

Cubii Seated Exercise Project



Increasing the amount of strengthening exercise on Paulton & Bath Community Hospital Wards

Ami Cook (Physiotherapist) and Debbie Poulston (Physiotherapist)

Background:

Patients spend long periods of their hospital stay being sedentary and deconditioning. Any functional decline can impact on levels of independence and ultimately discharge destination.

We aimed to find a cost-effective, efficient solution that didn't require additional staffing or space and was accessible for most patients, including the frailest.



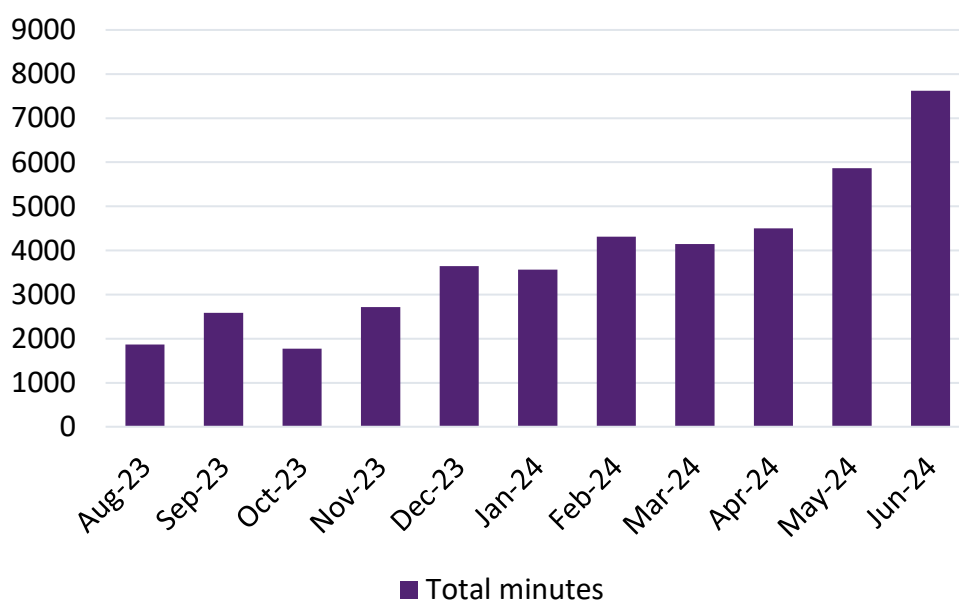
Description:

- Applied for a grant to fund six machines for two community hospital wards
- Eligibility criteria formed to ensure safety
- Outcome measures agreed
- Training of staff
- Data collection

Impact:

- **143** patients used the Cubiis during the first 3 months
- Record month in June 2024, **55** different patients collectively pedalled over **127** hours

Total minutes exercised via Cubii each month



Patient feedback:

79 questionnaires were completed within first 3 months

- **96.2%** of patients agreed they'd use the machines again if they were in hospital
- **96.2%** of patients agreed the machines are beneficial for patients

"I am proud I was able to do it, it helps keep you going."

"It's enjoyable and beneficial, I really enjoyed watching the minutes tick by."

Staff feedback:

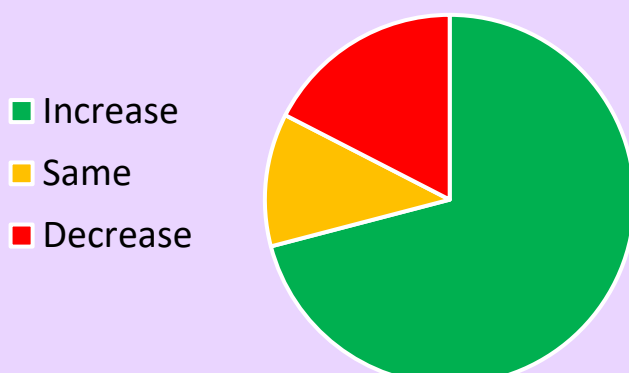
"It allows for patients to engage in more exercise and therapy."

"Quick, easy and can be used 7 days a week by therapy and nursing staff."

5-minute test results:

- Patients initially cycled for 5 minutes on level 1 and repeated the same test before discharge, the distance was recorded and compared.
- 86 tests were completed within 3 months.

Difference in 5 minute test scores (Admission compared to discharge)



Our learning:

- A simple, progressive chair-based strengthening exercise that many patients are keen to engage with
- Identified a way to reduce sedentary behaviours, helping to prevent deconditioning without increasing therapy staffing

Next steps:

- Shared results within the organisation and nationally to allow them to apply our learning to multiple settings
- Contacted Cubii CEO to share learning, trial new Cubiis and received discount code
- Cubiis used daily within the community hospitals
- Promote continuing exercise following discharge

Email: Ami.Cook@hrcgcaregroup.com and Debbie.Poulston@hrcgcaregroup.com



@PhysioAmi
@PaultonTherapy