provide opportunity for patients to have input with all members of the multi-disciplinary team. This helps patients to better understand their symptoms, empowering their use of resources and information to their advantage. Visual prompts include the use of an A1 flip chart and handouts to increase inclusion and underpin learning. The sessions provide peer support through informal discussions and can reassure patients that they are not alone; that they can talk openly, relate to each other and share experiences in a safe and reassuring environment.

### Education Programme Evaluation

The sessions support patients to reinforce existing coping strategies, develop and learn new ones. They aim to empower patients to alleviate and increase well-being. Importantly, the sessions prompt effective self-management of common symptoms experienced by palliative patients.

### Conclusions

The programme has helped to raise awareness of symptom control and has provided a holistic ‘tool box’ of self-help techniques to support patients in a personal sense of wellbeing and fulfilment; thus maximising enjoyment and quality of life.

### P-104 SITTING DOWN BUT MOVING FORWARD!

**Jenny Sherburn, Ellenor, Gravesend, UK**

**10.1136/bmjspcare-2016-001245.127**

### Background

The opportunity to access exercise classes through the hospice is a more recent phenomenon, challenging the attitudes of staff and patients about the role of rehabilitation and exercise within palliative care. The physical and emotional benefits of exercise are well documented, so in response to this, and patient demand, ‘drop in’ seated exercise classes were created.

### Aims

1. To provide the opportunity to exercise in a safe environment
2. To improve the fitness of the palliative patient group
3. To promote independence and wellbeing within the palliative patient group
4. To raise the profile of physiotherapy.

### Approach

A one-hour seated exercise session is delivered by a physiotherapist twice a week. Every attendee completes a Timed Up and Go test (T.U.G) prior to starting their first class, this test is repeated every fourth attendance.

### Outcomes

Classes have run for eight months, in that time 43 people attended. Out of these:

- 10 were both ambulatory and attended more than four sessions.

The T.U.G results are significant, demonstrating that 100% of participants achieved a quicker walk time on subsequent T.U.G testing.

Only one subject recorded a slower time on their fourth test.

### Conclusion

These results suggest that participants have achieved an improvement in their fitness, and using the T.U.G as a guideline, 66% of attendees have reduced their walk time to <14 seconds and therefore, could have reduced their risk of falls.

The provision of a weekly exercise group has put physiotherapy ‘on the map’. Verbal feedback from patients attending the group has been overwhelmingly positive: “It’s made me feel more confident” and as a result the group is becoming more popular.