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Embracing the Struggle - Strategies to Improve Physical Activity for Exhausted Nurses

Andrew Richards
arichards@southern.edu

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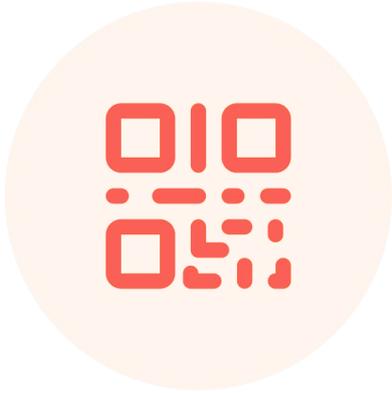
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Embracing the Struggle - Strategies to Improve Physical Activity for Exhausted Nurses

— Andrew J. Richards, PhD, RN, CNE —
ACE Certified Personal Trainer

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The Struggle

The Struggle - Part 1

According to the World Health Organization, 1 in 4 adults do not meet the globally recommended physical activity levels.¹

There is a 20-30% increased risk of death among persons who are not physically active.¹



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The Struggle - Part 2

Multiple organizations have goals to increase physical activity to improve health:

- Healthy People 2030 ²
- American College of Lifestyle Medicine ³
- World Health Organization ¹
- Center for Disease Control & Prevention – Healthy People, Healthy Nation Initiative. ⁴



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The Struggle - Part 3

Healthcare workers, including nurses, experience challenges engaging in adequate physical activity. ^{5, 6, 7, 8, 9}



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The World Health Organization Recommendations¹

2 or more days a week of moderate or greater intensity muscle strengthening activities (all major muscle groups)

150-300 minutes of moderate-intensity aerobic physical activity per week

75-150 minutes of vigorous-intensity aerobic physical activity per week

Equivalent combination of moderate- and vigorous-intensity activity throughout the week

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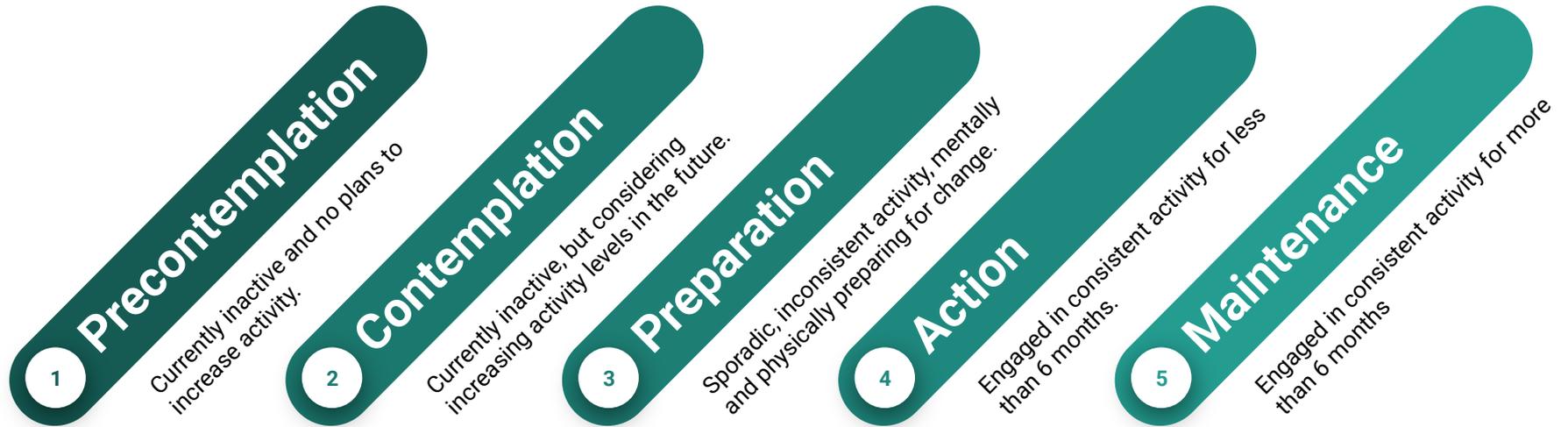


How often do you get the WHO recommended amount of physical activity?

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Are You Ready?

Application of the Transtheoretical Model of Behavioral Change¹⁰ to the Struggle



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Which stage of the Transtheoretical Model of Behavioral Change are you currently at when engaging in consistent physical activity?

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My Journey through the TTM

December, 2020 - June 2021

- Tested positive for COVID-19
- Over previous few years, physical activity had decreased and weight had increased
- I struggled to climb stairs and didn't have the energy to keep up with my young children.
- My BMI was 26.
- I started walking/hiking weekly
- I ran a 6K trail run in February, 2021 (56 minutes)
- I ran two 5K races in the spring.

July 2021 - December 2021

- I played basketball for 2 hours a week.
- I continued walking/hiking

January 2022 - December 2022

- I worked with a personal trainer student
- I ran a 5K (Spring) (34 minutes)
- I hiked 1-2 miles daily during lunch break (through June)
- Took a course and became a personal trainer

January 2023 - Present

- I ran a 6K trail run in February (44 minutes)
- Current BMI ~22 (lost 20-25 lbs since 2020)
- I have increased energy and am more physically active
- I played intramurals (softball and flag football)

Application of the Transtheoretical Model of Behavioral Change¹⁰ to the Struggle

Changing behavior includes

- cognitive processes - thoughts, emotions, self-image, and feelings
- behavioral processes - replacing old behaviors with new, building support systems, and rewarding self for achievements



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Application of the Transtheoretical Model of Behavioral Change¹⁰ to the Struggle

Self-efficacy - do you believe you can successfully change your behavior?

Sources of self-efficacy

- Past performance
- Vicarious experience
- Verbal persuasion
- Physiological state appraisals (pain, fatigue)
- Emotional state and mood appraisals
- Imaginal experiences



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**Rate your current self-efficacy
(belief in your ability to improve
physical activity)**

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Motivators

WHAT MOTIVATES YOU TO IMPROVE YOUR PHYSICAL ACTIVITY?

One of My Motivators

John T. Richards

Diagnosed with multiple sclerosis in 2000

He was determined to maintain mobility and independence as long as possible.

Mobility gradually became more challenging

Walking sticks → Walker → Wheelchair

I watched his mobility steadily decline over 22 years.

Died November 8, 2022 from CLL

I do not take my current mobility for granted.



Two More Motivators

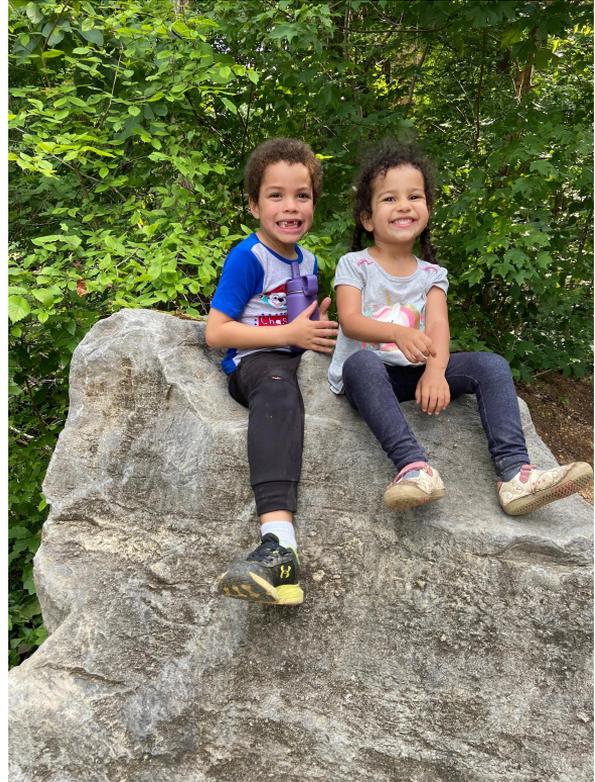
Flynn & Anya

I used to be able to sit around and watch sports.

Then I struggled to keep up!

Now I push them to stay active.

My goal is to set a good example and encourage them to remain physically active throughout their lives.



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What motivates you to improve your physical activity?

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Barriers

WHAT ARE YOUR BARRIERS TO IMPROVE YOUR PHYSICAL ACTIVITY?

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What is your biggest barrier to improving your physical activity?

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Common Barriers



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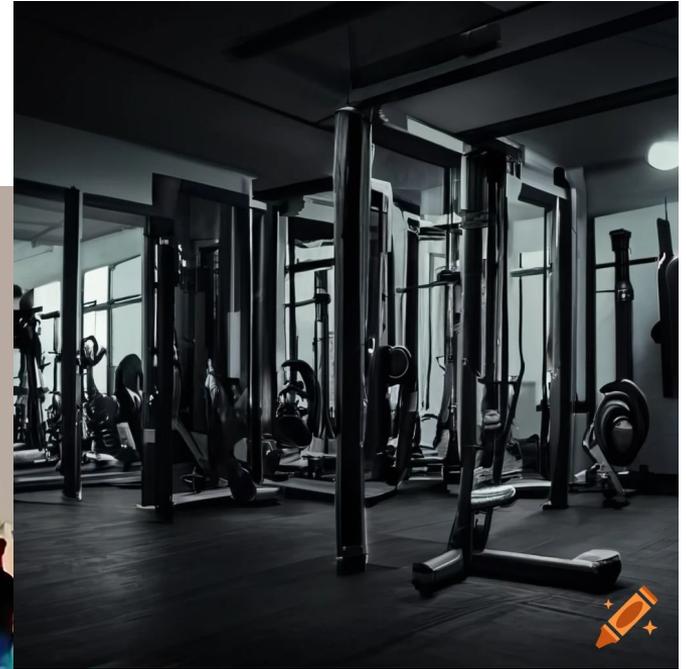


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Resources

WHAT RESOURCES DO YOU HAVE AVAILABLE TO IMPROVE YOUR FITNESS?

Resources



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What resources are available to you as you improve your physical activity level?

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Maintaining Progress

Plan for and anticipate **lapses**

Prevent **relapse** (return of original behavior)

Lean into your **support systems**

Willpower (ignoring pleasure or pain) is not sustainable

Emotions are stronger and more persistent than willpower

Plan ahead to conserve **willpower**



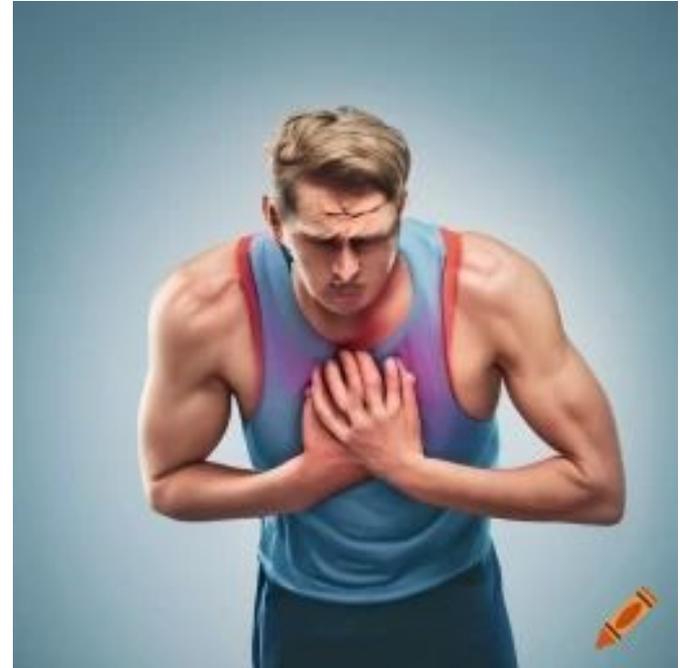
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Safety

Is it Safe to Start Exercising?

It depends...

- on current level of physical activity
- on history or symptoms of cardiovascular, metabolic, or renal disease
 - Pain (chest, neck, jaw, arms, etc)
 - Dyspnea (shortness of breath)
 - Orthopnea
 - Dizziness
 - Edema
 - Palpitations/tachycardia
 - Intermittent leg pain/cramping during exercise
 - Known heart murmur
 - Unusual fatigue or dyspnea with usual activities
- on desired exercise intensity



The Physical Activity Readiness Questionnaire for Everyone¹¹

1. Has your doctor ever said that you have a heart condition OR high blood pressure?
2. Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?
3. Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months?
4. Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?
5. Are you currently taking prescribed medications for a chronic medical condition?
6. Do you currently have (or have you had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? (Answer NO if a previous problem doesn't currently limit your ability)
7. Has your doctor ever said that you should only do medically supervised physical activity?

If you answered NO to all of the questions above, you are cleared for physical activity. If you answered YES to any question, complete the ParQ+. You may need clearance by a HCP prior to starting an exercise program.

Small Steps

On the ____ day of _____, 20____,
I choose to **EMBRACE THE STRUGGLE**
to improve my physical activity.

[Signature]

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