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Spring 5-1-2022

Exploring McConnell Heart Health Center and Member Well-Being Programs

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Harr, Taylor, "Exploring McConnell Heart Health Center and Member Well-Being Programs" (2022).
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Introduction

My practicum was from September 2021 to January 2022. I was with the fitness team and had the opportunity to explore each of the departments within the facility.

McConnell Heart Health Center is a facility that provides people the opportunity to improve their overall health. Originally designed for prevention, treatment, and rehabilitation of cardiac wellness, but has expanded to help other aspects of one's health.

Different areas with the facility:

- Fitness features
- Cardiac and pulmonary rehab
- Medical and surgical weight management
- Diabetes management
- Nutrition counseling
- Cancer wellness
- Sports medicine services
- Physical therapy



Practicum Goals

1. Learn about each department within McConnell Heart Health Center
2. Improve professional skills by incorporating the administrative work into the practicum experience
3. Improve communication skills while interacting with members
4. Increase ethical issue skills to allow identification of issues at hand
5. Increase knowledge on the different populations that come to McConnell

Annual Review Revamp

Annual review appointments are intended for members to utilize each year if they have interest in reviewing their current exercise programs or want any modifications and/or changes to their routine. Each member also has the opportunity to complete an InBody assessment each year that can be done during their annual review. Prior to this project, there was no formal outline for the exercise physiologists to follow.

MyWellness is an online software program that allows members to track their workouts as well as sign up for classes. McConnell is working toward each member getting signed up and utilizing the app for classes as well as tracking their fitness.

The annual review revamp was created during this practicum with the intentions of having a guided outline for the exercise physiologists to follow during their appointments. Another aspect incorporated was including an updated medical history to keep their profile up to date. MyWellness allows templates to be made which is what was done for the annual review. Within the template, the algorithm can be modified to add answers to the members assessment section in their profile. Each template created has the opportunity to choose which questions will be relevant to add to the relevant information page.

Included in the new Annual Review Assessment:

- Purpose of the appointment
- Any updated medical concerns/issues
- Any new medications
- Current exercise routines
- InBody Results*
- Movement Screening*
- Postural Assessment*
- The outcome of the appointment

* Optional for each member

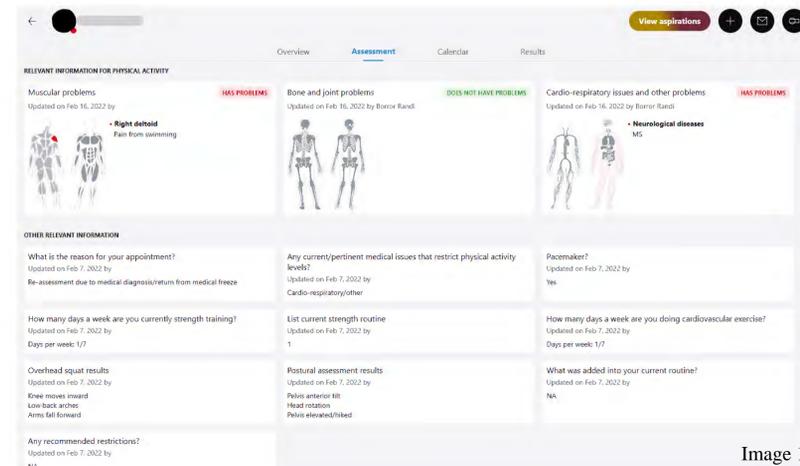


Image 1



Image 2

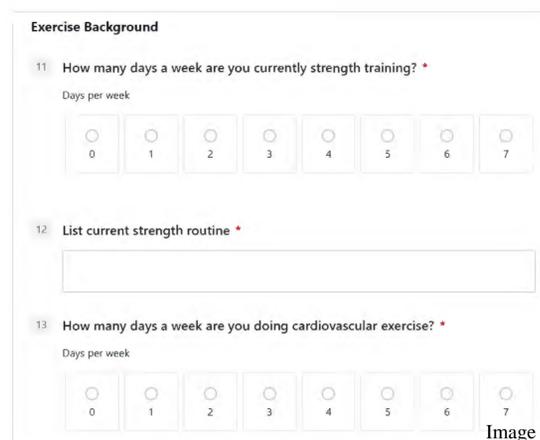


Image 3

Image 1 shows the screen on each members profile that shows their reported relevant information.

Image 2 shows the first question within the Annual Review Evaluation.

Image 3 shows the exercise background section in the Annual Review Evaluation.

Goal Achievement

- Observations were completed in most departments of the facility throughout the practicum. This includes one of the corporate wellness sites.
- Being involved with the Better Balance program allowed me the opportunity to see how a program is created. The creation of the Annual Review evaluation gave me the opportunity to utilize my administrative skills to help benefit the fitness team in the future.
- Multiple hours were completed on the fitness floor interacting with members each day. This helped build rapport with members while gaining customer service skills.
- Being present at team meetings as well as discussion with team members about present issues. Discussion with my supervisor about topics I may think are relevant to the facility.
- Within each department, different populations were present expanding my knowledge on each group. This included cardiac patients, geriatric patients, and fitness members.

Better Balance Program

Eight week program designed to increase muscle strength within the muscles utilized during balance. There are two sessions a week, which divide their time focusing between strength exercises and balance exercises. Each week new equipment get incorporated within the exercises.

Equipment Utilized:

- Dyna discs
- Airex pad
- Balance/wobble boards
- Bosu balls
- Step 360

Within each program there are days where the participants are given presentations to give experience in different areas to benefit their health and balance. These presentations included yoga and yo-chi, pilates, physical therapy for balance training, and physiology of balance training.