

Van Activiteit naar Kwaliteit van Bewegen

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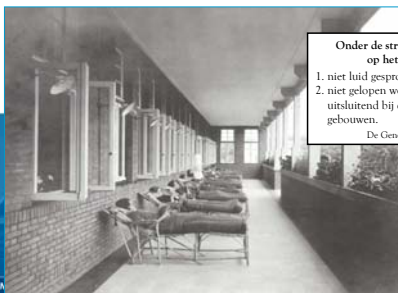
Activiteiten Monitoring is Hot



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VROEGER.....



Onder de strenge rust mag op het terrein

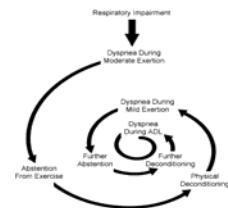
1. niet luid gesproken worden
2. niet gelopen worden, behalve uitsluitend bij de dienstgebouwen.

De Geneesheer-Directeur

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Negatieve Spiraal bij Chronisch Zieken



ADL = activities of daily living

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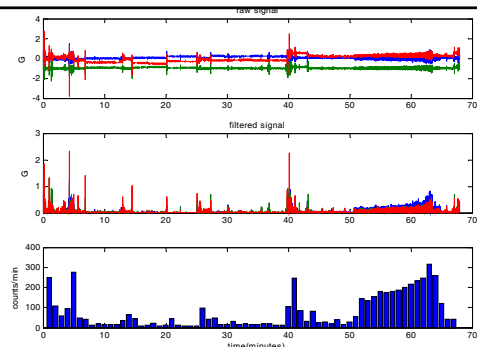
Doorbreken Negatieve Spiraal

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



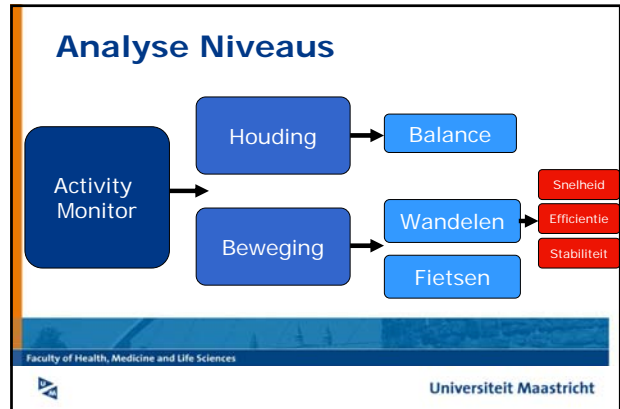
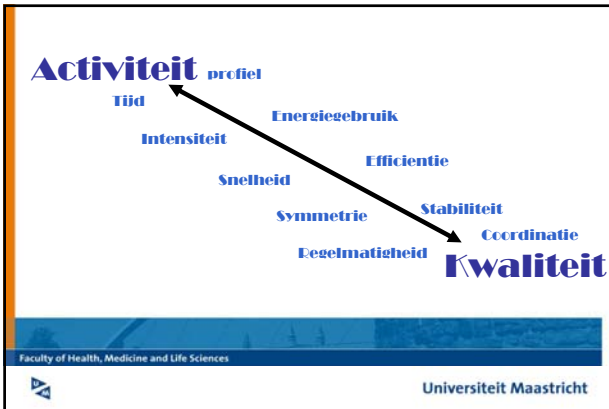
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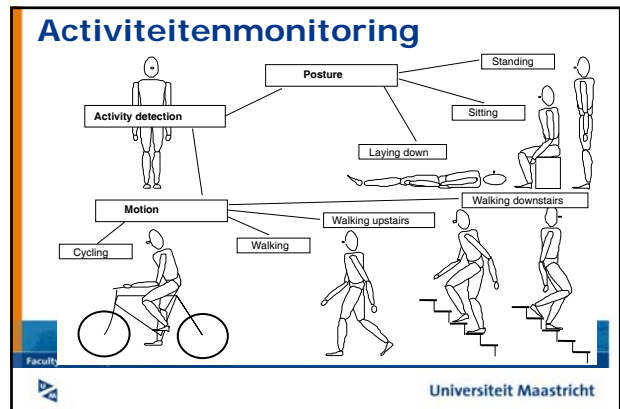
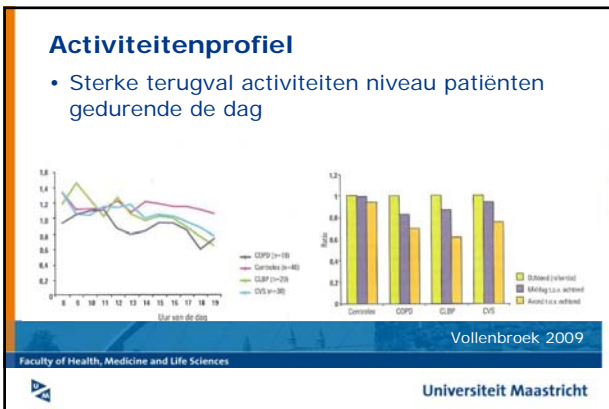
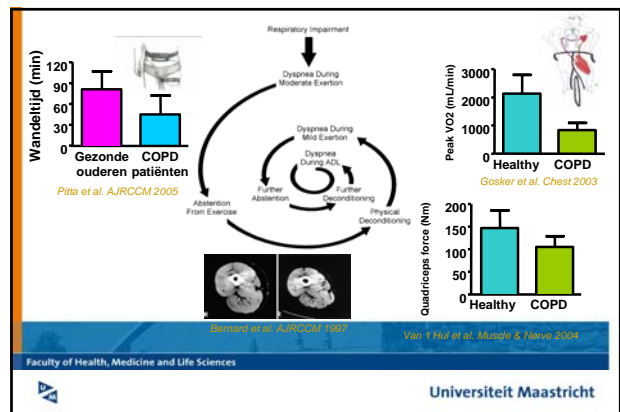


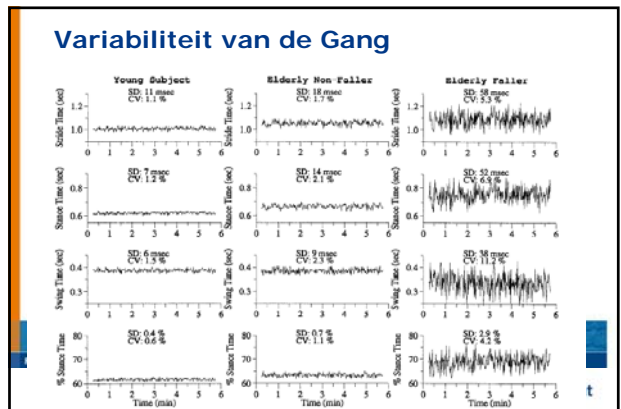
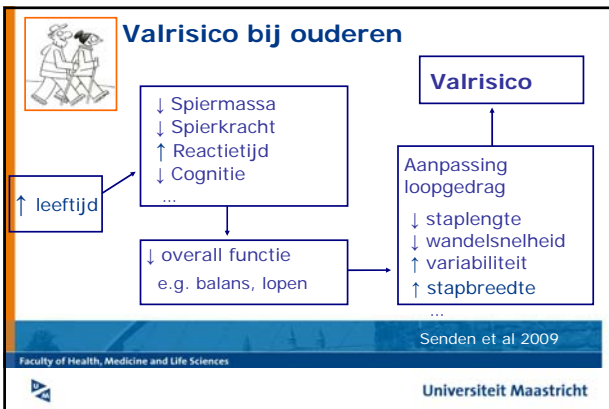
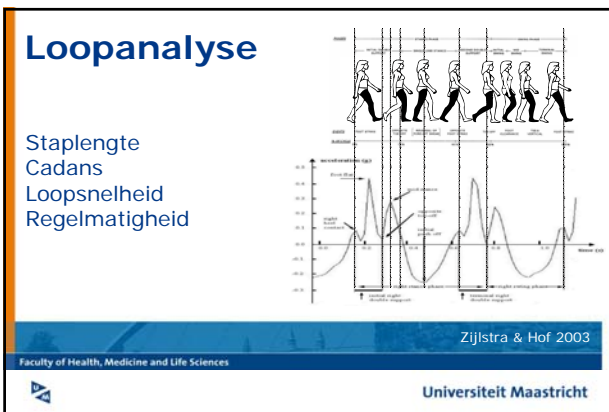
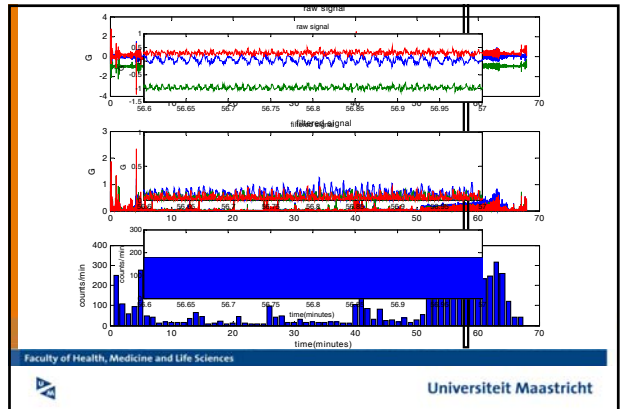
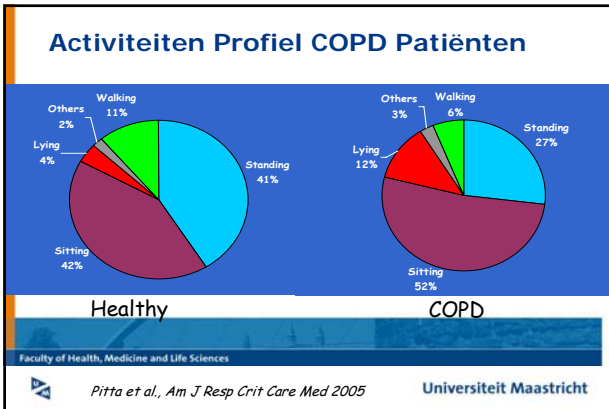
Chronic obstructive pulmonary disease (COPD) is a preventable and treatable disease with some **significant extrapulmonary effects** that may contribute to the severity in individual patients.

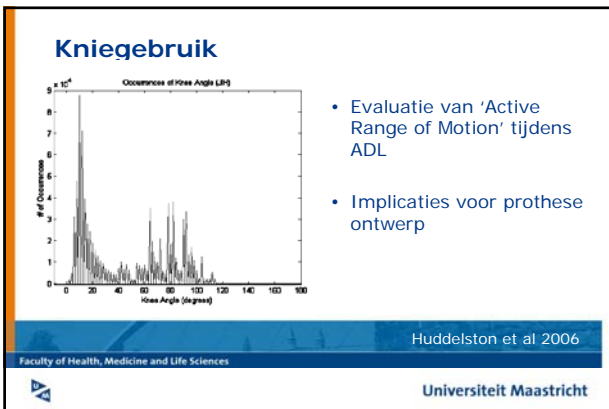
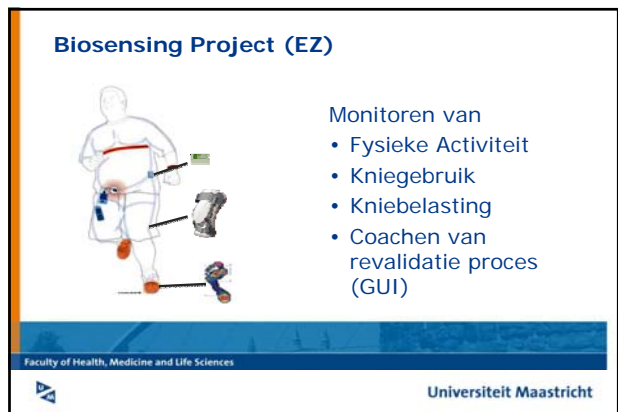
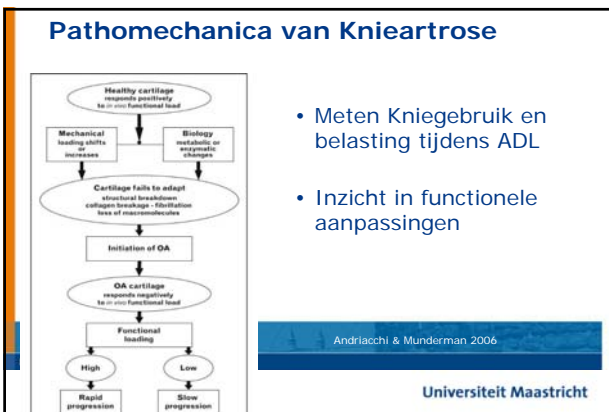
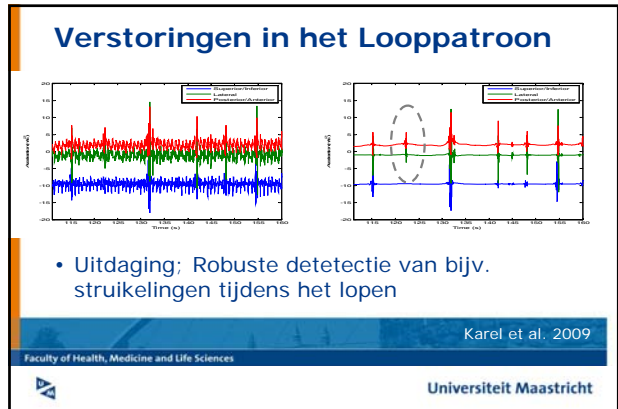
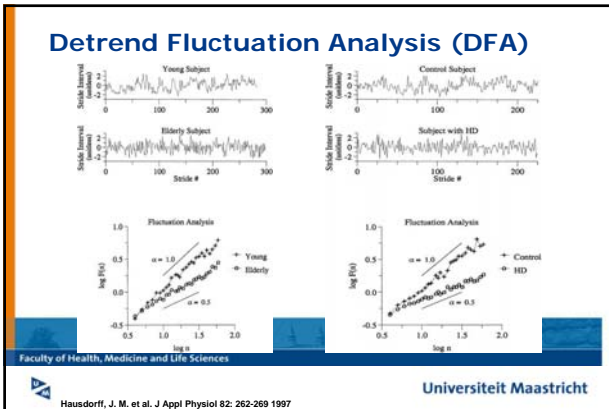
Pulmonaire componenten
 • Luchtweg limitatie
 • Niet volledig reversibel
 • Progressief
 • Abnormaal inflammatoir respons

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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