



1U4U INNOVATION FUNDING 2020 Projects

PROMOTING PATIENT ENGAGEMENT AND COMMITMENT TO PHYSICAL THERAPY

Chronic musculoskeletal (MSK) conditions are a leading source of disability healthcare costs. Both disability and costs can be reduced with routine physical activity.

Motivational interviewing (MI) is an evidence-based approach for engaging patients to take steps toward health, including physical activity. This project is aimed at establishing training methods to support exceptional quality patient care using several innovative ideas to promote eventual scalability to industry.

In this project, we will use a hybrid training model with online and face-to-face training – similar to the “flipped classroom” method of learning. The total training time is expected to be 5 hours in length. MI skills will be precisely operationalized and practiced rather than focusing on high-level theory. The team will provide clinicians with checklists designed to focus efforts on promoting client engagement and motivation. These efforts should help physical therapists promote patient engagement and improve outcomes. The design will use randomization, standardized patients, and blinded coders to promote confidence in the results.

COLLABORATORS

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PROJECT INFO

FUNDED PROJECT AMOUNT

\$30K