

Physical Activity: Literature Review

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Being physically active reduces the chances of getting different types of chronic diseases such as hypertension, diabetes, stroke, and cancer (McKinney et al., 2016). Inadequate amounts of physical activity often lead to living a sedentary lifestyle, which has become a growing problem for Americans. A sedentary lifestyle has led a person to become obese, which causes chronic diseases to rise. About 75% of men and 60% of women are obese or overweight (Williams, 2016). Being obese decreases energy levels and discourages people from being active in daily life. Physical activity boosts self-esteem and improves welfare. Physical activity can be hard to implement in a person's lifestyle, but it is very beneficial to living a long healthy life.

Association of Health Utility Score with Physical Activity Outcomes in Stroke Survivors

Physical activity is a crucial component of living a healthy life even after the disease has occurred. Stroke victim's quality of life depends on the interval of symptoms onset and arrival at the hospital (Kanai et al., 2020). When a person is having a stroke, time is significant. The health utility score grades a person's health-related quality of life (HRQoL) after the person has had a stroke (Kanai et al., 2020). Physical activity can help improve a person's overall HRQoL() compared to not being physical.

Key Points

The two main components measured were the duration of Moderate-to-vigorous-activity (MTVA) and the number of steps a stroke survivor took (Kanai et al., 2020). The idea is to compare which is more effective in improving the overall health of a stroke survivor (Kanai et

al., 2020). The physical activity data was measured using a Fitbit to keep up data for seven continuous days (Kanai et al., 2020). A positive finding was that HRQoL improved upon the survivor participating in physical activity, represented by the health utility score (Kanai et al., 2020).

Assumptions

If a person participates in more physical activity, they will have a better chance of living a healthier life after a stroke. Being more physically active decreases the chances of an additional stroke occurring. A stroke survivor does not have to go to the gym to get their physical activity done. It can be as simple as taking a walk (Kanai et al., 2020). The duration of the activity is not as important as how many steps they have taken (Kanai et al., 2020). If a stroke survivor can have a better life outcome if they are encouraged to be physically active.

Deficit/Conclusion

Overall, a stroke survivor has a better chance of living a healthier life if they include physical activity in their everyday life. Physical activity can be as simple as taking short walks. Physical activity is proven to be the first line of defense in treating a lot of diseases. Being more physical can be the key to preventing a lot of diseases from occurring. For example, being obese causes many diseases, but if a person participates in physical activity, they have a lesser chance of being obese. If nurses reject the idea of being more physically active, the next best thing is to control what a person eats. Dieting is the central part of keeping at a healthy weight. If stroke victims are dieting and being physically active, stroke survivors will live healthier lives.

Effects of the Intensity of Lifestyle Exercise on Changes in Blood Pressure

Hypertension is a deadly condition if untreated that affects many people around the world. When your blood pressure is high, it raises the risk of developing cardiovascular diseases (CVD) (Still et al., 2021). CVD is one of the leading causes of disability, morbidity, and mortality in the United States (Still et al., 2021). To keep a person's blood pressure down, a person should participate in physical activity. Physical activity can be as simple as a walk or participating in house chores. Another form of physical activity is exercising, which is defined as physical activity planned, structured, repetitive, and purposeful to improve quality of life (Still et al., 2021).

Key Points

The study shows that people with high blood pressure should participate in moderate to intense exercises within 40 to 60 percent of their maximum heart rate (Still et al., 2021). The study was of interest because there are no studies on the benefits of exercising after a cardiac event (Still et al., 2021). The study included three randomly picked groups, but the controlled trial tried to compare the three different participants' involvement in the study (Still et al., 2021). One group went the regular route of a cardiac rehabilitation program, and the other two groups had two different behavior change interventions (Still et al., 2021)

Assumptions

If people participate in moderate to intense exercising, their blood pressure will be lower in a year (Still et al., 2021). According to the study, a 2mmHg reduction in blood pressure will decrease a person's chances of having a stroke by 6% and coronary disease by 2% (Still et al., 2021). Exercising is something that a survivor of CVD can still participate in and is beneficial.

The lower a person's blood pressure is, the lower the risk of developing high blood pressure, leading to CVD.

Deficit/Conclusion

Overall, high blood pressure can lead to CVD, which is the leading cause of disability, morbidity, and mortality in the United States (Still et al., 2021). If a person does moderate to intense exercise and decreases their blood pressure by two mmHg, it can reduce strokes by 6% and coronary by 2% (Still et al., 2021). If nurses did not accept this method, the next best thing would be to change a patient diet. When you eat an unhealthy diet, it also leads to high blood pressure and coronary diseases.

Built and Natural Environment Barriers and Facilitators to Physical Activity in Rural, Suburban, and Small Urban Neighborhoods

The number of cancer survivors in the United States has grown significantly over the years and expected to reach 26.1 million by 2040 (DeGuzman et al., 2019). Although the rising number of survivors is positive news, there are still contributing factors limiting these numbers from growing even more. Physical activity is one of the most effective ways to keep cancer from reoccurring or getting second cancers (DeGuzman et al., 2019). When people live in rural areas or have limited income, it is challenging to participate in physical activity (DeGuzman et al., 2019).

Key Points

An abundance of cancer survivors is willing to participate in physical activity to decrease their chances of developing cancer again. Some barriers that affect cancer survivors from being physically active are their geographical location and income (DeGuzman et al., 2019). Although some survivors might not be able to make it to recreational locations due to symptoms, income, or geography, the next best thing is walking (DeGuzman et al., 2019). The study researches the impact that built, and natural barriers and facilitators have on whether a participant participates in physical activity (DeGuzman et al., 2019). The built environment is the artificial environment, and the natural environment is when there is no intervention from humans (DeGuzman et al., 2019).

Assumptions

If the environment had visual cues, it would influence the participant to be more physically active even when they cannot go to a recreation facility (DeGuzman et al., 2019). There are three different theme environments that the participants were a part of (DeGuzman et al., 2019). The first theme several participants mentioned how beautiful the environment was and how much it motivated them despite their circumstances (DeGuzman et al., 2019). The second theme the participants had a range of options for walking, which influenced them to walk more often (DeGuzman et al., 2019). The third theme included building sidewalks in a rural area to encourage the survivor to walk. Going to trails and walking near main streets discourage the survivors due to wildlife and traffic (DeGuzman et al., 2019). If survivors have many options, they would be more encouraged to walk, which will decrease the chances of cancer developing again.

Deficit/Conclusion

Overall, cancer survivor's numbers are growing significantly despite still having barriers. When cancer survivors live in rural areas or have low income, it decreases their chances of going to recreational facilities. Physical activity is a significant factor that plays a role in preventing cancer from developing a second time or getting second cancer (DeGuzman et al., 2019). If society puts more effort into making it easier for cancer survivors to be physically active more will participate. If nursing fails to accept this line of reasoning, the next best thing is making sure survivors eat a healthy diet to keep their bodies strong.

Conclusion

Overall, it's scientifically proven how much physical activity plays a vital role in the well-being of humans. Physical activity can help stroke survivors, lower blood pressure, and encourage physical activity in cancer survivors. Physical activity is proven to be effective in all of the patient outcomes in the studies. The Stroke patients did not have to work out intensively but just getting up and walking was beneficial. If a patient has high blood pressure, even lessen it by 2mmHg by doing physical activity decreases strokes by 6% and coronary disease by 2% (Still et al., 2021). When people make more effort in making the environment for cancer survivors more comfortable to encourage walking, more participants walk. If nurses reject all of these options, the best next thing is maintaining a healthy diet. To make these changes in society, health professionals need to advocate and educate their patients. Health care can start by reading these studies and implementing them in their daily practices and education information.

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