



Brain & Body Group Fitness Program

Lisa Wells, MA, Dementia Care Specialist
Aging & Disability Resource Center of Eau Claire County

Laurie Pettis, NBC-HWC, CIC®, YMCA of the Chippewa Valley/Eau Claire Branch

Pete Fasching, YMCA Healthy Living Staff

Brain & Body Group Fitness Instructors

Norah Airth-Kindree, DNP, RN (Department of Nursing)

Lindsey Creapeau, Ed.D., LALD, FACHCA (Department of Management and Marketing)

Jeffrey Goodman, Ph.D., (Department of Psychology)

University of Wisconsin – Eau Claire



Roger and Char Weindinger
Brain & Body Group Fitness Participants

Overview

- History
- Program Logistics
- UW-Eau Claire Partnership and Research Findings
- Implementing in Your Community
- Participant Comments
- Class Sample
- Questions and Answers



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History



- What is Brain & Body Fitness (formally known as LEEPS)
- Partnership with YMCA
- Group Programming

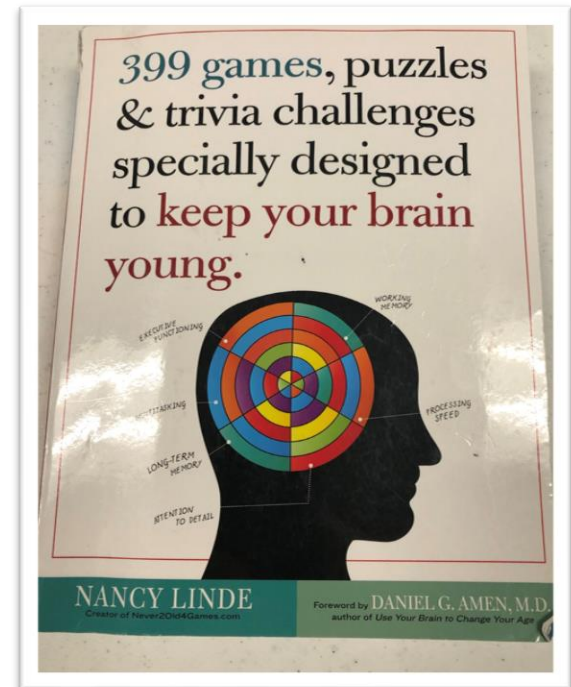


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Program Logistics

- Staff Training/Instructors
- Sessions (fall/winter, summer, winter/spring)
 - 12 weeks
 - 1.5 hours
 - Incorporates the 3 main areas (physical and mental/language exercises and social engagement)
- Registrations
- Paperwork
- PROMIS Survey
- Location
- Supplies
- Cost



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UW-Eau Claire Partnership

- Active in the Eau Claire County Dementia Coalition
- Expressed interest
- Students participated by being a volunteer in the early days of LEEPS
- Attended classes to learn more



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UW-Eau Claire Research Findings

Methods:

A modified Patient-Reported Outcomes Measurement Information System (PROMIS) tool (National Institute of Health, 2019) was developed by the YMCA to assess outcomes of participation in the BBF program. BBF participants and caregivers completed the PROMIS tool at the beginning and end of their participation in the program. Each of the subscales that assessed depression, fatigue, anxiety, and sleep were found to have excellent reliability (Cronbach's alpha) for both BBF participants and caregivers. Response options on the scale range from 0 (Never) to 4 (Always).

- **Anxiety** was measured by 4-items (e.g., *My worries were overwhelming*) that demonstrated excellent reliability at both pre- and post-test for BBF participants ($\alpha = .87$ pre; $\alpha = .84$ post) and caretakers ($\alpha = .84$ pre; $\alpha = .81$ post).
- **Depression** was measured by 4-items (e.g., *I felt depressed*) that demonstrated excellent reliability at both pre- and post-test for BBF participants ($\alpha = .92$ pre; $\alpha = .95$ post) and caretakers ($\alpha = .90$ pre; $\alpha = .84$ post).
- **Fatigue** was measured by 3-items (e.g., *I felt run down*) that demonstrated excellent reliability at both pre- and post-test for BBF participants ($\alpha = .94$ pre; $\alpha = .84$ post) and caretakers ($\alpha = .93$ pre; $\alpha = .91$ post).
- **Sleep** was measured by 4-items (e.g., *I had poor sleep quality*) that demonstrated excellent reliability at both pre- and post-test for BBF participants ($\alpha = .82$ pre; $\alpha = .90$ post) and caretakers ($\alpha = .89$ pre; $\alpha = .88$ post).



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<https://www.uwec.edu/files/5577/2020-PHS-Program-DRAFT.pdf>

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11. Forgiveness Facilitation Through Media Therapy
12. Brain and Body Fitness



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Faculty-student collaboration to be highlighted at Alzheimer's Conference

Thursday, Feb. 27, 2020 | Jan Adams

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Department of Nursing Associate Professors, Norah Airth-Kindree and Debra Hofmann along with student nurse, Jackie Carson and Practicum Coordinator, Lindsey Crepeau from the UW Eau Claire Center for Health Administration and Aging Services Excellence (CHAASE) program are analyzing secondary data to validate the

<https://www.uwec.edu/news/college-of-nursing-health-sciences/faculty-student-collaboration-highlighted-at-alzheimers-conference-4035/>

alzheimer's association®

34TH ANNUAL WISCONSIN STATE CONFERENCE

MAY 3-5, 2020

SUNDAY EVENING DINNER & AWARDS PROGRAM
MAY 3, 2020

WORKSHOPS/KEYNOTES
MAY 4-5, 2020

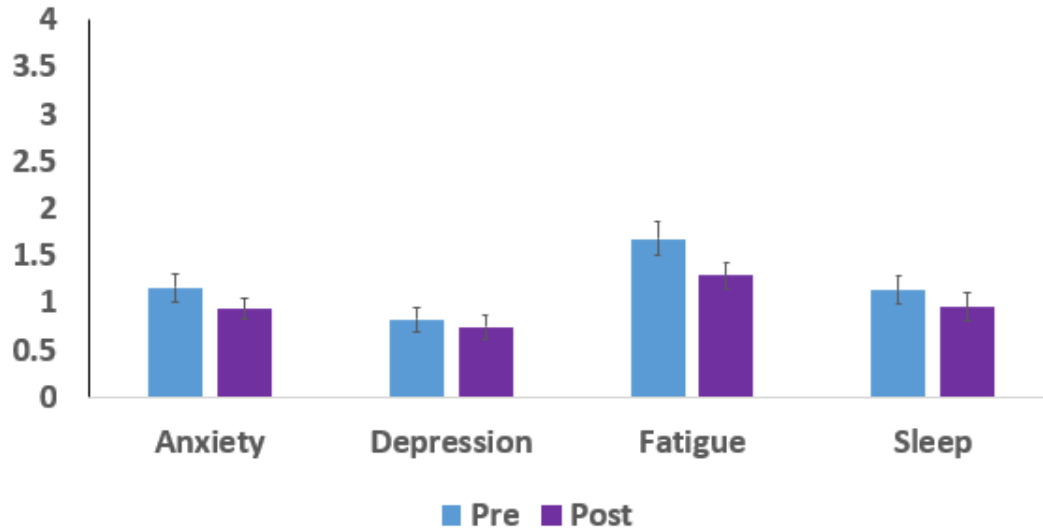
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www.wisalzconf.org

https://act.alz.org/site/DocServer/Alz_Sponsorship_2020_FINAL.pdf?docID=58160

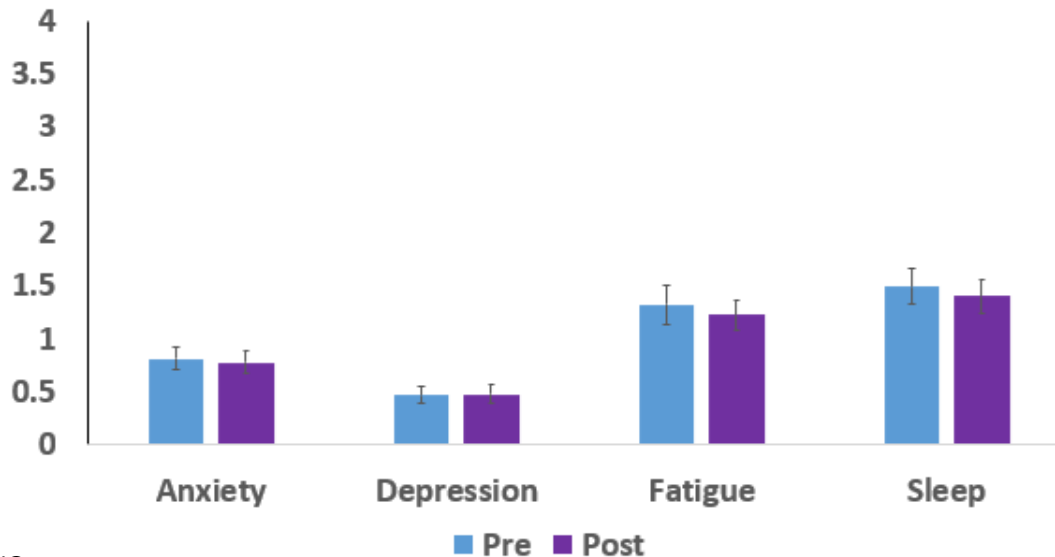
BBF Affected Participants' PROMIS Scores



Data has been collected for multiple cohorts from 2017-present. This poster presents data from 49 BBF-affected participants and 38 caregiver-affected partners.

Dependent-samples t-tests were conducted with 1000 bootstrapped samples used to determine 95% confidence intervals for each analysis.

BBF Caregiver Affected Partners' PROMIS Scores



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Program Outcomes

- Learners will report an increase in their nursing knowledge, skills, or overall practice by 75%.
- Learners will report agreement that the conference provided the opportunity to engage with the global nursing community.
- Learners will identify at least two opportunities to apply learning from the conference to their nursing practice.

<https://www.sigmanursing.org/connect-engage/meetings-events/congress>

Implementing In Your Community



- Interest
- Connect with local ADRC – Dementia Care Specialist
 - [ADRC: Find a Local Aging and Disability Resource Center | Wisconsin Department of Health Services](#)
- Location
- Volunteers
- Marketing





Let's Hear from
Participants!

Class Sample....



Questions and Answers



Contact

Lisa Wells, MA, Dementia Care Specialist
Aging & Disability Resource Center of Eau Claire County
lisa.wells@eauclairecounty.gov
715-839-4735

Laurie Pettis, NBC-HWC, CIC®, YMCA of the Chippewa Valley/Eau Claire Branch
lpettis@ymca-cv.org

Pete Fasching, YMCA Healthy Living Staff
pfasching@ymca-cv.org

Norah Airth-Kindree, DNP, RN (Department of Nursing)
UW-Eau Claire
airthkmm@uwec.edu

Lindsey Creapeau, Ed.D., LALD, FACHCA (Department of Management and Marketing)
UW-Eau Claire
creapelj@uwec.edu

Jeffrey Goodman, Ph.D., (Department of Psychology)
UW-Eau Claire
goodmaja@uwec.edu

