



# Simple Steps:

## Exercise Prescriptions to Improve Patient Compliance

Aultman Hospital  
Susan Mercer, M. D.  
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### Objectives

- Increase patient compliance with exercise
- Educate care providers with simplified exercise guidelines and proper techniques
- Providers recognize when more intense treatment may be necessary



## Target Audience

- Primary Care Physicians
- Office Staff
- Resident Physicians



## Workshop

- Grand rounds
  - Formal lecture: essentials of exercise prescription
  - Introduction of exercise prescription tool
  - Audience participation in exercises prescribed
  - Interactive use of exercise prescription



## Exercise Prescription



## Evaluation

- Initial: post work shop feedback
  - Written prescriptions would be new to practice
  - Recommendations will be more directed and specific
  - More likely to encourage and instruct in office
  - Physician would need to become more comfortable with the exercises and get beyond discomfort with new concept of written prescription



## Evaluation

- Six month follow up
  - Calls will be made to each office in attendance
  - Number of exercise prescription used



## Outcomes