



PHYSICAL ACTIVITY COUNSELLING STUDY



WHAT DID WE DO?



- We wanted to know what children and families with congenital heart disease (CHD) thought about a physical activity counselling study
- Physical activity counselling through workbook activities
- Video-calls with a counsellor at BC Children's Hospital every other week for 12 weeks
- Physical activity levels measured using an accelerometer
- Measured physical activity before, in the middle, and at the end of the program

WHO PARTICIPATED?



- Nine children
- CHD diagnoses:
 - Fontan
 - Coarctation of the aorta
 - Transposition of the great arteries
 - Tetralogy of Fallot
- 9-12 years old

WHAT DID WE LEARN?



- Support systems are important to promote physical activity
- Fosters a comfortable and encouraging environment

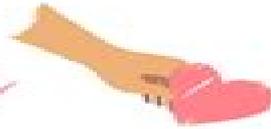


- This physical activity counselling program helped some children to be more active



- Encourage children with CHD to choose physical activity they enjoy
- Creates excitement and motivation



Thank You 

We would like to thank the children and families who participated in this study and the Heart Centre staff!

Counselling For Heart Disease

Chao Zhang



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