December 13, 2011

Exercise Medicine Clinic

What is it?
A new clinic designed to assess and help to improve the physical fitness and function of children with significant ongoing medical conditions.

Why are we doing it?
An ever growing body of research evidence demonstrates the therapeutic benefits of exercise for many chronic medical conditions. Many children with significant medical conditions have major deficits in their physical activity and physical fitness which negatively impact their quality of life. Regular exercise can improve overall physical and mental health and help diminish some of the consequences of chronic medical conditions and their treatments.

Who is it meant for?
Children diagnosed with significant ongoing medical conditions such as cystic fibrosis, chronic renal disease, inflammatory bowel disease, arthritis, cancer and other chronic conditions.

What happens at the clinic?
• A Physician completes a brief background history and general physical examination.
• The patient then completes a standardized assessment of fitness conducted by an Exercise Physiologist.
• The results of the testing are analyzed and a personalized plan is devised with the Kinesiologist to help the child to make gains in the areas where deficits are found.
• Follow-up testing and appointments are arranged as necessary to document progress.

How can you make a referral?
Just send a standard McMaster Children's Hospital referral form to fax#: 905-385-5033. We will contact the family with an appointment and give them instructions on what to bring on the assessment date and what to expect. We will send you a consultation note after the assessment with the results of the fitness testing and the plan for follow-up.

Please let us know if you have any thoughts on the clinic and if you have any feedback, positive or negative, from families or patients.

Thanks

Burke Baird