**CAP/PBRI/TAHSNp Innovation Fellowship Program: Final Briefing Note**

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**Project Title**: Addressing Physical Activity with Seniors in the Community with Cognitive Impairment

**Mentor(s) & Managers:** Arlinda Ruco and Dr. Sandra McKay

**Background and Description of Local Context:** The Local Health Integration Network (LHIN) projects that the number of people living with Dementia and Alzheimer’s Disease (AD) will increase approximately 27 percent in the next eight years. Occupational therapists (OTs) and physiotherapists (PTs) can provide physical activity recommendations that help to prevent dementia or Alzheimer’s Disease (AD), and may alter the course of these diseases for older adults (ages 65+). Physical activity is an evidence-based and accessible disease-management strategy for older adults with cognitive impairment. However, OTs and PTs on VHA’s Mississauga/Halton team are only addressing physical activity with approximately half of their older adult clients who have cognitive impairment. OTs and PTs reported that they would feel more comfortable addressing physical activity if they had access client handouts and education. To address this need, I developed four client handouts, one 15-minute in-person education session, and a five-video online education series.

**Aim Statement:** Increase clinicians’ knowledge and comfort in discussing the benefits of physical activity with their older clients who have cognitive impairment living in Mississauga/Halton by 20% by March 2018.

**Outcome Measures:** The Mississauga/Halton team, at the time of implementation, included 35 clinicians excluding myself (15 OTs and 20 PTs). Two outcome measures were used:

1. Pre-post education survey
   * Average on four knowledge-based questions: OTs increased 13% (0.23) and PTs increased 140% (1.16)
   * Average self-reported knowledge: OTs increased 15% (0.8) and PTs decreased 13% (1)
   * Average self-reported comfort: OTs increased 20% (1) and PTs decreased 12% (0.9)
2. Pre-post education chart audit:
   * Percentage of OT and PT charts (combined) that indicated a physical activity recommendation was made for older adults with cognitive impairment increased 11% from pre-education (42%) compared to post-education (51%)

**Process Measures:**

* Number of hardcopy handout packages distributed (containing 6 copies of each handout): 32
* Number of clinicians viewed online handouts: 15-28 depending on the handout
* Proportion of clinicians that attended the face-to-face education session: 57% (20 out of 35)
* Number of times the education folder was viewed online: 61

**Change theory, change ideas and interventions explored in the project:**

* Giving clinicians access to evidence-based information about the impact of physical activity on cognition to standardize how OTs and PTs address physical activity with this client group
* Conduct online and face-to-face training for clinicians to improve service provision to this client group

**Results of any completed PDSA cycles or reflections on planned PDSA cycles:**

* Handout modification after OTs, PT and client partner feedback (November, 15 and December 5, 2017).
* Presentation completed in person during team meeting (December 15, 2017). Recorded presentation and added online presentation to reach more clinicians after face-to-face presentation (December 15, 2017).
* OT and PT clinical leads reviewed and provided feedback for online videos (Jan. 17, 2018).

**Sustainability plan**

* Allow OT and PT clinical leads on other teams at VHA Rehab solutions to access all videos and videos to disseminate information to their respective teams
* Modify existing handout such that it is only one page for clinicians to easily provide information to clients
* Add checkbox to OT and PT electronic assessment forms to prompt clinicians to address physical activity