Documentation of Exercise and Health Technology Use: Implementation Fidelity & Lessons Learned

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Background

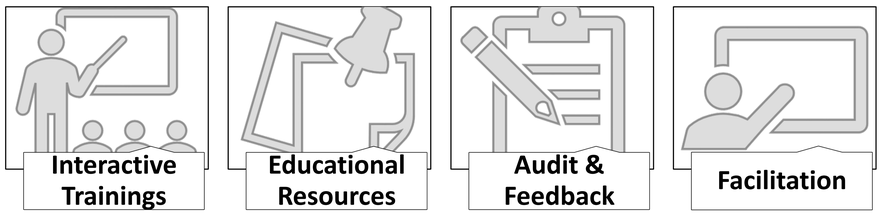
- Long-term exercise participation is beneficial for people with Parkinson's disease (PwP), but it can be hard for PwP to start and remain engaged.
- **Purpose: To explore how physical therapists (PTs) can use digital health technology (DHT) and behavior change approaches to help PwP meet exercise goals.**

Implementation Context

Outpatient rehabilitation clinics (1 urban, 2 suburban)

- 8 PTs with average 5.6 years experience working with PwP had PTs had 100% adherence to documenting self-reported baseline exercise for PwP prior to implementation.

IMPLEMENTATION STRATEGIES:



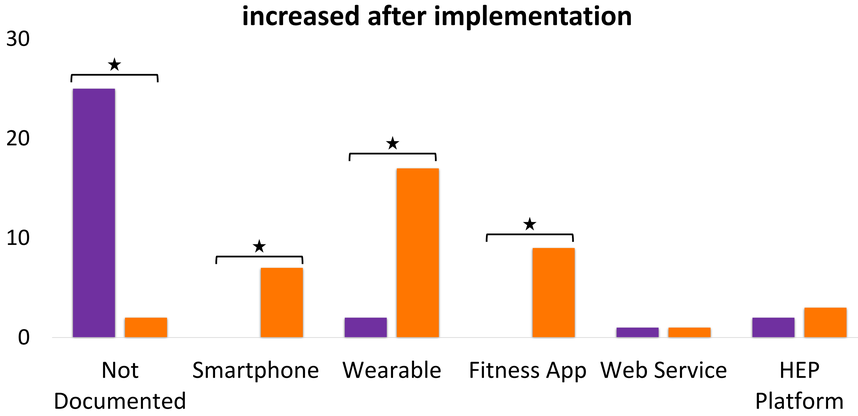
- Implementation aimed to promote the use of DHT and behavior change approaches for exercise adherence in a group of PwP.

Design

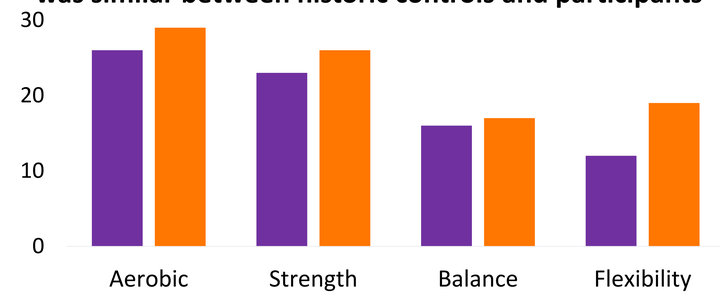
- After implementation, PTs provided care to 30 PwP
- Manual chart review:
  - Historical control documentation (n=30)
  - Participant documentation (n=30)
  - Age & sex matched. Average age: 64.4 & 64.2 years
- **DHT Fidelity Outcomes:**
  - Patient-reported exercise (e.g. frequency, intensity, time, type)
- **Behavior Change Fidelity Outcomes:**
  - Documented reference to DHT (e.g. type of technology, step count, and heart rate-based intensity)
  - Documentation of choices for exercise and DHT
  - Documentation of recommendation for exercise and DHT

Results

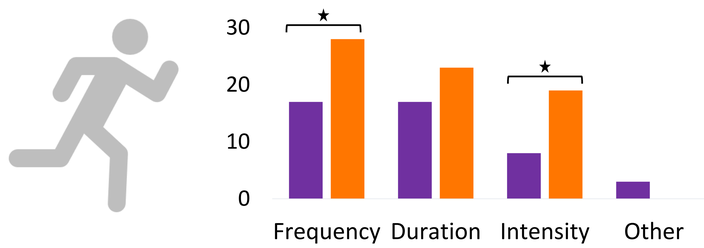
Documentation of DHT use as an exercise tracking tool increased after implementation



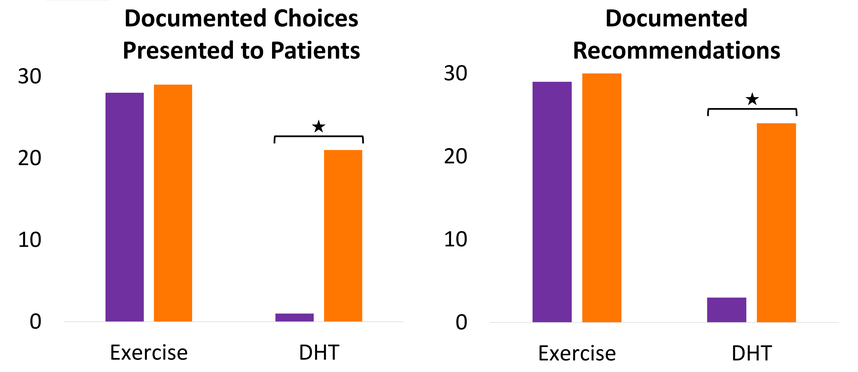
Documentation of baseline types of exercise participation was similar between historic controls and participants



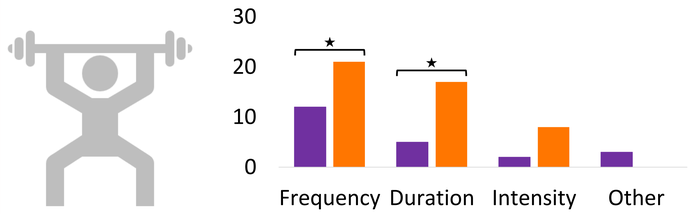
Detailed documentation of baseline <u>aerobic</u> exercise improved following implementation



Documentation of a behavior change approach remained high for exercise and increased for DHT after implementation



Detailed documentation of baseline <u>strengthening</u> exercise improved following implementation



★Significance (p = 0.05)

■ Control ■ Participant

Conclusion & Clinical Relevance

- Targeted implementation strategies resulted in improved documentation of exercise details and DHT use in a group of therapists already documenting information about exercise and shared decision making.
- Use of DHT is not standard practice and PTs benefited from specialized implementation training to better facilitate DHT use and improve detailed exercise prescription and monitoring in PwP.

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