

P-138 **GROUP EXERCISE WITH INDIVIDUALISED GOALS AND PHYSICAL AND PSYCHOSOCIAL WELLBEING IN PALLIATIVE CARE**

Irene Campagnolo Maschio, Konstantina Chatziargyriou. *Princess Alice Hospice, Esher, UK*

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Background A number of studies have established the benefit of exercise as part of a palliative care programme (Van den Dungen et al., 2014; Salakari et al., 2015; Malcolm et al., 2016; Paltiel et al., 2009), however, there are still research questions to answer about the effects of group exercise interventions.

Aim To assess the impact on the patients' physical and psychosocial wellbeing of an eight week group exercise programme with individualised goals.

Methods We conducted a quantitative and qualitative analysis on data collected from the 19 adult patients included in the study (17 cancer diagnosis, 1 pulmonary fibrosis, 1 neurodegenerative condition). Inclusion criteria: patient willing to participate in a group exercise programme and able to complete the baseline assessment (6 min walk test, Timed up and go, Berg balance scale, EORTC QLQ-C30, HADS, open text questions about their experience of undertaking the intervention).

Results Data suggest an improvement in physical function and minimal changes in psychological function. Returned questionnaires advise that peer and professional support, investment in the patient's goals and a general openness to share and discuss experiences seem to be key elements in the observed positive reframing of the experience of illness and present and future deterioration. We observed increased sense of control, social participation and enjoyment of life.

Conclusions Despite limitations (small sample, no control group), we were able to explore how personalised exercises in a small group can foster patients' resilience possibly through the reappraisal of their condition (Monroe & Oliviere, 2007) and a reconnection with their own body and experience (Morgan et al., 2017). Interestingly, it was not always straightforward to link data with what was observed clinically and reported by patients e.g., deterioration in tests but improvement in function and general wellbeing. From what was observed, a group exercise intervention in palliative care seems feasible, cost-effective and valid in improving physical and psychosocial wellbeing in the population studied. A control group is to be considered to deepen the analysis.

P-139 **STEP UPS AND STICKY BUNS- EVALUATION OF A HOSPICE BASED EXERCISE GROUP**

Sue Cullum. *Phyllis Tuckwell Hospice, Farnham, UK*

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Background Following a literature review and visiting other hospices, it became clear that regular exercise groups can be effective in maintaining fitness and activity levels as well as improving mood and reducing fatigue.

We were keen to ensure that we were meeting the needs of patients with potential to maximise fitness and independence in a way that was good use of time and resources.

Aim To assess the value and effectiveness of hospice-based exercise groups, to inform future planning, ensure best practice and optimise patient experience.

Method Appropriate patients were recruited to a weekly circuit-based exercise group run by a physiotherapist and volunteers. Baseline data were collected and goals set. Reviews took place after a minimum of two months attendance, with assessments repeated, goals reviewed and subjective views collected.

This evaluation was carried out a year after the group was set up.

Results Eight people attended the group regularly, with a variety of terminal diagnoses.

Regular attendance, satisfaction and goal achievement were seen as an indication of effectiveness and value. Improvement in outcome measures were seen (75% of two-minute walk tests and 80% 5×sit to stand) but this was considered of secondary importance in this population of patients with deteriorating terminal illness.

Participant feedback underlined the importance of regular supported exercise and goal achievement, resulting in increased confidence, activity and independence as well as reduced reliance on medications. The importance of social support and improved mood was also highlighted.

Lessons were learned that have informed future planning and the setting up of additional exercise groups.

Conclusion Group exercise is an effective way to support people living with a terminal condition, enabling them to remain as active and independent as possible at the same time as providing social support.

P-140 **MUSICAL CHAIRS – MORE THAN JUST AN EXERCISE GROUP**

Dympna Jones, Kate Marley, Clare Forshaw, Kate McIntegart, Helen Cunliffe, Susan Clarkson. *Woodlands Hospice, Liverpool, UK*

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Background The benefits of exercise for people with life-limiting conditions are widely recognised. Woodlands Hospice runs a weekly exercise group which is well attended. Feedback is positive and the environment provides more than simply physical benefits. It has become a safe place that instils positivity and humour where patients can share feelings and coping strategies, gain support and strength from their peers and staff, ask for help whether physical, emotional or spiritual and where they can just 'be'.

Aim To further develop this group to enhance the experience for patients. Specifically:

- Music. To introduce music in the form of a personal group playlist where all patients are involved in sharing a song and a reason for its choice. This music is played during the group and made available to take home.
- Tai Chi. To teach simple chair based Tai Chi to be practised at the end of each session to promote a calm and contemplative atmosphere.
- Palliative Outcome Scale (POS). Using this recognised tool on a monthly basis helps patients to discuss any new concerns, allows staff to signpost patients appropriately and streamlines outcomes throughout the hospice.

Methods

- Literature review on clinical benefits of Music therapy and Tai Chi
- Consultation with group members
- Practise Tai Chi sessions