

Title:

An Innovative Acupunch Exercise Program for Older Adults in Community

Kuei-Min Chen, PhD¹

Han-Ya Tsai, MS²

Hsin-Ting Huang, BS¹

(1)College of Nursing, Kaohsiung Medical University, Kaohsiung, Taiwan

(2)Department of Nursing, Ming Shan Tzu-An-Home Assisted Living Facility, Kaohsiung, Taiwan

Session Title:

Complementary and Alternative Medicine

Slot:

C 03: Sunday, 29 October 2017: 10:45 AM-11:30 AM

Scheduled Time:

11:05 AM

Keywords:

Acupoint stimulation, Exercise program and Older adults

References:

1. Chen, J. F., & Lin, Z. R. (2006). Relationship between physical activity and quality of life for the community older adults. *Physical Education Journal*, 39, 87-100.
2. Chen, K. M., Tseng, W. S., Huang, H. T., & Li, C. H. (2013). Development and feasibility of a senior elastic band exercise program for aged adults: A descriptive evaluation survey. *Journal of Manipulative and Physiological Therapeutics*, 36(8), 505-512. doi: <http://dx.doi.org/10.1016/j.jmpt.2013.08.002>
3. Chiu, T. C., Shiao, Y. Y., & Yeh, S. C. (2012). The relationship among the tangible and intangible health-care service quality, acupuncture outcome, physician-patient relationship, and patient satisfaction: Evidence from patients with soft tissue injury. *Organization and Management*, 5, 79-110.
4. Haskell, W. L., Lee, I. M., Pate, R. R., Powell, K. E., Blair, S. N., Franklin, B. A., Macera, C. A., Heath, G. W., Thompson, P. D., & Bauman, A. (2007). Physical activity and public health: Updated recommendation for adults from the American College of Sports Medicine and the American Heart Association. *Medicine and Science in Sports and Exercise*, 39, 1423-1434. doi: 10.1249/mss.0b013e3180616b27
5. Hsu, S. L. (2012). Meridian massage application in the head and neck spa. *The Journal of International Esthetic Science*, 9(3), 87-95.
6. Shaun, Y. (2009). *Tapping for the healthiest*. Taipei, Taiwan: Yu-Ho.
7. Shaun, Y. (2008). *From the beginning of the hand: Let the body fight to live 20 years UP*. Taipei, Taiwan: Yu-Ho.
8. Tsai, C. F. (2011). Clinical application from the aspects of anatomy and physiology on the ten total acupuncture points of human meridian system. *Yuan-Yuan Nursing*, 5(2), 23-29.
9. Wang, C. H. (2013). Clinical question: Can exercise training help improving "Frailty" in community-dwelling older adults. *The Journal of Long-Term Care*, 17(2), 89-96.

Abstract Summary:

The purpose of this presentation is to introduce a newly-developed complementary health practice method, the Healthy Beat Acupunch (HBA) exercise program, for global nurse practitioners and

researchers who are interested in health promotion and/or health maintenance of older adults. The methodology applied to develop this exercise program will be presented.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to identify the protocol of a newly-developed complementary health practice method, the Healthy Beat Acupunch (HBA) exercise program, for community older adults.	1.Theory of Jing-Luo and techniques of acupoint stimulation 2.Benefits of acupoint stimulation 3.What is acupunch and its basic principles 4.Significance and purpose of the study 5.Figure presentations of the Healthy Beat Acupunch (HBA) exercise program 6.Clinical implications
The learner will be able to learn the methodology that can be applied to develop an exercise program.	1.Methodologys (setting, sample selection criteria, data collection) 2.Results (demographics of experts, experts' evaluations and suggestions) 3.Conclusions 4.Further research suggestions

Abstract Text:

Background: Regular exercise is vital for older adults to sustain their physical functions. However, older adults face the threats of physical function declines, and it is essential to select or design exercise programs for older adults in accordance with their capabilities.

Purpose: To introduce a newly-developed acupunch exercise program, called the Healthy Beat Acupunch (HBA) exercise program, for older adults in community and to describe the program developmental process.

Methods: The Delphi technique with consultations of a panel of 16 experts from eight professional fields was used to develop the HBA exercise program. The preliminary HBA program protocol, including hard copy descriptions and DVD demonstrations of each motion, was initially developed by the research team based on the Jing-Luo theory, the three principles of acupunch (Shaun, 2008; Shaun, 2009), the physical fitness guidelines for older adults (Haskell et al., 2007), and the essential elements of a comprehensive exercise program for older adults (Chen & Lin, 2006). The program protocol was sent to the Delphi advisory panel for their critical evaluations based on the four criteria suggested by Chen, Tseng, Huang, and Li (2013): 1) simplicity, 2) safety, 3) suitability, and 4) helpfulness. The scoring system ranged from 1 to 4: 1 indicates the motion should be eliminated; 2 demonstrates the motion should be considerably revised; 3 shows the motion should have minor revision; 4 denotes the motion does not require revision and should not be eliminated. The experts were asked to provide suggestions for revisions if they rated a particular motion with a score < 3. The critiques and evaluations of the experts were analyzed and summarized through content analysis, and the HBA program was revised accordingly.

Results: Based on the experts' consultations, the developed HBA program is comprised of three phases with 24 motions, and takes 40 minutes to complete: 1) activating qi and blood (10 minutes): five slow and gentle motions to regulate qi, loosen the body, and elevate energy for a safe transition to the next phase, 2) punching meridians (20 minutes): 14 low-to-medium speed motions to punch the 14 meridians, enhancing the cardiovascular-respiratory workout, and 3) relaxing body and mind (10 minutes): five low-speed, muscle relaxing motions with deep breathing to soothe the body and mind. Experts had consistent and positive feedback about the HBA, and only minor changes were made to the program. The average ratings of the experts on the four evaluation criteria ranged from 3.81 ± 0.40 to 4.00 + 0.00.

Conclusion: The HBA program is feasible, safe, appropriate, and helpful to community older adults, and it provides older adults with a new exercise option. Global nurse practitioners or researchers who are interested in health promotion and/or health maintenance of older adults could further test the effects of the HBA program on older adults in order to disseminate the program as a health promotion activity for older adults in community.