



PARKINSON'S DISEASE

SPOTLIGHT ON PARKINSON'S DISEASE: GETTING MOTIVATED TO MOVE!

WEDNESDAY, JULY 10, 2019

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
Strength in optimism. Hope in progress.

Support for this
program provided by: **abbvie**

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WELCOME AND INTRODUCTIONS



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Senior Vice President Development and Marketing
American Parkinson Disease Association

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PARKINSON DISEASE
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Strength in optimism. Hope in progress.

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PRESENTATION



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FINANCIAL DISCLOSURES

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Disease Association

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Equity & Consulting Agreements: None

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LATEST GUIDELINES: EXERCISE & PHYSICAL ACTIVITY

- Move more and sit less
- Some physical activity is better than none
- For substantial health benefits, exercise at least 150 minutes (2 hours, 30 minutes) per week of \geq moderate intensity aerobic exercise
- Muscle strengthening exercises of \geq moderate intensity involving all major muscle groups at least 2 days per week
- Balance exercise at least 2 days per week

US Department of Health & Human Services:
<https://health.gov/paguidelines/second-edition/>

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REGULAR EXERCISE MATTERS IN PD

Analysis of registry data: 2252 persons with Parkinson's disease



Regular Exercise
(> 150 minutes per week)



Low exercise / No exercise

Regular exercise (> 150 mins/week) at baseline was associated with better

- Quality of life
- Mobility
- Physical function
- Cognition
- And less disease progression.....1 year later!

Oguh et al., 2014

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WHAT GETS IN THE WAY? BARRIERS TO EXERCISE

Lack of
Enjoyment...



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BARRIERS TO EXERCISE IN PD

Most Common Barriers to Exercise in PD:

- **Low outcome expectation**
- Fear of falling
- Lack of time



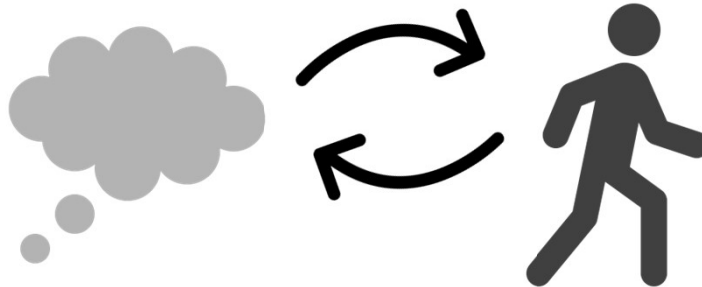
Ellis et al., 2013

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SOMETIME OUR THOUGHTS CAN GET IN THE WAY OF EXERCISING...



THINKING TRAPS

- All-or-Nothing Thinking (viewing situations on one extreme or another instead of on a continuum)
 - “Since I didn’t exercise for the last 3 days, there is no point in doing it at all.”
- Fortune Telling (predicting only negative outcomes for the future)
 - “If I don’t get back to my exercise program today, I probably never will.”
- Labeling (giving yourself a fixed label without considering alternative explanations)
 - “I’ve never been much of an exerciser. I’m just not good at exercising.”



MOTIVATORS OF EXERCISE

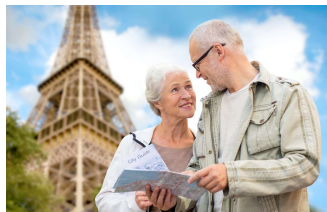
Do You Enjoy Exercise? Make it Fun!



Aalotonen, 2014

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Personal Goal



What Do You Value in Life?

Exercise can help you continue to do the things that are important to you...

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MOTIVATORS OF EXERCISE

Higher Self Efficacy contributed to the probability of exercising

Higher Self Efficacy was observed in those with PD who were exercising successfully



Ellis et al., 2011; Lee et al., 2015

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SELF-EFFICACY

- Those with high self-efficacy generally believe that they are in control of their own lives and that their own actions and decisions shape their lives
- Self-efficacy beliefs determine whether health behavior change will be initiated, how much effort will be expended and how long it will be sustained in the face of obstacles and failures



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How Can You Increase Self-Efficacy & Physical Activity?

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GOAL SETTING

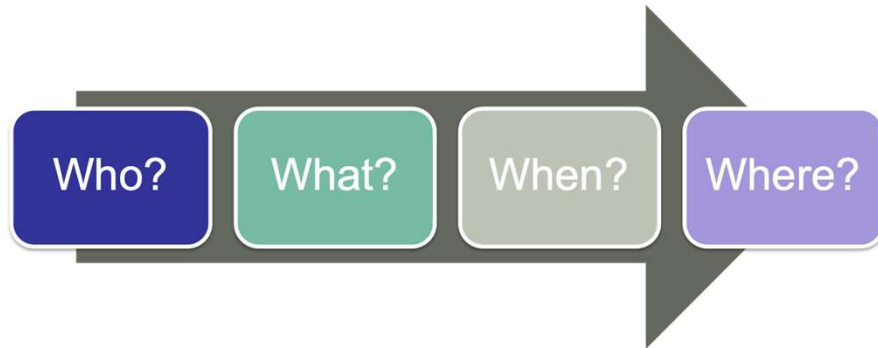
- S** Specific
- M** Measurable
- A** Achievable
- R** Realistic
- T** Timely



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Action Plan



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MASTERY EXPERIENCES: SUCCESS



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SOCIAL SUPPORT: COMMUNITY BASED EXERCISE PROGRAMS



TEAM SPORTS

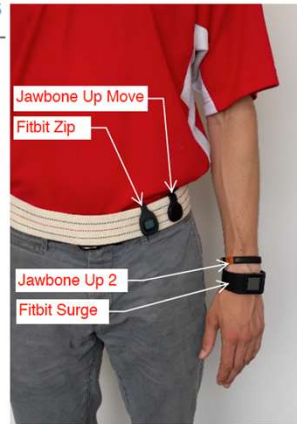
- Intrinsically motivating
- Positive social interaction and play
- More likely to foster continuation of physical activity





Accuracy of Activity Trackers in Parkinson Disease: Should We Prescribe Them?

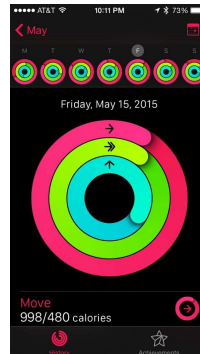
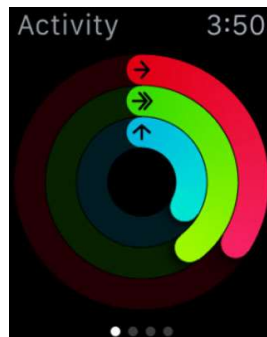
Nicholas Wendel, Chelsea E Macpherson, Karoline Webber, Kathryn Hendron, Tamara DeAngelis, Cristina Colon-Semenza and Terry Ellis



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Wendel et al., 2018

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FEEDBACK: SELF MONITORING




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REWARDS



You've earned the Bear Minimum badge!

Today you've moved your body just enough to pick up your phone and check out this badge! Coincidentally, that motion is about as much as a bear moves during the deepest phase of hibernation in the winter months.


somecards.com



Yippee!
You've walked 5,000 steps

You really did walk today! Congratulations on reaching your goal to track your steps and earning the Bear Minimum badge for your effort.


Facebook Twitter



Way to go!
You've walked 10,000 steps

That's the recommended number of daily steps for good health. You've earned the Bear Minimum badge for your effort.


Facebook Twitter



Whoa!
You've walked 15,000 steps

You're really walking! You've earned the Bear Minimum badge for your effort.


Facebook Twitter



Slam dunk!
You've walked 20,000 steps

Wow! A couple of bears would be watching around, but you did it! You've earned the Bear Minimum badge for your effort.


Facebook Twitter



Amazing!
You've walked 30,000 steps

Go the extra mile today! You're getting some serious exercise in. Congratulations on walking 30,000 steps and earning the Bear Minimum badge for your effort.

Facebook Twitter



Nice!
You've climbed 10 floors

Wow! You're really getting some serious exercise in today! You've earned the Bear Minimum badge for your effort.

Facebook Twitter


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EXTRINSIC VS INTRINSIC MOTIVATION

- Extrinsic motives – comes from outside the individual. These rewards provide satisfaction and pleasure when the physical activity itself may not provide enough pleasure. It can be helpful in the early stages of physical activity adoption.

- Intrinsic motives – valuing the outcome to make it an important part of your life; important for maintaining exercise



I feel
GREAT

Aaltonen S et al., Scand J Med Sci Sports 2014
Teixeira PJ et al., Int J Behav Nutr Phys Act 2012

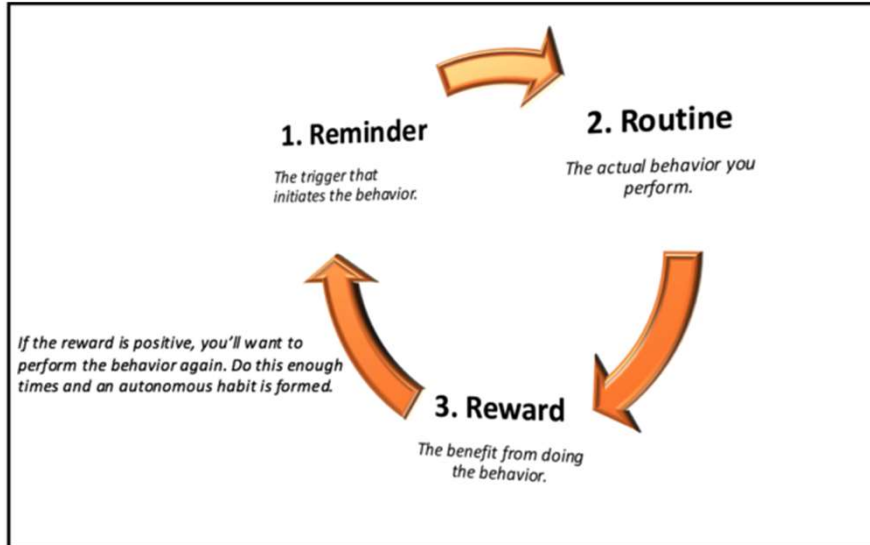
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MAKE EXERCISE A HABIT



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COACHING



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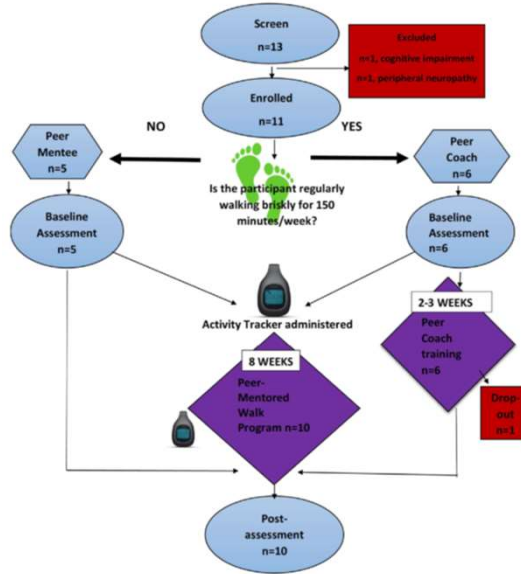
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How About Peer Coaching in PD?

- Social Support
- Vicarious Experience
- Feedback
- Self-monitoring

Figure 1: Participant Flowchart

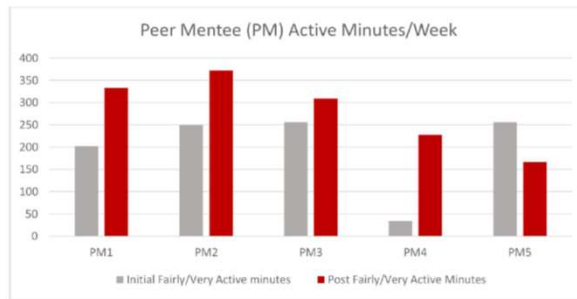
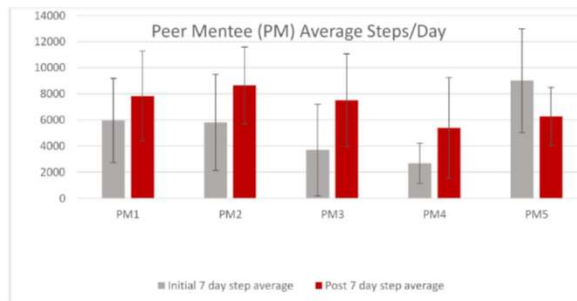


Colon-Semenza et al. 2017 JMIR

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Effects of Peer Coaching on Walking Parameters...

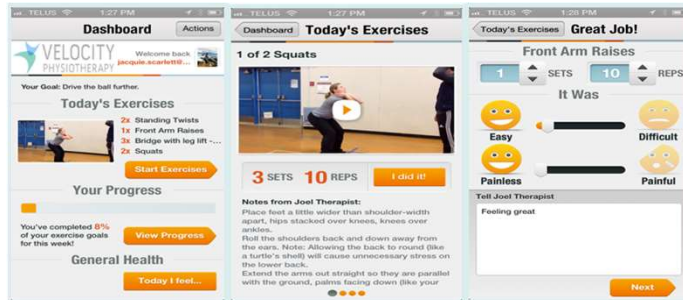


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MOBILE HEALTH APPLICATION

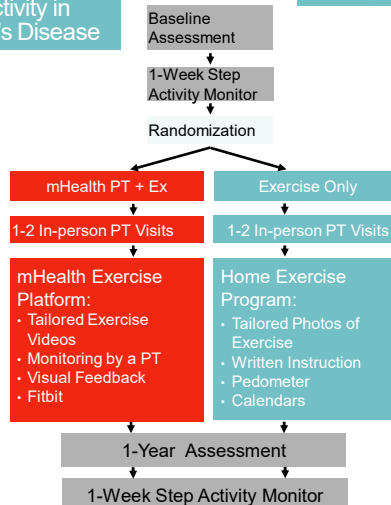


In people with long-term chronic conditions

- Better symptom management
- Increase in physical activity
- Increase walking capacity
- Better Quality of Life

Mobile Health Technology to Promote Physical Activity in Persons with Parkinson's Disease

Study Design



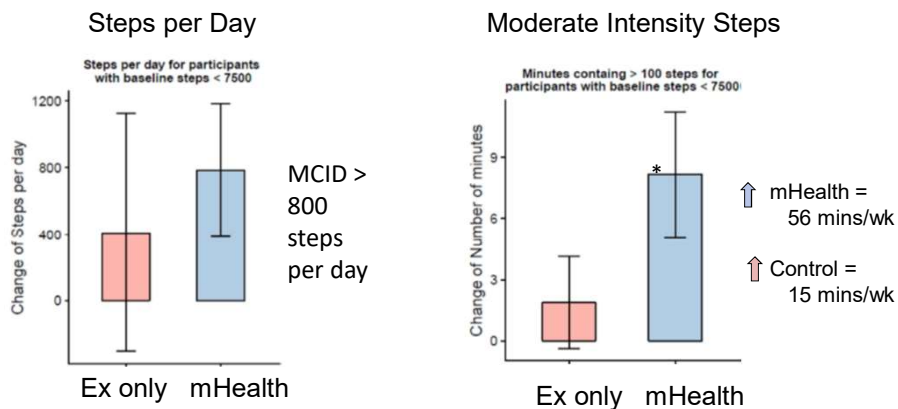


EXERCISE INTERVENTION

- Walking with pedometer
- Strengthening exercises



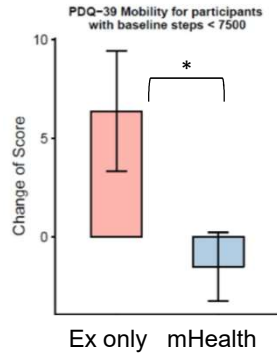
MOBILE HEALTH TECHNOLOGY: RESULTS IN PD



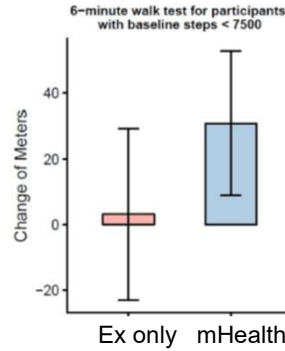


RESULTS

Health Related QOL related to Mobility

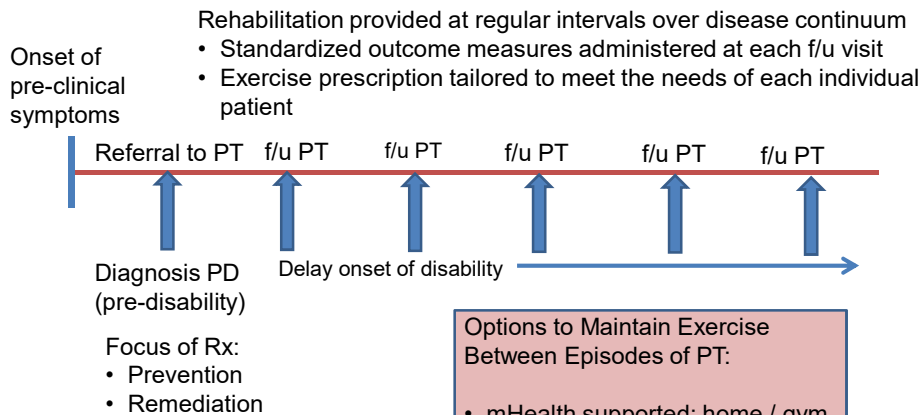


Walking Capacity



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SECONDARY PREVENTION MODEL OF CARE (DENTAL MODEL)



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SUMMARY: INCREASING MOTIVATION AND LONG-TERM ENGAGEMENT IN EXERCISE

- Enjoyment!
- Goal Setting
- Action Planning
- Mastery Experiences: experiencing success
- Social Support / Persuasion
- Vicarious Experiences: seeing someone like you achieve success
- Activity Trackers & Mobile Apps: Reinforcing effort or progress toward behavior (self-monitoring, feedback, rewards)
- Coaching: Instruction from knowledgeable health care professional
- Habit Formation: experiencing benefits reinforces the behavior

1. Schwarzer R et al., 2017; 2. Williams SL et al., 2011; 3. Olander EK et al., 2013; 4. Bandura, 1977

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Be Active & Beyond
A Guide to Exercise and Wellness for People with Parkinson's Disease

<https://www.apdaparkinson.org/resources-support/download-publications/>

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APDA NATIONAL REHABILITATION RESOURCE CENTER AT BOSTON UNIVERSITY

Questions about exercise....call:

National Exercise Helpline
1-888-606-1688 or rehab@bu.edu

Funded by the National APDA and MA Chapter

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**THANK
YOU**

WARNING
EXERCISE
HAS BEEN KNOWN
TO CAUSE HEALTH
& HAPPINESS
😊

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QUESTION & ANSWER



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CLOSING REMARKS



Stephanie Paul

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**FOR ADDITIONAL INFORMATION,
ANSWERS TO YOUR QUESTIONS,
OR FOR ADDITIONAL RESOURCES**

Please visit our website
apdaparkinson.org

Or call us
1-800-223-2732