Shall we dance?

Illness prevention through creative movement

Photo by Ardjan Lumi on Unsplash

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Medicine, Expressive Movement, Meditation
Faculty/Presenter Disclosure

- Faculty: Sarah Kim

- Relationships with financial sponsors: NONE!
- This program has received no financial support nor in-kind support.
- There is no potential for Conflict of Interest.
- There is no bias to be mitigated.
“Choosing Madonna over meds”

Agenda

★ Objectives

★ Rapid review of the current evidence for dance as a health promoting activity that can be recommended to all patients.

★ Immersion into the interactive experience of a very simple dance class format:
  ○ Warm-up, choreography, cool down.

★ Discussion

★ Evaluation

*Image taken from youtube.com
Objectives

★ Examine the current evidence for dance as a health promotion activity accessible to all ages and abilities.
★ Examine how dance is both **physically, cognitively and emotionally stimulating**.
★ Demonstrate how **dance enhances coordination, concentration, rhythm, body awareness, spatial awareness**.
★ Increase command of the body and increased comfort to engage in dance as a daily health promoting activity.
★ Observe how dance fosters social connection, cooperation and community.
★ Identify other creative expression activities that can be integrated regularly to enhance both physician wellness and patient well-being.
★ Identify barriers to regular participate in creative activities and exercise

*Image taken from collegehumor.com*
The Evidence:
Some Tid-bits

★★ How strong is the evidence?
★ Grade B or lower, weak-moderate mostly due to small sample sizes and design

★★ What does dancing do?
★ Increases physical fitness
  ○ Includes strength, endurance, mobility, flexibility, balance, coordination
★ Improves mood
  ○ Reduces anxiety, overall distress, perception of fatigue
★ Prevents dementia
★ Increases social bonding and connection
★ Improves self-esteem, confidence

★★ Is there any negative evidence? NO!
Discussion

★ Dance has numerous health and social benefits

★ The evidence for dance as a positive activity is growing.

★ Dance is accessible to all, anytime, anywhere.

★ What are your barriers to participating in dance?

★ Comments? Questions?
References & Resources

- Rehfeld, K. et al. (2018 July). Dance training is superior to repetitive physical exercise in inducing brain plasticity in the elderly. https://doi.org/10.1371/journal.pone.0196636
- https://ideas.ted.com/why-dance-is-just-as-important-as-math-in-school/?fbclid=IwAR3bJ4fCCuow3QlO8Hljp60q5u7hVTrKmwE3Ta5MtnkV3EJajuA0Un0S68
- https://ideapod.com/neuroscientists-reveal-number-one-exercise-slowing-aging-process/?fbclid=IwAR1_3iu0zHo4btzam_gHX-tyRCdkXo1qLi8Vhvmgn5PkVRKi2aoh3JD1f4
Just DANCE!
Thank you!

Feedback: dr.kim@alumni.utoronto.ca

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Session #: T355
Session Name: Shall We dance?

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Enjoy the rest of the conference!

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