

CIVIL MONEY PENALTY (CMP) FUNDED PROJECT

FINAL REPORT

Grantee

Aspirus Care & Rehab - Medford

Project Title

Chair Yoga

Award Amount

\$20,000

Grant Period

August 1, 2014 - July 31, 2016

Additional Information and Resources



Department of Health Services / Division of Quality Assurance
Quality Assurance and Improvement Committee

This project report has been prepared by the author under a research grant from the Department of Health Services (DHS) Quality Assurance and Improvement Committee. The views expressed in the report/training are personal to the author and do not necessarily reflect the view of the Department of Health Services or any of its staff and do not bind the Department in any manner.

F-01593 (08/2015)

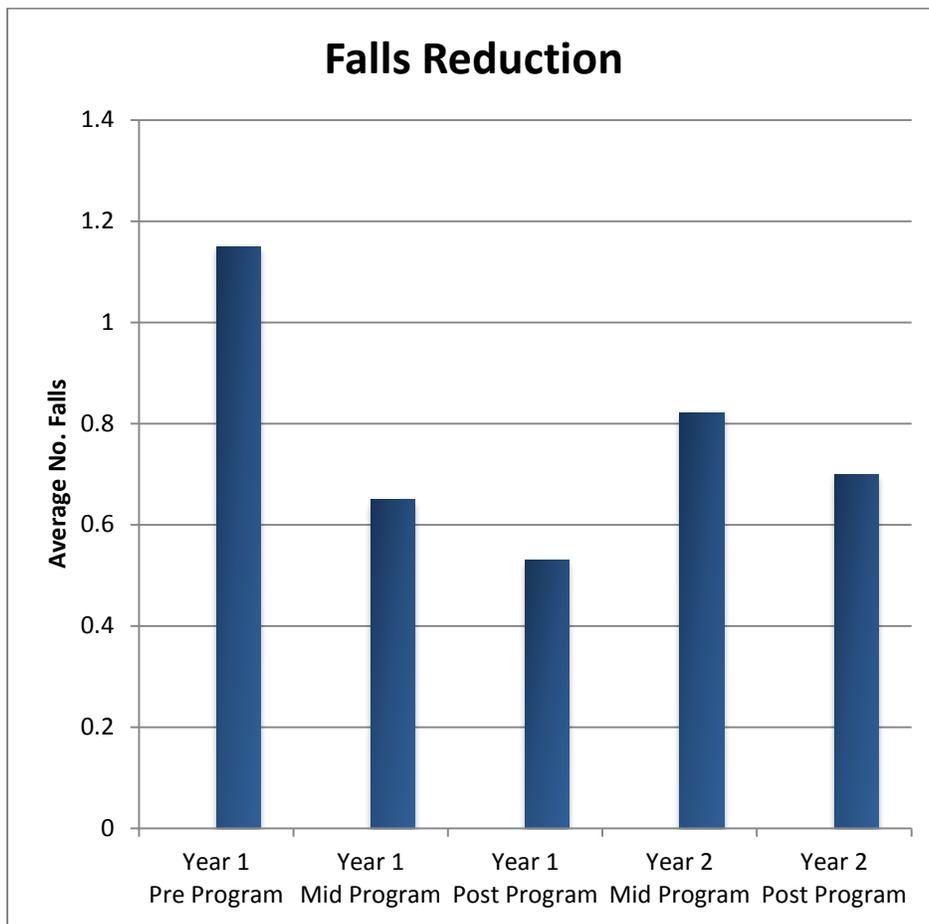
Aspirus Chair & Rehab Chair Yoga Program

Summary of Results

Final Report – 2016

Falls

Our results demonstrate a consistent reduction in chair yoga participant falls throughout the course of the two year chair yoga program. The highest reduction in falls occurred during the last six months of the first year of the program when our data supported a 54% reduction in falls.



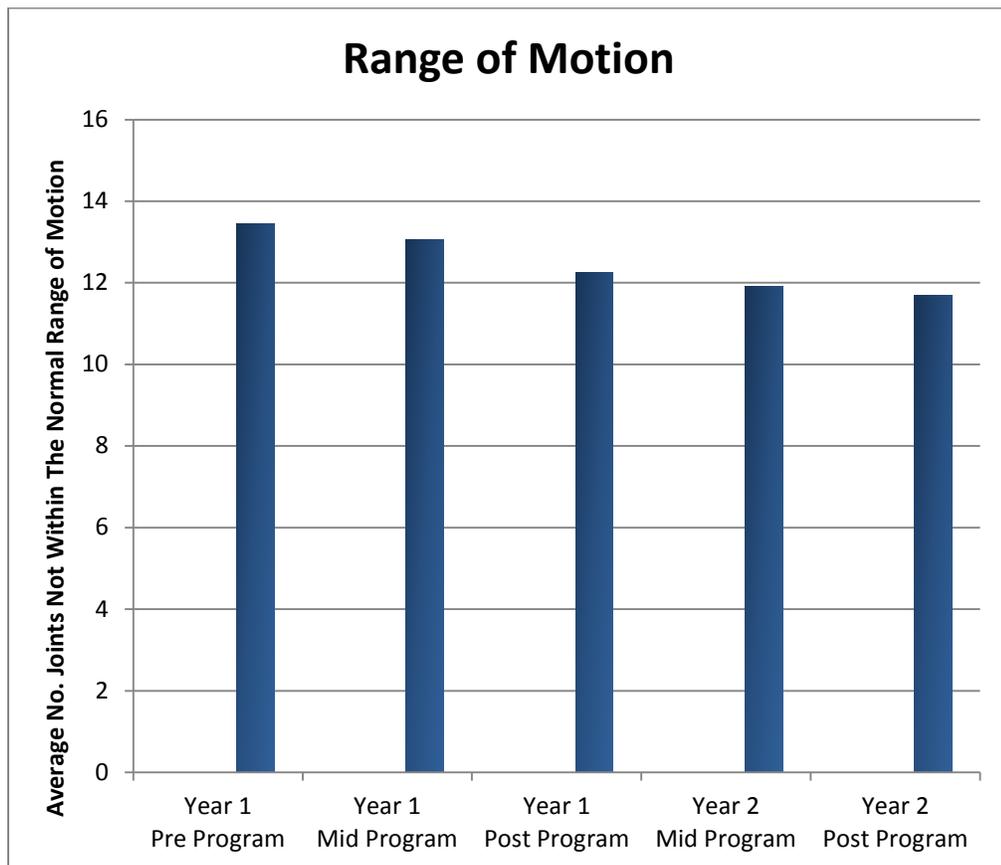
Aspirus Chair & Rehab Chair Yoga Program

Summary of Results

Final Report – 2016

Range of Motion

Our results supported a consistent decrease in the reduction of the number of joints that were not within the normal range of motion throughout the course of the two year chair yoga program. The highest reduction rate occurred during the last six months of the second year of the program when our data supported a 13% reduction in the number of joints that were not within the normal range of motion.



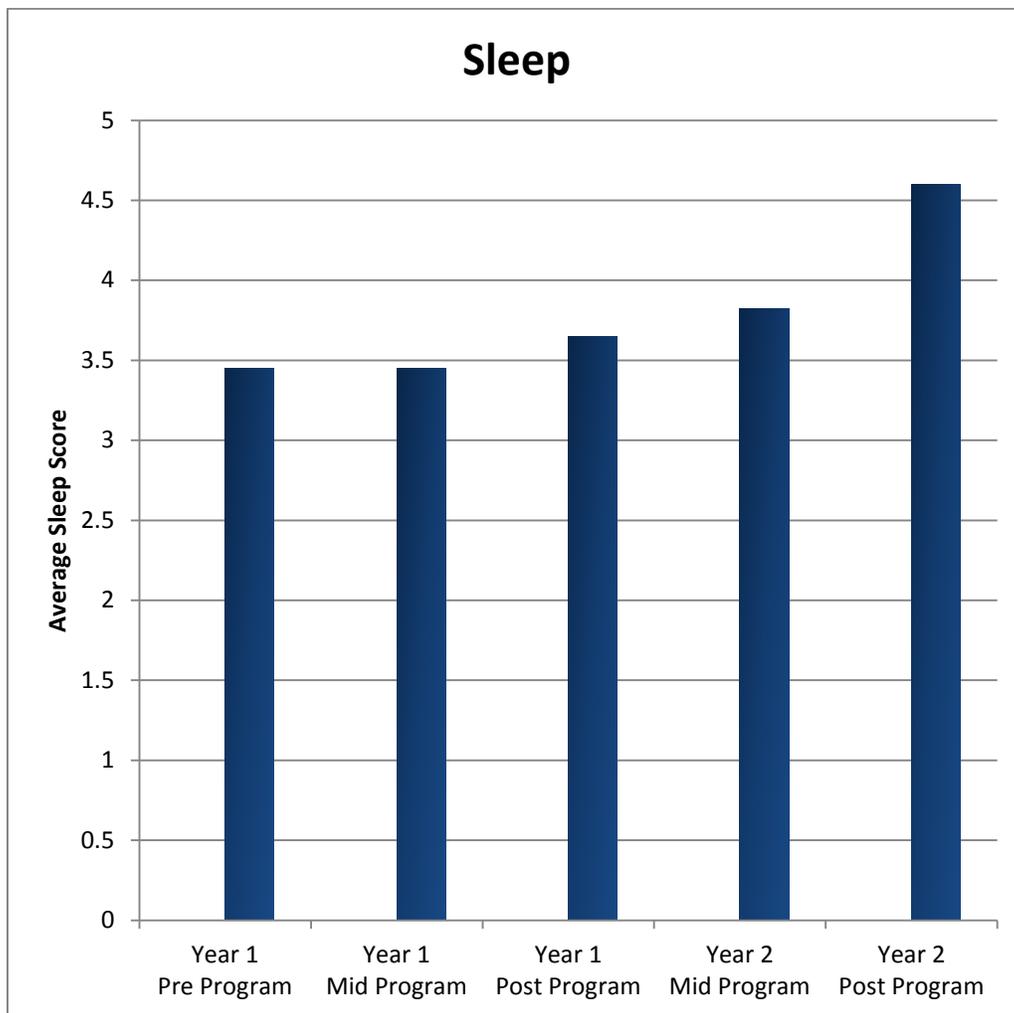
Aspirus Chair & Rehab Chair Yoga Program

Summary of Results

Final Report – 2016

Sleep

The data did not provide evidence to support a positive relationship between sleep quality and a chair yoga program. There are many other factors that may have influenced sleep quality including, but not limited to medications, pain management, night stimulation (alarms, roommate, lighting), time of year, etc.



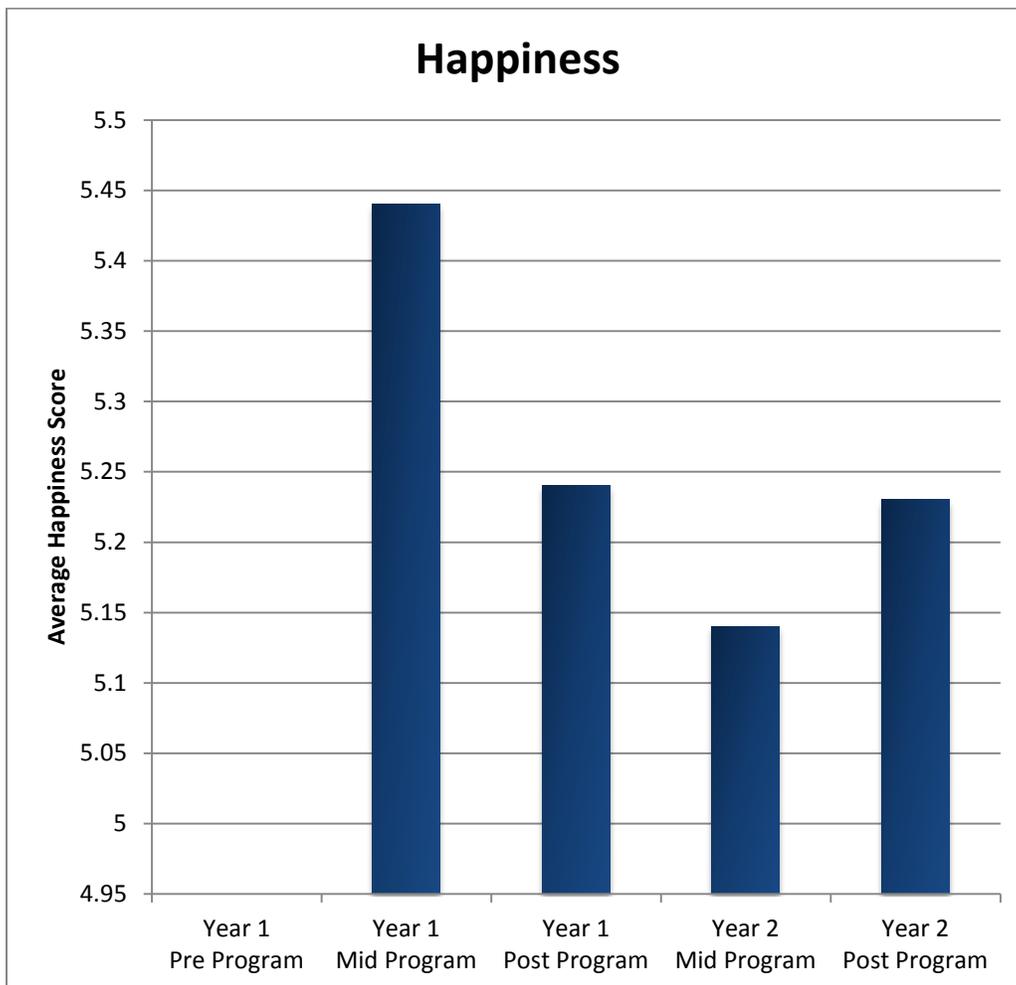
Aspirus Chair & Rehab Chair Yoga Program

Summary of Results

Final Report – 2016

Happiness

The happiness assessment was added during mid program of year one in order to obtain data relating to the social relationships that were developed and observed by staff and the chair yoga instructor. The data did not provide evidence to support a positive relationship between happiness and a chair yoga program.



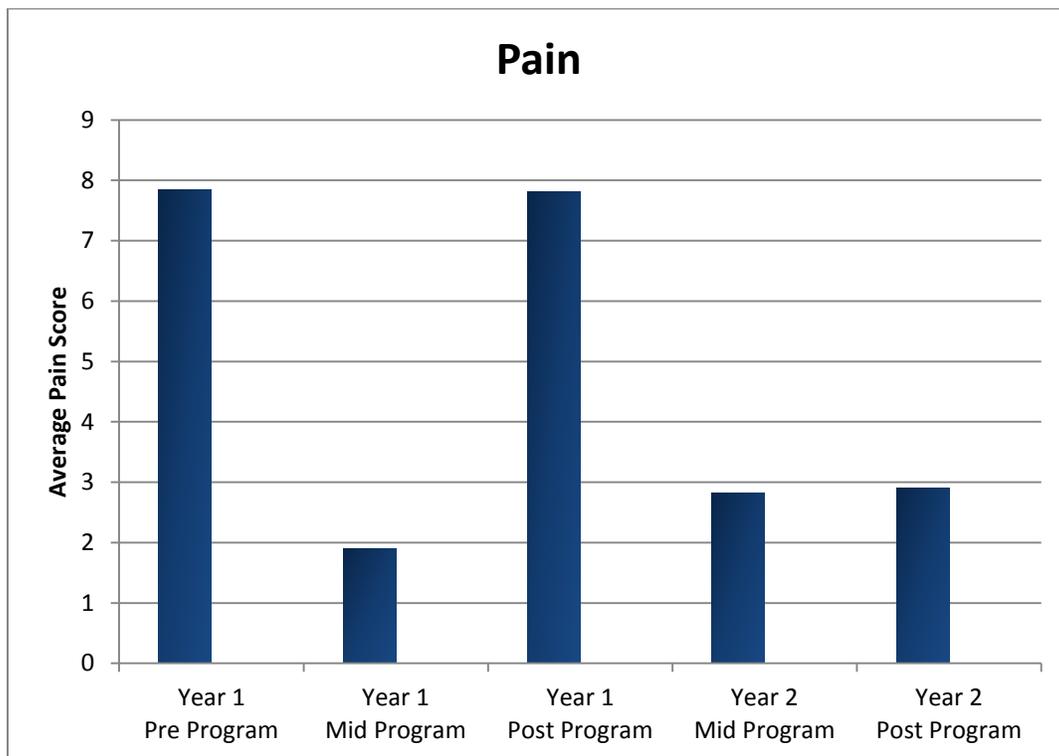
Aspirus Chair & Rehab Chair Yoga Program

Summary of Results

Final Report – 2016

Pain

The data did not provide evidence to support a consistent, positive relationship between pain reduction and a chair yoga program. A factor that may have influenced pain scores and the variance observed in the reported pain is how the assessment data was collected. During the first year multiple staff members collected the data during various times of the day. During year 2 of the chair yoga program, the data collection process became consistent with one assessor responsible for gathering the assessments and the assessment data was collected at a consistent time. Overall pain data for the second year of the program was reduced by over 60% from the original measure.



Resident Program Attendance

We began our chair yoga program with (20) chair yoga participants. During year 1 of the program we had (2) residents expire and (1) resident moved to another facility. During year 2 of the program an additional (4) residents expired and (3) residents discontinued participation in the program due to declining health. The chair yoga program finished with (10) active participants.

Pain Data Summary

No.	Year of Birth	Pain Assessment Score Pre Program Year 1	Pain Assessment Score Mid Program Year 1	Pain Assessment Score Post Program Year 1	Pain Assessment Score Mid Program Year 2	Pain Assessment Score Post Program Year 2
1	1951	8	0	11	0	0
2	1929	0	5	3	0	0
3	1927	0	0	4	0	0
4	1931	0	8			
5	1916	0	0	12	13	15
6	1921	0	0	0	0	0
7	1954	27	0	7	0	0
8	1923	20	0	0		
9	1921	14	0	8	5	8
10	1917	0	0	0	0	0
11	1916	0	0	0		
12	1928	0	12	7		
13	1937	13	0	5	5	6
14	1920	9	0	9	0	0
15	1928	5	0			
16	1923	7	8	0		
17	1945	31	0	39		
18	1923	13	5	9	8	
19	1938	10	0	19		
20	1931	0	0			
Avg. Pain Score -		7.85	1.9	7.82	2.82	2.90

Range of Motion Data Summary

No.	Year of Birth	Joints that are <u>not</u> within the normal Range of Motion Pre Program Year 1	Joints that are <u>not</u> within the normal Range of Motion Mid Program Year 1	Joints that are <u>not</u> within the normal Range of Motion Post Program Year 1	Joints that are <u>not</u> within the normal Range of Motion Mid Program Year 2	Joints that are <u>not</u> within the normal Range of Motion Post Program Year 2
1	1951	14	12	10	11	12
2	1929	14	12	12	12	10
3	1927	7	6	4	4	5
4	1931	8	8			
5	1916	16	15	13	15	13
6	1921	10	10	12	14	14
7	1954	16	15	10	12	15
8	1923	20	18	16		
9	1921	18	18	18	21	21
10	1917	10	8	8	9	8
11	1916	14	14	11		
12	1928	17	18	15		
13	1937	19	18	16	15	13
14	1920	6	7	6	8	6
15	1928	14	16			
16	1923	17	16	16		
17	1945	17	16	16		
18	1923	8	8	7	10	
19	1938	12	12	18		
20	1931	12	14			

Avg. No. of Joints Not Within the Normal Range of Motion -

13.45

13.05

12.24

11.91

11.70

Sleep Data Summary

No.	Year of Birth	Sleep Score: Pre Program Year 1	Sleep Score Mid Program Year 1	Sleep Score Post Program Year 1	Sleep Score Mid Program Year 2	Sleep Score Post Program Year 2
1	1951	14	5	3	2	6
2	1929	1	6	7	11	5
3	1927	0	1	4	0	1
4	1931	1	2			
5	1916	1	3	4	9	6
6	1921	3	4	2	8	8
7	1954	2	1	2	1	6
8	1923	3	1	1		
9	1921	8	3	3	1	6
10	1917	1	1	4	2	2
11	1916	2	3	4		
12	1928	12	7	3		
13	1937	3	2	5	2	5
14	1920	2	2	6	0	1
15	1928	5	4			
16	1923	4	4	4		
17	1945	1	7	2		
18	1923	3	2	4	6	
19	1938	2	9	4		
20	1931	1	2			
Avg. Sleep Score -		3.45	3.45	3.65	3.82	4.60

Happiness Data Summary

No.	Year of Birth	Happiness Score Mid Program Year 1	Happiness Score Post Program Year 1	Happiness Score Mid Program Year 2	Happiness Score Post Program Year 2
1	1951	6	6.25	5.5	5
2	1929	6	7	5.5	4
3	1927	5.75	5	5	5.75
4	1931	7			
5	1916	6.5	6.5	7	6
6	1921	3.25	4	5	4.75
7	1954	4.25	4.75	4	5.5
8	1923	3	3.5		
9	1921	5.75	4.5	5.25	4.75
10	1917	5.25	5.25	6	6.25
11	1916	6	4		
12	1928	7	6		
13	1937	5.25	5.25	3.75	4.75
14	1920	6.5	6.25	5.5	5.5
15	1928	5.75			
16	1923	6	6		
17	1945	3	5		
18	1923	6.5	5.25	4	
19	1938	4	4.5		
20	1931	6			
Avg. Happiness Score -		5.44	5.24	5.14	5.23

Pain Data Summary

No.	Year of Birth	Pain Assessment Score Pre Program Year 1	Pain Assessment Score Mid Program Year 1	Pain Assessment Score Post Program Year 1	Pain Assessment Score Mid Program Year 2	Pain Assessment Score Post Program Year 2
1	1951	8	0	11	0	0
2	1929	0	5	3	0	0
3	1927	0	0	4	0	0
4	1931	0	8			
5	1916	0	0	12	13	15
6	1921	0	0	0	0	0
7	1954	27	0	7	0	0
8	1923	20	0	0		
9	1921	14	0	8	5	8
10	1917	0	0	0	0	0
11	1916	0	0	0		
12	1928	0	12	7		
13	1937	13	0	5	5	6
14	1920	9	0	9	0	0
15	1928	5	0			
16	1923	7	8	0		
17	1945	31	0	39		
18	1923	13	5	9	8	
19	1938	10	0	19		
20	1931	0	0			
Avg. Pain Score -		7.85	1.9	7.82	2.82	2.90