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Engaging Older Adults with Parkinson's Disease in Physical Activity Using Technology

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Recommended Citation

Hermanns, Melinda, "Engaging Older Adults with Parkinson's Disease in Physical Activity Using Technology" (2017). *Nursing Faculty Publications and Presentations*. Paper 29.
<http://hdl.handle.net/10950/1259>

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Engaging Older Adults with Parkinson's Disease in Physical Activity Using Technology

The University of Texas at
TYLER

Dr. Melinda Hermanns

Acknowledgements & Gratitude



The Research Study

- Feasibility Study
- Convenience and Snowball Sampling
- Study Purpose
 - wearing physical activity tracker
 - participating in an online support group

The Research Study

- Demographic survey
 - Pre- and post- test surveys to assess:
 - Quality of Life
 - Self-efficacy
 - 12-week study
 - baseline
 - weekly
 - end of the 12-week
 - Exercise videos* and Online Support Group
- *exercises in line with Gary Z. Sobol Parkinson's Network program*

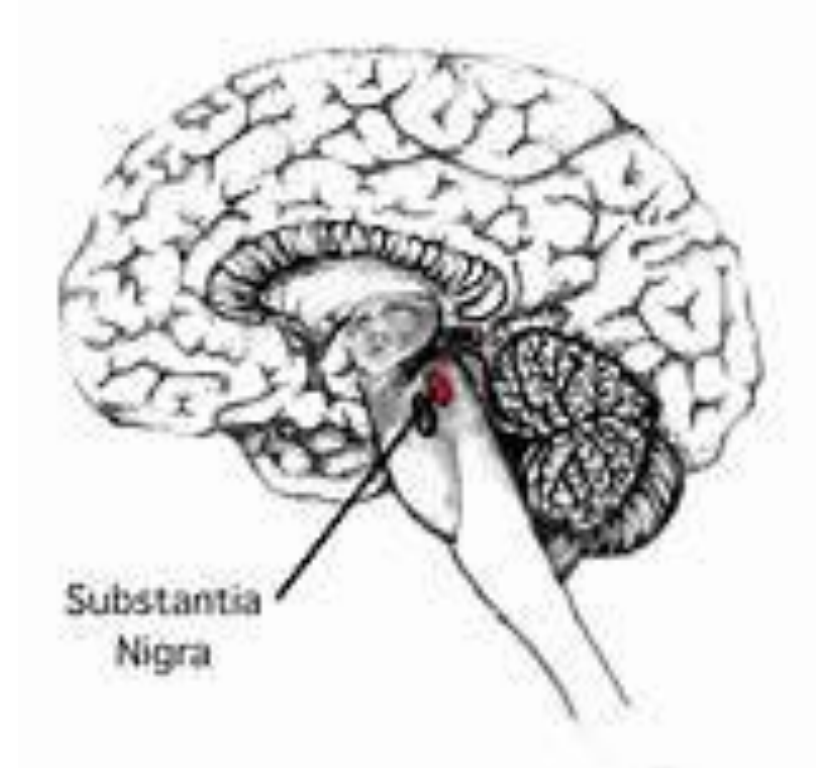


- Progressive movement disorder
- Affects 1 million Americans
- Second to Alzheimer's disease
- Risk increases with age

Parkinson's Disease

The Etiology

- Deterioration of neurons
- Lack of dopamine = loss of the ability to control movement
- Unknown cause
 - Environmental toxins



The Evidence

Exercises for People with Parkinson's

Having Parkinson's does not mean you should sit down and stop being active. Actually the opposite is true. Exercise, which includes being active, stretching, practicing good posture and doing specific exercises, should be a key component of your daily life.



The Sample

n=5 (2 females; 3 males)

Demographic Variable	M/MDN (SD)	Range	Frequency
Age (Years)	73.00/72.00 (4.95)	69-81	5
Year diagnosed with Parkinson's disease	2013/2014 (2.99)	2010-2017	4
Stage of Parkinson's disease	1.70/1.50 (0.57)	1.00-2.50	5

The Setting

East Texas



Pesticide/Environmental Exposures and Parkinson's Disease in East Texas

Amanpreet S. Dhillon, MD, MS
G. Lester Tarbuton, MD, MPH
Jeffrey L. Levin, MD, MSPH
George M. Plotkin, MD, PhD ←
Larry K. Lowry, PhD
J. Torey Nalbome, PhD, CIH
Sara Shepherd, MAMS



Fitbits and iPads

Study Findings

Quantitative

No effect on QOL or self-efficacy

FACT-G total score and total PAAI decreased

Qualitative: Two Themes

Encouragement

“Just remember that the mountain we climb has many sides. We struggle to get to the top can slide down any of the sides. Just remember the goal is to get to the top and stay there, not to slide back down.”

Support

“I’m trying to figure out how to get Fitbit to credit me for the 20 minutes each day I spend on the treadmill and the 10 minutes on the elliptical...Problem solved – wore in sock and the Fitbit registered the steps...I heard another on the iPad and several people told me to put it on my, around my ankle, which I did...Yeah, I put in my sock held it in place.”

Lessons Learned

Fitbit was a motivator

Willingness to share in the online support group

Use of technology in the older adult can be challenging

- Major obstacle – remembering passwords and email address
- Different social media platform
- Possible DVD

Thank You!



Questions?