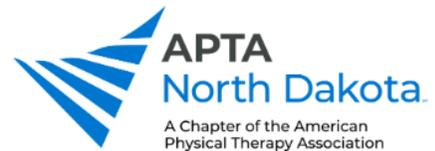




HEALTHY LIFESTYLE

Quality Assurance Committee Bulletin Q2 2020

Tips and tricks for sleep, nutrition, and other lifestyle habits. Thanks for tuning in!



For your patients:

Sleeping Habits

- ❖ Schedule- go to bed and wake up around the same times
- ❖ Avoid bright lights, stress, excitement including electronics before bed
- ❖ Avoid naps in the afternoon
- ❖ Environment should be free from disruptive noises, cool, and comfortable
- ❖ Avoid alcohol and large meals 2-3 hours prior
- ❖ If you can't sleep, go to another room and try something relaxing until you feel tired

Smoking Cessation

- ❖ Individual, group, or telephone counseling
- ❖ Nicotine replacement products (prescription or over the counter)
- ❖ Counseling and medication are both effective and increased success when combined

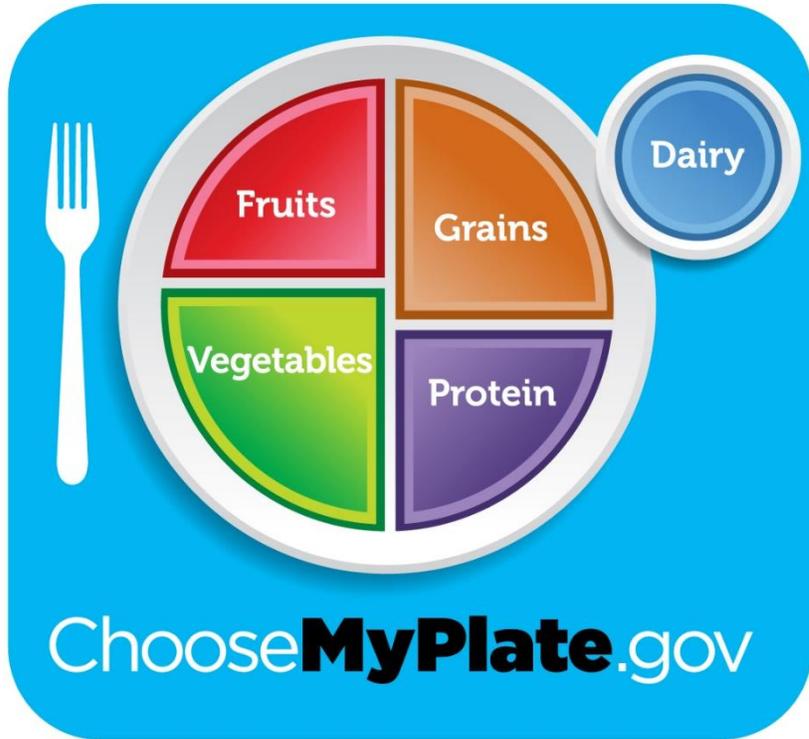
Free Telephone Support
1-800-QUIT-NOW
<https://ndquits.health.nd.gov>

Activity

- ❖ Take a break from sitting every 30 min (set a time if needed!)
- ❖ Stand while talking on the phone or watching television
- ❖ Try a standing desk or use a high table/counter for your workspace
- ❖ Walk with your colleagues during meetings vs. sitting in a room
- ❖ Position your work surface above a treadmill if able

“...those who sat for more than eight hours a day with no physical activity had a risk of dying similar to the risks of dying posed by obesity and smoking.”

www.mayoclinic.org/expert-biographies/edward-r-laskowski-m-d/bio-20024114



For Professionals:

Nutrition

As leaders on the front lines of health care, Physical Therapists are in a prime role to screen for general health and nutrition of our patients. Poor nutrition is a factor that adversely influences the health of many conditions commonly encountered in physical therapist practice.

Nutrition and Physical Therapy: A Powerful Combination. *The Pulse*. August 15, 2018.

Resources and Articles:

Proper Eating and Proportion Sizes via My Plate

https://www.choosemyplate.gov/sites/default/files/tentips/MPMW_tipsheet_14_FINAL.pdf

Academy of Nutrition and Dietetics Find an Expert for All Ages

<https://www.eatright.org/>

How to Understand and Use Food Nutrition Facts Label

<https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

The Link Between Nutrition and Pain Is too Strong to Ignore

<http://www.apta.org/Blogs/PTTransforms/2016/11/16/Nutrition/>

Nutrition: A Portion of PTs' Menu of Services

<http://www.apta.org/PTinMotion/2017/9/Feature/MenuOfServices/>