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

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AEPC Cologne 2013
Clinical setting: early mobilization

Check it up - motoric skills and health-clinic

Screening and Status quo

Impulses to be active, motivation to healthy life

Sustainable programmes for a healthy and active life

- kidsTUMove-Move it! Sports group
- kidsTUMove-Climbing group
- kidsTUMove-Weekend special

kidsTUMove-Summercamp
Clinical setting: early mobilazation

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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
- Questionnaire

Physical activity
- Accelerometer

Development of a post-hospital movement concept

Ravens-Sieberer & Bullinger, 1998. KINDL®
**Screening and Status quo**

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**Impulses to be active, motivation to healthy life**

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**Sustainable programmes for a healthy and active life**
• 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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**Impulses to be active, motivation to healthy life**

kidsTUMove-Summercamp

Sustainable programmes for a healthy and active life

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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
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
Screening and Status quo

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Sustainable programmes for a healthy and active life

kidsTUMove-Move it! Sports group

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kidsTUMove-Weekend special
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 ®)
Clinical setting: early mobilization

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Screening and Status quo

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
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!

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