

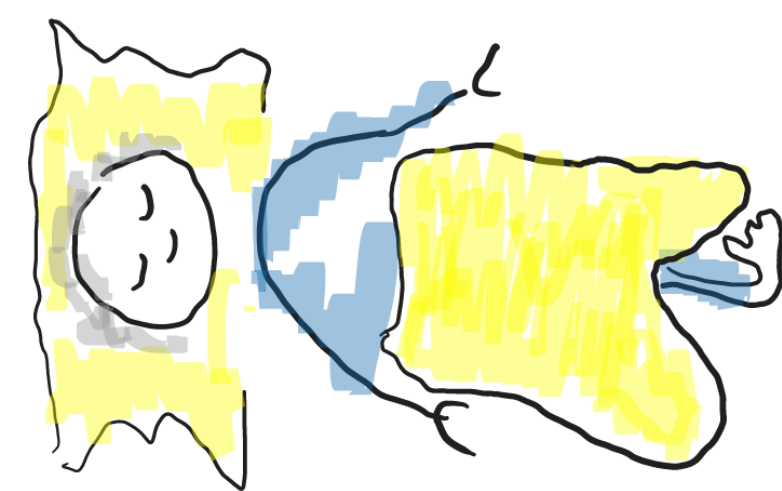
BARRIERS TO AND FACILITATORS OF ACUTE INPATIENTS' PHYSICAL ACTIVITY FROM THE PATIENT PERSPECTIVE IN SWITZERLAND

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Background



Patients' physical activity level in hospitals is generally low
Better understanding of barriers to and facilitators of physical activity from the patient perspective is needed



The patient perspective is highly relevant for planning and promoting physical activity interventions successfully

Methods

- Multicenter study in five hospitals
- Questionnaire about barriers to and facilitators of physical activity
- Sixteen domains such as goal were rated on a seven point likert scale
- Domains were categorized as barriers or facilitators

9. Goal

Example barrier: «I don't have goals in the hospital that help me move to the best of my ability.»

Example no influence: «Goals have neither prevented me nor supported me to move.»

Example facilitator: «I have a clear goal that supports me to move to the best of my ability (e.g., climb 20 steps on the stairs, I need to be able to do this to go home).»

«Very big barrier»			«No influence»			«Very big facilitator»
-3	-2	-1	0	1	2	3
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Results

Identified Barriers

Tiredness



Pain



Fear of falling

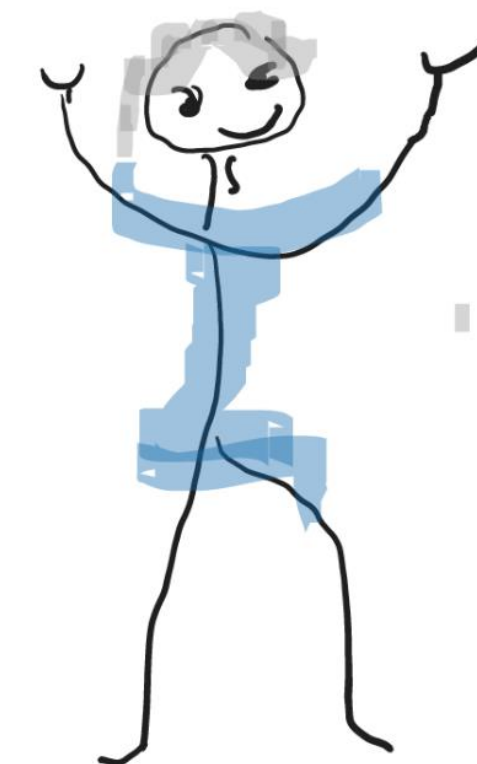


Identified Facilitators

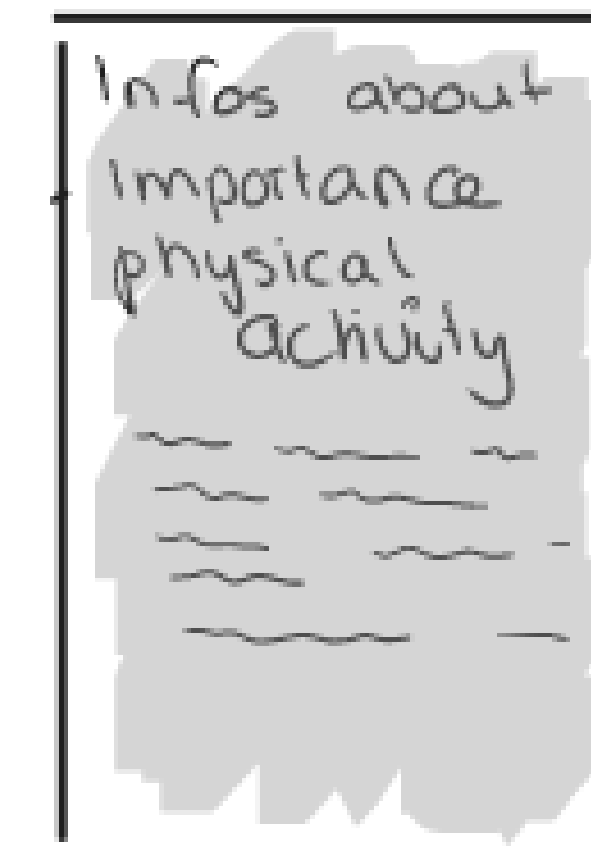
Goal setting



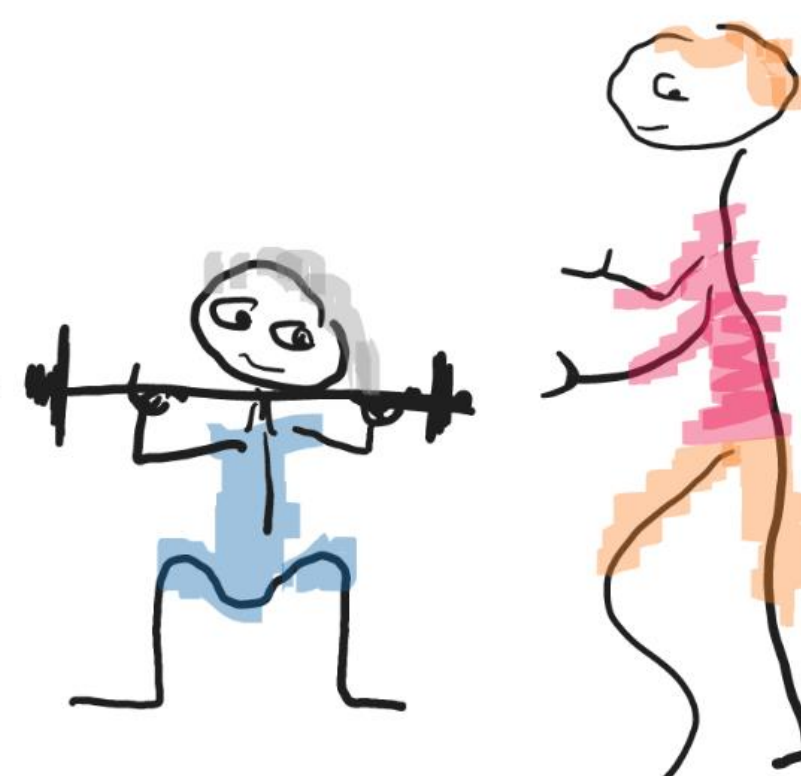
Individual motivation



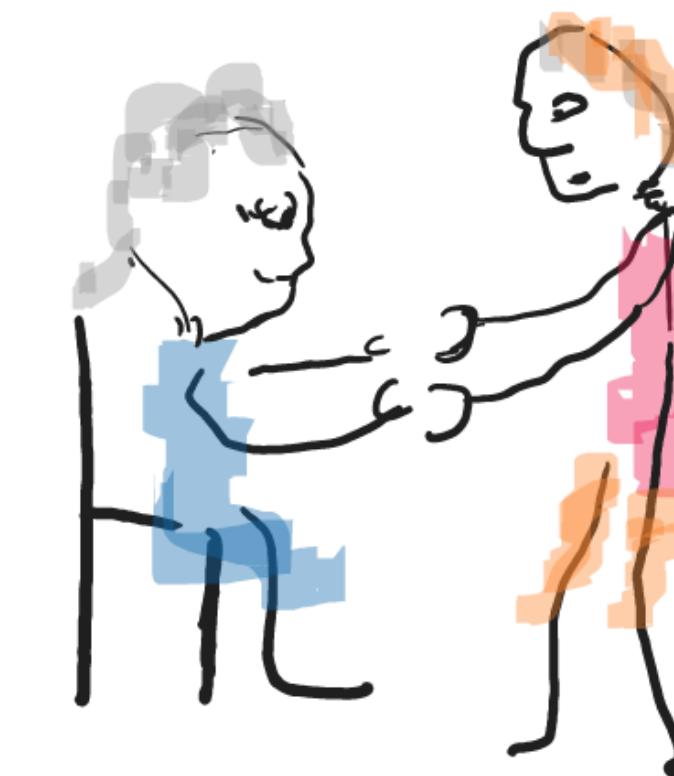
Level of knowledge



Personalised exercise program

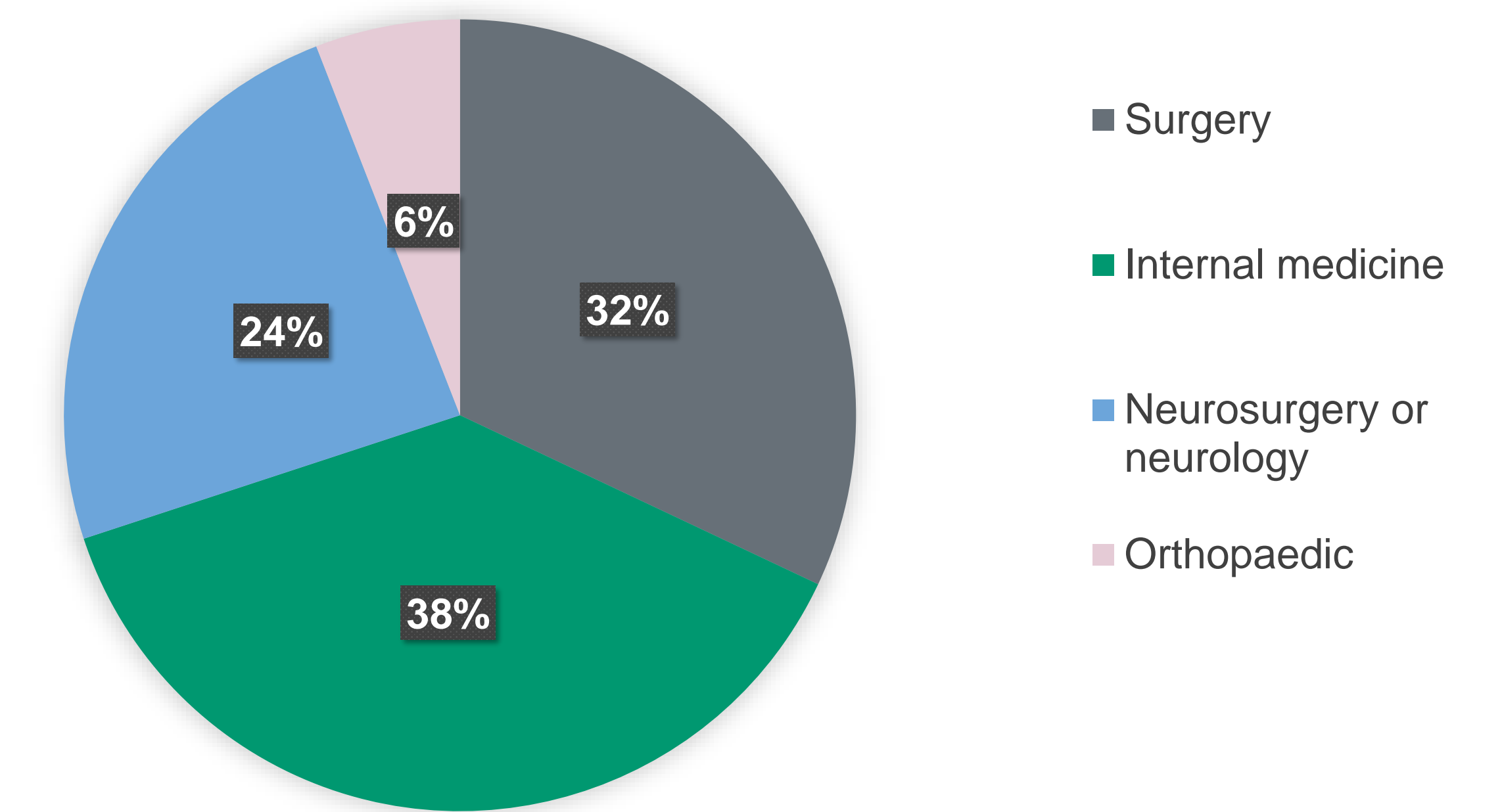


Availability of auxiliary persons



Results: Participants

Participants by medical wards (n=204)



Conclusion

Results were in line with the international literature. Barriers and facilitators during a hospital stay are multidimensional. Interventions in clinical settings need to incorporate patient perspective of physical activity. Focus should be placed on recognising barriers and promoting symptom management with educational interventions, ideally delivered by an interprofessional treatment team.

Implication

- Barriers to and facilitators of physical activity during a hospital stay are multidimensional
- Investigations should focus on patient education in the topics of disease, pain and tiredness/fatigue
- Physiotherapists should continue to work out individual exercise programs to achieve behavioral goals
- Individual motivation should be seen as a patient's resource

References

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[2] Dijkstra F, van der Sluis G, Jager-Wittenaar H, et al. Facilitators and barriers to enhancing physical activity in older patients during acute hospital stay: a systematic review. *Int J Behav Nutr Phys Act.* 2022;19:99.