Objectives

- Explore quality improvement (QI) and knowledge translation (KT) practice and research in physical therapy
- Describe strategies to plan, implement and evaluate QI/KT projects
- Develop QI/KT action plans

Overview

- Define and review the history of QI and KT research (10 minutes)
- Review strategies to implement QI and KT projects (10 minutes)
- Project development and feedback by presenters (1 hour)
- Highlight key points from project and new directions (20 minutes)
- Questions and Answers
Quality Improvement

Quality

“A direct correlation between the level of improved health services and the desired health outcomes of individuals and populations” (IOM)

• Linked to service delivery and underlying systems of care
• To change performance (i.e.: improve quality), the healthcare organizations systems of care need to change

Quality of Care Gap (McGlynn, 2003)

Evidence-Based Best Practice Recommendations vs. Actual Care Delivered

54.9% of the time the recommended care was delivered
4 Key Principles of QI


**The Model for Improvement & Plan Do Study Act**

- **What are we trying to accomplish?**
- **How will we know that a change is an improvement?**
- **What changes can we make that will result in improvement?**

- **Plan**
  - Organize a team
  - Examine current processes
  - Identify solutions
  - Develop the improvement theory

- **Do**
  - Test the theory for improvement

- **Study**
  - Use the data to study the results
  - Compare “as is” data to the change and old outcomes

- **Act**
  - Standardize the improvement or determine a new theory
  - Establish future plans

**Quality Improvement Literature in Rehabilitation**

- Adherence to protocols and reduced costs for patients with LBP (Stevens, 2015)
- Promote a culture of mobility in an ICU setting (Harris, 2014)
- Use of registry for outcome measure reporting (Kearns, 2017)
- Opportunity for QI research/publication growth in our field (Jesus, 2018)
Knowledge Translation

“A dynamic and iterative process that includes synthesis, dissemination, exchange and ethically-sound application of knowledge to improve ... health, provide more effective health services and products and strengthen the health care system”

Canadian Institute of Health Research, 2005

• KT Interventions
  • Strategies to promote awareness and implementation of new knowledge

www.KTClearninghouse.ca
Knowledge Translation Interventions

- Theoretically Informed
  (Eccles, 2005; Field, 2010; Hudon, 2014; Kitson, 2008; Sudsawad, 2007)
- Locally tailored
  (Duncan & Murray, 2012)
- Active
  (Grimshaw, 2012; Jones, 2014; Menon, 2009)
- Multi-modal
  (Grimshaw, 2012; Jones, 2014; Menon, 2009)

Knowledge-to-Action Framework:
Barrier Assessment (Duncan and Murray 2012)

- Patients
  - Characteristics
    - [Salbach 2011, Pattison 2015]
- Physical Therapists/Healthcare Providers
  - Knowledge, Education and Perceived value
- Organization
  - Support
- Practice Considerations
  - Time
  - Culture
  - Setting
- External Environment

Intervention Mapping (EPOC)

- Education
- Audit and feedback (Colquhoun, 2017)
- Adherence goal
- Knowledge brokers, facilitators, champions
- Group consensus and engagement (Leehman, 2014)
- Organizational Support (CFIR) (Damschroder et al 2009)
- Environmental Change (Michie, 2008)
- Reminders (Michie, 2008)

Effectiveness of KT Interventions (Grimshaw, 2012)
Outcomes (Straus, 2013)

• Mixed methods
  • Quantitative: survey, chart audit, case vignettes
  • Qualitative: focus group and individual interviews

• Physical therapists
• Patient
• Organization

KT Interventions in Physical Therapy

• General EBP
  • (Christensen 2017; Lizarondo 2012; Moore 2018; Schreiber 2009; Tilson 2014)

• Implementation of CPG (LBP, Stroke, Neck Pain)
  • (Bekkering, 2001; Brenna, 2004; Mear, 2015; Orm, 2016; Schrott 2017; Williams 2014)

• Use of standardized assessments
  • (Christensen 2017; Orm 2016; Willems 2014)

• Specific interventions:
  • Fall prevention (Brown, 2005)
  • Stroke (Connell 2016; Nanninga 2015; Perry 2016)
  • Parkinson’s disease (Leavy 2017)

Project Development

Project ideas and discussion
Project Ideas

- Implementation of Clinical Practice Guidelines
  - Stroke
  - Low Back Pain
  - Neck Pain
  - Fall Prevention
  - Early Mobility in the ICU
  - Outcome Measure

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Implementing Meaningful Projects to Enhance EBP in your Clinic -- Worksheet

What is the goal of your project, i.e., what kind of behavior change would you like to see (best determined by local consensus with buy-in at multiple levels)?

What are the anticipated barriers to this behavior change? Why hasn’t this change already occurred? (e.g., patient characteristics, provider knowledge/education/perceived value, organizational support, practice considerations such as time, culture, setting, external environment, other?)

Develop an intervention plan that considers anticipated barriers. Include a timeline.

How will you monitor behavior change?

How will you evaluate the impact of this behavior change?

What is your plan for sustainability?
References


