

## **The Impact of Exercise**

**Presenter:** Dr. Brandie E Keates

**2 hours**

### **Description:**

In this presentation, we're going to dive into the impact of exercise on pregnancy—how it supports both physical and mental health for expecting mothers. We'll cover the key benefits, from managing issues like low back pain and gestational diabetes, to preventing muscle weakness and prepping the body for labor and postpartum recovery. But it's not just about the physical—exercise is a game changer for reducing stress and keeping mood swings in check. By the end, you'll have solid, practical strategies that you can use to help your patients stay active safely, giving them the tools they need to have a stronger, healthier pregnancy journey.

### **By the end of the seminar, participants will be better able to:**

- Explain the physical and mental health benefits of exercise during pregnancy.
- Recommend safe and effective exercise strategies tailored to each trimester.
- Address common pregnancy-related conditions such as low back pain and gestational diabetes through movement.
- Guide patients in preventing muscle weakness and preparing for labor and postpartum recovery.
- Support pregnant women in maintaining consistent physical activity to manage stress and improve emotional well-being.

### **Teaching Method:**

- Lecture, Slides and Videos

### **Course Outline:**

Time	Content
8:00-8:10	<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>• <b>Introduction to the critical role of exercise in overall health.</b></li> <li>• <b>Explain how exercise is often misunderstood in clinical settings.</b></li> <li>• <b>Emphasize the individualized, evidence-based approach to patient care.</b></li> <li>• <b>Outline the goals of the course:</b> <ul style="list-style-type: none"> <li>• <b>Evaluating a patient’s physical and psychosocial needs.</b></li> <li>• <b>Understanding effective communication strategies for motivating patients.</b></li> </ul> </li> <li>• <b>Designing customized exercise programs for long-term wellness.</b></li> </ul>
8:10-8:25	<p><b>Segment 1: Role of Exercise in Healthcare</b></p> <ul style="list-style-type: none"> <li>• Misconceptions of Exercise: <ul style="list-style-type: none"> <li>• Address common misconceptions (aesthetic vs. function, punishment vs. empowerment).</li> <li>• Exercise as a tool for enhancing quality of life, not just physical appearance.</li> </ul> </li> <li>• Physical Benefits: <ul style="list-style-type: none"> <li>• Discuss the role of exercise in preventing noncommunicable diseases like cardiovascular disease, diabetes, etc.</li> <li>• Cite the study showing that meeting aerobic and muscle-strengthening guidelines lowers the risk of mortality from influenza and pneumonia.</li> </ul> </li> <li>• Psychosocial Benefits:</li> </ul>

	<ul style="list-style-type: none"> <li>• Exercise's role in reducing social isolation, increasing self-efficacy, and combating depression and anxiety.</li> <li>• Highlight studies showing the psychological benefits of exercise in reducing anxiety and stress (Guszkowska, 2004).</li> </ul>
8:25-8:45	<p><b>Segment 2: Personalized Approach to Exercise</b></p> <ul style="list-style-type: none"> <li>• Customizing Exercise for Each Patient:</li> <li>• Exercise isn't one-size-fits-all: how to assess and determine what works for each individual.</li> <li>• Highlight how gender, age, physical conditions, and psychological readiness must inform the plan.</li> <li>• Motivation and Goals:</li> <li>• Using open-ended questions to tap into what motivates patients: "What do you love doing?" "What are your biggest challenges?"</li> <li>• Setting SMART goals: Specific, Measurable, Achievable, Relevant, and Time-bound goals for each patient.</li> <li>• Monitoring and Elevating Goals:</li> <li>• How to monitor patients' progress and adjust their exercise plans accordingly.</li> <li>• Celebrate small wins and help patients focus on consistency, not perfection.</li> </ul>
8:45-8:50	<b>Break</b>
8:50-9:15	<p><b>Segment 3: Clinical Communication</b></p> <ul style="list-style-type: none"> <li>• Empathetic Listening:</li> <li>• How to use empathetic listening to understand patients' emotional and mental state.</li> </ul>

	<ul style="list-style-type: none"> <li>• Reiterate patient goals using their language to build trust and alignment.</li> <li>• Teach-Back Method:</li> <li>• Encouraging patients to explain their exercise plans back to you ensures understanding and engagement.</li> <li>• Practice this method with examples and role-playing exercises.</li> <li>• Socratic Method:</li> <li>• Engaging patients in critical thinking by using questioning to help them arrive at conclusions about their exercise and wellness plans.</li> </ul>
9:15-9:30	<b>Segment 4: Screening and Psychological Factors</b> <ul style="list-style-type: none"> <li>• Identifying Psychological Barriers:</li> <li>• Screening for factors like kinesiophobia (fear of movement) and pain-avoidance behaviors.</li> <li>• Utilize questionnaires like the Pain Self-Efficacy Questionnaire and Tampa Scale for Kinesiophobia.</li> <li>• Incorporating Psychological Insights into Care:</li> <li>• The importance of considering a patient's mental health when prescribing exercise.</li> </ul>
9:30-9:35	<b>Break</b>
9:35-10:05	<b>Segment 5: Practical Applications: Exercises, Goal-Setting, and Modifications</b> <ul style="list-style-type: none"> <li>• Exercise Prescription: <ul style="list-style-type: none"> <li>• Practical examples of exercises tailored for common patient groups (e.g., elderly, those with chronic conditions, etc.).</li> <li>• Focus on low-impact, functional exercises that patients can easily incorporate into their daily lives.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Behavioral Change and Long-Term Commitment:</li> <li>• Helping patients adopt exercise as part of their routine through gradual, achievable steps.</li> <li>• Behavioral change strategies for improving adherence (habit formation, accountability).</li> <li>• Case Study Example:</li> <li>• Share a case study where personalized exercise transformed a patient's health.</li> <li>• Invite participants to share their own experiences and strategies.</li> </ul>
10:05-10:20	<p><b>Segment 6: Post-Care and Maintenance</b></p> <ul style="list-style-type: none"> <li>• Importance of Continued Support:</li> <li>• Discuss how ongoing support and modifications are critical to sustaining patient motivation and outcomes.</li> <li>• Follow-up and Adjustments:</li> <li>• How to evaluate progress at regular intervals and make necessary modifications to exercise routines.</li> <li>• Encourage collaboration with other healthcare professionals (PTs, nutritionists, etc.) to support a holistic approach.</li> <li>• Building a Community:</li> <li>• Connecting patients with local gyms, yoga instructors, or support groups to foster community engagement and long-term success.</li> </ul>
10:20-10:30	<p><b>Conclusion and Q&amp;A</b></p> <ul style="list-style-type: none"> <li>• Recap of Key Points:</li> <li>• The role of exercise in long-term health.</li> <li>• Individualized, evidence-based care is essential for success.</li> </ul>

	<ul style="list-style-type: none"><li>• Effective communication and goal-setting strategies to empower patients.</li><li>• Open the floor for questions.</li><li>• Encourage further exploration and research in exercise science and patient care.</li></ul>
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