

# How can we increase activity level of CBDI's AYA patients during COVID-19?

## Cincinnati Children's Hospital Medical Center

### AYA Activity COVID-19

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When: Fall Semester 2020

#### The Opportunity

The Live Well Collaborative team worked with the CBDI team at Cincinnati Children's Hospital Medical Center to increase the activity level of CBDI's Adolescent and Young Adult patients while they are restricted to A5 during COVID-19.

#### The Challenge

The LWC team created a suite of activities to encourage AYA patients to stay physically active and track their progress to keep themselves accountable.

#### The Approach

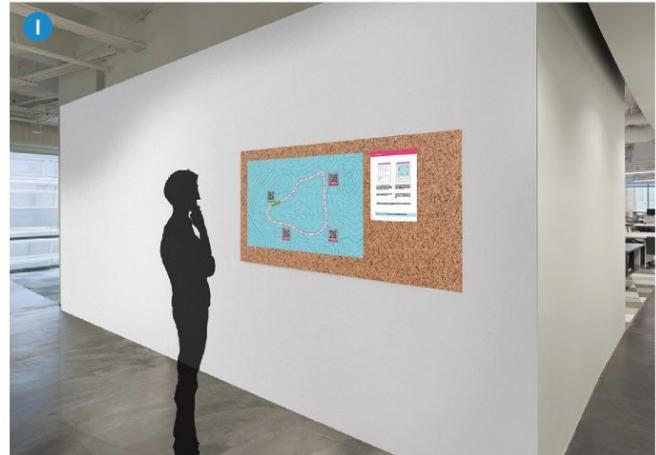
The LWC team conducted a survey of AYA patients, then interviews with OT/PT's; then took the results from both and analyzed them to find common themes and then formulated those into insights for concept directions. A total of 6 concepts were presented to the Children's team to get feedback on before moving to the refinement phase. The LWC team revised the concepts based on the feedback received at the ideation report-out. The team also met with the OT/PT from the CBDI team a few times to get additional feedback, suggestions, ideas for implementation and a better understanding of the A5 layout as they couldn't visit in person.

#### The Impact

For the trail map, an interactive trail map was made to be hung in the hallway, a personal trail map for users, a personal tracking sheet and instruction on how to use it all. With the QR Routes, the team delivered an example unit route map, instructions for the activity, a personal unit map, a total of 36 QR markers and content generated for all of them in a repository. The VR Physical Activity included instructions, tracking document and VR equipment. Creating instructions for all of the concepts was integral to make sure they could be handed off and implemented by the CBDI team.

#### Where is it now?

The physical materials for all activities along with instructions are being handed to CBDI team so they can begin implementing the concepts.



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#### 1 Trail Map

An interactive trail map to encourage patients to keep track of daily activity

#### 2 QR Routes

Encouraging indirect activity by providing routes for patients to walk and interact with content

#### 3 Virtual Reality Activity

Indirect way of doing physical activity while being confined to their rooms