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A SUMMARY OF RECENT RESEARCH AT WEST PARK HEALTHCARE CENTRE

## ONE-LEGGED CYCLING EXERCISE SHOULD BECOME THE REHAB NORM FOR COPD PATIENTS

### Exercising with only one foot proven to be more beneficial than regular cycling

For individuals with moderate to severe Chronic Obstructive Pulmonary Disease (COPD), a new study from West Park reveals that one-legged cycling as a form of pulmonary rehabilitation for moderate-severe COPD patients has proven to be more beneficial than regular cycling for this patient population. It results in improved daily function and higher quality of life. Participants of the study - which was published in the Annals of the American Thoracic Society journal - gained significant improvements in cardio-respiratory fitness, found technique straightforward, and would recommend it to other patients. **Annals of the American Thoracic Society journal, August 2015 (LINK TO ARTICLE)**

## MUSIC IS THE SOUNDTRACK FOR EFFECTIVE PULMONARY REHABILITATION

### Exercising at home with music has a positive effect on exercise capacity and quality of life

For individuals with Chronic Obstructive Pulmonary Disease (COPD), breathlessness (dyspnea) and fatigue, as well as anxiety associated with physical activity can present a formidable obstacle to exercising. According to a new study published this month in Chest, West Park researchers have shown how the introduction of music can reduce breathlessness, fatigue levels and anxiety while improving one's health-related quality of life. Music type, tempo, rhythm and variety can also have a positive effect. **Chest, August 2015; Vol.148, No. 2: 417-429 (LINK TO ARTICLE)**

## GET THE BALANCE RIGHT

### Incorporating balance training can be effective and sustainable for COPD patients: study

For some people with Chronic Obstructive Pulmonary Disease (COPD), fear of falls resulting from balance issues can be palpable. But a recent study by researchers from West Park shows that incorporating balance training in Pulmonary Rehabilitation (PR) can be effective in allaying those fears while being feasible and sustainable at the same time. Strategies to facilitate balance training in PR were identified, including; training twice a week, incorporating interval training, providing visual aids and promoting independence. Results show balance training helped patients with everyday activities and balance measure scores improved. **Biomed Central Journal, July 2015; Vol. No. 15: 73 (LINK TO ARTICLE)**

## YOGA OFFERS RELIEF FOR CHRONIC CONDITIONS

### West Park study shows yoga has a considerable impact on health and well being

It's been said that yoga teaches people how to cure what need not be endured and endure what cannot be cured. For individuals with chronic conditions such as heart disease, stroke, and chronic obstructive pulmonary disease (COPD) yoga has been shown improve exercise capacity, health related quality of life (HRQL), and psychological well-being. Researchers at West Park conducted a systematic review of trials examining yoga programs for individuals with chronic illnesses compared with usual care. The studies revealed that yoga resulted in improvements in exercise capacity. **Medical Care journal of the American Public Health Association, July 2015; Vol.53, No. 7: 653-61 (LINK TO ARTICLE)**

*West Park Healthcare Centre helps patients get their life back. Our nurturing campus of care in west Toronto combines the feel of a person-centred village with the effectiveness of an evidence-based hospital, treating life-changing illness and injuries such as lung disease, amputation, neurological and musculoskeletal issues. In our unique rehabilitative environment patients make the journey from crisis ...to hope...to realizing potential.*

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