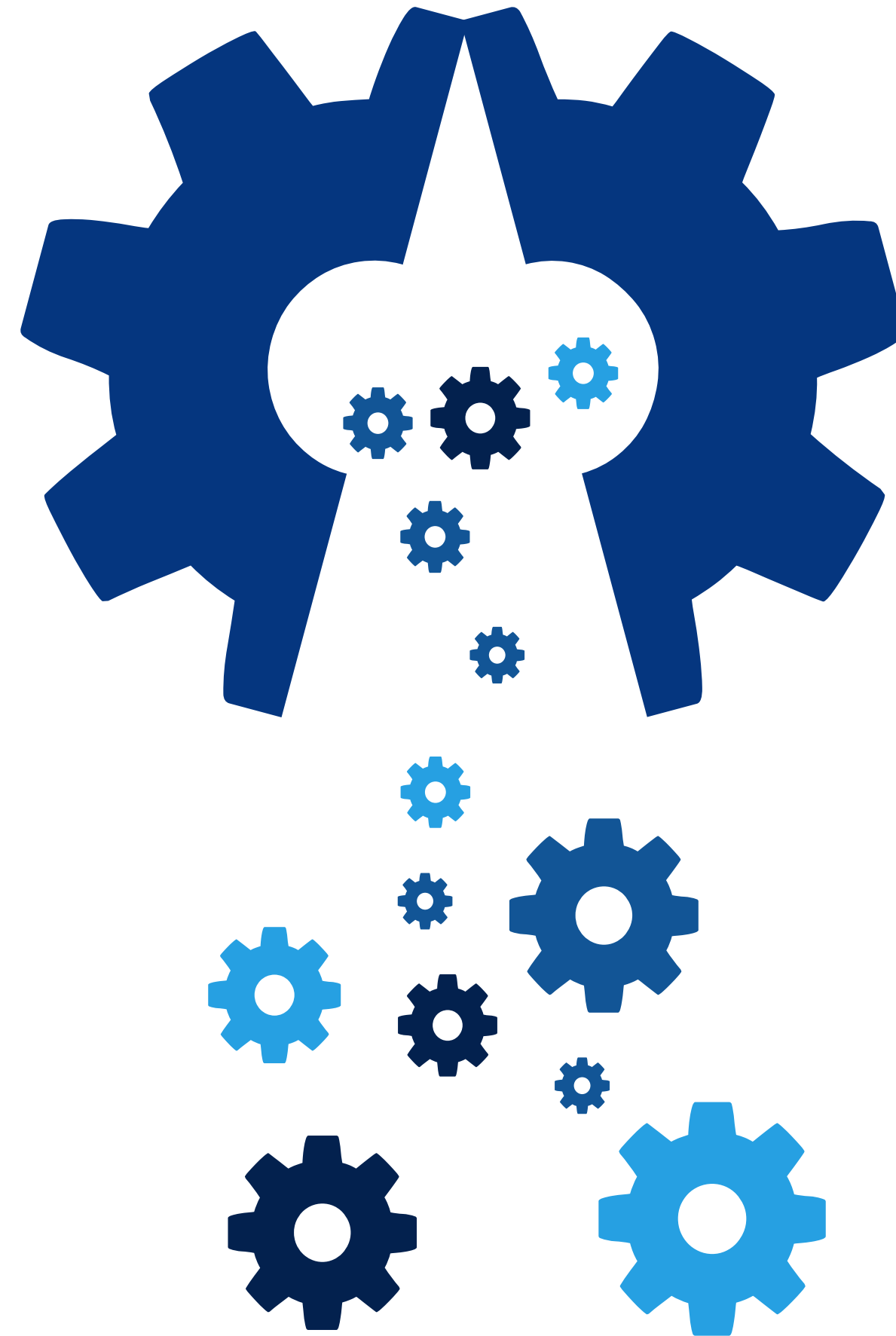
Changing Behaviour Requires

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**The individual to
feel empowered or
supported
eg: by friends**

Often a Trigger

**Easily available
opportunities and
the skills to be able
to change**



**A physical environment
that facilitates the change**

Motivation

**A plan to cope with future
potential failures
are perseverance**

Knowledge

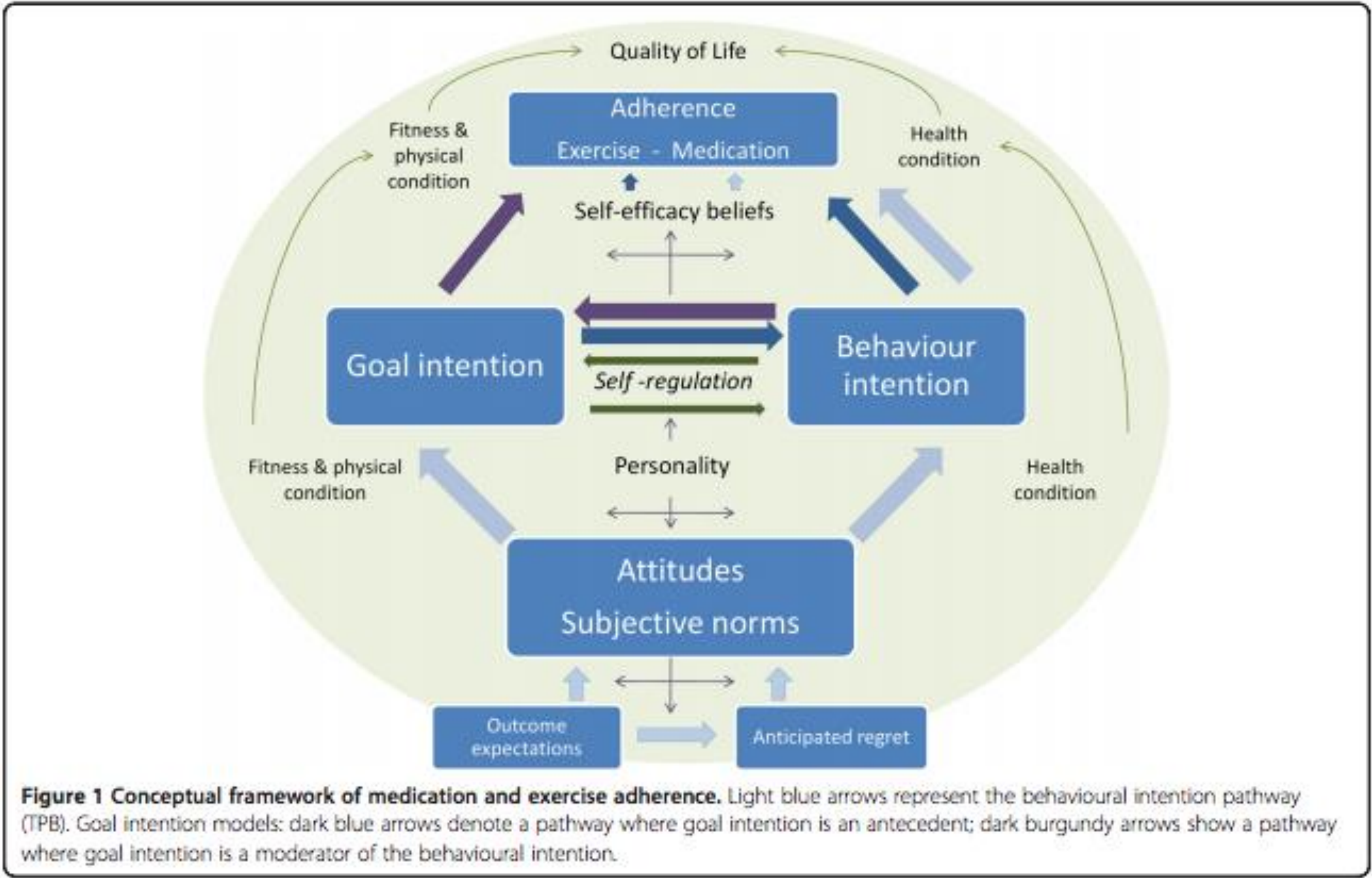
How To Support Behaviour Change

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Goals and Behaviour Change

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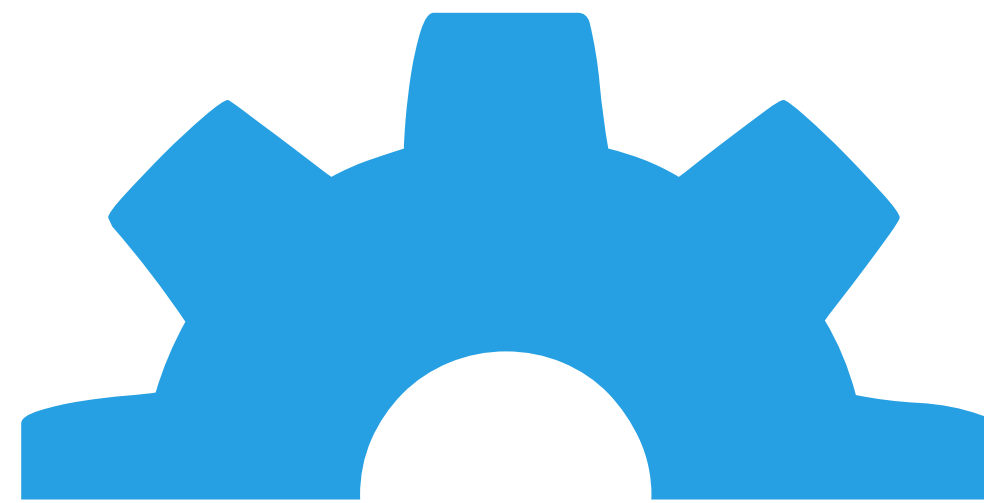


Jones et al
Understanding how adherence goals promote adherence behaviours: a repeated measure observational study with HIV seropositive patients
BMC Public Health 2012, 12:587
<http://www.biomedcentral.com/1471-2458/12/587>

How To Support Behaviour Change

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The **FORESIGHT** report on obesity stated that people have difficulty in:



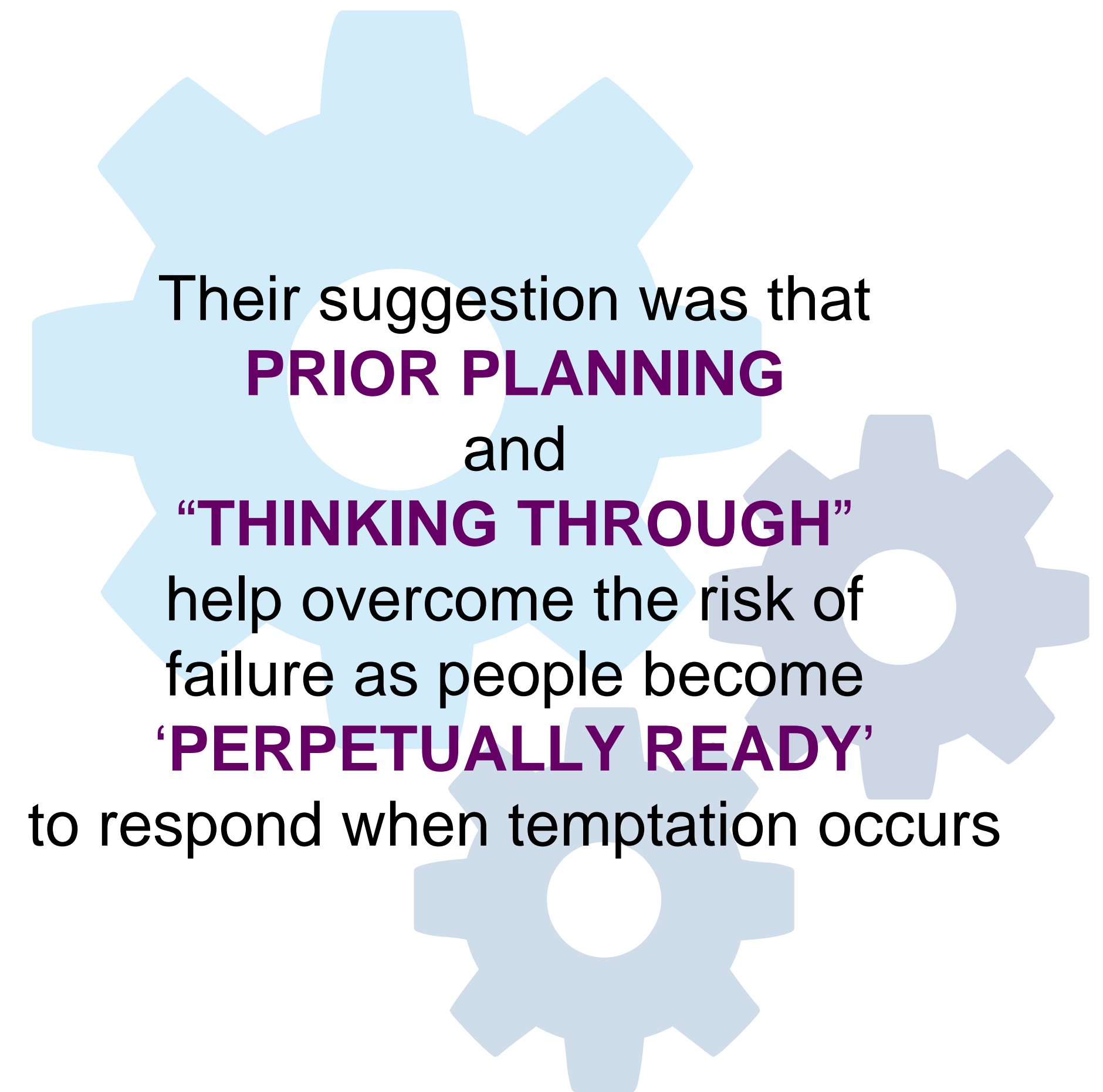
Translating Intention
into Action

Long-term benefit, forgetfulness,
short-term cost



Attitudes

Being aware that automatic attitudes
vary from intention attitudes



https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/287937/07-1184x-tackling-obesities-future-choices-report.pdf

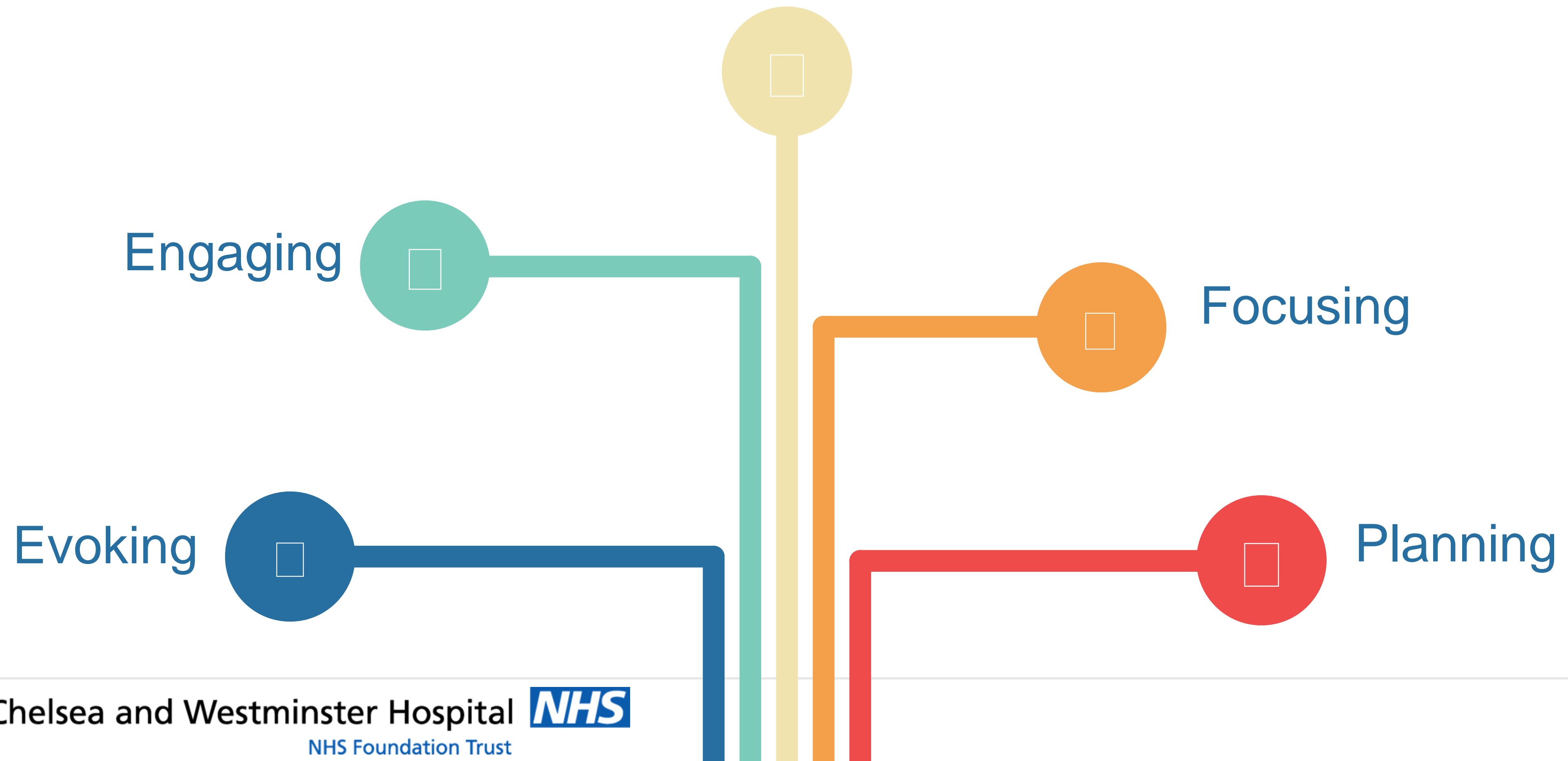


How To Support Behaviour Change

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Motivational Interviewing

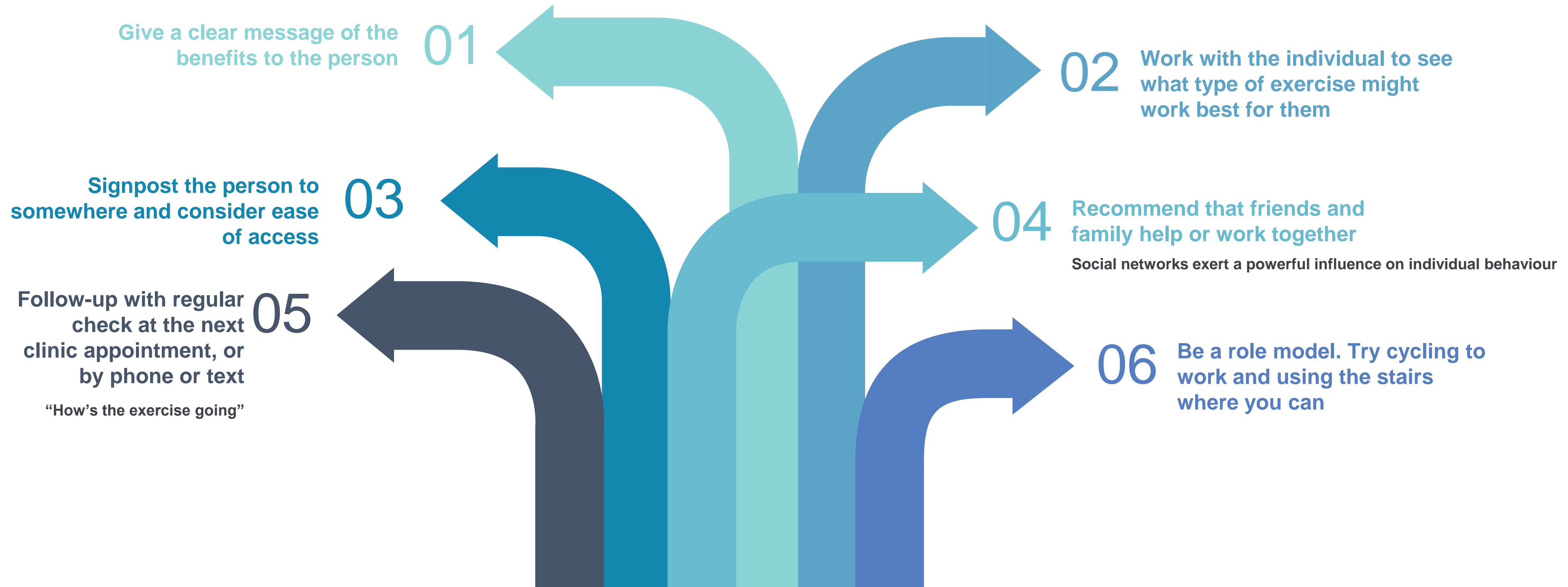
Involves concepts of engaging, agreeing a focus with the person and then evoking the persons own motivation to change, followed by planning



Do's and Dont's

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The DO's



Do's and Dont's

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The DONT's

Don't be preachy
or reprimand

01

02 Don't assume or imply that a
patient is lazy

Don't assume they will
respond positively
immediately - some people
take time to consider things

03

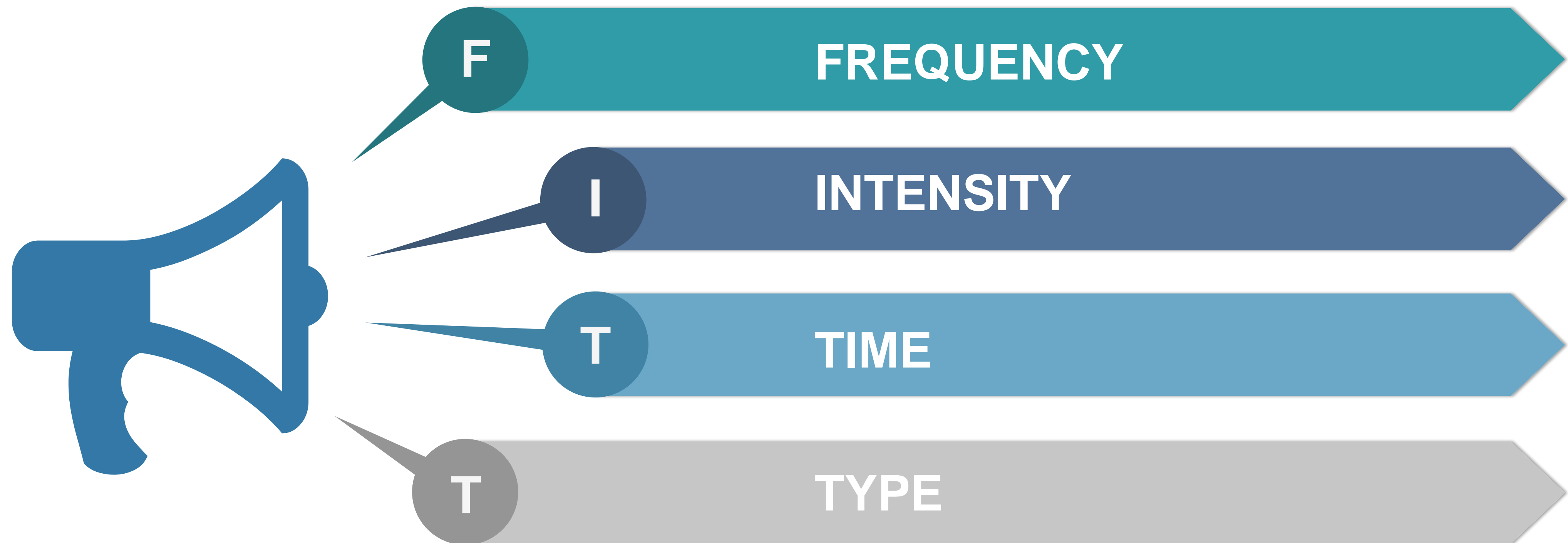
04 Don't assume that because
you have given information,
people will act upon it

05 Don't be afraid to suggest a
different type of activity next
time – the people with the
most to gain are those who do
the least



Practicalities of Exercise

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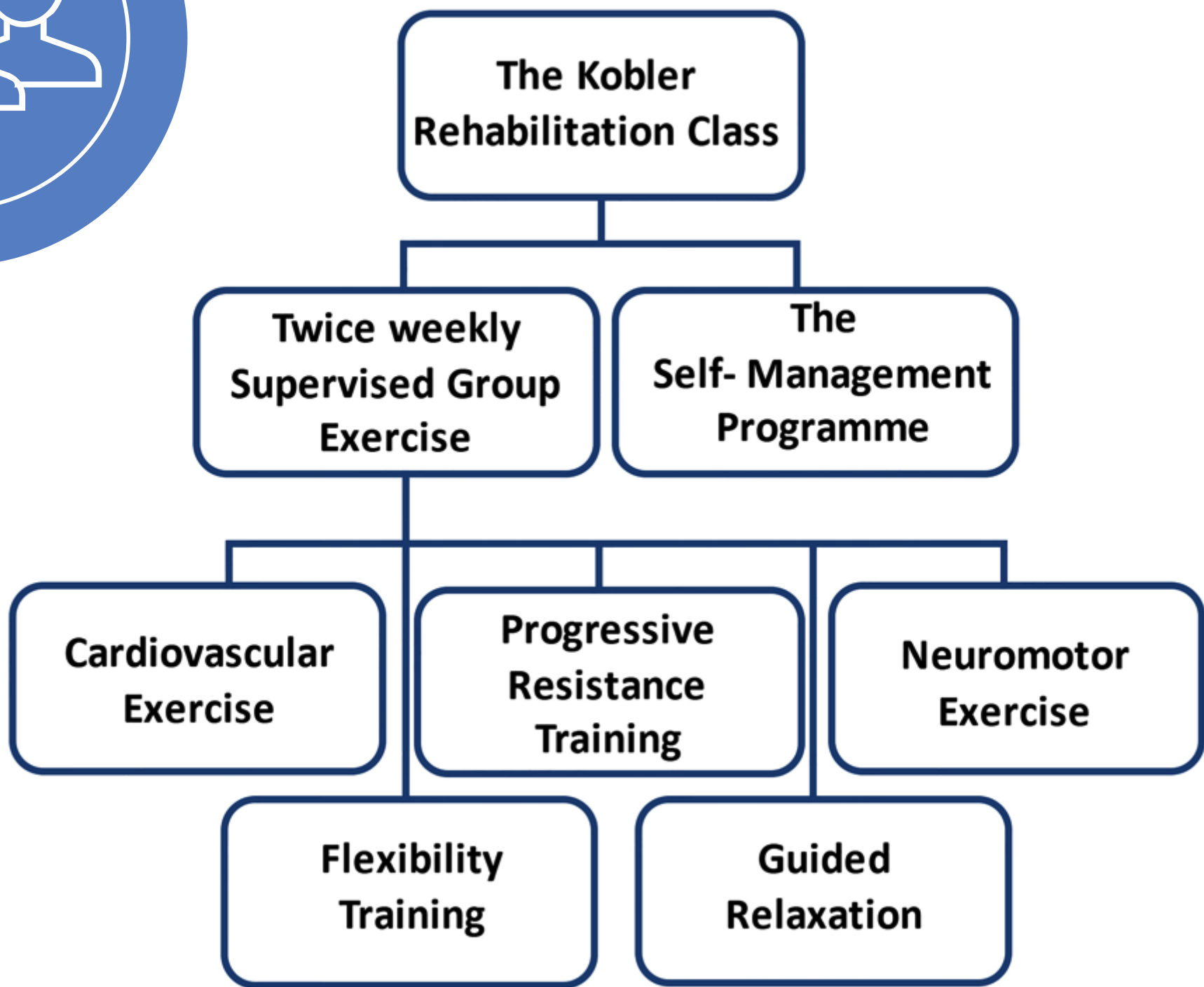
22

It may also be helpful to know there are a finite number of options



KOBLER REHAB CLASS

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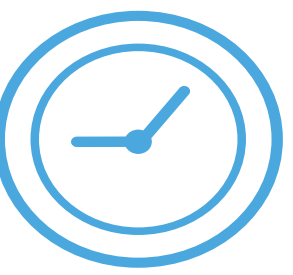
Evaluation of a physiotherapy-led group rehabilitation intervention for adults living with HIV: referrals, adherence and outcomes

Darren Brown^a, Austin Claffey^b and Richard Harding^c

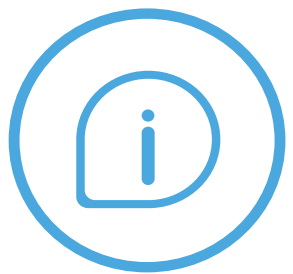
^aTherapies Department, Chelsea and Westminster Hospital, London, UK; ^bSchool of Health & Social Care, London South Bank University, London, UK; ^cDepartment of Palliative Care, Policy & Rehabilitation, King's College London, Cicely Saunders Institute, London, UK



OUTCOME
MEASURES



WEEK 0
WEEK 10



DROP-IN
>10 WEEKS

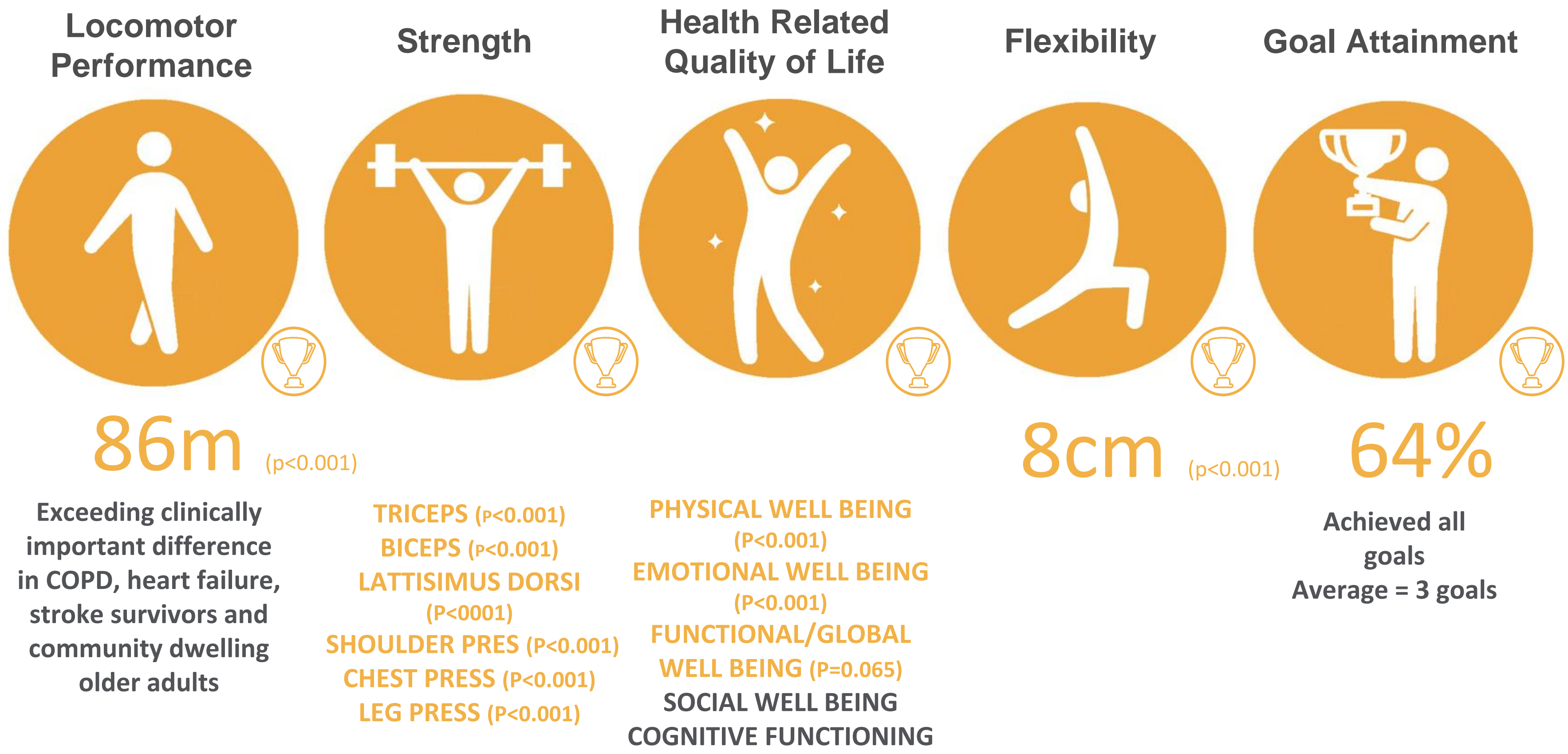
- HEIGHT
- WEIGHT
- BODY SHAPE
- HEART RATE
- 6MWT
- STRENGTH
- FAHI
- FLEXIBILITY
- GOALS

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OUTCOMES





@BeYouPlus



www.cwplus.org.uk/beyouplus

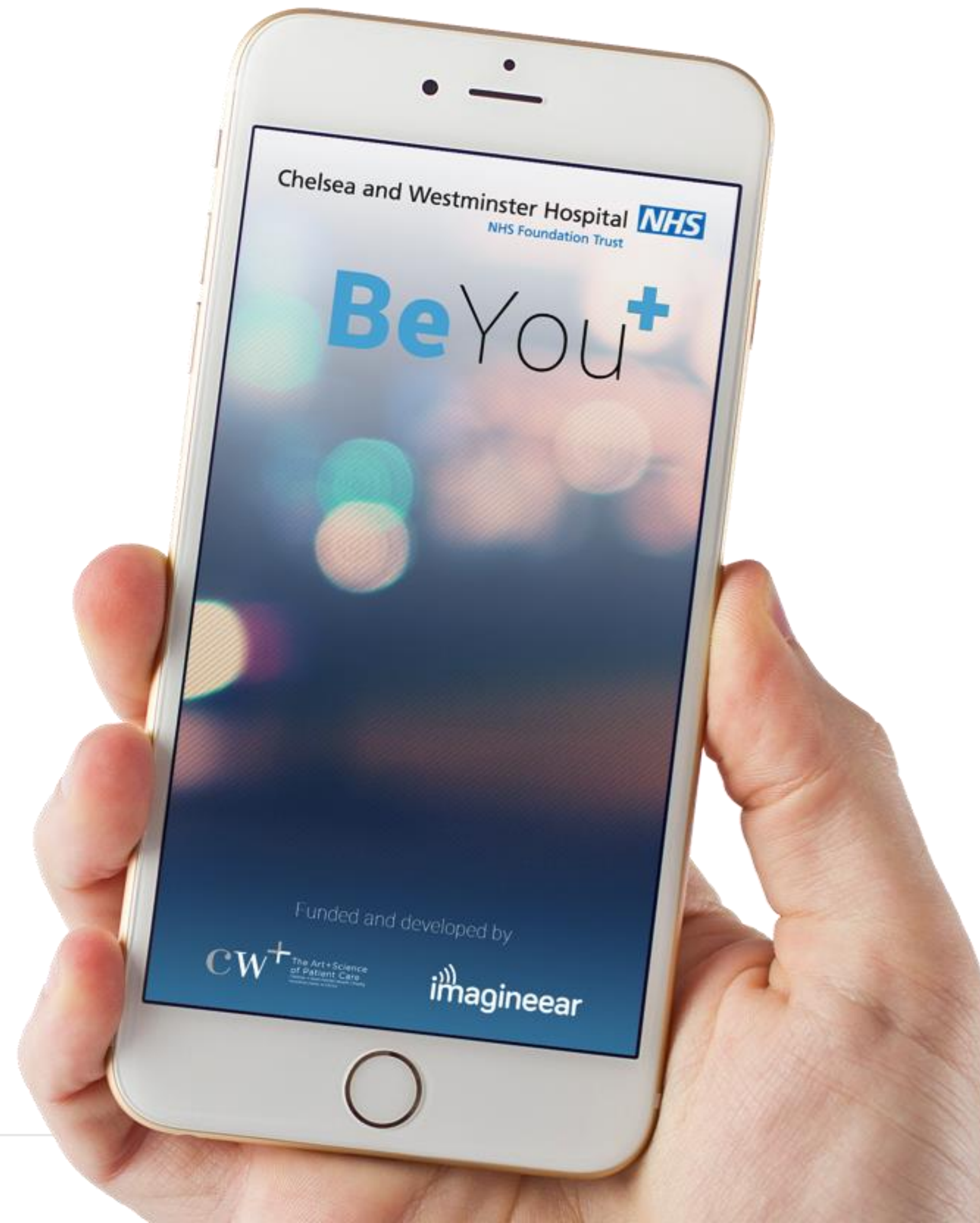


www.facebook.com/BeYouPlusApp



<https://vimeo.com/162059872>

Information is provided in a convenient and accessible way, so users can access what they need, when they want it, allowing them to focus on being healthy, living well and achieving their goals. BeYou+ gives users the ability to set their own goals and achieve reward videos, input their health information, set reminders that sync with their



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CONCLUSION

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- Exercise is safe and effective for PLWH
- As PLWH are ageing with multimorbidity, exercise is becoming a key intervention to improve health and well being
- Huge variability exists in who does how much
- Understanding the role of the episodic nature of HIV and other factors can support PLWH to be ready to engage in physical activity
- HCPs are ideally placed to support PLWH to be more active
- A range of tools can support behavioural change
- Will you be a role model?





Thank You

@darrenabrown