

Yoga Report

2016

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Presented to our Patient Participation Group on 27/10/16

Context

- Target audience
- Aims and objectives
- Educating
- How our patients benefitted from this service
- Sessions and Attendees
- Comments from yoga instructor
- Reviews from our patients
- Would our patients do it again
- Overall

Target audience

From the back of our PPG meetings our patients were interested in yoga. They heard about the benefits but felt there was not much in the way of local sessions

The Lister Surgery, Family Practice & The City Medical Practice wanted to target our female patients, who are hard to reach patients with a history of chronic diseases, musculoskeletal problems these patients were mainly from an Asian background that do not incorporate healthy living or exercise into their daily lives. Also there is good evidence that Yoga and mindfulness can help prevent heart disease.

As their primary care service providers we wanted to engage these patients in our new yoga service, for a lot of these patients this was their first exposure to healthy living. The benefits of movement and breathing better have been well known and from the practices perspective this was thought to be a good non clinical approach to address this.

Initially targeting these patients was difficult as they did not understand the importance of keeping active hence we had to educate our patients so that they could better understand the benefits of yoga activities.

Aims & Objectives

- To improve health of patients with chronic diseases
- Reach out to ethnic minorities groups
- Promote healthy living
- Engage patients with mental health issues
- To use the group sessions as a social activity
- To demonstrate how to do exercise movements at home
- For help patients to keep fit and active
- Incorporate the importance of Daily stretching
- Free up appointments
- Help to non-,medicalise pains and aches
- Stress relief

Educating

For those that did not know about the benefits of yoga it was not easy explaining to our patients about yoga we had many obstacles such as language barriers etc. to handle before we could thoroughly educate what yoga is. The following benefits were explained to the patients.

- Improves your flexibility
- Builds muscle strength
- Perfects your posture
- Prevents cartilage and joint breakdown
- Protects your spine
- Better your bone health
- Increases your blood flow
- Drains your lymph's and boosts immunity

Patients were shown different movements that help the reduction of belly fat and to improve blood circulation in addition with having a healthy balanced diet.

How our patients benefited from this service

Patients reported improvements on flexibility they felt the yoga movements helped them become more flexible, a few patients also reported weight loss other patients felt it helped them to deal with stress.

Patients mentioned in some cases it helped improve their relationships etc. Some reported they would not turn to the GP for pains hopefully to save some of our GP appointments.

Patients who felt stressed did no longer want GP appointments as they felt the yoga sessions were helping them deal with their stress, other also experienced increased levels of energy.

Patients were able to take what they learnt home, at first patients found it difficult but our yoga instructor helped them motivate each other. By the end of the service patients wanted this to be a long-term, other patients started to enquire about this as word got around our practices were providing this service.

Sessions and Attendees

A total of 8 sessions were set up by the practice and based in our health centre. We did some health promotion activity prior to each class.

Initial attendees: 21

Repeat attenders: our remainder classes averaged 19- 20 patients which demonstrates the obvious keenness of our patients for this programme

Comments from yoga instructor

Comments below from Sue Dennis (Yoga Instructor)

“The yoga classes ran last autumn, the students who attended throughout gave positive feedback to me directly. We discussed what they wanted to focus on, and I planned classes to meet their general requirements. The students were a delight to teach, being positive in their outlook towards the classes.

The students reported improved better sleep, higher energy, ease of movement.

I believe that if it is decided to run again, we promote a set time frame, also gaining the permission of the students to take photographs so that the classes maybe promoted.

With regards to my qualifications:

University of Leeds Chemistry (BSc Hons)

PGCE Secondary Education & FE (Chemistry & Sciences)

Masters Business Administration

British Wheel of Yoga Diploma Teacher

Yoga Nidra Teacher Training

Yoga for Pregnancy Teacher Training

Womb Yoga Teacher Training

Certified Forrest Yoga Teacher

Yoga Alliance Teacher

Structural Yoga Therapist

Meditation

Registered with Complimentary & Natural Healthcare Council”

Reviews from the patients

Reviews from all our patients who attended regularly were positive. We gave them feedback forms after every session to see how they felt about the sessions.

99% of our yoga participants were happy with this service and would recommend it to friends & family.

Feedback forms available upon request.

Would our patients do it again

Patients were asked if they would like further yoga sessions all of our patients agreed that they would definitely attend further sessions it was an enjoyable activity for them that helped them in many ways, some felt it was like stress relief others said it helped with aches and pains.

Overall

After consider all the factors above, we believe the yoga sessions were thoroughly enjoyed by all the participants it helped them in several different ways which is good news. This also helped free up GP's appointments and promoted self-care and healthy living.

Our patients are eager to resume their sessions. Initially were did not think yoga sessions would be that successful but to our surprise they have been hugely successful so we will be offering repeat yoga sessions for our patients this will be funded by our GP's out of there goodwill. Reception staff have noticed interest in the yoga service and we now have a waiting list for new participants.

We will aim to use the group sessions as promoting other services that will further assist in meeting our practices areas of need.

References :

<https://health.clevelandclinic.org/2013/08/yoga-positive-thinking-make-hearts-healthier/>

<http://www.clevelandclinicwellness.com/Features/Pages/BenefitsofYoga.aspx>