

Two Monks and a Pretty Lady

Once upon a time a big monk and a little monk were traveling together. They came to the bank of a river and found the bridge was damaged. They had to wade across the river.

There was a pretty lady who was stuck at the damaged bridge and couldn't cross the river.

The big monk offered to carry her across the river on his back to which the lady accepted.

The little monk was shocked by the move of the big monk and was thinking "How can big brother carry a lady when we are supposed to avoid all intimacy with females?" But he kept quiet.

The big monk carried the lady across the river and the small monk followed unhappily. When they crossed the river, the big monk let the lady down and they parted ways with her.

All along the way for several miles, the little monk was very unhappy with the act of the big monk. He was making up all kinds of accusations about big monk in

his head. This got him madder and madder. But he still kept quiet. And the big monk had no inclination to explain his situation.

Finally, at a rest point many hours later, the little monk could not stand it any further; he burst out angrily at the big monk. "How can you claim yourself a devout monk, when you seize the first opportunity to touch a female, especially when she is very pretty?"

All your teachings to me make you a big hypocrite.

The big monk looked surprised and said, "I had put down the pretty lady at the river bank many hours ago, how come you are still carrying her along?"

Moral: This very old Chinese Zen story reflects the thinking of many people today. We encounter many unpleasant things in our life, they irritate us and they make us angry. But like the little monk, we are not willing to let them go away. There is no point in remaining hurt by the unpleasant event after it is over. Learn to move on in life!



Use of Wearable Activity Trackers During Hospital Stay to Hasten Patient Recovery

Wearable activity trackers may be a useful and cost-effective intervention to enhance patient recovery during hospital stay, according to a new study reported in *JAMA Network Open*.¹

Researchers from University of South Australia in Adelaide conducted a systematic review and meta-analysis of 15 studies involving 1,911 patients undergoing rehabilitation for stroke or orthopedic-related problems, mixed rehabilitation and various surgical and medical patients. The objective was to find out if interventions using wearable activity tracking devices could increase physical activity or reduce sedentary behavior and thereby improve clinical outcomes in hospitalized adults.

Compared to standard care, the use of wearable activity trackers increased overall physical activity with higher daily step counts (826 steps more) and reduced sedentary behavior (-35.46 min daily) among inpatients, which were also the primary study outcomes. They also achieved 10 minutes more of active time daily versus usual care. A significant improvement in physical function was also noted. But no improvement in pain or mental health, the secondary outcomes, was found. Likewise, no significant association was noted for duration of hospitalization or odds of re-hospitalization, which were examined as hospital efficiency outcomes.

Immobility during hospitalization is associated with several complications, which may prolong length of hospital stay and sometimes may be potentially fatal. This study shows that wearing activity trackers helped hospitalized patients to become more active and reduced sedentary behavior thereby hastening patient recovery.

Reference

1. Szeto K, et al. Interventions using wearable activity trackers to improve patient physical activity and other outcomes in adults who are hospitalized: a systematic review and meta-analysis. *JAMA Netw Open*. 2023;6(6):e2318478.