

Staying active on the waiting list

Information for patients



It is extremely important to try and remain physically active when living with a chronic health condition, particularly liver disease. This doesn't have to mean difficult gym sessions, you can be more active just by regularly moving around while doing routine daily tasks and by using your stairs more, if you have them!

We should all be aiming to walk around 10,000 steps per day. Wearable devices such as 'Fitbits' can help you to track your daily step count. Try to set a realistic target of increasing your count, even by 100 or so steps a week, it all counts!

While getting your steps in try to include some periods of higher intensity walking, so walking that gets your heart and lungs working a little harder. This is extremely important for maintaining your fitness levels. Start slowly, build up gradually, listen to your body and rest when you need to.

Aim to complete muscle strengthening exercises 2 to 3 times per week on alternate days. Exercises that target all the main muscle groups such as lifting weights (tins/bottles are fine to begin with!) squats, push ups, yoga all help to build and maintain muscle mass. Visit the British Liver Trust website below to find out more about the importance of keeping your muscles strong with liver disease:

British Liver Trust:

www.britishlivertrust.org.uk/frailty-why-it-matters-for-people-with-cirrhosis/



There are several online resources that can help you to increase and maintain your physical activity levels. Visit the websites or scan the QR codes below using your camera on your phone:

Centre for Perioperative Care:

www.cpoc.org.uk/patients/fitter-better-sooner-toolkit



NHS Lothian - Preparing for surgery:

www.services.nhslothian.scot/preparingforsurgery/



Health Improvement Scotland - Right Decision Service:

www.rightdecisions.scot.nhs.uk/



NHS Lothian - Couch to 5k:

www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/



NHS Better Health - Get active:

www.nhs.uk/better-health/get-active/



Breathlessness score

It can be difficult to know how hard to push yourself when exercising, especially if you haven't before or have been too unwell to exercise recently. Use this breathlessness score to gauge how short of breath you are during any period of physical activity, you should aim to work at level 13 'SOMEWHAT HARD' where you are MODERATELY out of breath but can still hold a conversation.

Breathlessness score

6 - No exertion at all

7 - Extremely light

8

9 - Very light

10

11 - Light

12

13 - Somewhat hard *Aim to work at this level*

14

15 - Hard

16

17 - Very Hard

18

19 - Extremely hard

20 - Maximal exertion

Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active

at least
150
minutes
moderate intensity
per week
increased breathing
able to talk

OR

or a combination of both

at least
75
minutes
vigorous intensity
per week
breathing fast
difficulty talking



to keep muscles, bones and joints strong

**Build
strength**

on at least
2
days a
week



Gym



Yoga



Carry heavy
bags



Minimise sedentary time

Break up periods of inactivity



Dance



Bowls

Tai Chi

For older adults, to reduce the
chance of frailty and falls
Improve balance
2 days a week

Safety advice

Please read the following safety advice before you embark on any physical activity. If you have any concerns about exercising, please voice and discuss these with your medical team.

- To be safe and effective all exercise must be undertaken alongside strict adherence to any instruction or advice you receive from your dietician.
- If you feel unsteady, unsafe or have been experiencing recent falls please ensure someone is with you during any period of physical activity.
- Evidence shows that graded physical activity can help to alleviate fatigue. If you suffer from fatigue, please build any new physical activity into your routine gradually.

Please do not continue exercising and seek urgent medical advice if you experience any of the following symptoms:

- Sudden severe breathlessness
- Sudden acute or severe pain
- Acute chest pain
- Profuse sweating
- Extreme nausea (+/- vomiting, vomiting blood)
- Extreme dizziness (+ mild to moderate dizziness that does not resolve)
- Extreme fatigue, sleepiness or confusion.

