

Client success story

Telehealth for Mental Health: An Exercise Rehabilitation Program

Condition: Adjustment Disorder, Depression & Anxiety



Profile at initial assessment 47-year-old female

- ◆ Working as a senior constable police officer, ceased work on 01/05/2021 following a traumatic experience at work.
- ◆ Engaged with Guardian Exercise Rehabilitation on 15/11/2021.
- ◆ Symptoms included significantly reduced motivation to complete meaningful activities, which lead to disengagement from meaningful physical and social activities.
- ◆ Sleep disturbances due to ruminating thoughts which manifested into higher levels of fatigue.

The program:

- ◆ Due to client living in a remote area all consultations with EP were conducted via telehealth.
- ◆ 8 telehealth reviews over a 16-week period.
- ◆ Combination of resistance-based exercise and cardiorespiratory exercise.
- ◆ Education regarding the gradual return to meaningful activity through on-going goal setting conversations.



Key Health Marker outcomes:

PROMIS-10

Initial		Final	
Physical	42.3 (fair)	Physical	54.1 (very good)
Mental	33.8 (fair)	Mental	50.8 (very good)

PSQI

Initial	Final
15	5

Significantly improved sleep even with managing 2-night shifts in an 8-day roster.

Fatigue Severity

Initial	Final
51/63	19/63

Key RTW outcomes:

At Assessment Nil capacity for work

Initial Return to Work Hours 4 hours per day, 3 days/week

At completion of program Full-time pre-injury hours, modified duties.

Other reported benefits from the program:

- ◆ Achieved all set Stepped goals.
- ◆ Improved ability to manage type 2 diabetes through exercise.
- ◆ Reported weight loss and improved self-confidence.
- ◆ Improved confidence to independently manage exercise routine and adjust as necessary.



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