

# Physical Activity Questionnaire for People with Learning Disability (LDPAQ)

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# Physical Activity

- ▶ What is the level of your weekly physical activity?

Go to [www.menti.com](https://www.menti.com) and use the code

# Physical Activity

Now please complete the self-reporting scale (IPAQ)



# Background

How did it start?



# Background

- ▶ Mental illness sufferers have significantly poorer physical health than the general population
  - ▶ Sedentary behaviour is a major contributing factor.
  - ▶ People with Learning Disability (PWLD) are at higher risk of developing mental illnesses
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# Background

- ▶ levels of physical activity (PA) are lower in PWLD compared to the general population
  - ▶ PWLD die prematurely due to poor physical health
  - ▶ Extensive evidence about the role of PA in improving physical and mental health as well as better management of symptoms.
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# Aim

To improve the level of PA in our service users

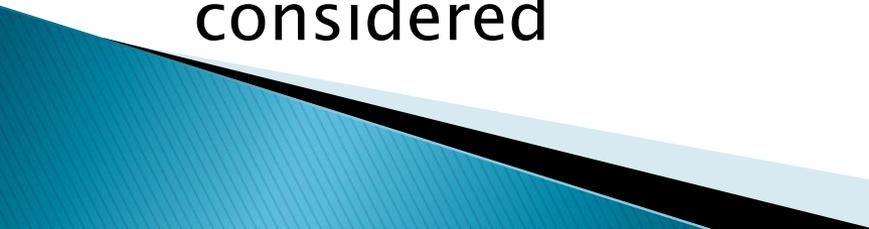
# Brainstorming

- ▶ Please speak to the person next to you and discuss the following questions:
    1. How could we measure the level of PA in PWLD?
    2. Can we use the IPAQ? What changes are needed to make an LD friendly tool?
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# LDPAQ

- ▶ We developed an LD friendly version of IPAQ scale with the help of our SALT & Physio colleagues
- ▶ It is called LDPAQ
- ▶ It has been presented as a novel scale for PWLD at **“7th International Society for Physical Activity and Health Congress ”** in Oct 2018 and also **“ID faculty Spring Conference”** in Apr 2018

# LDPAQ – Main features

- ▶ Self and/or carer report
  - ▶ Quick and easy to complete
  - ▶ No training needed
  - ▶ Free but copy-righted
  - ▶ Easy read format
  - ▶ Using photos to illustrate different levels of physical activities
  - ▶ It is fun to complete
  - ▶ It gives the patient new ideas about possible activities
  - ▶ Physical disabilities (use of wheelchair) considered
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# What is your estimation of the level of PA in our service users?

- ▶ Have a chat with the person next to you and share with others.



# Audit standard

- ▶ We have used NHS Physical activity guidelines for adults aged 19–64 available at:  
<https://www.nhs.uk/live-well/exercise/#guidelines-for-adults-aged-19-to-64>
- ▶ To stay healthy, adults aged 19 to 64 should try to be active daily and should do:

# Audit standard

- ▶ 150 minutes/week moderate aerobic activity + strength exercises on 2 or more days

# Audit standard

- ▶ Or 75 minutes of vigorous aerobic activity/week + strength exercises on 2 or more days

# Audit standard

A mix of moderate and vigorous aerobic activity/week + strength exercises on 2 or more days

# Audit Standard

At least 150 minutes of moderate aerobic activity such as cycling or brisk walking every week **and** strength exercises on 2 or more days a week that work all the major muscles e.g. carrying or moving heavy loads such as groceries

**Or** 75 minutes of vigorous aerobic activity such as running or a game of singles tennis every week **and** strength exercises on 2 or more days a week that work all the major muscles e.g. carrying or moving heavy loads such as groceries

**Or** A mix of 1&2– for example, two 30-minute runs plus 30 minutes of brisk walking equates to 150 minutes of moderate aerobic activity **and** strength exercises on 2 or more days a week that work all the major muscles e.g. carrying or moving heavy loads such as groceries

# Audit standard

- ▶ A good rule is that 1 minute of vigorous activity provides the same health benefits as 2 minutes of moderate activity.
  - ▶ One way to do your recommended 150 minutes of weekly physical activity is to do 30 minutes on 5 days every week.
  - ▶ All adults should also break up long periods of sitting with light activity.
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# Sampling

17 service users from West  
Berkshire CTPLD caseload

20 service users from Slough  
CTPLD caseload



# Findings

Level of LD	Mild	Moderate	Severe	U/K
Total	16 (43%)	12 (32%)	5 (14%)	4 (11%)

**Table 1: Demographic of the sample**

# Findings

The majority of service users (36/37) reported one or more types of PA with different intensities:

	Vigorous PA	Moderate PA	Mild PA	Activities without PA value
Popular activities	Salsa, gym, trampoline, ice skating, football	dancing, carrying heavy objects, gardening, swimming, bowling, horse riding, bike and wheel chair exercise	Walking, Shopping, Dog walking, Park, Day trip	Watching TV, Sitting, listening to music, Eating out, driving, Cinema, Puzzle, board games, ...
Duration	110 minutes per week	118 minutes per week	190 minutes per week	NA
Number/percentage	9 (24%)	27 (73%)	35 (95%)	37 (100 %)

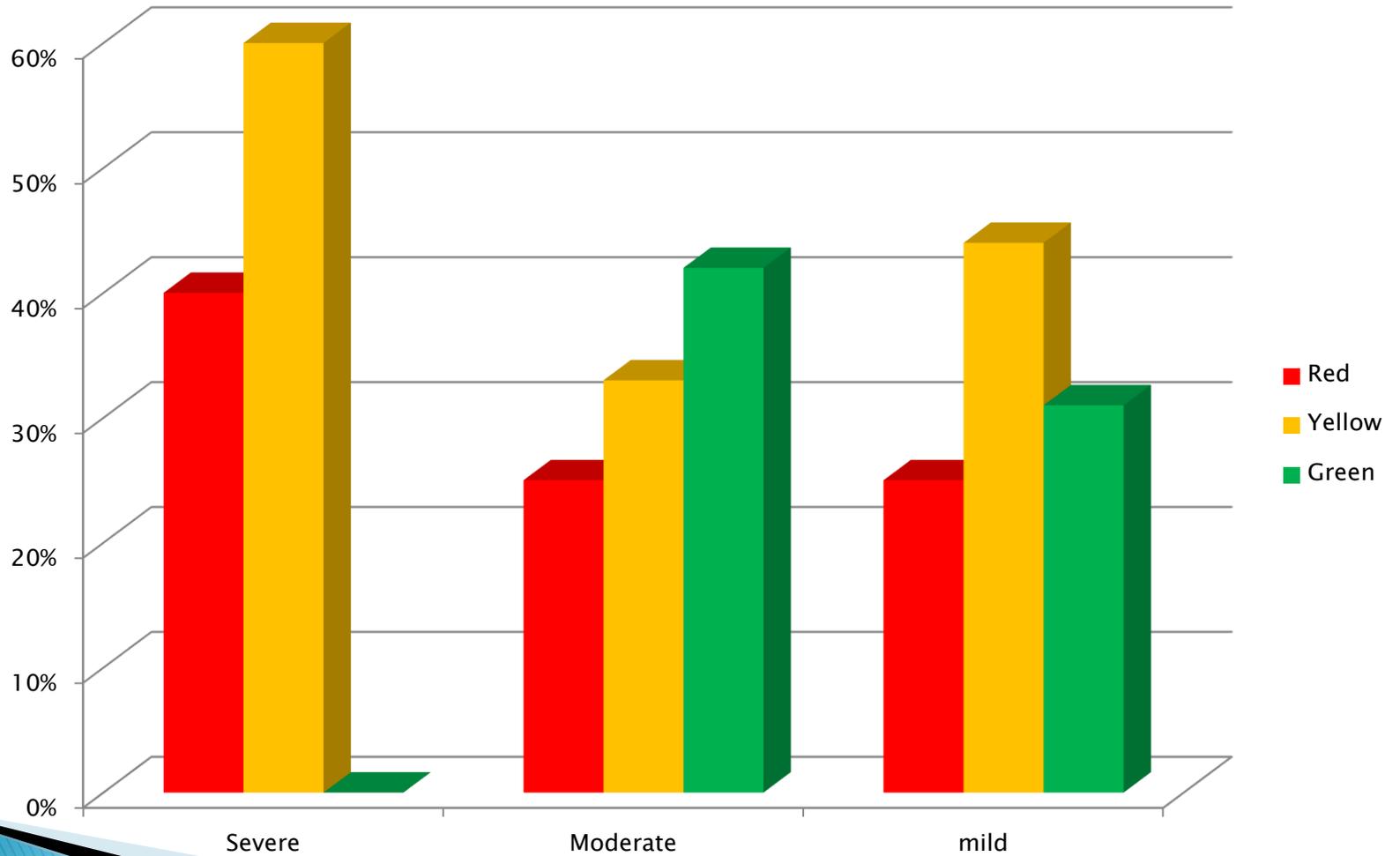
**Table 2: Physical activities of PWLD in West Berkshire and Slough**

# Findings

- **Green:** Service users who have enough physical activities to remain healthy (150 mins per week)
- **Orange:** Service users who have some beneficial physical activities but less than the recommended quantity (Less than 150 mins per week)
- ▶ **Red:** Service users with no or negligible level of physical activities (sedentary life style)

	Green	Orange	Red
Number	11	16	10
Percentage	30%	43%	27%

# Findings



# Findings

- ▶ None of the people with severe LD had enough physical activities as per guideline
  - ▶ 25% of people with mild LD had no or negligible physical activities (sedentary life style)
  - ▶ People with moderate LD had the best physical activity profile in our services
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# Audit – Forensic inpatient units

- ▶ 15 patients present on the wards on 23.12.2019 were interviewed.
- ▶ **Findings:**
  - 80% of patients had mild LD and 20% moderate
  - No patient had vigorous PA. However, some of them expressed interest in vigorous activities such as gym, running, trampoline...

# Audit – Forensic inpatient units

- 67% of patients have some moderate PA (mainly dancing), on average 3 days a week for 30 minutes at a time.
- Only 7% had enough and 60% had some beneficial PA. More than 30% run a sedentary life style during their admission.
- Almost everyone (93%) had some walks in the last week. They walk on average 3 days a week for 30 minutes at a time.

# Audit – Forensic inpatient units

- All services users spend at least 1–2 hours of their day doing sitting activities such as art, watching TV, listening to music, playing games, writing, doing puzzles, word searches....
  - 93% of patients rated their experience of the interview, satisfactory or very satisfactory. They particularly liked the easy-read format of LDPAQ and the use of pictures. They reported getting new ideas and better insight into their current PA by doing the assessment.
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# Discussion – ways forward

Have a discussion in groups of 4–6

How we can take things forward?

Any other thoughts?



# Recommendations

- ▶ Raising awareness of professionals e.g. GPs, social workers, members of MDTs and carers/relatives about the current guidelines and recommended level of physical activities. This can be achieved by designing and distributing easy-read leaflets and running educational sessions

# Recommendations

- ▶ Further studies and surveys to explore the impact of different factors such as level of learning disabilities, mental and/or physical co-morbidities and presence or absence of capacity on preferred life style and level of physical activities
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# Recommendations

- ▶ Exploring the possibility of using technology to measure the intensity of physical activities in a more objective way such as recoding the heart rate
  - ▶ To seek advice and recommendation from a specialist about the recommended physical activity plan for complex individuals with mental and physical health co-morbidities
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# Any question?



*Thank you*