



A HOLISTIC APPROACH TO AQUATIC THERAPY: AN ADAPTIVE WELLNESS SWIM PROGRAM



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DESCRIPTION OF SITE & NEEDS ASSESSMENT

Pools of Hope

- Community pool located in North Long Beach, CA
- Two indoor heated, 91 degree, pools
- **Services:** Aquatic therapy, group aerobics, veteran programs, youth programs., caregiver programs, community events
- **Mission:** To offer a warm water facility that supports community wellness

Needs Assessment Results

- 1.Advocacy for Occupational Therapy
- 2.Wellness Enhancement
- 3..New Program Implementation

LITERATURE REVIEW

Effectiveness of Aquatic Exercise on Health

- Aqua aerobics helped to decrease negative emotions such as depression, fatigue, anger, confusion, total mood disturbance, and nervousness (Kim et al., 2015).

A Need for Holistic Wellness in Aquatic Therapy

- A self-distanced perspective, involving the contemplation of past events from an emotionally detached stance, can be particularly effective in enhancing resilience, mental well-being, fostering personal growth and learning for adults and older adults (Murdoch et al., 2023; Crane et al., 2020).

Droning Prevention among Minority Groups

- African American and Latino populations are reported to have the highest rates of drowning in the United States (Willcox-Pidgeon et al., 2020).
- Be mindful of cultural practices and beliefs and give members a voice and a role in developing a water safety education program (Golob et al., 2013).

PURPOSE

To enhance the overall QOL, wellness, and swim skill of members of Pools of Hope by utilizing and advocating for an OT lens to aquatic therapy.

LEARNING OBJECTIVES

- 1.Develop and implement an aquatic therapy program.
- 2.Participate in community outreach opportunities to promote the various programming at Pools of Hope.
- 3.Understand the role of OT in an aquatic therapy setting.

PROJECT DESCRIPTION & IMPLEMENTATION

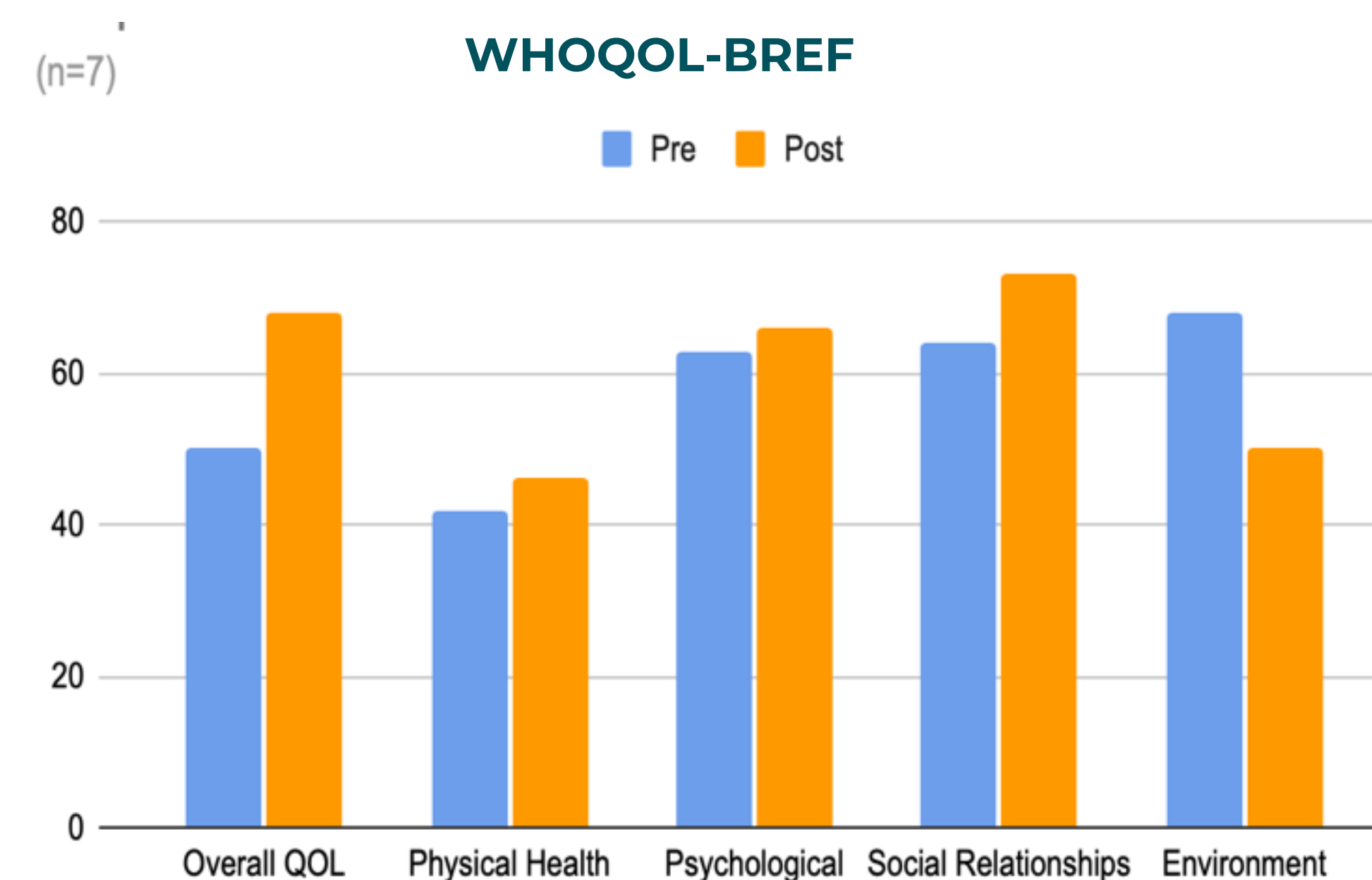
Problem: There is an urgent need to address gaps in educating and providing holistic wellness in aquatic therapy and culturally sensitive swim skill instruction for adults and older adults in minority communities.

Adaptive Wellness Swim Program

- **Design:** This study used a mixed methods approach. The program met once per week for 7 weeks.
- **Instruments:** Online survey via Google Forms, onsite survey, wellness eval, WHOQOL- BREF pre- post survey, Focus Group
- **Participants:** N=7
- **Inclusion Criteria:** Over the age of 18, member of the pool, must have cognitive ability to understand consent form.
- **Data Collection:** Quantitative was collected from WHOQOL-BREF pre- post test scores. Qualitative data resulted from a focus group and testimonials which were transcribed into five themes
- **Data Analysis:** Quantitative Data was analyzed through a paired sample t- test and Wilcoxon signed-rank test using SciPy, a python software.



OUTCOMES: QUANTITATIVE



OUTCOMES: QUATLIATIVE

Themes

Positive Atmosphere and Supportive Environment

- “I walked in being tense and stressed out and I walked out of it, relaxed and I felt light”

2. Confidence Building

- “I used to be a very nervous person and this has helped me be more confident in myself and still continuing to build more confidence”

3. Community Learning

- “I was more likely to complete the program because it was in a group setting”

4. Skill Development and Physical Improvement

- “I woke up today to use the bathroom and I didn’t even realize that I wasn’t using my walker”

5. Trauma Informed Care and Access

- “You said use this [tool] use that [tool] and people were free-er to use them than you saying this will help you be safe. That safe thing is oh god something is gonna happen”



SUMMARY OF DELIVERABLES

- On site needs assessment
- Weekly agenda
- Preliminary data
- Graded aquatic exercises
- A Group Protocols
- OT EDUCATIONAL
- Preliminary Data
- OT Educational Flyer

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REFERENCES

Available Upon Request