

Introduction

- Research has identified several barriers that persons living with spinal cord injury (PWSCI) face when it comes to physical activity, including lack of available resources, accessibility, motivating factors and knowledge of exercise (Cowan et al, 2012).
- PWSCI may also be less likely to attend leisure facilities because they perceive their physical limitations as barriers to physical activity (PA) (Mashola & Mothabeng, 2019).

Aim

- The aim of the study was to assess and analyse if it was possible for inpatients with spinal cord injuries to independently use the weights room, and the affect this had on their confidence to participate in PA and their mental health as an inpatient.

Methodology

A gym induction was conducted with all participants to determine if they could use the equipment safely and independently.

Competency documents were used to ensure safety of participants throughout the study.

Surveys were used pre and post participation in the project to determine the correlation between independently physical activity and the impact this had on their mental health and confidence.

Results

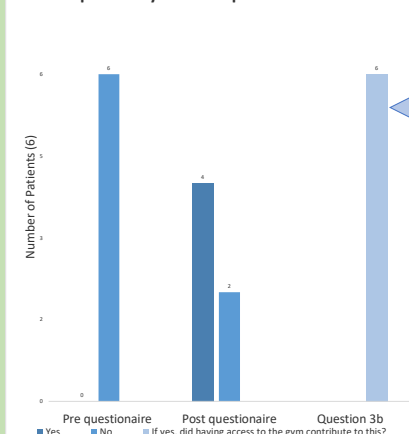
All participants saw a positive improvement in the amount of sufficient independent activities to do within the centre.

4/6 participants felt having access to the gym had a positive affect on their mental health. The two participants that did not see an improvement were restricted by the opening hours and variation in equipment.

5/6 participants felt that they could confidently access a gym and use the equipment/weights independently on discharge.

All participants were safe and there were no adverse effects.

Do you feel there are enough activities to do independently in the department?



Light blue column indicates that all 6 patients felt that having access to the weights room positively to their independent PA in the department.



Has having access to the weights room affected your mood or mental health?

"Makes me feel better, more control recovery."

"Perfect, very happy to be included. Helped boost self esteem."

"Positive affect on mood and health."

Conclusion and Next Steps

Engaging in independent PA had a positive impact on patient's mental health and overall confidence. Given the positive results and lack of adverse effects, independent use of the weights room has now been adopted into regular practice. As next steps, there is potential to extend the opening hours and source additional equipment in the weights room.

References

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