



# Akādemi

Dance Well at  
Harefield Hospital  
19 April 2018

#DanceWellatAesop



@akademi



@akademidance



**Brenda Shillito**  
Dance **Well** Participant



**Karen Taylor**  
Head of Arts, rb&hArts



**Claire Farmer**  
Dance Well Project Officer, Akademi



- Akademi is the UK's leading South Asian Dance Charity
- Dance Well – a 3 year project funded by the Big Lottery
- Aims to improve physical and mental health in
  - Inactive older adults
  - Older adults living with dementia
  - Cardiac and respiratory disease
- Takes place in community organisations, care homes, day centres and hospitals

***“I knew I needed to exercise more but have always been put off by more strenuous forms of exercise.”***

- Royal Brompton & Harefield NHS Foundation Trust – A Cardiothoracic Specialist
- rb&hArts set up in 2002 – with 350 activities and 5,000 participants annually
- Offer a range of participatory projects for in & out patients including Singing for Breathing
- Our role – “Navigate the Trust” for external partners, outreach, marketing, engagement – building sustainable relationships of trust with patients and local community members



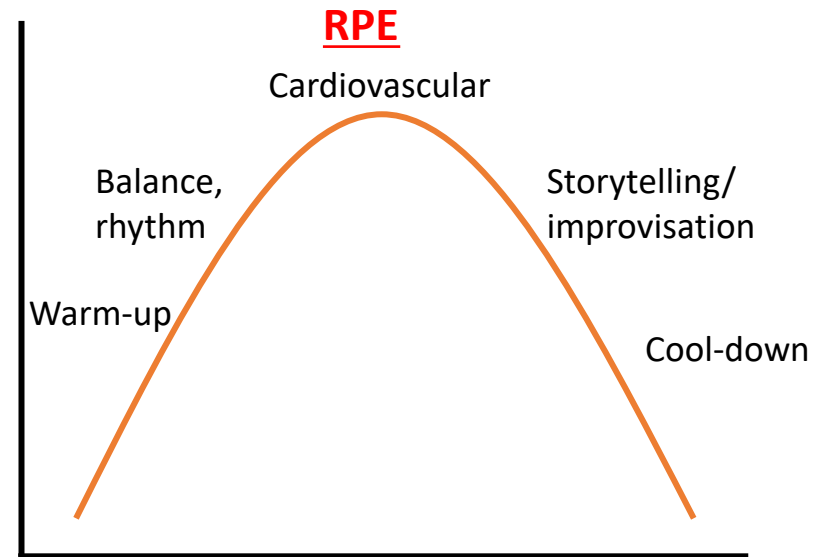
- South Asian Dance styles: Kathak, Bharatanatyam, Odissi, Bollywood, Kuchipudi
- Mudras (hand gestures) = articulation of the joints
- Rhythms = Footwork, dandiya sticks, ghungroos (ankle bells)



- Began in 2016
- 47 attendees at first taster
- Cardiac and pulmonary rehab
- 12 weeks
- Inspired by Kathak dance

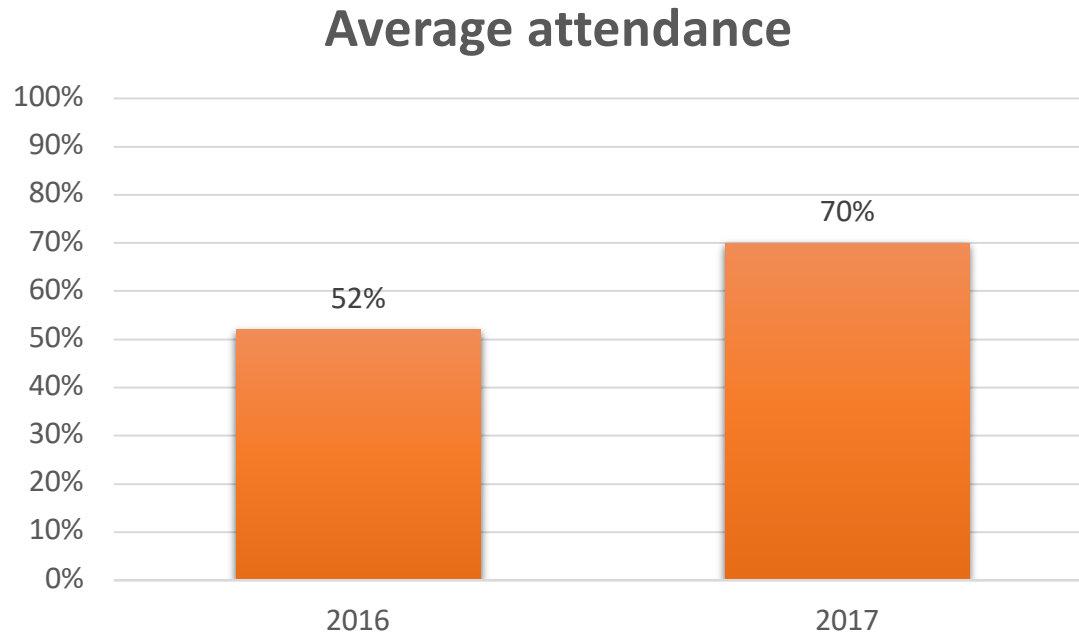


- Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) - 66% recorded an increase post-dance workshops
- Rate of Perceived Exertion (RPE) – Borg Scale (Borg, 1982)
- Weekly reflective diaries
- Attendance





Adherence to exercise programmes for older adults (65+ years) is suboptimal (Picorelli, Periera, Pereira, Felício, Sherrington, 2014; Franco et al. 2016)



*“From day 1 of taster session in 2016 I knew I wanted to come every week. Wish it to continue for us.”*

*“WILL ALWAYS attend. Exercise is most important in the older age group.”*

*“I would have to attend as it’s the only exercise I get.”*

*“The movement has really helped my arthritis. The group cheer me up. Friday is my happiest day due to the workshop.”*

*“A lovely close knit group of participants and tutors.”*

*“Learning new exercises/dances, and each week adding to it, and all it's social side too.”*

*“I won't do any exercise due to my health problems. I was attracted because of the word 'dance' which I have always loved.”*



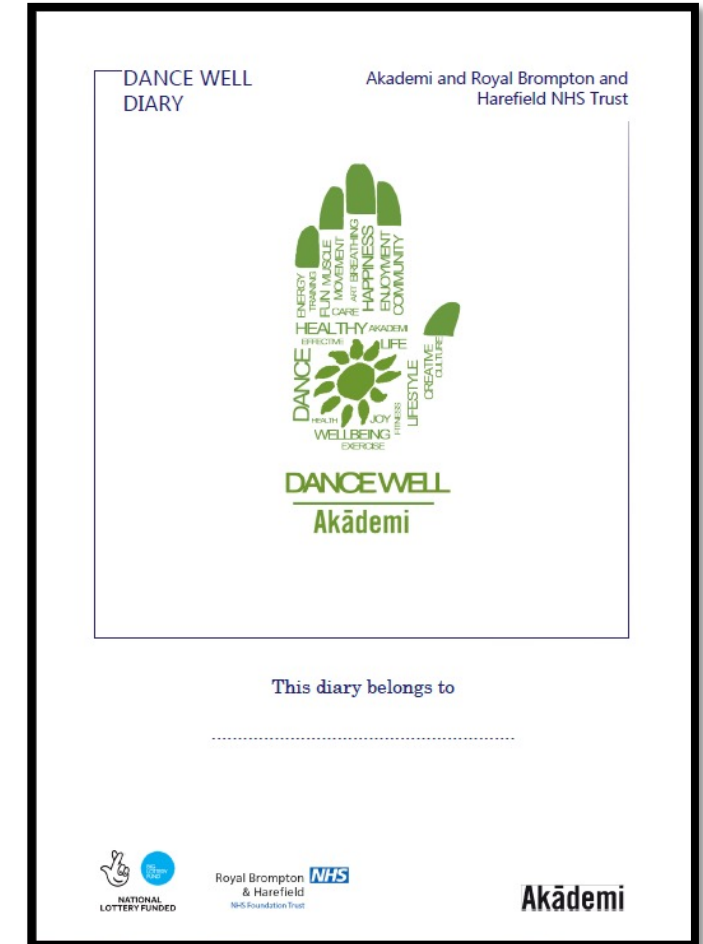
- Build on last 2 years with new clinical research – *“An investigation into the impact of South Asian dance classes on physical fitness and mental wellbeing in post-rehab pulmonary and cardiac patients.”*
- Led by Heather Probert, Highly Specialist Cardiac Research Physiotherapist
- Provisional ethical approval via Health Research Authority
- Also - joint funding bids submitted to continue on-going community workshops.

Participants are also willing to pay!



- Mixed methods
- Completed rehab in past 3 months
- Pre- and post- dance intervention measurements:
  - Basic demographic information
  - Short Physical Battery
  - GAD-7
  - PHQ-9
  - Short Form 36

- 12 week dance intervention
- Warm-up, balance, co-ordination, cardiovascular, strength, light stretching
- Weekly – Rate of Perceived Exertion (RPE)
- Reflective diary

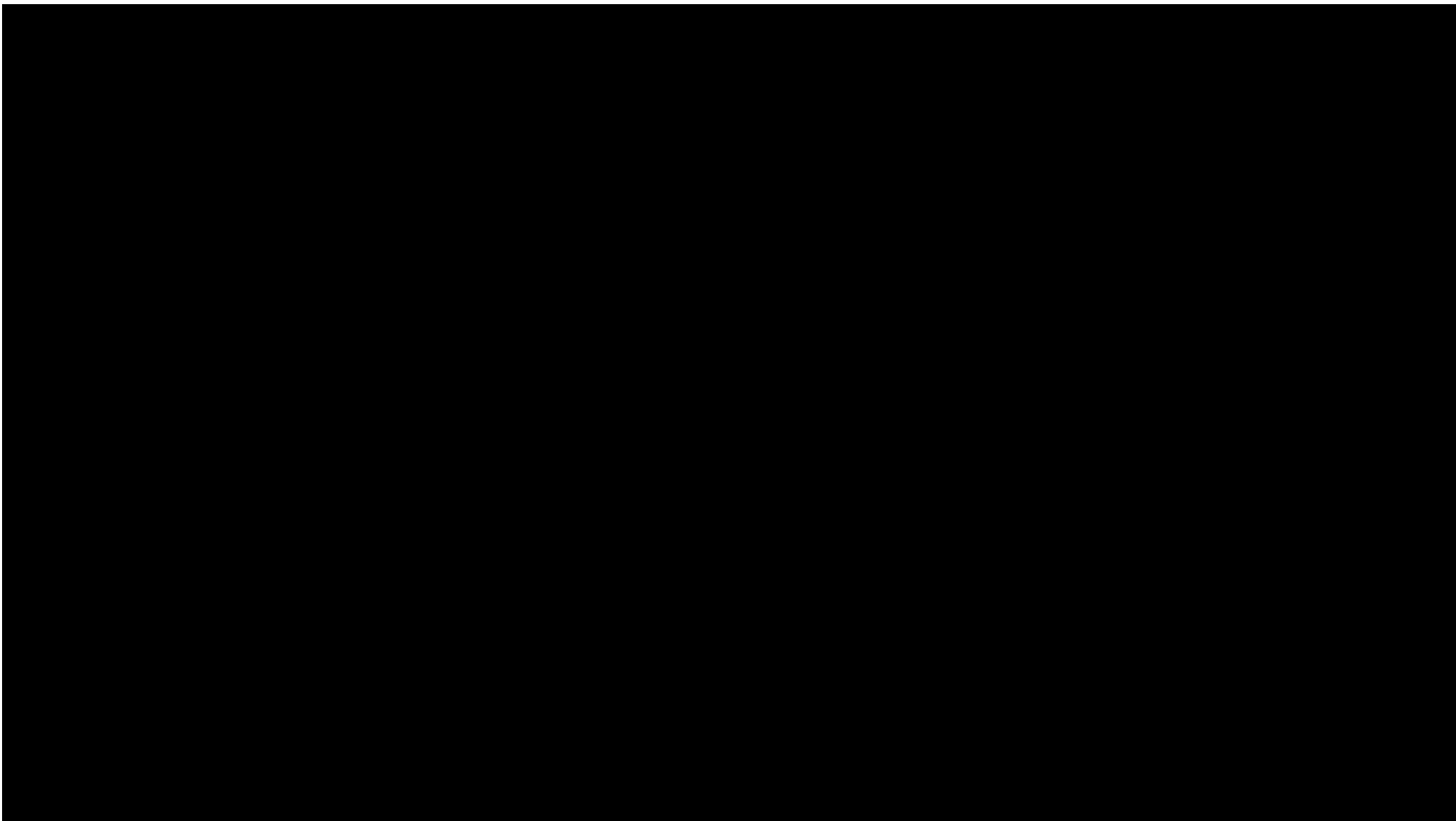


- Increase in lower body strength
- Increase in aerobic fitness
- Decrease in levels of anxiety and depression
- Improved quality of life score
- Results expected to be published 2019





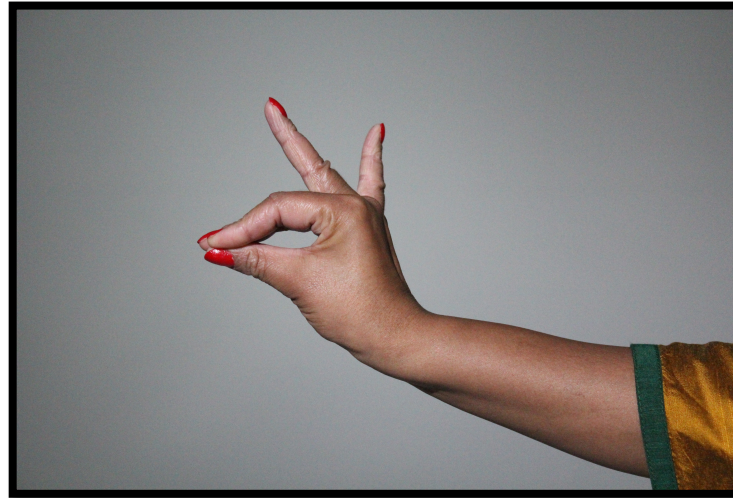
- The cost of cardiac rehabilitation - £600 per patient over 16 sessions (NACR, 2015)
- Cardiac Hospital Admission – Costs £537/night (NICE, 2015)
- Prevention:
  - Self Management of chronic conditions – diary contains “at home exercises”
  - Dance Well = £150 per patient over 16 sessions (less than £10 per class)
  - Community based physical activity
  - Reduced risk of hospital readmission and the number of GP visits



## Mudras and storytelling



Alapadma



Hamsasya



Garuda

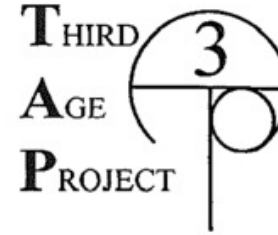


- Visit Akademi's website [www.akademi.co.uk](http://www.akademi.co.uk)
- Free educational resources
  - Resource book
  - Short educational videos (5 mins) – Coming soon
- Speak to Dance Well Team
  - Claire Farmer – Dance Well Project Officer [Claire@akademi.co.uk](mailto:Claire@akademi.co.uk)
  - Pia Zicchi – Dance Well Project Assistant [Pia@akademi.co.uk](mailto:Pia@akademi.co.uk)
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## Questions?





VITALARTS



HELPING OUR HOSPITALS DO MORE



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