

# Van Activiteit naar Kwaliteit van Beweging

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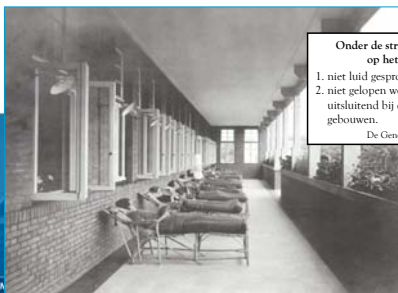
## Activiteiten Monitoring is Hot



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## VROEGER.....



Onder de strenge rust mag op het terrein

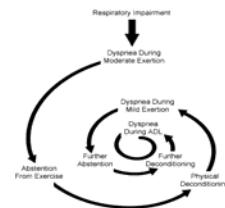
1. niet luid gesproken worden
2. niet gelopen worden, behalve uitsluitend bij de dienstgebouwen.

De Geneesheer-Directeur

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## Negatieve Spiraal bij Chronisch Zieken



ADL = activities of daily living

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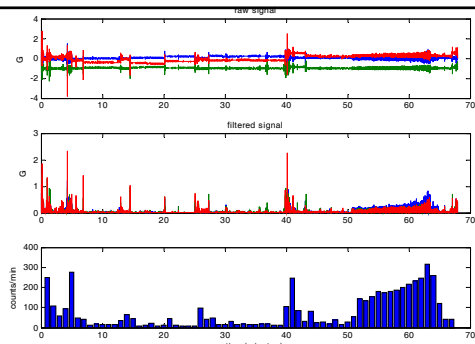
## Doorbreken Negatieve Spiraal

- Continue meten met bewegingsmeters evt. aangevuld met elektrofysiologische parameters
  - Inzicht in fysiologische determinanten van inactiviteit
  - Remote Coaching van Patiënten



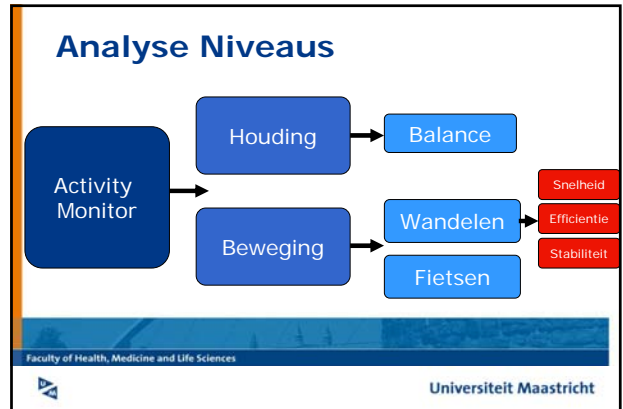
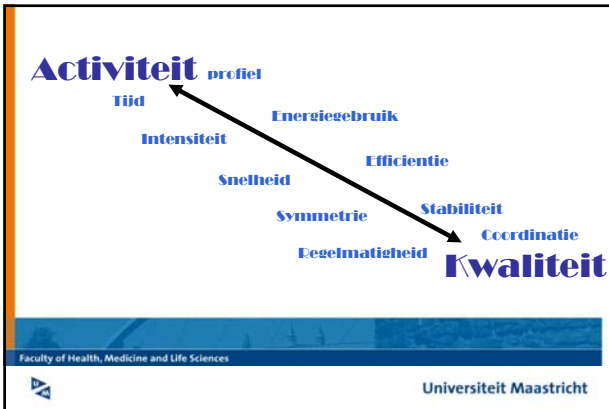
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Chronic obstructive pulmonary disease (COPD) is a preventable and treatable disease with some **significant extrapulmonary effects** that may contribute to the severity in individual patients.

**Pulmonaire componenten**

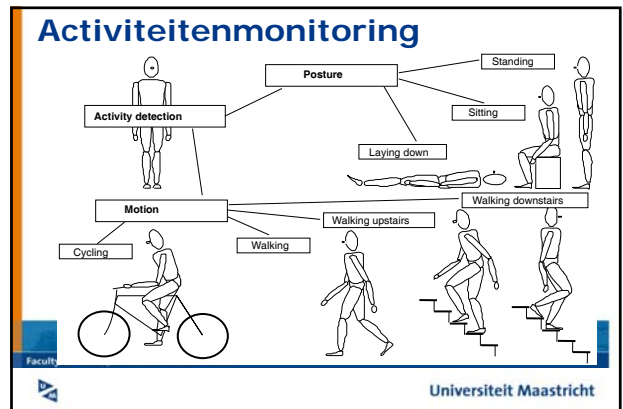
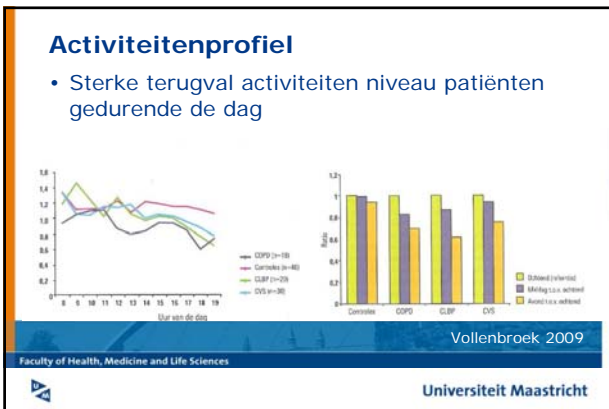
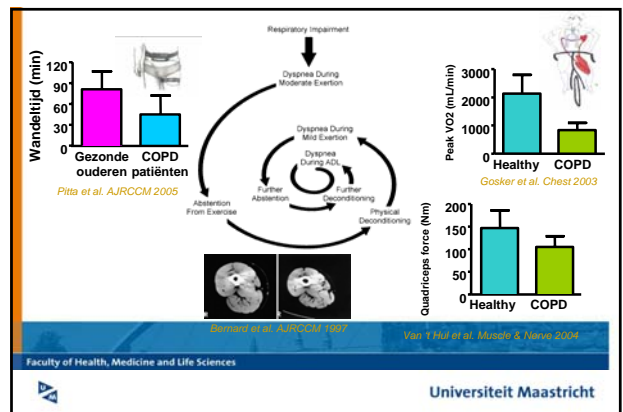
- Luchtweg limitatie
- Niet volledig reversibel
- Progressief
- Abnormaal inflammatoir respons

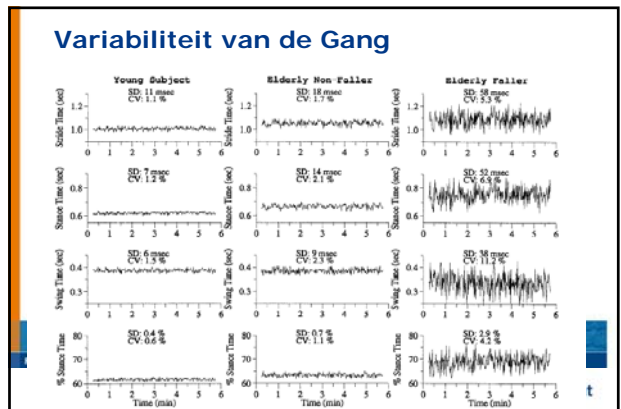
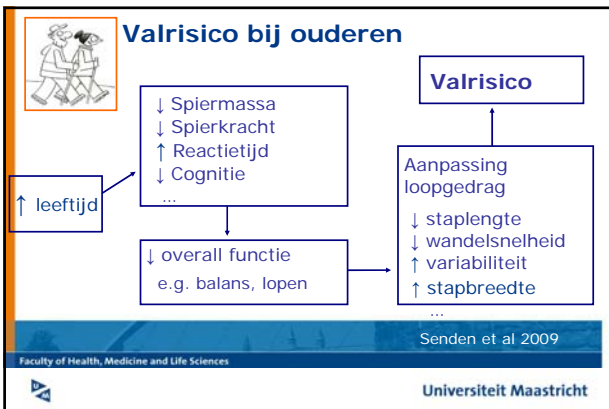
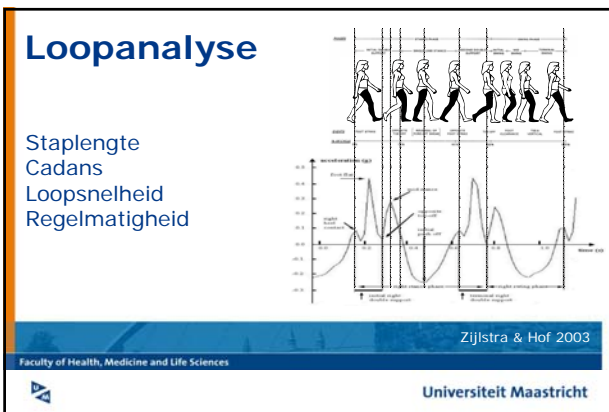
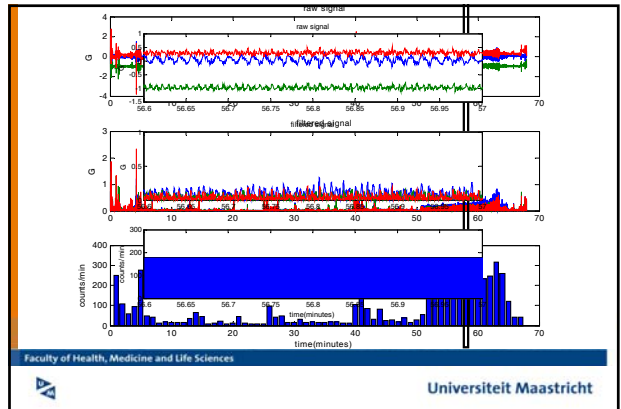
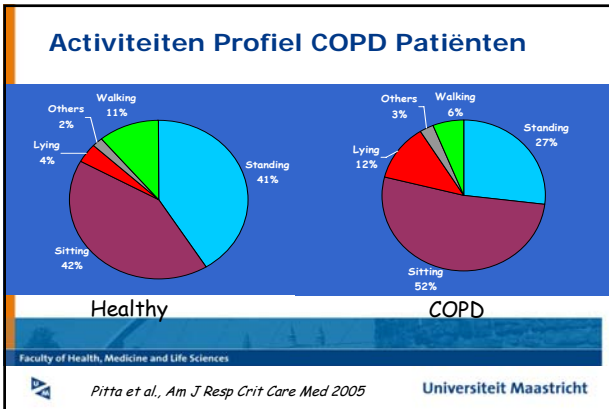
**Extrapulmonaire componenten**

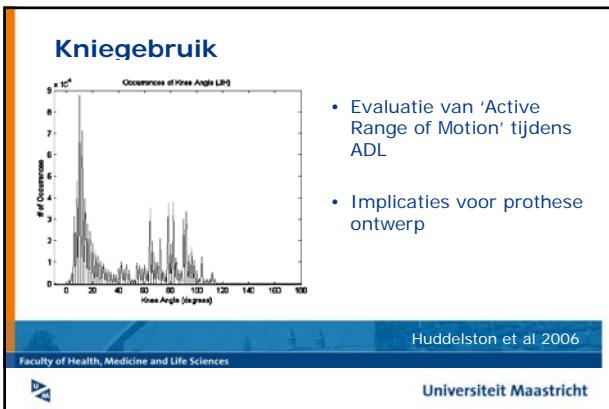
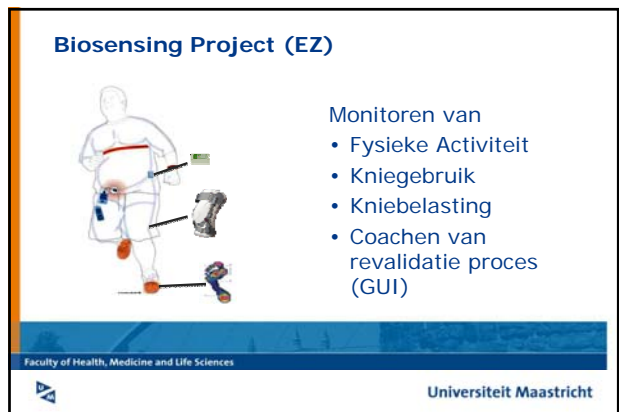
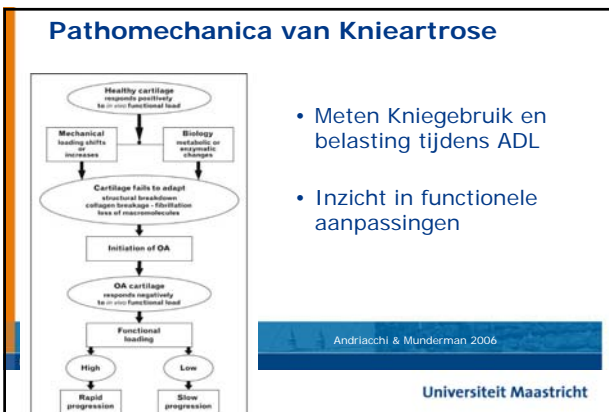
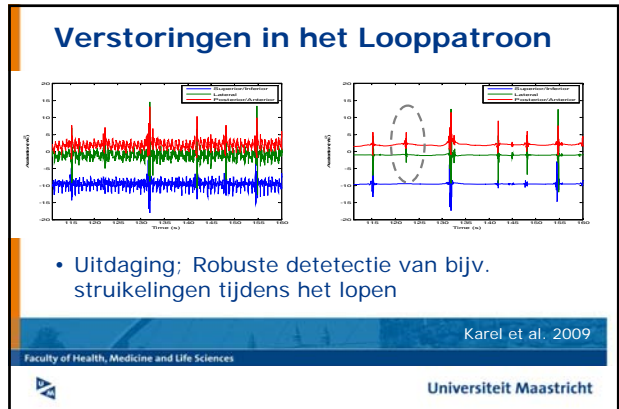
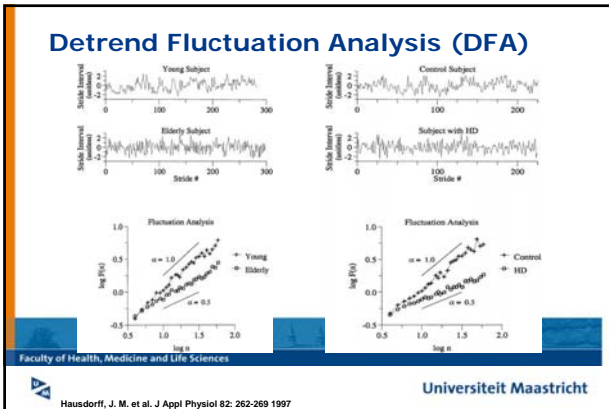
- **Spier atrofie**
- **Osteoporose**
- **Hartfalen**
- **Psychologische problematiek**

Rabe et al. AJRCCM 2007

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### Take Home Message

Geïntegreerd monitoren van fysieke activiteit en de kwaliteit van de bewegingsuitvoering levert een beter inzicht in de beperkingen die chronische patiënten onder ADL omstandigheden ervaren.

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