

MOVE More. **Sit** Less.

A toolkit to support healthy activity
in chronic disease.

Objective: To develop a repository of resources to facilitate physical activity and reduce sedentary behaviour in persons with chronic disease

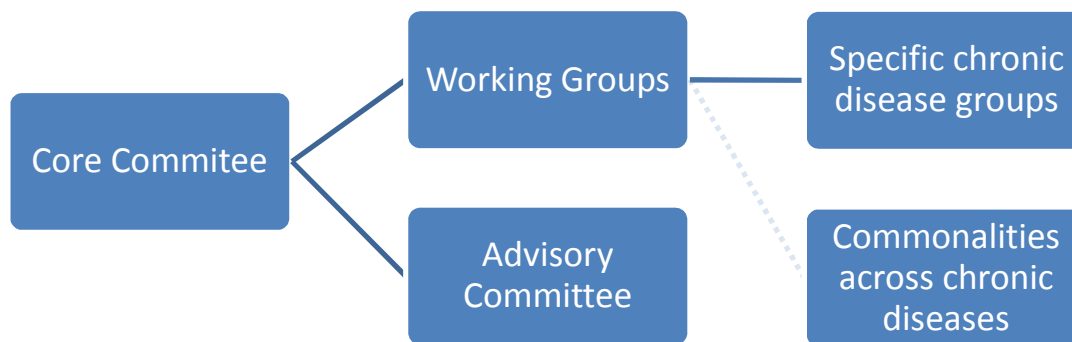
Scope:

- Persons living with chronic disease
 - Clinicians (Physiotherapists, Physicians, Nurses and others working with patients with chronic disease)
- The chronic diseases which will be included will be directed by the areas of expertise of members of the Advisory Committee and Working Groups

Components of the toolkit:

- Screening Tools
- Assessment Tools (with relevant outcome measures)
- Tools to guide and support ‘prescription’ of physical activity
- Tools / strategies to monitor, address barriers, encourage/enhance adherence
- Information regarding equipment/devices (e.g. footwear, walking poles etc)
- Links/direction to community resources

Figure1: **structure**

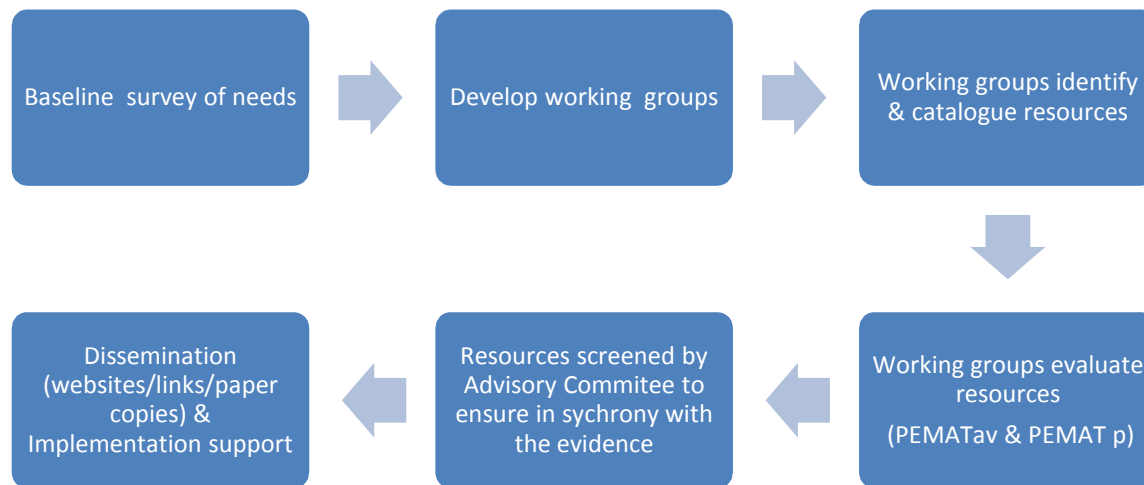


Core Committee: Meet regularly (~ every 4-6 wks to guide the work of the project)

Advisory Committee: Provide input infrequently, primarily by email but with the possibility of a limited number of teleconferences when essential

Working Groups: Meet, via teleconference, at a frequency and duration necessary to identify resources and reach consensus on which resources will be proposed for inclusion in the toolkit. Each working group will have a facilitator from the Core Committee.

Figure 2: Process



Core Committee	Title	Area of specialty
Greg Noonan	PT Practice Coordinator/Clinical Resource, Mary Pack Arthritis Program	Arthritis Physical Therapy
Dr. Marie Westby	PT Teaching Supervisor, Mary Pack Arthritis Program Post-doctoral Fellow Clinical Associate Professor UBC Department of PT	Arthritis Physical Therapy
Dr. Lynne Feehan	Leader, Clinical Research, Rehabilitation, Fraser Health Associate Clinical Professor UBC Department of PT	Arthritis, MSK (Osteoporosis / bone health) Physical Therapy, Rehabilitation Knowledge Translation
Rosalyn Jones	PT Practice Coordinator/Clinical Resource, Cardiology/Respiratory/ Chronic Disease Population	Chronic diseases (special emphasis on cardiorespiratory disease) Physical Therapy
Dr. Zainisha Vasanji	Exercise Physiologist, Physical Activity Line of BC	Diabetes, Cardiac disease

Angela Sealy (Core Committee member until Feb 2015)	Coordinator, Active Choices Program Self Management BC	Self Management
Dr. Kim Miller	Canadian Heart and Stroke Foundation Research Fellow and Research Coordinator, UBC Dept PT & Assistant Professor KT & Implementation Science, Simon Fraser University	Neurology, Cardiovascular, Knowledge Translation
Chiara Singh	PT Clinical Supervisor, Surrey Memorial Hospital Fraser Health	Oncology
Alison Hoens PASKI Project Lead	Physical Therapy Knowledge Broker. Clinical Professor, Department of PT, UBC. Physiotherapy Association of BC & Research Institutes of Providence Healthcare and Vancouver Coastal Health	Knowledge Translation
Advisory Committee		
Janet Bauer	Patient representative, PasP PVN	Cardiac
Jean Shepard	Patient representative, PasP PVN	Mitochondrial disease
Dr Karim Khan	Professor, UBC Dept of Family Practice	Activity for Public Health Sports Medicine Hip Health
Dr Garey Mazowita	Department of Community and Family Medicine (PHC); Clinical Professor, BC MOH physician rep on the General Practice Services and Shared Care	Family Practice
Dr Darren Warburton	Co-Director Physical Activity Promotion and Chronic Disease Prevention Unit (UBC) Director Cardiovascular Physiology and Rehabilitation Laboratory UBC Co-Director Physical Activity Support Line	Researcher – Kinesiology Physical Activity and chronic disease
Dr Shannon Bredin	Associate Professor, Co-Director Physical Activity Promotion & Chronic Disease Prevention Unit, and Director Cognitive & Functional Learning Laboratory and the Systematic Reviews	Researcher – Physical Activity

	Research Laboratory UBC	
Dr Janice Eng	Interim Head – UBC Department of Physical Therapy. Professor	Researcher – Neurology - stroke
Dr Mary Jung	Assistant Professor School of Health and Exercise Sciences Faculty of Health and Social Development	Researcher Self-regulation of health behavior – physical activity
Dr Linda Li	Associate Professor Harold Robinson / Arthritis Society Chair in Arthritic Diseases	Researcher - Physiotherapist Clinician, Arthritis, Model of Care, Help-seeking, Communication Technology, Knowledge Translation
Dr Michael Hunt	Associate Professor, UBC Dept of Physical Therapy	Researcher – Physiotherapist, Biomechanics, Musculoskeletal Rehabilitation, Osteoarthritis, Movement Analysis
Dr Pat Camp	Assistant Professor, Clinician-Scientist PHC	Researcher - Physiotherapist Clinician, Chronic Lung Disease
Dr Kristin Campbell	Associate Professor, UBC Dept of Physical Therapy	Researcher – Physiotherapist, Oncology
Dr Teresa Liu- Ambrose	Associate Professor, Canada Research Chair in Physical Activity, Mobility, and Cognitive Neuroscience	Researcher – Physiotherapist, Aging & Cognitive Health
Dr Elizabeth Dean	Professor, UBC Dept of Physical Therapy	Researcher – Health & wellness, Healthy lifestyle to prevent & manage chronic illness
Dr Kim Miller	Canadian Heart and Stroke Foundation Research Fellow and Research Coordinator, UBC Dept PT & upcoming Assistant Professor KT & Implementation Science, Simon Fraser University	Researcher – Neurology Cardiovascular Knowledge Translation
Dr Tania Lam	Associate Professor, UBC School of Kinesiology	Researcher – Health & integrative physiology, gait rehab following neurological injury
Joy Parsons	Program Leader, Fraser Health Rehab Program	Outpatient rehabilitation and community reintegration services
Elise Kayfetz	Community Development Officer for Canadian Association of Retired Persons	
Nadine Plotnikoff	Chair, Sports Physiotherapy Canada	Clinician (Private Practice) - Physiotherapist, MSK/Ortho
Dr Martha MacKay	Clinical Nurse Specialist, Cardiology	RN, PhD
Dr Trish Parsons	Assistant Professor, Queens Univ.	Researcher – Renal Rehabilitation

Kate Lee	Representatives from BC Parks &
Bruce McLellan	Recreation
Maggie Cheetham	
Jaine Priest	
Anna Kochergina	

Proposed Working Group Categories (derived from WHO: Chronic Disease and Health Promotion; Public Health Agency of Canada, chronic disease, index; Chronic disease prevention alliance of Canada; Canadian Family Physician Chronic Disease)

Neurological

- Stroke: Ischemic or hemorrhagic
- Neuro Trauma: Traumatic / Acquired Brain injury, SCI
- Progressive (MS, Parkinsons, ALS, dementia)

Cardio Vascular

- Heart (eg. MI, arrhythmias, including cardiac rehab)
- Hypertension
- PVD

Respiratory

- Asthma
- COPD

Oncology (all types, could be sub-grouped in several different ways depending on working group)

Mental Health

- Mood, emotional
- Personality disorders / psychoses
- Addictions
- Dementia

Metabolic /Endocrine Diseases

- Diabetes
- Metabolic Syndrome
- Obesity

Musculoskeletal:

- Arthritis: Degenerative (OA), Inflammatory (RA, AS etc)
- Osteoporosis / bone health / secondary fracture prevention
- Chronic pain / fatigue (various causes)

Other:

- Kidney

<i>Working Groups</i>	<i>Members</i>	<i>Core Committee Facilitator</i>
<u>Neurological</u> Stroke Neurotrauma Progressive	Jolaine Cowherd – Patient, PasP PVN Gilda Heath – Patient, PasP PVN Marilyn Araujo – PT (FHA) Lisa Wechselberger – OT (FHA) Sarah Rowe – PT SCI (VCH) Nicole Acerra – PT stroke, TBI/concussion, MS, PD/PSP Kathleen Atagi – Recreation Therapist, neurotrauma or stroke (VIHA) Karla Marshall – PT, PD (VIHA) Christa Robertson – PT, VIHA Emily Becker – Rec Therapist, Neuro (VIHA) Joanna Gueret – PT, Stoke ABI (VCH) Sara Buckley – PT, Neuro (VGH & private practice) Catrien de Ruyter – PT, Neuro (IHA) Ava Storey – PT, Neurological (FHA) Jonathon Russell - PT, Neuro (VCH) Pamela McClelland – PT (FHA) Daniel Hewson – PT (VCH) stroke Serena Maltais – Recreational Therapist (VCH)	Dr Kim Miller
<u>Cardiovascular</u> Heart Hypertension PVD	Teresa Whitehouse – Patient, PasP PVN Gerry Johnson – Patient, PasP PVN Wendy Morton- PT (VIHA) *Until Feb 2015 Alex Edye-Mazowita - Exercise physiologist / kinesiologist (Manitoba) Heidi Drygas – PT, Squamish Scott Downey – PT, Penticton Mark Vinluan – RN (PHC)	Rosalyn Jones Greg Noonan
<u>Respiratory</u> Asthma COPD	Elaine Barnes – Patient, PasP PVN (Asthma) Marcella Simpson – Patient, PasP PVN (COPD) Chris Wigley – Patient, PasP PVN (COPD) Jane Burns – PT, - COPD Brigitte Wilkins – PT, respiratory, PHC Heidi Drygas – PT, Squamish Scott Downey – PT, Penticton Daniel Hewson – PT (VCH), asthma	Greg Noonan Rosalyn Jones
<u>Oncology</u>	Jerry Gosling – Patient, PasP PVN Peggy Brown – Patient, PasP PVN Leanne Stinson – Patient, PasP PVN *until March Anne Rankin – UBC Dept of Physical Therapy Wendy Morton (VIHA)	Angela Sealy until Feb 2015 Chiara Singh after Feb 2015

	Chiara Singh – PT (FHA) Lynita White – MSc Rehab Sc Jennifer Kadgien – PT (VCH) Laura Ng – RN (VCH) Janelle Gehring – Nurse Practitioner (VCH)	
Mental Health	Randi Roy – Patient, PasP PVN	Alison Hoens
Mood	Sandra Kelly – Patient, PasP PVN	
Personality disorders	Christine Glennie-Visser – Patient, PasP PVN	
Addictions	Martina Forster – OT (VIHA) *until March 2015	
Dementia	Alex Edye-Mazowita - Exercise physiologist / kinesiologist (Manitoba) Robert <u>Kent</u> Desrochers – RPN, PHC, Health Sciences Association Enhanced Disability Management Prgm Rep Anne Leclerc – PT, PHC Jeff Danielson – RN, CNL (PHC) Beth Moewes – PT (VCH)	
Metabolic / Endocrine	Leanne Warren – Patient, PasP PVN (diabetes)	Dr. Zainisha
Diabetes	Sandra Swarbrick – Patient, PasP PVN (diabetes)	Vasanji
Metabolic syndrome	Bill Goodacre – Patient, PasP PVN (obesity)	
Obesity	Marjorie Laven – Patient, PasP PVN (obesity) Kate Lee – BC Parks & Rec Sharon Casavant – PT (VCH) Crissy Stavrakov – RN (IHA) Jaine Priest – BC Parks & Rec	
Musculoskeletal	Michel White – Patient, PasP PVN (OA & OP)	Dr. Marie
Arthritis	Deb Bigattii – Patient, PasP PVN (bone health)	Westby
Osteoporosis	Mona Acker – Patient, PasP PVN (chronic pain / fatigue)	Dr. Lynne
Chronic pain / fatigue	Terran Ambrosone – Patient, PasP PVN (chronic pain / fatigue) Dr Michael Hunt – UBC Dept of PT, OA Dawn Woods – PT osteoporosis Hannah Morley - PT Chronic pain (FHA) Liz Ball – PT (VCH) Karen Tsui – PT (VCH, FHA) – Arthritis Sara Falkner – PT (VCH) Sophia Zhao – PT (GFS – IA) Wendy Watson – PT (VCH) Darren Hagel – PT (VIHA) Neil Pearson – PT, chronic pain Meena Sran – PT, bone health	Feehan
Other	Brian Deakin – Patient, PasP PVN (kidney)	Alison Hoens
Kidney	Alyson Hagan-Johnson – Patient, PasP PVN (kidney) Lisa Ellerton – PT, Nephrology (FHA) Susie Neufeld – PT (PHC) Judy Lau – PT (PHC) *Until Feb 2015	