



Chapter 9

Activity, Rest, and Sleep as Criteria for Health

Introduction

- Benefits of activity
 - Sense of well-being
- Frail health is associated with inactivity.
- Rest and sleep are essential to well-being.

Benefits of Physical Activity for the Older Adult

- Decreased risk for obesity; diabetes; and cardiovascular, respiratory, musculoskeletal diseases
- Improved quality of sleep
- Preservation of muscle strength and endurance
- Increased aerobic capacity
- Greater bone density
- Greater mobility and independence
- Better bowel control
- Better appetite control
- Improved balance
- Improved joint function
- Decreased risk of falls
- Improved memory and learning capabilities
- Increased sense of well-being

PRIORITY and CHALLENGE

- PRIORITY- to allow clients do as much as they can for themselves
- CHALLENGE-they may not want to do all they can do
- INTERVENTION-you need to try and discover why and help them with problem

Activity

Need to realize that moving in one way or another will help them exercise

- Promotes life physically and psychologically
- Barriers to physical activity in older adults
- Chronic conditions that affect activity
- Advantages of exercise
 - Prevents certain health problems
 - Helps manage certain health problems

Activity

- Can improve
 - Joint mobility, pulmonary conditions, insomnia, indigestion, constipation
- Actions to improve activity level
- Types of exercises for older adults
 - Endurance-increases resp and cardiac function
 - Muscle Strengthening-helps move more easily-any type of resistance exercise
 - Balance training-helps to prevent falls
 - Flexibility-muscles can stretch; yoga recommended

Rest

- Older adults have special rest needs.
 - Maybe affected by pain or stress
- Impact of pain on rest
- Myths about pain in the older adult
- Assessing for pain
 - Observation
 - Pain assessment tool
 - Impact of stress on rest

Rest

- Approaches to improve activity and rest
 - Plan activities after napping.
 - Assess for boredom.
 - Encourage engagement in life.
- Point of Interest
 - Minimum of 150 hours of aerobic physical activity
 - Muscle strengthening activity 2 or more days a week; each session at least 10 minutes; if balance a problem physical activity to help 3 or more times a week (e.g. walking to get drink of water or using soup cans as weights to help with strengthening muscles)

Sleep

- Sleep is important for quality of health.
- Many older adults need more sleep than they get.
- Types of sleep
- Impact of circadian rhythm on sleep cycle
- Suggestions to improve sleep

Sleep

- Sleep disorders affect older adults.
- Insomnia
 - Difficulty falling asleep
 - Difficulty staying asleep
 - Feeling like not getting enough sleep
- Sleep apnea is a form of insomnia.

Sleep

- Other causes of insomnia
 - Frequent urination
 - Gastroesophageal reflux disease (GERD)
 - Chronic obstructive pulmonary disease (COPD)
 - Heart failure (HF)
 - Nocturnal movement
 - Restless legs syndrome (RLS)
 - Periodic limb movement disorder (PLMD)

Sleep

- Dementia causes disruption in sleep.
- Psychological conditions can be detrimental to sleep patterns.
- Common risk factors for sleep disorders
 - Medical conditions
 - Psychiatric disorders
 - Sedentary lifestyle
 - Psychosocial stressors
 - Medications
 - Lifestyle changes
 - Environment changes