Recognizing and Reducing Barriers
to Improve Swallow Exercise Program Compliance

Instructional Level: Introductory (Assumes little or no familiarity with the subject)

Learner Outcome 1: Identify 2 recovery benefits of swallow exercise programs
Learner Outcome 2: Identify 3 common obstacles to exercise program compliance
Learner Outcome 3: List 3 ways to improve client swallow exercise program adherence

Definitions (American Heritage Medical Dictionary)

Compliance: The degree of constancy and accuracy with which a patient follows a prescribed regimen.

Adherence: The extent to which the patient continues the agreed-upon mode of treatment under limited supervision when faced with conflicting demands.

Maintenance: The extent to which a patient continues good health practices without professional supervision.

Concordance: The negotiated, shared agreement between clinical and patient concerning treatment regimen, outcome and behavior.
NEW HABITS, EXERCISE & NEW RESOLUTIONS EXPERIENCES

AWARENESS: List 3 previous habits/resolutions/Recommendations that you did try or should have tried. Were you successful or not with each?

1. __________________________________________________________________________________
2. __________________________________________________________________________________
3. __________________________________________________________________________________

Check the reasons that made it harder to succeed

☐ Not enough time
☐ Too tired
☐ Must be an easier, quicker way
☐ Boring
☐ I tried it before, didn’t work
☐ Just don’t like it
☐ Too old to start something new
☐ Hated doing it alone
☐ Uncomfortable, hurts
☐ It’s good enough as it is
☐ Don’t think it will help
☐ Tried a little, but didn’t see any change
☐ Took too long to do
☐ Too expensive
☐ Not worth the hassle
☐ Needed too much help/couldn’t do myself
☐ Didn’t know how it would help
☐ Just agreed to do it because family wanted me to
☐ _______________________
☐ _______________________
☐ _______________________
Check the Reasons that made it easier to succeed

☐ Decided benefit was worth the work
☐ Did it with someone else
☐ Made it fun, into a game
☐ Frequent Reminders
☐ Was more fun/easier than I expected
☐ Checked in daily w/ someone
☐ Scheduled same times every day
☐ Really wanted the goal
☐ Rewarded self regularly
☐ Felt guilty if skipped it
☐ Understood why/how it would help
☐ Liked checking it off on the log/calendar
☐ Did it because I wanted to
☐ Didn’t cost much/anything
☐ Liked family proud of effort
☐ Liked doctor congratulating improvement
☐ ______________________
☐ ______________________
☐ ______________________
Exercise Pairing Inventory

Re-Occurring Home Tasks

☐ Getting Mail
☐ Toileting
☐ Making Beds
☐ Showering
☐ Drying Hair
☐ Driving to Work
☐ Up/Down Stairs
☐ Making Coffee
☐ Making Meal
☐ Washing Dishes
☐ Feeding Pet
☐ Taking Walk
☐ Walking Dog
☐ Watching Daily News
☐ Watching TV
☐ Devotions/Rosary
☐ Emailing or Facebook

☐ Phoning or Facetime w/ Family
☐ Snack/Drink Had Everyday
☐ Applying Hand Moisturizer
☐ Smoking
☐ Watering Plants

_______________________
_______________________
_______________________
_______________________
_______________________
Exercise Pairing Inventory

Hobbies/Interests

☐ Sports (which?)
☐ Music
☐ Working Out
☐ Reading
☐ TV
☐ Sewing
☐ Woodworking
☐ Crafting
☐ Painting
☐ Babysitting
☐ Playing Cards
☐ Playing Games
☐ Puzzles
☐ Computer/Internet

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References/Research/Readings

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Parker, S., Jessel, S., Richardson, J., Reid, M. Older adults are mobile too! Identifying the barriers and facilitators to older adults’ use of mHealth for pain management. *BMC Geriatrics*. 2013, 13: 43.


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