

# **CIVIL MONEY PENALTY (CMP) FUNDED PROJECT REPORT**

## **Grantee**

**Aspirus Medford Hospital & Clinics, Inc.**

**Aspirus Care & Rehab - Medford**

## **Project Title**

**Chair Yoga Program**

**PowerPoint Presentation**

## **Award Amount**

**\$20,000**

## **Grant Period**

**August 2014 - July 2016**



**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-01593A (03/2016)**

# Aspirus Chair Yoga Program

Funded by State of Wisconsin Department of Health Services,  
Division of Quality Assurance (DQA) Grant F-01593A



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# Chair Yoga Program

## *Staff Introductions*



**Sally Sadowska**  
Executive Director of  
Senior Care Services



**Teresa Perlman**  
Administrative  
Assistant



**Senior Care Services Team**

# Chair Yoga Program

## *Aspirus Care & Rehab*

- Located in Northern Wisconsin
- 99 bed skilled nursing facility
- 25 bed critical access hospital
- 10 CBRF apartments, 28 unit RCAC, 10 unit independent seniors/low income apartments



# Chair Yoga Program

## *A Brief Overview*

Using CMP grant funds through DHS, Division of Quality Assurance:

- ❑ Aspirus Care & Rehab and Pam Peterson, of *Mind Body Spirit Yoga* offer skilled nursing facility residents the opportunity to improve their wellness through a chair yoga program.
- ❑ Our facility's goal was to study the impact of offering a chair yoga program on resident fall rates, range of motion, sleep quality and pain rates and to develop a chair yoga program manual.



# Chair Yoga Program

## *Program Design*

- Group of 20 residents
- Two classes of approximately 10 residents each
- Classes were held twice a week
- Each class was approximately 30 minutes in length
- Classes were held in the dining rooms on the units



# Chair Yoga Program

## *Demographics*

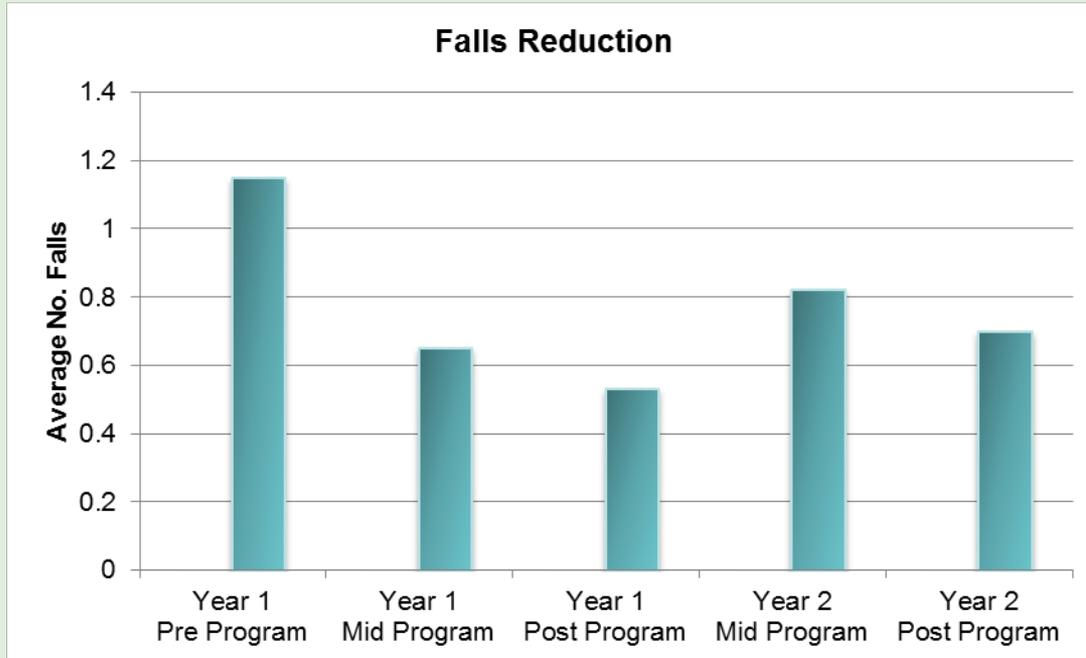


- Study was conducted over 2 years (August 2014 – July 2016)
- Study began with 20 residents. Over the course of the study:
  - 6 residents expired
  - 1 resident moved to another facility
  - 3 resident discontinued participation in program due to declining health
- The program ended with 10 residents
- 4 participants were male and 16 participants were female
- All participants were white
- Participant ages ranged from 65 – 99 years.



# Chair Yoga Program

## *Falls Data*



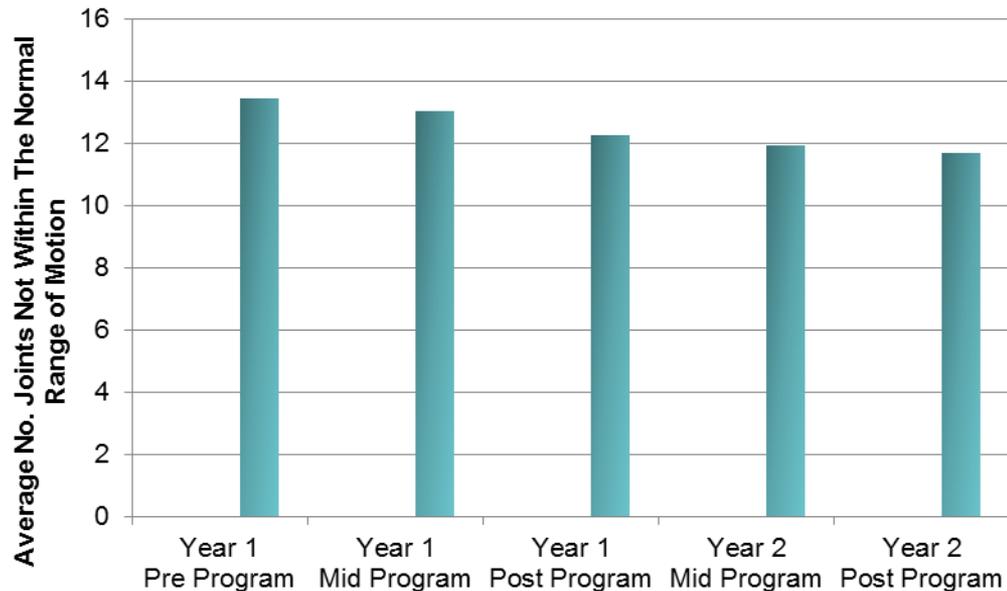
- Our results demonstrate a consistent reduction in chair yoga participant falls throughout the course of the two year chair yoga program.
- The highest reduction in falls occurred during the last six months of the first year of the program when our data supported a 54% reduction in falls.



# Chair Yoga Program

## *Range of Motion*

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.

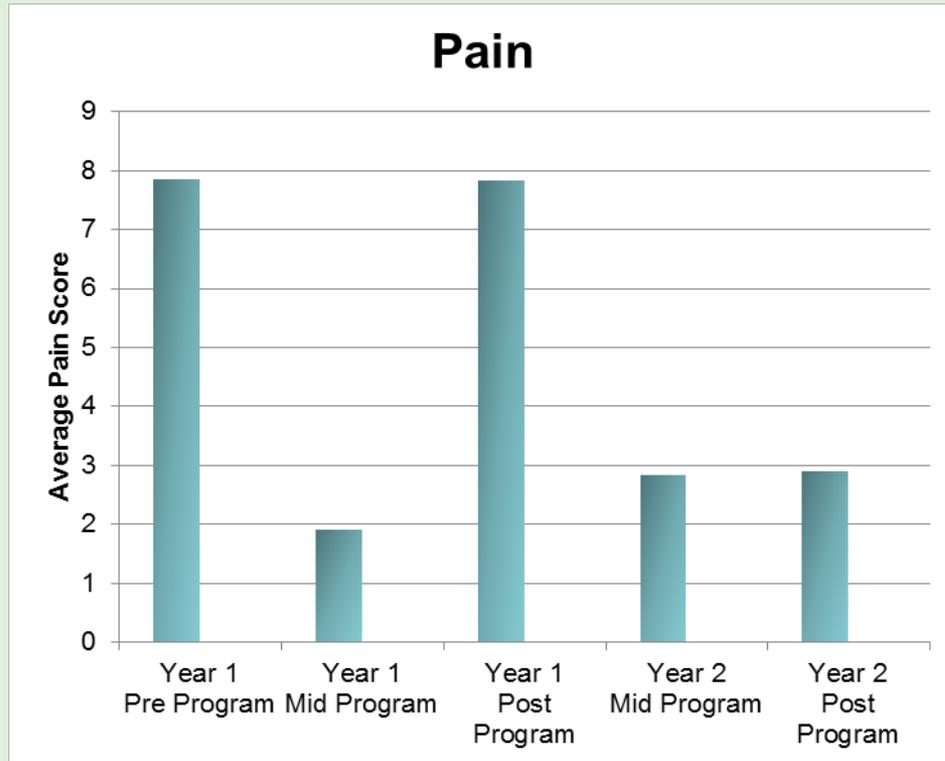


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# Chair Yoga Program

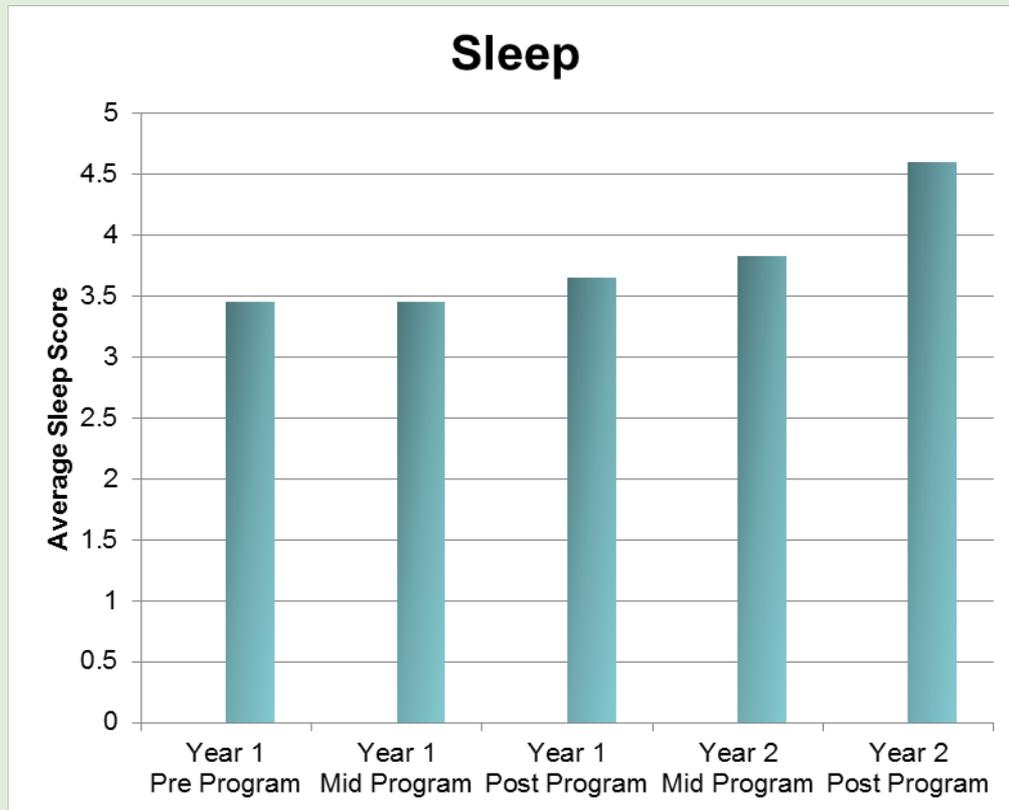
## *Pain*



- 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.

# Chair Yoga Program

## *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.



# Chair Yoga Program

## *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.

# Chair Yoga Program

## *Resident Comments*



- *“It’s good, I liked it, liked the instructor”*
- *“Helped strengthen my leg”*
- *“Feels good afterward. I’m satisfied with the class.”*
- *“I would like class more often”*
- *“Important so that I can stay active, go on outings”*



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# Chair Yoga Program

## *Manual , Education & Opportunities*

- Creation of Chair Yoga Manual
  - Located on DHS website and at [aspirus.org/ChairYogaManual](http://aspirus.org/ChairYogaManual)
  - Step-by-step guide with recommendations for long-term care facilities that want to start their own programs
  - Sample forms (contracts, physician authorizations, family consents, etc.)
- Focus 2015 Conference
- Continuing classes (evaluating private pay and video tape opportunity)



# Opportunity for Questions



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