

# MOVE TO BE STRONG!



## VON SMART NEWSLETTER



MARCH 2022

Welcome March!

We would like to share some exciting news about a new specialty class. We have several VON SMART instructors who have been working hard towards achieving their DROM certification!

DROM is a combination of drumming (DRUM) and meditation (the OM). There are many benefits to DROM practice and it is a great way to get moving for people of all ages and abilities. Below are some highlights of what DROM has to offer. Connect with Khrista Boon or Meghan Simon if you would like more information about DROM for your location.

**DROM**<sup>™</sup>  
BEYOND DRUMMING

### The VON SMART Program

Helping to keep our community dwelling older adults active, engaged and free from falls!

For more information about SMART exercise classes and fall prevention workshops please contact:

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-or-

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# Benefits of DROM

DROM practice is designed to help participants in 5 key ways

## Physical

- The cardio drumming involved in the DROM practice provides an excellent opportunity to be physically active while have FUN!

## Mental

- The practice of DROM can help improve concentration, coordination and creativity
- It can help to rewire the brain for people with conditions such as stroke, Parkinson's, Alzheimer's and Dementia

## Emotional

- With the cardiovascular and emotional benefits of DROM it can help to reduce stress and anxiety

## Social

- The combination of drumming and mindfulness involved in the DROM practice fosters social connection

## Spiritual

- Both the drumming and meditation parts if the DROM practice can lead to improved self-connection and spiritual connection. This helps participants feel grounded, centered and inspired.

For more information visit: [What is DROM? | DRÖM™ BEYOND DRUMMING \(drompractice.com\)](http://What is DROM? | DRÖM™ BEYOND DRUMMING (drompractice.com))



## March is Pharmacy Awareness Month

In 2014, about 4.5 million Canadians did not have a regular physician. In collaboration with other providers, Pharmacist prescribing can improve patient care and access

### How Will Pharmacist Prescribing Help You at Your Hospital and Clinic Visit?

**Medications affect everyone**

1 in 15 Canadians use at least 5 medications<sup>1</sup>

1 in 4 seniors take at least 10 medications<sup>2</sup>

1 in 9 emergency department visits are due to medication harm<sup>3</sup>

Canadians spend \$2.6 billion on preventable medication-related hospitalizations<sup>4</sup>

Pharmacist prescribing reduces harm and costs associated with medications

**Pharmacists are the medication experts**

Pharmacists have at least 5 years of university training

Research shows pharmacists, with the right tools, improve patient health<sup>5</sup>

There are already over 1000 pharmacists working with doctors and nurses in BC hospitals

And BC is hiring more pharmacists to work in medical clinics with family doctors to improve your care

**Prescribing will allow pharmacists to help you...**

Adjust doses to reach your goals

Stop medications that are not working or are no longer needed

Provide you with treatment options when you need them

Watch for serious side effects and prevent them where possible

**Pharmacists are part of your healthcare team**

They collaborate with doctors, nurses, and other providers

Hospital and clinic pharmacists review medical chart and lab values to recommend best treatments for your care

Pharmacists improve patient safety and access to healthcare

If pharmacists can collaborate with doctors to prescribe, everyone will benefit.

<https://cshp-bc.com/>

1 Rotermann M et al (Statistics Canada). Prescription medication use by Canadians aged 6 to 79. Health Reports 2014, 25, 3-9. Available at: [www.statcan.gc.ca/pub/82-625-x/2014006/article/14832-eng.htm](http://www.statcan.gc.ca/pub/82-625-x/2014006/article/14832-eng.htm)  
2 Canadian Institute for Health Information. Drug use among seniors in Canada, 2014. Available at: <http://www.cihi.ca/cihi/medication/drug-use-among-seniors-2014-en-eng.pdf>  
3 Zand PJ, Abu-Laban RB, Bales RM, et al. Incidence, severity and preventability of medication-related visits to the emergency department: a prospective study. CMAJ 2008; 176(12):1563-9  
4 Davies SM, Winkler JC, Bales RM, et al. Adverse events among Ontario home care clients associated with emergency room visit or hospitalization: a retrospective cohort study. BMC Health Serv Res 2010; 10:227.  
5 Prescription Monitoring in BC: A Review of the Evidence on Pharmacist and Nurse Prescribing and on Medication Management. June 2012. British Columbia, a retrospective cohort study. BMC Health Serv Res 2010; 10:227.

### Did You Know?

**Most falls are preventable as the risk factors are treatable.**

#### **Risk Factors include:**

- Physical Inactivity
- Poor nutrition
- Being on 4 or more medication
- Poor balance and mobility
- Medical conditions
- Gender

#### **Side effects from medication that could increase your risk for a fall:**

- Dizziness or grogginess
- Drowsiness
- Vision problems
- Confusion
- Orthostatic hypotension
- Gait changes/disturbances (Ataxia)
- Dehydration
- Fatigue
- Cognition

#### **What can you do?**

Make sure you are taking medication as prescribed

- Time of day
- With food or on empty stomach
- What to do if you miss a dose

Talk to your doctor or pharmacist about your medications



## Monthly Feature: VON SMART Instructor



Susan Bowes

Susan Bowes is a Recreation Therapist who graduated from Brock University and Georgian College has worked in various health settings such as hospital, long term care and community. Presently she enjoys working with VON (Victorian Order of Nurses) in the Falls Prevention and Exercise Program as a Fitness Instructor. The program is designed to help Seniors living in retirement homes and community to move and become more active in a socially supportive group which in turn helps to build strength and mobility and reduce falls. She also facilitates specialty classes for individuals that have chronic conditions such as Parkinson's, MS, Dementia, Brain Injury and Stroke. Susan has training and certification in Chair Yoga, Urban Pole Walking, Personal Training, Bone Fit, and DROM (Drumming). Her belief is that "activity not only changes your body, it changes your mind, your attitude and your mood" and with this belief she loves to motivate her clients to engage and enjoy moving their body.

## Resources

McMaster Optimal Aging Portal

[Healthy Aging Research | McMaster Optimal Aging Portal](#)

### 5 Alternative Options for Pain Relief

[5 alternative options for pain relief](#)

[\(mcmasteroptimalaging.org\)](http://mcmasteroptimalaging.org)

Tell someone about an ache or pain and one of the first things they'll ask is: "Are you taking anything for it?" In many ways we're lucky that medical science has produced more, stronger and faster acting medications to help cure whatever ails us, and as a society we're more than happy to take advantage of the "quick fix" of prescription or over-the-counter medicine. But there's a downside to all that pill popping. Hazards range from minor side effects to serious and even deadly consequences, most notably when certain kinds of drugs are used to manage chronic pain.

The tide is beginning to turn as more healthcare professionals advocate for medication reviews, deprescribing and the use of "alternative" or non-drug therapies for managing pain. Even when medical treatments or prescription drugs are vital for recovery, people can still benefit from alternative therapies with proven benefits, which can be used to complement and enhance treatments.

**Here are five that have been tested by researchers.**

#### 1. Get your groove on

There's a reason why music is such a major part of life for most people: it can entertain, inspire, cheer, soothe, motivate and relax. But can it relieve pain? According to research evidence, listening to certain kinds of music before, during and/or after surgery helps reduce pain, anxiety and depression.

#### 2. Get a move on

Like it or not, if we want to stay healthy and mobile into our senior years we need to make exercise a part of our daily routine. It's hard to stay motivated and active though, especially when something (back, knees, hips, old football injury) is acting up again. But don't give up: research shows exercise can be one of the best ways to relieve back pain or knee pain as well as build strength and stamina.

#### 3. Try acupuncture

Acupuncture, long used in Chinese medicine, is now popular and widely practiced in North America to improve health and well-being. Thin needles inserted into the body at specific points help to reduce pain and improve bodily functions.

For example, research shows that acupuncture can reduce the frequency of headaches and migraines. It may also reduce short-term pain in people with knee osteoarthritis, while improving physical functioning in the short- and long-term.

#### 4. Change your mindset

Cognitive-behavioural therapy is a short-term, goal-oriented type of psychotherapy that helps people develop personalized coping skills and change harmful thoughts or beliefs. It's often used to treat depression and other mental health problems, but it may also help relieve pain – particularly pain that isn't due to a specific disease or condition. For example, studies show that cognitive-behavioural therapy helps reduce the frequency and intensity of chest pain.

#### 5. Breathe and relax

Relaxation techniques and activities like yoga – including stretching, breathing and meditation – promote health and wellness by calming the mind, reducing stress and lowering blood pressure. What's the evidence on pain relief? Research shows yoga helps ease pain and disability associated with low back pain.

#### Thinking outside the (pill) box

No one wants to be in pain and if there's a pill that can make it disappear, most people will find it hard to resist. But drugs don't always help everyone and if they do, short-term pain relief could come at the

## VON Updates

Happy St Patrick's Day from the  
VON SMART team! 🍀



## VON SMART Exercise & Fall Prevention

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