

# Brain Injury Services Muskoka Simcoe Impact of Participation in an 8 Week Urban Poling Program on Mood and Balance Confidence for Adults with Acquired Brain Injury (ABI)



## Program

Participants were invited to participate in an 8-week Urban Poling program facilitated by Rehabilitation Counsellors trained to teach the Urban Poling Technique. Participants were screened for suitability utilizing the Physical Activity Readiness Questionnaire (ParQ) and authorization by physician. Participants completed The Activities-specific Balance Confidence (ABC) Scale prior to the start of session one and at the end of session eight. Participants completed the Mood Walks questionnaire pre/post weekly sessions. The Mood Walks questionnaire measured participant level of happiness, energy, and anxiety. Staff also collected observational information regarding socialization, and participant comments.

We sought to answer the question: Does participation in a supervised Urban Poling program increase Happiness and energy, decrease anxiety and decrease participants concern of falling in a variety of domains.



## Process

- Contact clients
- Obtain doctor consent
- Distribute information package to clients
- Meet group at designated location
- Review and sign informed consent & waiver with clients
- Clients complete balance confidence scale (week 1 & 8)
- Clients complete pre Mood Walk questionnaire (weeks 1 - 8)
- Instructor provides explanation of Urban Poles and how to use
- Warm up routine
- Walk with breaks as required
- Cool down routine
- Clients complete post Mood Walk questionnaire (weeks 1 - 8)
- Wrap up and informal discussion (week 8)

### Rationale for Doctor Consent

Participants are required to obtain medical consent/clearance from physician prior to attending. BIS clients attending programs may be in litigation related to their cause of injury. Medical consent supports the rationale if/when participation is questioned by insurance or legal teams.

## Laura

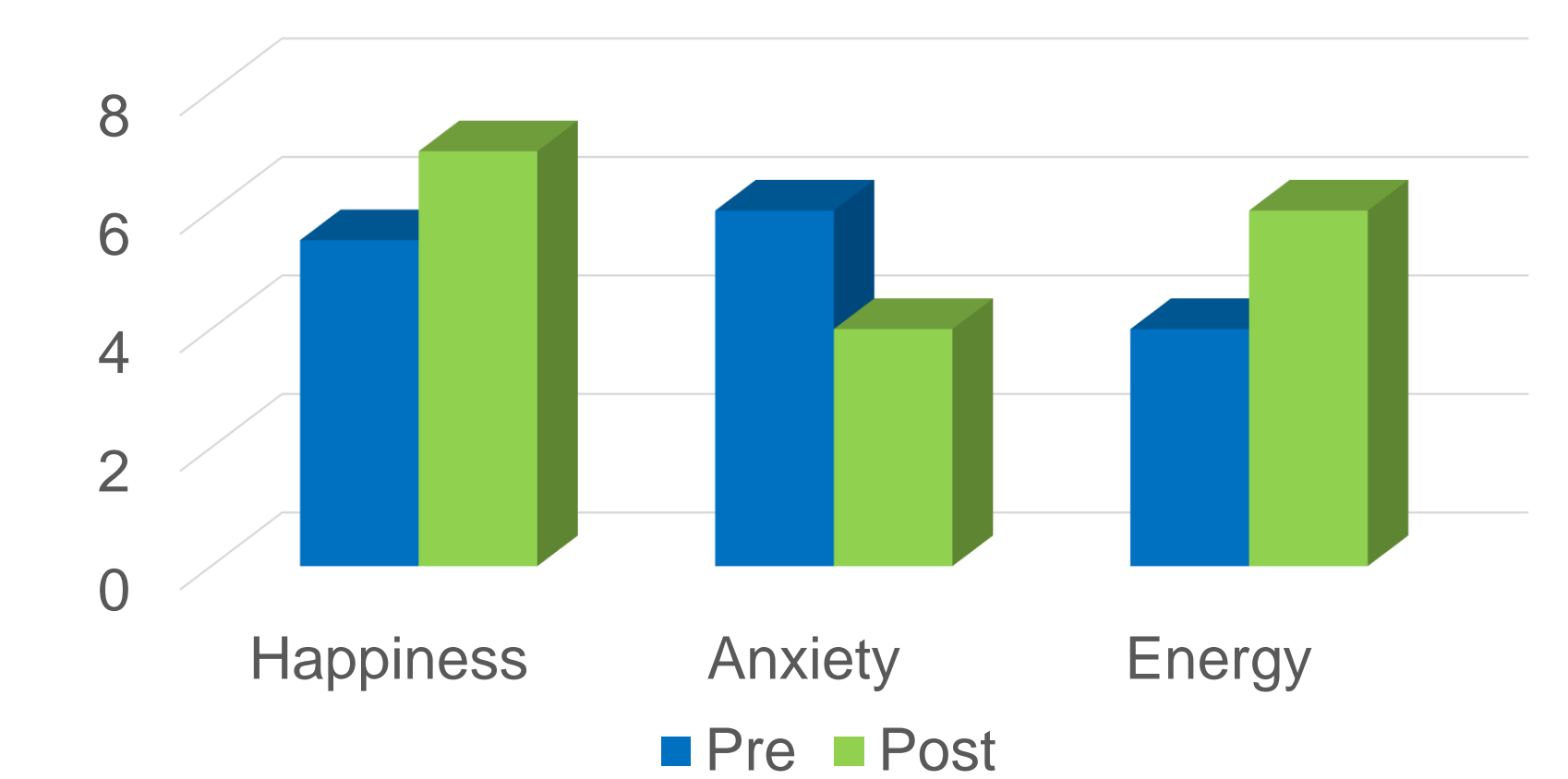


Laura is a 34-year-old female who sustained an ABI due to a motor vehicle accident in 2014. Laura reports high levels of anxiety and low levels of energy. Laura reports her physical activity level has decreased since the time of her accident and she is excited to become more active again. Laura's pre and post Mood Walk questionnaire have identified an increase in energy and happiness and a decrease in anxiety. Laura states "Although I feel as though I'm very rarely in a good or happy mood, I know by the time I'm done [Urban Pole walking], I'm always laughing, and feeling positive about the rest of my day."

Laura's Pre & Post Walk Assessments  
Urban Pole Walking

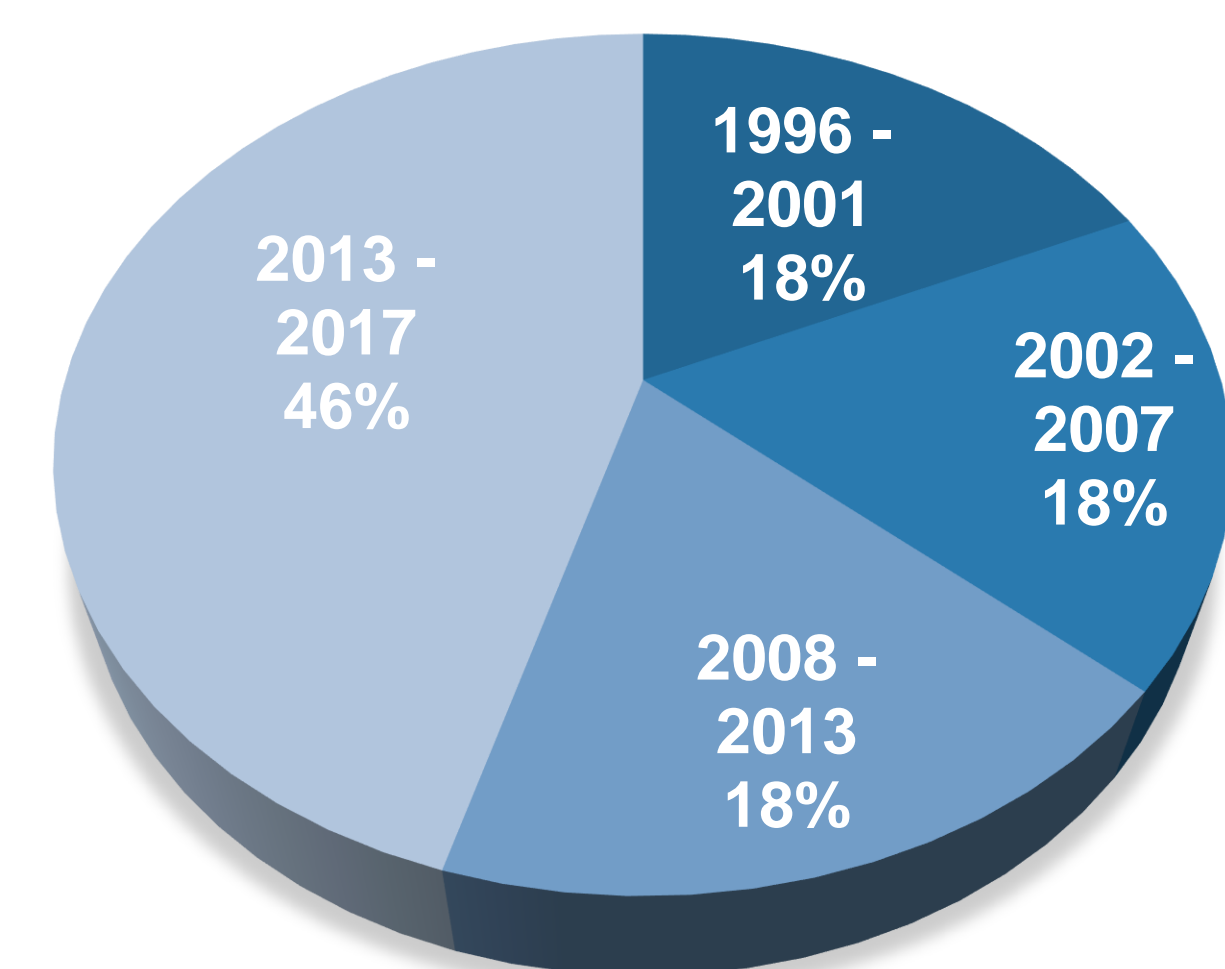
Calming  
Sore  
Grateful  
Energized  
Exhausted  
Uplifted  
Headache

Physical  
Mental  
Tired  
Happy



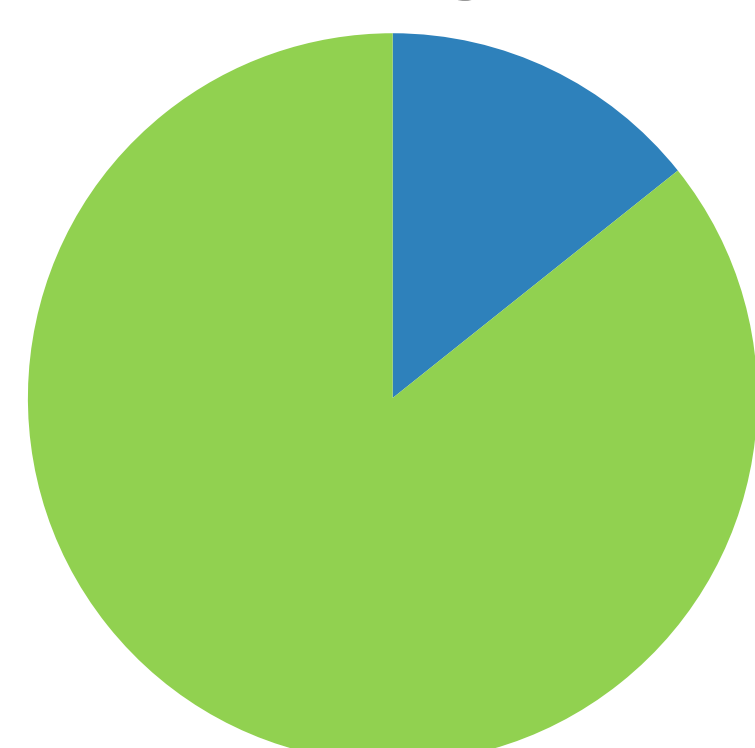
## Population

Year of Injury



■ 1996 - 2001 ■ 2002 - 2007 ■ 2008 - 2013 ■ 2013 - 2017

Client Demographics



■ Male ■ Female

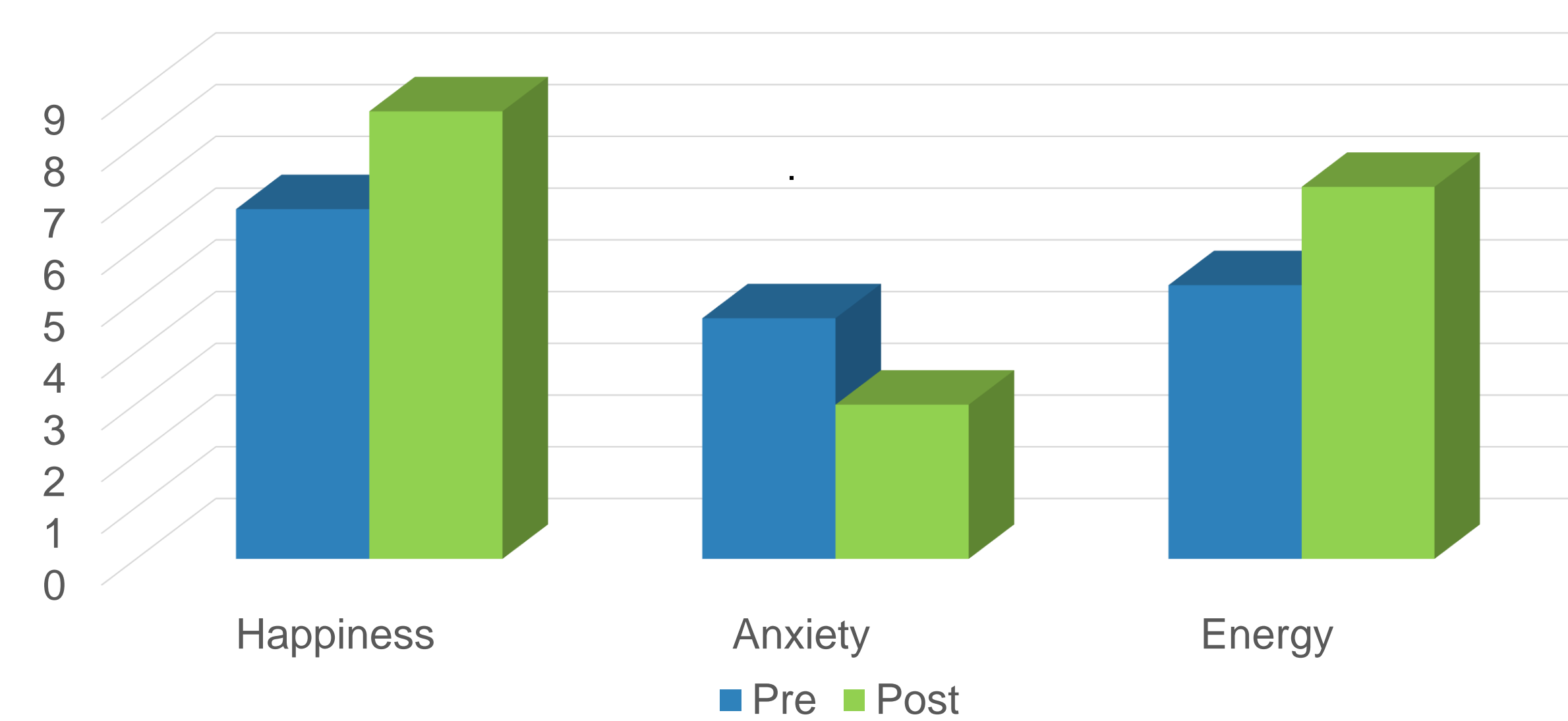
Average age: 50

Many factors, such as date of injury or time past since injury can impact an individual's energy level following an ABI. 46% of clients that participated in the Urban Pole walking program obtained their ABI in the last 5 years. Stimulating factors such as lights, sound, and focus, may be more prominent early on in ABI recovery, and can lead to decreased energy levels. Although the results demonstrate that the majority of individual's energy increased following a 1-hour urban pole walking session, the year of an individual's injury is important when considering the data.

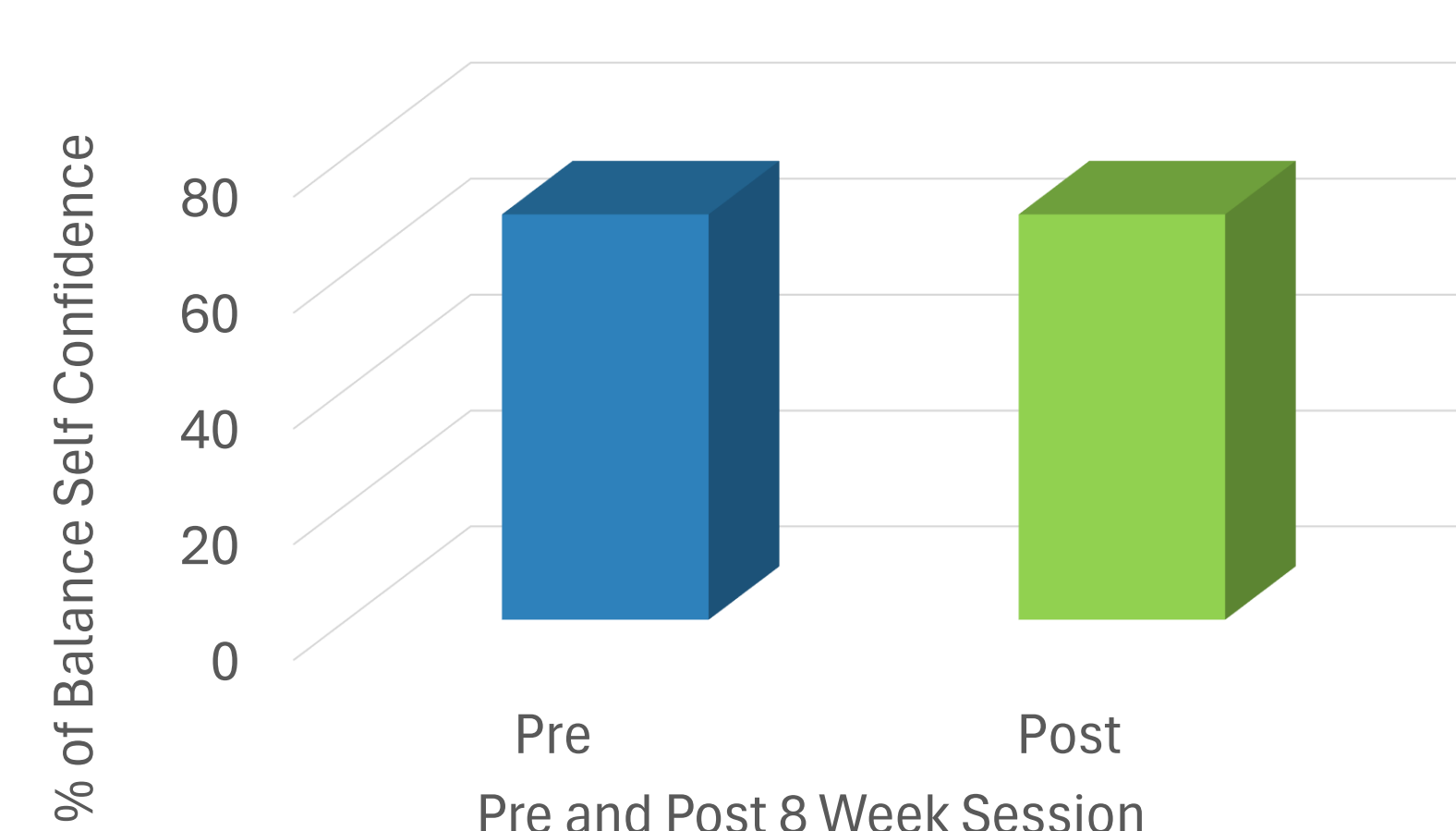


## Results

Impact of Urban Pole Walking on Mood



Pre & Post Balance Confidence Measure



### Balance Confidence Measure

There was no significant change from week 1 to week 8. Factors such as assessment sensitivity, client insight, frequency of intervention, memory, & fatigue, may have had an influence on the results.

## Testimonials

"Loved walking and talking with others who are going through the same thing"

"Met some awesome people who encouraged each other to keep on going and not to give up"

"One thing I learned in this workshop is how you can start off feeling all lazy before exercise and wide awake and energized after!"

"One thing I learned is when you get stressed out or bored, go for a short walk"

"It's nice to be with others who understand and support me."

"I was visible in my brain injury and my attempt to recover strength, skill and balance."



## Key Contacts

Jennifer Kidd  
Program Coordinator  
Brain Injury Services Muskoka Simcoe  
705 - 734 - 2178 x 236  
jkidd@braininjuryservices.ca

Kathy Sulman  
Program Manager  
Brain Injury Services Muskoka Simcoe  
705 - 734 - 2178 x 223  
ksulman@braininjuryservices.ca