



A Project to accompany Children with Congenital Heart Disease (CHD) and other Chronic Diseases

Nicola Reiner
AEPC Cologne 2013





Screening and Status quo

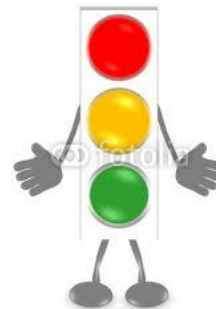
Clinical setting: early mobilization

Check it up - motoric skills and health-clinic



Impulses to be active, motivation to healthy life

kidsTUMove-Summercamp



Sustainable programmes for a healthy and active life

kidsTUMove-Move it! Sports group

kidsTUMove-Climbing group

kidsTUMove-Weekend special





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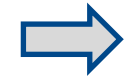
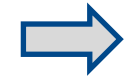
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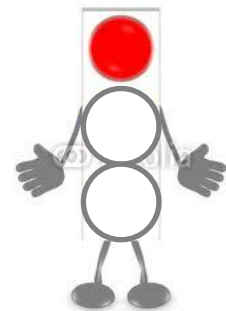
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Aim:
Motivation for movements



Stationary, game console-based exercise training in the early mobilization

Motoric

- Fitness test
- Eye- hand- coordination(Eurofit)

Life quality

- Questionnaire¹

Physical activity

- Accelerometer



Development of a post-hospital movement concept



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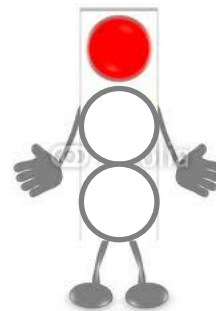
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kids  **Check it up-**
herzlich fit
motoric skills and health-clinic

- **Project : „Check it up“**
 - Motoric skills, life quality and physical activity:
 - screening 5-12 year old children with CHD (1 year; Cross-sectional study)

- **„Health Prevention – Clinic“**
 - detailed personal and family medical history, physical examination, EKG, echocardiography, spiroergometry
 - Recommendation für sport activities, nutrition,...





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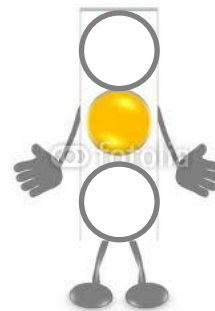
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Summercamp

Camp for children with CHD and/or overweight children (8 - 14 years)

Aims

- Discovering + experiencing different sport activities
- Joy, fun of movement
- Self- esteem, learning to be confident
- Child-appropriate nutrition education
- Educational work with parents
- Integration in a sports club



für Kinder und Jugendliche
(8-14 Jahre) mit angeborenem
Herzfehler und/oder Übergewicht

Bundesverband Herzkranker Kinder e.V.
Kasinostr. 66
52066 Aachen

TU München, Lehrstuhl
für Präventive Pädiatrie
Fakultät für Sport- und Gesundheitswissenschaft
Technische Universität München



Scientific monitoring

- Performance diagnosis, heart rate monitoring
- Questionnaire on eating habits
- Psychological care: motivation and well-being
- Scientific project of health scientist and sports scientist





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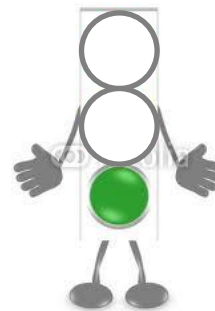
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MOVE IT

Establishing a sustainable child-friendly sports group

- For children 4-10 and 11-16 years with chronic disease (cardiac disease, oncological diseases, obesity) + for healthy siblings and friends
- Aims of the sports group:
 - Reducing fears of children and parents in relation to the issue of movement
 - Adequate sports facilities with high individuality
 - Strengthening physical health resources
 - Strengthening psychosocial health resources

Scientific monitoring

Control of the intervention through regular data collection

- Anthropometric measurements
- Sport Motor Test Battery
- Accelerometer for a week
- Questionnaire on health-related quality of life (kindl ®)

Krankenkasse bzw. Kostenträger		
Name, Vorname des Versicherten		geb. am
Kassen-Nr.	versicherungsnummer	Status
Betriebsstellen-Nr.	Arzt-Nr.	Datum

Meine Empfehlung zur richtigen Sportgruppe

Training des Herz-Kreislauf-Systems und des Stoffwechsels

Training des Muskel-Skelettsystems

Entspannung und Stressbewältigung

Bewegungsförderung für Kinder

Gesundheitsförderung für Ältere

Rezept für Bewegung

Regelmäßige körperliche Aktivität fördert Ihre Gesundheit. Bewegung wirkt präventiv auf Krankheiten des Herz-Kreislauf- und des Stoffwechsel-Systems sowie des Bewegungsapparates.

Ich empfehle Ihnen ein gesundheitsorientiertes Bewegungsangebot. Geprüfte Angebote finden Sie unter dem Qualitätssiegel SPORT PRO GESUNDHEIT.

Dort können Sie mit anderen erleben, wie gut Ihnen Bewegung tut. Darüber hinaus empfehle ich Ihnen, täglich mehr Bewegung in Ihren Alltag zu integrieren.

Die Teilnahme an den SPORT PRO GESUNDHEIT-Angeboten wird von den meisten gesetzlichen Krankenkassen finanziell unterstützt.

Informationen für den Übungsleiter (Betreibername, Umfang, Größe, ...)	Ort und Unterschrift des Arztes





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Weekend-Special

Weekend seminars for parents and children with health problems

- 4 times a year "kids TUMove" – an extraordinary movement concept for heart disease and / or obese children aged 8 to 14 years
- Emphasizing impulses in a special day
 - Getting/staying motivated to an active lifestyle
 - healthy nutrition
 - Self- esteem
 - Social affairs
- Staying in contact
- “Emotional holding”- staying with parents and children- feeling of support





Thank you for your attention!

Nicola Reiner
nicola.reiner@tum.de

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German Heart Hospital Munich

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