

# Ngā Rau Rākau Gym Use Guideline

## MHAPPM/8956

<b>Approved by:</b>	General Manager – Mental Health & Addiction	<b>First Issued:</b>	August 2016	
<b>Signature:</b>	David Warrington	<b>Review Date:</b>	July 2022	
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## Purpose

The purpose of this document is to outline the procedures to be followed to ensure the gym located in Ngā Rau Rākau is utilised safely and appropriately by tāngata whaiora to improve/maintain fitness while in hospital.

This document is to be used in conjunction with MHAPPM/8953 – [Mental Health and Addiction Group Policy](#) which outlines the shared vision and expectations for the direction, values, principles, attitudes and ways of working to deliver a values based service.

## Principles

All Te Whatu Ora – Health New Zealand, Te Matau a Māui Hawke’s Bay documents are based on and link back to our values; **He Kauanuanu** (respect), **Ākina** (improvement), **Raranga Te Tira** (partnership) and **Tauwhiro** (care), and are detailed so all persons are provided with clear information on the way they are expected to practice and undertake tasks.

## Scope

All staff providing supervision of tāngata whaiora accessing the gym.

## Definitions

Refer to the Mental Health Service Definitions Glossary [\\FS3\share\Public\All Users\MHS Policy review\DEFINITIONS FOR WORDS AND TERMS IN USE WITHIN THE MENTAL HEALTH SERVICE.docx](#)

## Roles and Responsibilities

Role	Responsibility
Nursing staff	<p>Responsible for an up to date mental state and risk assessment, supervision of gym use, following the tāngata whaiora documented fitness programme and cleaning of equipment following any use.</p> <p>All staff to recognise the impact of certain medications in weight gain and assist tāngata whaiora to develop strategies to safely improve fitness and increase motivation levels.</p> <p>To recognise the impact of exercise on the tāngata whaiora physical and mental well-being and to assist in counteracting the weight gain and increased appetite side effects of certain anti-psychotic medications.</p>

Role	Responsibility
Occupational therapy staff	Responsible for the coaching of tāngata whaioras to use a generic fitness programmes and liaising with other appropriate allied health staff to identify and meet the needs of the tāngata whaiora. Ensuring that equipment is available and providing education to both staff and tāngata whaioras on its use.

## Guideline

### Accessing and Utilising the Gym

- The gym is to provide an environment that enables all tāngata whaioras to maintain or develop a level of fitness in a safe and supportive environment.
- Assessment of tāngata whaiora risk must be completed before supervised access to the gym is granted. Staff need to take into consideration the isolated location of the gym, the equipment located in the gym and the expected outcome of using the gym for the tāngata whaiora.
- All people using the gym will have an individualised fitness programme that is clearly documented in their health record and reflects their fitness level and exercise capabilities. This will be developed in conjunction with the Occupational Therapist and appropriate other professionals.
- Suitable gym footwear must be worn at all times – socks, jandals, bare feet are unacceptable and will stop admittance to the gym.
- Staff are to ensure all tāngata whaiora maintain adequate levels of hydration either by having a water bottle or stopping regularly to use the water fountain.
- All equipment to be cleaned down following use. Staff supervising the session are responsible for ensuring that all seats and hand grips/rails are wiped with AZO wipes.
- Media/TV equipment can be used to exercise resources or for visual or audio motivation or background distraction.

### Treadmill

- The emergency STOP clip must be attached to a suitable part of clothing prior to starting the treadmill. The string needs to be below the hand rail to be effective and will not be effective if attached to stretchy material such as stretch cotton t-shirts.
- All people using the treadmill need to have instruction on how to use the treadmill i.e. starting, increasing/decreasing speed, emergency stop process.
- Speed levels and times need to be indicated on their individualised programme and need to be followed.
- Do not step onto the treadmill if it is already in motion.

### Rowing Machine

- Ensure that you sit down slowly, holding the seat steady with your hand.
- Ensure that shoes are strapped securely to the foot pedals using the straps provided and that all tāngata whaioras are aware of how to release the straps when finished.
- Correct posture and different holds to have been discussed with the tāngata whaiora before use as part of their individualised plan.
- Ensure that the resistance is set at the required level for that tāngata whaiora.

## Stationary Bicycle (exercycle)

- Ensure that seat height is appropriate for the size of the tāngata whaiora.
- Remind all tāngata whaioras using the stationary bicycle of correct back posture to avoid injury or strain.

## Step Box and Swiss Balls

- To be used as part of a structured exercise programme specifically designed for these items.
- Ensure that there is adequate space around these items when in use. Consider use of yoga mats and alternative rooms i.e. rooms adjacent to the gym that furniture can be moved to provide a clear space.

## Measurable Outcomes

The equipment is maintained and is used appropriately.

## Related Documents

MHAPPM/8953 – [Mental Health and Addiction Group Policy](#)

## References

No references

## Keywords

Exercise  
Treadmill  
Rowing machine

***For further information please contact the Clinical Nurse Manager –  
Mental Health Intensive Service***