

# WILLKIN

## BRIDGING THE GAP BETWEEN HEALTH CARE & FITNESS

### WHAT WE DO

WillKin offers a range of exercise based rehabilitation programs that can be tailored to the needs of your patients. The scientific, progressive design of our programs ensures that they serve as a bridge pre- or post-clinical pulmonary rehabilitation or to help those in outlying areas, with no access to community or clinical programs. Our

### PROGRAM SPECIFIC INFORMATION

ConnEx has been designed by Kinesiologists with over 28 years of experience working with patients, allowing us to knowledgeably develop tools and programs that will improve the lives of those living with Chronic Lung Diseases.

ConnEx is a bilingual human-centric, one on one (or 1:2 professional : patient), remote, home-based program combining exercise, education, motivational behaviour change and breathing/relaxation techniques that promotes long-term self-management of all CLDs. (COPD, PF, Asthma, NTM and Bronchiectasis)

A report is provided to the referring healthcare professional at the end of the program.

### STRUCTURE AND ASSESSMENTS

- Assessments carried out beginning and end include CAT, KBILD, 1-Min STS, SPPB, 30s Arm curl test, LEFS, HADS.
- Educational components are tailored to the specific lung condition and contain modules such as “Posture” “Balance & Fall Prevention”, “Nutrition” and “Sleep Hygiene”. Tailored educational videos presented by respiratory therapists or counsellors include “airway clearance techniques” and “mindfulness / positive thinking”, respectively.
- The COPD and PF ConnEx program education materials are based on RESPIPLUS’ “Living Well With” series.
- A program success survey is carried out (weeks 1, 5 and 10), to monitor self-efficacy, program acceptance and feasibility.

#### 4 Pillars for Success

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**Our goal is to help participants in the following key areas:**

**Physical Health and Quality of Life**

- Functional fitness and ability to perform daily tasks
- Balance and fall prevention
- Cardiovascular ability and endurance
- Lessen deterioration of bone mass and maintain/improve strength

**Mental and Emotional Wellbeing**

- Adopt a more positive lifestyle
- Reduce anxiety and depression
- Improve ability to relax, sleep and break anxiety-breathlessness cycle

**Behavioural change**

- Develop intrinsic motivation to adopt a positive/healthy lifestyle
- Improve self-efficacy in achieving better health
- Self-management of their CLD in the long-term
- Connect with community programs and participate in social activities

**Breathing and Relaxation**

- Encourage practice and incorporation of breathing and relaxation techniques
- Facilitate use of knowledge taught by respiratory educators (including airway clearance)

*Participants will be encouraged to connect to additional services offered by our partners (LHF, Respiplus, NTMir etc) for any necessary social advice and support.*

**Global goal:**

**Improve participant self-management, improve QoL and ADLs and reduce clinical visits.**