

REPORT TITLE: Exercise After Stroke – Evaluation of a 16 Week Service

DATE: May 2009

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DATE: May 2009 Final

1. Purpose:

- 1.1 To inform partners of the outcomes of the ‘Exercise after Stroke’ (EAS) 16 week pilot implemented within Edinburgh Leisure venues and to define and develop the options for driving this service forward.

2. Background and Overview:

- 2.1 Stroke is the third most common cause of death and the most frequent cause of disability in the UK. There are 13,000 new strokes a year in Scotland (Chest, Heart & Stroke Scotland, 2009) and of these more than one in five are in someone under 65. Stroke kills more than three times as many women every year as breast cancer. In 2007/08 there were 1648 incidents of stroke in Lothian. (ISD 2009)

Around half of all those people living in the community with a stroke beyond six months, will have a physical disability. Many of these people will have taken part in a rehabilitation programme which will have begun in an acute hospital setting when they were medically unwell and progressed through rehabilitation until discharge home from hospital. They should have received multidisciplinary team intervention in the form of physiotherapy, occupational therapy, specialist medical care, speech and language therapy and various other disciplines. Community rehabilitation services for stroke patients are growing throughout the Lothians but there is a clear recognition that patients and their families need to take responsibility for the self management of the condition in the longer term. This is captured within the strategic thrust of documents such as the Coronary Heart Disease and Stroke Strategy (2004), the Delivery Framework for Adult Rehabilitation in Scotland (2007) and Better Health, Better Care (2007).

- 2.2 *‘There is an increasing need for people who have had a stroke to engage in exercise, as a stroke often results in reduced strength, mobility, fitness, mood as well as social isolation. Many of these issues could be alleviated through exercise, but since a stroke may also result in a myriad of additional challenges such as pain, impaired movement or comprehension, it is often difficult for people with stroke to access existing exercise facilities’.*

(Exercise after Stroke: Physical Activity & Health Specialist Exercise Instructor Training Course Syllabus 2008, Page 6)

Initially following stroke 78% of individuals are dependant in personal care (Stroke Association Scotland) however following a period of acute and rehabilitation therapy, this number drops to between 30 – 55% still suffering from some form of disability.

- 2.3 Edinburgh Leisure was approached in 2005 by Dr Gillian Mead (Senior Lecturer and Honorary Consultant Geriatric Medicine, Department of Clinical and Surgical Sciences,

The University of Edinburgh and Royal Infirmary of Edinburgh) and Susie Dinan-Young (Senior Research Fellow Department of Primary Care and Population Sciences, Royal Free and University College Medical School, London) to discuss how Edinburgh Leisure could be involved in the development of an Exercise After Stroke service.

- 2.3.1 In association with this, a collaboration incorporating the Scottish Government, Chest, Heart & Stroke Scotland, Edinburgh Leisure and NHS Greater Glasgow and Clyde funded the development of a course for specialist fitness instructors in EAS. This course was delivered through a partnership between Queen Margaret University and the University of Edinburgh with the support of clinicians and specialists in physical fitness training and stroke rehabilitation. The content of the intervention, recommended as part of the course, was based on the STARTER trial (Mead et al. 2007) and the Cochrane Review on physical fitness training after stroke (Saunders et al. 2004).
- 2.3.2 This course provides exercise instructors with an accredited qualification, to enable them to provide exercise classes for people who have had a stroke that are safe, effective and appropriate.
- 2.3.3 Alongside Glasgow City Health Board, Edinburgh Leisure contributed £5k towards the development of the Exercise for Stroke Specialist Instructor Training Course, the first of its kind in the UK. This course equates to Level 4 with the Register of Exercise Professionals (REPs) and Scottish Vocational Qualification (SVQ) Level 4. The first course ran from April – June 08 and four Edinburgh Leisure Gym Instructors successfully completed it.
- 2.3.4 Having successfully supported employees through the accredited course, Edinburgh Leisure was able to implement specific fitness and exercise interventions for people with stroke. The four specialist instructors assisted with the development of physical fitness training sessions alongside a multi disciplinary and agency working group. Classes included one-to-one assessment and exercise sessions held within seven Edinburgh Leisure facilities. Two circuit-based classes were also held at Ainslie Park and Gracemount Leisure Centres.
- 2.3.5 The working group, comprising five health professionals (identified through their involvement in the Lothian Stroke Managed Clinical Network), a service user and carer met over a 12 month period to advise on the development of this EAS service. The 16 week pilot, which was launched on 23rd September 08, received a total of 26 referrals. The referrals were from a variety of Hospitals, Health Centres, Medical Centres and Community Based Nurses. Please see Section 4.1.4 for a full breakdown.
- 2.3.6 The working group recognised the importance of establishing a single point of referral for health professionals. It was therefore essential to establish a co-ordinator, based within Edinburgh Leisure to oversee the pilot and act as a central point of contact. An appropriate member of the Health and Community Team within Sports Development was selected to carry out this role.

3. Structure of pilot:

- 3.1 Those referred had the opportunity to participate in either; a combination of a gym based one to one session and/or a group based circuit session. These sessions were designed to encourage participants to learn how to exercise safely and to promote an active healthy lifestyle. In order to ensure the service could cater for the maximum number of participants, the working group decided to offer both one to one and circuit based

sessions. We felt we needed to explore different structures as part of the pilot, to find out what was the most popular and effective with participants. There was also a need to explore the cost implications of both of these sessions.

3.2 Circuit Sessions

These sessions included strength, mobility and balance exercises tailored to the customers' individual needs. The 16 week programme staffing ratio was one instructor to eight participants. Sessions lasted approximately one hour and were hosted at two venues in Edinburgh:

- Gracemount Leisure Centre
- Ainslie Park Leisure Centre

3.3 Gym One to One Sessions

Throughout the one to one sessions the instructor provided an exercise programme tailored to suit the individual's needs. The participants were able to book in for regular one to one sessions for the duration of the 16 week period and lasted the required time for the benefit of the participants. The one to one sessions were delivered across eight Edinburgh Leisure venues. (Appendix A, page 18)

3.4 As part of the development of this service an EAS manual was produced to assist with the management of the programme. This contained information on the participant pathway, referral process, programme information, participant letters and the monitoring and evaluation processes. (Appendix A, pages 22 - 28)

3.5 Eight weeks into the stroke programme we reviewed the pilot service with the EAS Working Group and the EAS Instructors. The review was a workshop session, discussing what we should stop, start and continue. Key aspects which came from this session are detailed in Table 1. below:

Table 1. Results of Discussion Review Workshop

| Stop | Start | Continue |
|--|---|--|
| Making circuit sessions too easy and general | Clinic for experienced participants | 1 to 1's with staggered time slots |
| | Communication with participants after pilot | Centre point of referral & contact |
| | A circuit based session in gym environment rather than studio | Support with two instructors at each session |
| | Funky name for programme - non clinical | Continue communication with Health Professionals and Edinburgh Leisure staff |
| | To apply for external funding | Continue with review meetings and EAS working group |
| | | Continue with subsidised price |
| | | Offering disability membership |

4. Usage and Outcomes:

4.1.1 Around 250 people per annum are discharged from hospital to their homes in Edinburgh and about one third of those are under 65 years of age. On the basis of this, we estimated that around 30-40 people with stroke might access this service each year. The pilot exceeded our expectations with 26 individuals referred within the 16 week period. All participants engaged in the programme on a regular basis.

4.1.2 Referrals commenced from end of August in preparation for the start of the pilot on the 23rd September 08. The referrals then continued throughout the pilot. Please see Table 2 below for the number of participants referred.

Table 2. Referrals commenced from end of August

| Month | Participants Referred |
|--------------|-----------------------|
| August | 1 |
| September | 13 |
| October | 8 |
| November | 0 |
| December | 1 |
| January | 3 |
| Total | 26 |

Analysis of the 19 returned Exercise after Stroke referral collection forms (Appendix D) indicated that 89% of patients approached were keen to be referred to 'Exercise after Stroke'. However, of those that were keen to attend 11% felt unable to participate due to the location of the venue and/or transport issues. For patients who did not wish to be referred the reasons indicated were that exercise post stroke was not for them.

4.1.3 Usage Data:

The programme began in September and ran until January 09. We collected usage data for individual participants in order to learn about activity. Summarised usage figures for this period are displayed in Tables 3 and 4 below. Full details available in Appendix B.

Table 3. Frequency of use of the EAS service by participants

| Number of Visits | Number of Participants |
|------------------|------------------------|
| 0 | 3 |
| 1 -5 | 9 |
| 6 - 9 | 5 |
| 12 - 16 | 7 |
| 21 | 1 |

Table 4. Monthly breakdown of circuits and 1 to 1 gym visits

| Month | Number of Visits in Each Activity | |
|-----------|-----------------------------------|----------------|
| | Circuits | One to One Gym |
| September | | 4 |
| October | 31 | 44 |
| November | 17 | 46 |
| December | 8 | 37 |
| January | 10 | 39 |

4.1.4 Referral Data:

The graph below (Figure 1.) indicates the sources of referral to the service.

All referrals were completed by specialist Physiotherapists, Occupational Therapists or General Practitioners or Specialist Stroke Nurses, with in each area Health Care setting.

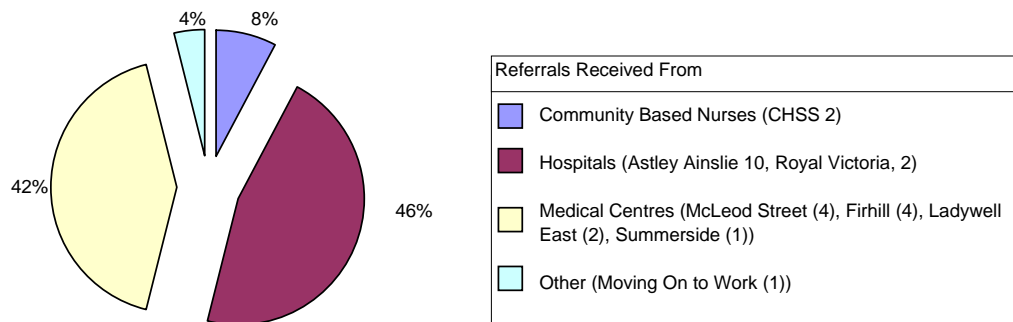


Figure 1. Exercise after Stroke Referral Patterns

4.1.5 Progress Data:

During the 16 week programme we analysed the participants' improvement, with 12 customers, who attended the gym based one to one sessions consistently. Each participant had an individual programme and progressed at a rate which was appropriate to their needs.

The following table (Table 5.) gives a summary of the results recorded in the common areas categorised below for the 26 participants. The participants did all, or a variety of the exercises. Table 5. illustrates the average levels of improvement and the ranges associated with those. The figures represent improvements in participants' physical performances compared to their initial assessments. Only one participant failed to demonstrate any improvement in the bike resistance.

Table 5. Effect of EAS on participants' physical performance

| Exercise | Average Improvement | Range |
|---------------------------|---------------------|------------|
| CV total workout time | 91% | 22% - 200% |
| Treadmill speed KPH | 29% | 16% - 62% |
| Bike resistance level | 77% | 0% - 100% |
| Bike speed RPM | 30% | 12% - 51% |
| Rower total time | 95% | 42% - 228% |
| Rower avg 500m split time | 18% | 18% |
| Resistance exercise | 181% | 64% - 276% |

| | | |
|----------------------------------|-----|------------|
| Resistance % strength increase | 54% | 12% - 100% |
| Balance, function & coordination | 90% | 50% - 100% |

4.1.6 It was decided that we required qualitative and quantitative data to ensure the evaluation of the pilot was comprehensive. To reflect this, a questionnaire was designed and sent to all 26 participants the week prior to the pilot finishing. We received 14 completed returns of the questionnaire, which equated to a 54% return rate. Below in Table 6 are some key pieces of information from the collated questionnaire. (Appendix C)

Table 6. Feedback from participant evaluation

| Participant Responses | Percentages |
|---|--------------------|
| Programme lived up to their expectation | 86% |
| Planned continuing with their physical activity | 100% |
| Wanted to continue with gym work | 60% |
| Preferred the gym to the circuit class | 69% |
| Felt their sleep was either slightly or much better | 53% |
| Felt their mood was either slightly or much better | 34% |
| Felt their self esteem was either slightly or much better | 69% |
| Felt their energy levels were either slightly or much better | 54% |
| Felt their ability to perform daily tasks were either slightly or much better | 77% |
| Felt their arm / leg movement and strength was either slightly or much better | 85% |
| Felt a sense of achievement after the exercise session | 64% |

4.1.7 Participants were asked whether Edinburgh Leisure could make any improvements to the EAS service, some of the responses included;

“Best improvement would be if I knew that the service would be long term, securing my continuous improvement in mobility and health.”

“Access to the gym.”

“Chance to attend more often - up to three times per week.”

“Nothing could be better than 1:1.”

4.1.8 Feedback from the participant questionnaires was generally highly positive and reflected appreciation of the quality of the service delivered. There were no negative comments,

on the contrary, when participants were asked what they least liked about the service, from those participants that did answer this question, the responses included;

“Enjoyed all elements.”

“All okay.”

5. Implications

5.1 Consideration was given to the positive impact that the EAS pilot had on the participant’s health and following on from the constructive points raised at the review discussion workshop, it was recognised that this area of work was in the initial stages of becoming established amongst relevant health professionals. To this end Edinburgh Leisure endorsed their commitment to ensuring the continuity of the EAS programme. Some marginal adaptations were made to the programme allowing the specialist stroke instructors to concentrate their dedicated time with the participants. The participant evaluation also highlighted the greater demand for one to one gym sessions over circuit sessions, again this was considered when developing the interim programme.

Interim programme arrangements are displayed in Table 7. below:

Table 7. Exercise after Stroke interim programme arrangements

| EL Venue | Day | Time |
|-----------------------------|--------------------|---------------|
| Drumbrae Leisure Centre | Monday | 10.00 – 11.30 |
| | Wednesday | 10.00 – 12.00 |
| Portobello Swim Centre | Monday | 10.00 – 12.00 |
| Ainslie Park Leisure Centre | Monday & Thursday | 10.00 – 12.00 |
| Gracemount Leisure Centre | Tuesday & Thursday | 10.00 – 12.00 |

Each new referral will receive one designated 1 on 1 session with a stroke specialist instructor and then they will be filtered into one of the above sessions. The session times are staggered to each participant every 15 minutes which allows the instructors to work with 5 customers in the two hour session. The interim programme has been designed to deliver gym based sessions only as these were the most desired by participants.

6. **Finance:** the service costs are displayed in table 8 below:

6.1

Table 8. Operational costs of EAS programme

| Month | Instructor Costs | Mileage Costs | Total Costs |
|--------------|------------------|----------------|-----------------|
| September | £66.00 | NA | £66.00 |
| October | £227.93 | NA | £227.93 |
| November | £464.73 | NA | £464.73 |
| December | £639.92 | £140.00 | £779.92 |
| January | £408.90 | NA | £408.90 |
| Total | £1807.48 | £140.00 | £1947.48 |

In addition there were consistent hidden costs which involved paying overtime to gym instructors within the team, to cover the time the specialist stroke instructors were delivering the sessions. On occasions this was just a few hours overtime and in other instances it needed to be a 4 hour shift to ensure a gym instructor could offer cover.

7. Conclusions:

7.1 The EAS programme has enabled 26 people, who have experienced a stroke, to participate in a specialist exercise programme over 16 weeks. The participants' exercise programme were delivered by stroke instructors, who consulted with the participants on a one to one basis, to ensure a relevant and an appropriate programme was composed.

7.1.2 Towards the end of the 16 week pilot an analysis of 12 participants' exercise performance was carried out. The results showed marked improvements for all participants in all exercises carried out. A participant questionnaire was also distributed to all 26 participants, 14 responses were recorded. All participants that completed the questionnaire (54%) were keen to continue to exercise and 86% of the respondents felt that the EAS programme met their expectations.

7.1.3 With the pilot programme completing term at the end of January 2009 an interim programme was introduced. The interim programme is to ensure all current participants can continue to exercise with the specialist stroke instructors and enable new referrals to be received. There is recognition that the interim programme can accommodate a limited number of participants and new referrals. Further development of the programme is constrained by factors including stroke instructor's time and instructor costs.

8. Recommendations:

8.1 The pilot is currently being reviewed and interim arrangements have been put in place for February 09.

8.1.2 Plans for Stroke Programme if funding sourced

Option 1

1 Project Specialist Instructor (Full-time 38.25 hours p/w)

1 x full time Band 2 (Grade A) Instructor = £15,489
(£15,954 as of 1st April 09)

Year 1 Total: £18,277 (Including additional 18% on costs)

Year 2 Total: £18,826 (Including additional 18% on costs plus 3% annual pay award)

This project could engage with over 300 people with referral stroke patients over a 2 year period.

13 new referrals per month x 12 months = 156 persons per year

Option 2

2 Project Specialist Instructors (Full time 38.25 hours p/w)

2 x Full Time Band 2 (Grade A) Instructor = £30,978

(£31,908 as of 1st April 09)

Year 1 Total = £36,554 (including additional 18% on costs)

Year 2 Total = £37,652 (including additional 18% on costs plus 3% annual pay award)

This project could engage with over 500 people with referral stroke patients over a 2 year period.

9. References

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Exercise After Stroke Referral Programme

Project Manual

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1. The Exercise After A Stroke Referral Programme
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EXERCISE AFTER A STROKE REFERRAL PROGRAMME

This programme has been developed in partnership with Edinburgh Leisure and NHS Lothian. The Exercise After Stroke Referral Programme offers people who have suffered from a stroke the opportunity to access a specialised programme of physical activity, at a concessionary rate, to aid their treatment and recovery.

The programme, which is by referral only, is a 16 week introduction to exercise programme that can help improve the physical fitness of suitable participants.

We will accept referrals from:

- Community Rehabilitation – hospital based/medical centre/domiciliary/day hospital/day centre
- Physiotherapy, Occupational Therapy, Speech and Language Therapy, Psychology, Dieticians, CHSS Stroke Nurses, Medical, DCO

Aiming to get people physically active, the programme will offer participants an individual, goal-based gym programme or a group based circuit class at a concessionary rate at selected Edinburgh Leisure facilities. As such, the pricing structure aims to promote initial involvement in the programme and encourage participants to sustain their involvement with a subsidised price at any Edinburgh Leisure facility.

PROGRAMME MANAGEMENT

Working in partnership, the project will continue to be monitored by representatives from both Edinburgh Leisure and the Stroke Service Group. As such, the Sports and Service Development Team along with the Health and Fitness team will oversee the Edinburgh Leisure component.

Edinburgh Leisure

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Health and Community Manager

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helenmacfarlane@edinburghleisure.co.uk

Karen Armstrong

Health and Fitness Manager

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karenarmstrong@edinburghleisure.co.uk

Stroke Co-ordinator

Hannah Macrae

Health Development Officer for Older People

0131 652 4342/ 07970765170

hannahmacrae@edinburghleisure.co.uk

Stroke Delivery instructors:

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Gym Supervisor

Edinburgh International Climbing Arena

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markcadle@edinburghleisure.co.uk

Marie Milne

Gym instructor

Gracemount Leisure Centre

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Jamie Crichton

Gym Instructor

Glenogle Swim Centre

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Ayla Akin

Gym Instructor

Meadowbank Sports Centre

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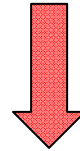
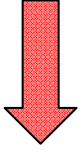
Audrey Bruce
Lead Stroke Nurse
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Audreybruce@fsmail.net

Service user & carer

Albert Horrocks (service user) & Judith Horrocks (carer)
9A Bellevue Terrace
Edinburgh
EH7 4DT

Draft- Stroke Post Hospital Discharge Pathway

Hospital Admission – Acute and Rehabilitation



Ongoing Management

Intervention

Post-discharge Period 1 - Early

Community Rehabilitation – hospital based/medical centre/domiciliary/day hospital/day centre

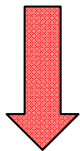
Transitional phase towards maximising independent function and reintegrating into life roles (work, leisure, family).



Physiotherapy, Occupational Therapy, Speech and Language Therapy, Psychology, Dieticians, CHSS Stroke Nurses, Medical, DCO

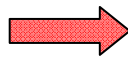


Edinburgh Leisure Stroke Exercise Service

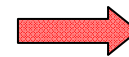


Post-discharge Period 2 - Long term

Maintenance of physical and functional capability



- Access to ongoing support from therapy teams
- Access to educational and support groups e.g. Thistle
- Access to mainstream services – Leisure and Fitness Industry, Clubs, Church
- Access to voluntary sector, employment agencies and educational establishments
- Re-referral into rehabilitation Services by GP, Health Professional, or self if required



Edinburgh Leisure Stroke Exercise Service

MAKING REFERRALS

Entry to the programme is by referral from:

- Community Rehabilitation – hospital based/medical centre/domiciliary/day hospital/day centre
- Physiotherapy, Occupational Therapy, Speech and Language Therapy, Psychology, Dieticians, CHSS Stroke Nurses, Medical, DCO

Who is eligible for a referral?

These sessions will be eligible for any referred participants meeting the below criteria:

- Confirmed diagnosis of Stroke
- Motivated to participate in an exercise programme
- Medically stable
- Must not put themselves or others at risk by presenting themselves under the influence of alcohol or drugs
- Be able to follow simple instructions by most appropriate method (verbal, visual cues and written)

To refer a participant:

You need to complete an **Exercise after Stroke referral form**. This then needs to be sent to:
Hannah Macrae – Stroke Co-ordinator
Sports & Service Development
141 London Road
Edinburgh
EH7 6AE

Please can you keep a copy of the referral forms for your own records.

Please can you then supply a copy of the A4 briefing sheet (appendix E) to the participant to ensure they are fully aware of what to expect throughout the programme.

Once we receive the referral the participants will be contacted via letter to confirm their referral has been received and that they are ready to commence their exercise programme. If the participant is attending the one on one gym based session they will be contacted directly by the Exercise After Stroke Instructor to arrange their first appointment. If they are attending the group session the stroke co-ordinator will phone 1 week prior to session.

PHYSICAL ACTIVITY PROGRAMMES

Referred patients can participate in both/ either a gym based one to one session or a group based circuit session. These sessions are designed to encourage participants to learn how to exercise safely and encourage an active healthy lifestyle.

Circuit Session

This session will include strength, mobility and balance exercises tailored to the individual needs. This will be a 16 week programme with one instructor to 8 participants. This session will last up to 1 hour however participants can take breaks or leave as required.

These sessions will be run at two venues across Edinburgh:

- Gracemount Leisure Centre
- Ainslie Park Leisure Centre

Gym one on one session

Throughout the one to one session the instructor will provide an exercise programme tailored to suit the individual participant's needs. The participants can book in for regular one to one sessions for the duration of the 16 week block depending on their individual needs. The one to one sessions will last the required time for the benefit of the participants.

The one to one session will be delivered across 8 Edinburgh Leisure venues listed below:

Ainslie Park Leisure Centre
92 Pilton Drive
Edinburgh
EH5 2HF

Craggs Sports Centre
10 Bowmont Place
Edinburgh
EH8 9RY

Drumbrae Leisure Centre
30 Drumbrae Terrace
Edinburgh
EH4 7SF

Gracemount Leisure Centre
Gracemount Drive
Edinburgh
EH16 6NR

Leith Victoria Swim Centre
Junction Place
Edinburgh
EH6 5JA

Edinburgh International Climbing Arena
South Platt Hill
Ratho
Newbridge
EH28 8AA

Meadowbank Sports Centre
143 London Road
Edinburgh
EH7 6AE

Portobello Swim Centre
57 the Promenade
Edinburgh
EH15 2BS

Contacting the participant

The participant will be contacted following the timeframe below:

Subsequent engagement will be made/continued between the Exercise After Stroke instructors and the participant throughout their 16 week programme as and when required.

| Action | Engagement Action | Time frame |
|------------------------------------|---|---|
| Referral sent to Hannah Macrae | Welcome letter detailing chosen activity and venue, including participants Leisure Card | Within 5 days of receipt of referral |
| Circuit session chosen | Letter will detail start date and next steps Phone call to confirm | Welcome Letter within 5 days Phone call 1 week prior to session |
| One to One gym session | Welcome letter from HMac Phone call from instructor to book in for 1 st appointment | Within 5 days of receipt of referral 5 days on receipt of referral information from HMac |
| Graduation from Exercise Programme | Letter and entry into prize draw if evaluation is filled out | Within 1 week of Exercise Programme completion |

Evaluation

Participants will be asked to fill out an evaluation form to assist the service working group with an overview of how the pilot programme was received and help to form next steps. The form will be handed out by the instructors at week 8 and returned before the end of week 16. Instructors will highlight the importance of filling out the evaluation form at week 1. Referrer's will also highlight that participants will be asked to fill out a questionnaire and ensure they realise the importance of doing so.

Instructors will gather all referrals and forward to Hannah Macrae on week 16.

Participants will be entered into a prize draw entry if evaluation is filled out

Qualifications of staff:

Both of the above sessions will be led by a National Vocational Qualification / Register of Exercise Professionals Level 4 Exercise after Stroke specialist instructor.

PROGRAMME PRICING STRUCTURE

All people referred to the programme will be issued with an Edinburgh Leisure card during their first visit. This is being managed centrally and overseen by the Co-ordinator. This card should be presented at reception on each visit to the centre to allow us to monitor usage and help with the evaluation of the programme.

Cost to participant:

The cost for participants is £2.70 per visit for either session attended.

Membership option: 60 plus membership - £16.50 per month
Disability Living Allowance membership - £16.50 per month

If you require further information on membership options please contact our membership advisors on site or Hannah Macrae.

Card holders can access any Edinburgh Leisure facility for Leisure Card prices should they wish. For a map of these facilities and contact information refer to Appendix G or Edinburgh Leisure's website: www.edinburghleisure.co.uk.

PARTICIPANT REVIEW

Both to ensure that participants are continually challenged by their programme and to monitor participants' progress, instructors overseeing the referred person should complete regular reviews of the programme.

Long Term Participation

We would like to encourage long term participation in physical activity with Edinburgh Leisure. To continue long term access this can be done through the Edinburgh Leisure Card, membership or through various concession options.

The gym staff will continue to be on hand for individuals and will monitor and adapt training programmes when required.

PROGRAMME MONITORING & EVALUATION

In addition to monitoring the progress made by individual referrals, the programme will also monitor both the number of referrals and usage by individuals on a quarterly basis. This is the responsibility of the co-ordinator and will be made available to the stroke service working group.

Information will also be gathered from referrers on the number of individuals approached in order to evaluate potential barriers to participation. Please see appendix D for the Data collection form.

On conclusion of the 16 pilot, participants will be asked to fill out an evaluation questionnaire so we can determine the success and improvements made to the individual. A report will then be produced to state next steps.

Following completion of the course all information gathered will be analysed by the working group and used to produce a formal report. It is anticipated that this will assist in the ongoing development of this service.

Please see appendix C for the participant evaluation form.

Appendix A

28 May 2009

Dear

Exercise After Stroke Referral Programme

Congratulations you have been referred to Edinburgh Leisure's Exercise After Stroke programme. This means you are entering a new phase and are ready to start building physical activity into your life and working towards improving your physical fitness

Now that we have received your referral you are ready to start your physical activity sessions.

You have expressed an interest in attending the circuit based session. These sessions run in two areas of the City which are:

Ainslie Park Leisure Centre
92 Pilton Drive
Edinburgh
EH5 2HF

Gracemount Leisure Centre
22 Gracemount Drive
Edinburgh
EH16 6NR

Your chosen venue is _____, this session takes place on a _____ at _____. You are now ready to start your class. Your session will be led by _____ who is a fully qualified Exercise After Stroke specialist instructor. If you would like to discuss any aspect of the session prior to starting then please don't hesitate to contact me directly on: 0131 652 2178.

I have enclosed your Edinburgh Leisure card which will allow you access to either sessions for only £2.70. Each time you visit one of our venues you should have your card swiped at reception and let them know your chosen activity.

This programme is all about participation and we are here to support you as much as required throughout your time with us. If you have any concerns please do not hesitate to contact the stroke co-ordinator or the instructor directly.

Good luck with your programme.

Yours sincerely,

Hannah Macrae

Health Development Officer

Tel: 0131 652 2178

Email: hannahmacrae@edinburghleisure.co.uk

Appendix B

28 May 2009

Dear

Exercise After Stroke Referral Programme

I am writing to you to inform you that a patient from your practice is currently taking part in Edinburgh Leisure's Exercise After A Stroke programme. The patient has been referred from a Health Professional who is involved in their long term care.

To give you an overview of the project: it is currently a 16 week programme which has been established through a stroke service working group, with both staff from NHS Lothian and Edinburgh Leisure.

The referred participant has expressed an interest in physical activity and will now receive support from Edinburgh Leisure to become more physically active.

The participant will choose from either/both a weekly group circuit session or a one to one session. The sessions will be led by a fully qualified National Vocational Qualification/ Register of Exercise Professionals Level 4 Exercise after Stroke specialist instructor.

Please keep a copy of this letter for your own records, no action is required from you, however if you would like an update or further information about the programme please do not hesitate to contact me to discuss the project in more detail.

Yours sincerely

Hannah Macrae
Health Development Officer
Tel: 0131 652 2178
Email: hannahmacrae@edinburghleisure.co.uk

Appendix C

Exercise After Stroke Participant Evaluation

We want to know what you think of the Exercise after Stroke Training Programme. Your feedback will help us continue to improve the service we provide and the programme we offer. So tell us about your experience!

Q1: Did you find the exercise after stroke programme provided by Edinburgh Leisure was what you expected? Please circle.

| | | |
|-----|----|--------|
| Yes | No | Unsure |
|-----|----|--------|

Q2: Will you continue to take part in physical activity following the programme?

| | | |
|-----|----|--------|
| Yes | No | Unsure |
|-----|----|--------|

Q3: If yes in what form? Please circle.

| | | | |
|--------------------------------|---------|-----|------------------|
| Circuit session | Walking | Gym | Seated Exercises |
| Please state any other: | | | |

Q4. Have you notice any benefits from taking part in the Exercise After Stroke Programme? Please circle if appropriate?

| | | | | | |
|--|------------|----------------|-----------|-----------------|-------------|
| Sleep | Much worse | Slightly worse | No change | Slightly better | Much better |
| Mood | Much worse | Slightly worse | No change | Slightly better | Much better |
| Self-esteem | Much worse | Slightly worse | No change | Slightly better | Much better |
| Energy levels | Much worse | Slightly worse | No change | Slightly better | Much better |
| Ability with day to day tasks | Much worse | Slightly worse | No change | Slightly better | Much better |
| Movement and strength in my arm and leg | Much worse | Slightly worse | No change | Slightly better | Much better |
| Walking and getting about | Much worse | Slightly worse | No change | Slightly better | Much better |

Please state any others:

Q5. How did you find the instruction of the sessions? Please circle as appropriate

| | | | | |
|---------------------|------|--------------|------|-----------|
| Instruction | Poor | Satisfactory | Good | Excellent |
| Any other comments: | | | | |

Q6. How did you find the content of the sessions? Please circle as appropriate

| | | | | |
|----------------------------|----------|-------------|-----------|----------|
| Exercises performed | Too easy | About right | Excellent | Too hard |
| Level of session | Too easy | About right | Excellent | Too hard |
| Any other comments: | | | | |

Q7. Did you prefer the circuit session or the gym 1:1? Please circle.

| | | |
|---------|-----|-----------------------------------|
| Circuit | Gym | Only attended one type of session |
|---------|-----|-----------------------------------|

Q8. How did you feel after the exercise sessions? Please circle.

| | | | | |
|--------------------|-------|---------|------------------------|----------------------|
| Exhausted | Tired | Relaxed | Felt you could do more | Sense of achievement |
| Any other comments | | | | |

Q 9. What did you most like about the sessions? Please comment.

| |
|--------------|
| |
|--------------|

Q10. What did you like least about the sessions? Please comment.

| |
|--------------|
| |
|--------------|

Q11. Are there any improvements you think we could make to the Stroke After Exercise Service? Please comment:

| |
|--------------|
| |
|--------------|

Appendix D

To allow us to evaluate the referral numbers, take up and interest in Exercise after Stroke pilot project, including people that you approach but who decide that it is not for them. We would be grateful if you could complete this form.

Referrer Details:

| | |
|------------|----------------------|
| Name | <input type="text"/> |
| Profession | <input type="text"/> |
| Hospital | <input type="text"/> |

Participant Details:

Sex: - Male

Female

Age: -

Date of onset of Stroke: -

Date of referral/approached: -

Interested: - Yes

If yes which options did they select: - Classes

One to one

Interested: - No

If no reason given: -

| | | | |
|---------------|--|----------------------------|--|
| None | | Not my kind of thing | |
| Venue | | Not interested in exercise | |
| Transport | | Too early after my stroke | |
| Time of class | | Other please state | |
| Type of class | | | |

Thank you for taking the time to complete this form. Please return your completed forms to:
Jane Shiels, Physiotherapy Department, 133 Grange Loan, Edinburgh, EH9 2HL

Exercise After Stroke – Participant Briefing Sheet

You have been referred to take part in an **Exercise After Stroke** programme based within an Edinburgh Leisure venue.

This will help to improve your physical fitness.

It is a **16 week** introduction to exercise.

You can choose from:

1. Group/Circuit Based Classes:

- Strength, balance & movement exercises tailored to your needs
- Up to 8 people per class
- 1 instructor per class
- Approximately 1 hour per class
- Available at Ainslie Park & Gracemount Leisure Centres

Ainslie Park Leisure Centre

Tuesday 23rd September 08 – 20th January 09 (no session on 30th Dec 08)

2 – 3.00 pm (weekly)

Gracemount Leisure Centre

Thursday 25th September 08 – 22nd January 08 (no session on 1st Jan 08)

2 – 3.00 pm (weekly)

AND/OR

2. One To One Gym Sessions:

- Exercise programme tailored to your needs
- Regular one to one sessions within the 16 week block
- Available at 8 Edinburgh Leisure Centres (listed on reverse)

Ainslie Park Leisure Centre
92 Pilton Drive
Edinburgh

Craggs Sports Centre
10 Bowmont Place
Edinburgh

Drumbrae Leisure Centre
30 Drumbrae Terrace
Edinburgh

Gracemount Leisure Centre
Gracemount Drive
Edinburgh

Leith Victoria Swim Centre
Junction Place
Edinburgh

Edinburgh International Climbing Arena
South Platt Hill, Ratho
Newbridge, Edinburgh

Meadowbank Sports Centre
143 London Road
Edinburgh

Portobello Swim Centre
57 the Promenade
Edinburgh

All specialist instructors are qualified in Exercise After Stroke

(NVQ/Register of Exercise Professionals Level 4).

Cost is **£2.70** per visit, less if you have an Edinburgh Leisure membership.

Edinburgh Leisure will contact you soon to discuss your needs.

For further information please contact Hannah Macrae (Project Co-ordinator) to discuss in more detail.

Hannah Macrae
Health Development Officer
Sports Development
Edinburgh Leisure
141 London Road
Edinburgh, EH7 6AE

Telephone: 0131 652 4342

Email: hannahmacrae@edinburghleisure.co.uk

APPENDIX B

Table 1. Participant Usage Data from October 2008 to January 2009

| Participant Join Date | Number of Visits per Month | | | | |
|-------------------------------|----------------------------|-----------|-----------|-----------|-----------|
| | Sep-08 | Oct-08 | Nov-08 | Dec-08 | Jan-09 |
| 09/09/2008 | | 3 | 1 | 1 | 1 |
| 09/09/2008 | | 5 | 3 | 0 | 8 |
| 09/09/2008 | | 3 | 6 | 6 | 0 |
| 03/10/2008 | | 3 | 4 | 2 | 0 |
| 25/01/2009 | | 0 | 0 | 0 | 2 |
| 19/09/2008 | | 3 | 4 | 5 | 4 |
| 09/09/2008 | | 3 | 2 | 0 | 0 |
| 28/08/2008 | | 0 | 0 | 0 | 0 |
| 22/10/2008 | | 1 | 0 | 0 | 1 |
| 14/10/2008 | | 1 | 0 | 3 | 4 |
| 03/10/2008 | | 1 | 0 | 0 | 0 |
| 09/09/2008 | | 4 | 4 | 3 | 1 |
| 09/09/2008 | | 3 | 3 | 0 | 0 |
| 18/09/2008 | | 4 | 2 | 1 | 0 |
| 23/12/2008 | | 0 | 0 | 0 | 5 |
| 22/10/2008 | | 1 | 0 | 0 | 0 |
| 09/09/2008 | | 0 | 0 | 0 | 0 |
| 03/10/2008 | | 1 | 1 | 0 | 0 |
| 09/09/2008 | | 3 | 9 | 4 | 5 |
| 16/09/2008 | | 0 | 0 | 0 | 0 |
| 09/09/2008 | | 5 | 1 | 0 | 0 |
| 09/09/2008 | | 3 | 3 | 4 | 2 |
| 25/01/2009 | | 0 | 0 | 0 | 1 |
| 03/10/2008 | | 1 | 0 | 0 | 0 |
| 25/01/2009 | | 0 | 0 | 0 | 1 |
| 22/10/2008 | | 1 | 3 | 5 | 4 |
| Total Number of Visits | | 44 | 46 | 35 | 39 |

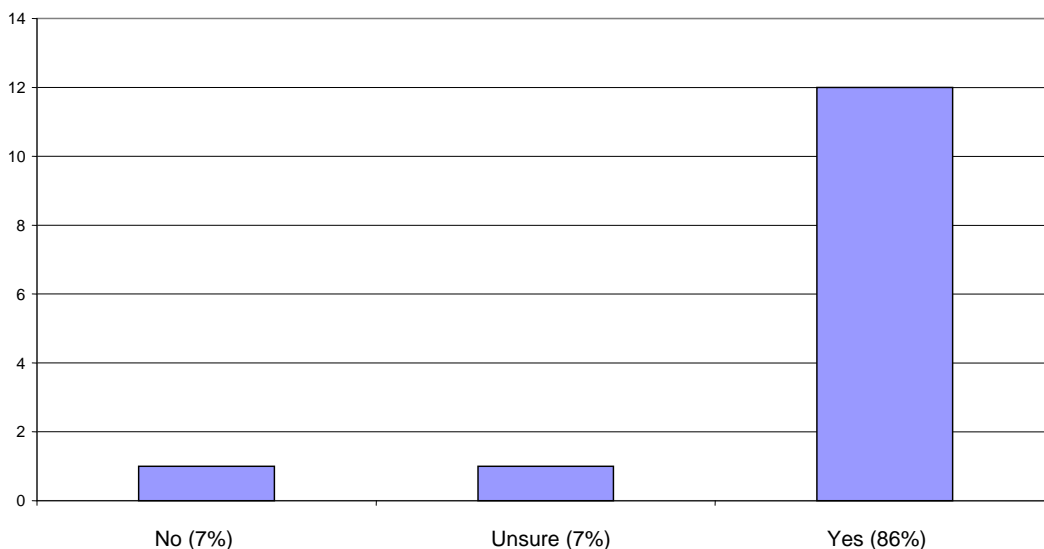
APPENDIX C

Exercise after Stroke Evaluation

An evaluation of participants' experiences was carried out following the Edinburgh Leisure (EL) Exercise after Stroke sixteen week pilot programme. In total, 26 participants took part in the pilot and 14 responded to the questionnaire.

Please see the results below.

Q1. Did you find the Exercise after Stroke programme provided by EL was what you expected?

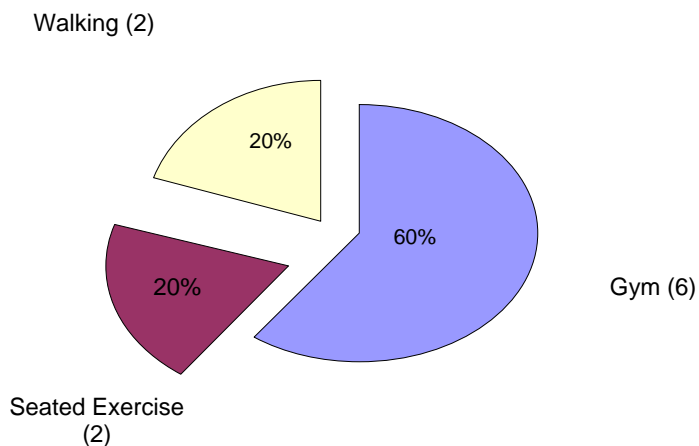


All 14 respondents answered this question.

Q2. Will you continue to take part in physical activity following the programme?

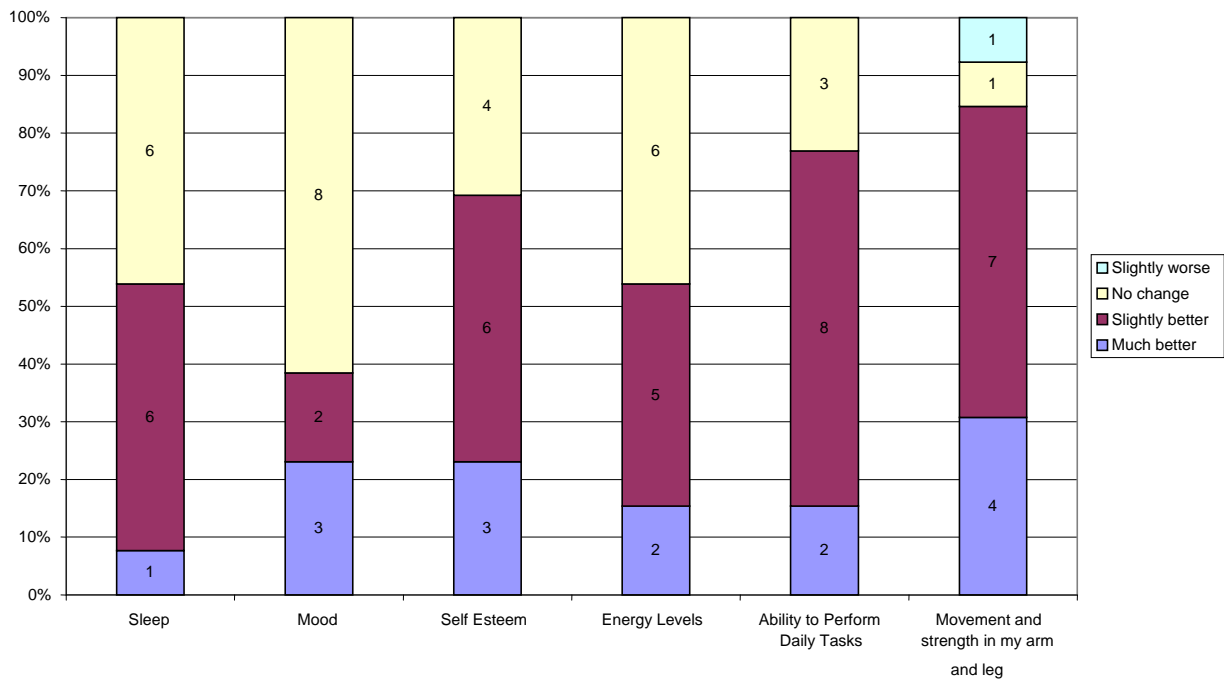
All 14 respondents replied positively.

Q3. If yes in what form?



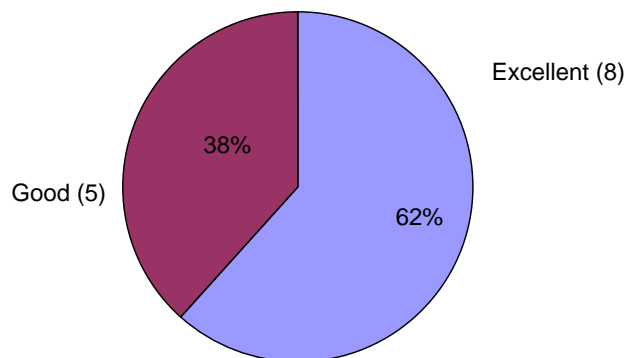
Four respondents did not answer this question.

Q4. Have you noticed any benefits from taking part in the Exercise after Stroke programme?



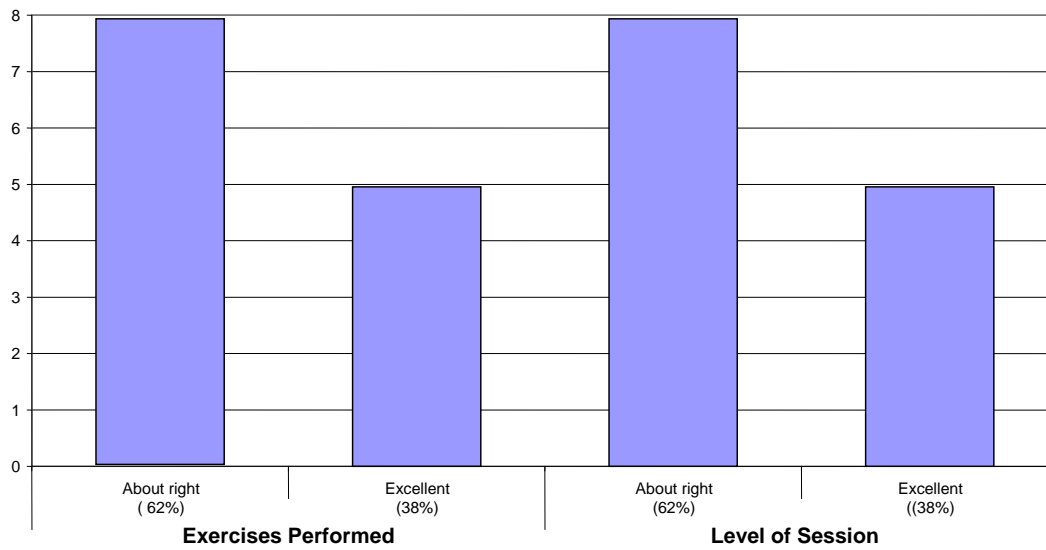
1 respondent did not answer the above question

Q5. How did you find the instruction of the sessions?



One respondent did not answer this question
 No respondents felt the instruction was 'poor' or 'satisfactory'.

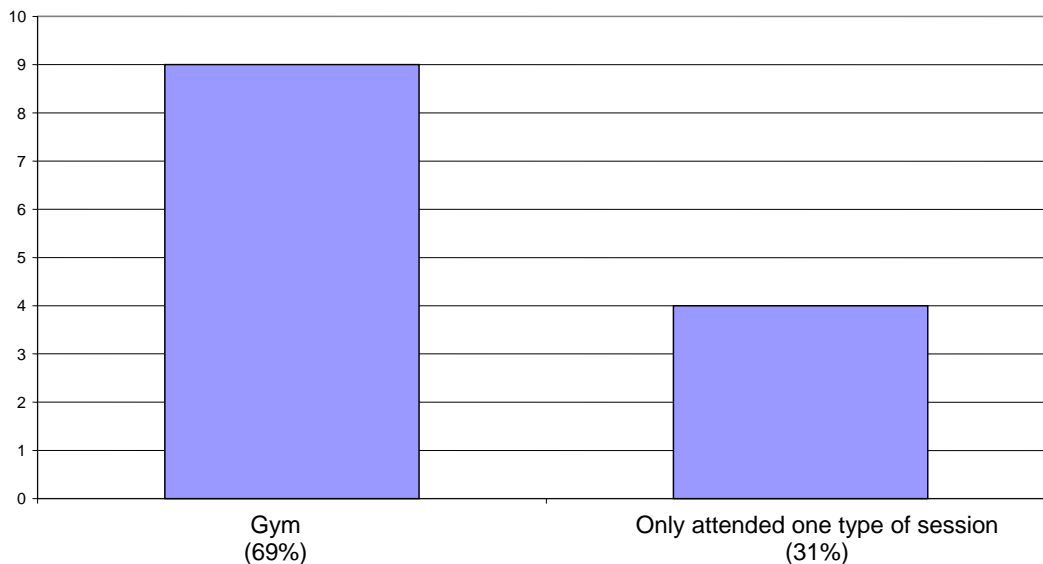
Q6. How did you find the content of the sessions?



There were no responses recorded for the options of 'Too Easy' or 'Too Hard' for both parts of the question.

1 respondent did not answer the first part of the question and another respondent did not answer the second part of the question

Q7. Did you prefer the circuit session or the gym 1:1?

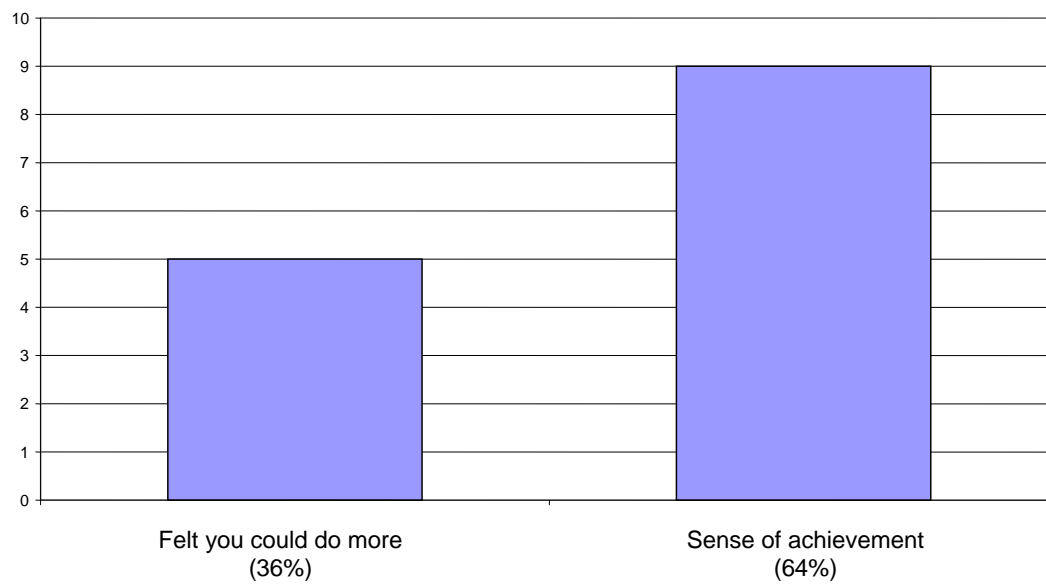


1 participant did not complete this question

No responses were recorded for the preference of circuits

4 respondents had only participated in 1 activity, and therefore not commented on their preference of activity.

Q8. How did you feel after the exercise sessions?



There were no responses recorded for feeling 'exhausted', 'tired' or 'relaxed' following exercise.

APPENDIX D

Referral Data Collection Forms Report

Number of completed forms = 19

Referrers = Firrhill Centre physio = 2
 McLeod Street physio = 3
 Astley Ainslie (physio/OT/CHSS nurse) = 12
 NRIE = 1
 Royal Victoria Hospital = 1

Number of patients offered exercise after stroke and keen to participate = 15 of those 4 were female and 11 were male mean age was 58 years (range 23- 88)

Number of patients offered exercise after stroke and **not keen or unable** to participate = 4 all were male mean age 62.5 years (range 51-78)

Reason given for not participating:-

Not my kind of thing = 2

Transport = 2

Venue = 1 (venue and transport recorded by one person)