

# SUSTAINABILITY FRAMEWORKS TO SUPPORT PROACTIVE PHYSICAL THERAPY FOR EARLY STAGE PARKINSON'S DISEASE

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## Introduction

### Background:

- The Proactive Physical Therapy (PAPT) program originated in an urban, rehabilitation hospital.
- PAPT targets individuals with early-stage Parkinson's Disease (PD), before the onset of significant gait and balance dysfunctions.

### Purpose:

- To describe program sustainment and spreading in the context of sustainability frameworks.

### Sustainability Definition:<sup>4</sup>

- After defined period of time
- Program, clinical intervention, and/or implementation strategies continue to be delivered,
- Individual behavior change (i.e., clinician, patient) is maintained;
- The program and individual behavior change may evolve
- Continuing to produce benefits for individuals/systems

## Methods

- Knowledge-to-Action Cycle was used to plan PAPT program.
- Implementation strategies were updated to adapt and evolve, with guidance from Dynamic Sustainability Framework.
- Institutionalization to optimize program efficiency & fidelity.
- Evaluation:**
  - RE-AIM was repeated year 1 and 3, to evaluate sustained implementation and scaling.
  - Assessment tools for team input on sustainability
    - NHS Sustainability Model
    - Clinical Sustainability Assessment Tool (CSAT)

**R Reach:** Providers and patients reached by the program

**E Effectiveness:** Outcomes, related to increased exercise

**A Adoption:** Amount of integration at setting and staff level

**I Implementation:** Delivery process fidelity and adaptations

**M Maintenance:** Program sustainability at individual and setting levels

## Key Findings

**Strategies applied required efforts to make them adaptable in a dynamic health care environment.**

### Initial Implementation Strategies

- Provided printable material for program users in order to support staff and improve efficiency.
- Provided one-on-one training for PT champions.
- Provided audit & feedback to staff at monthly meetings.

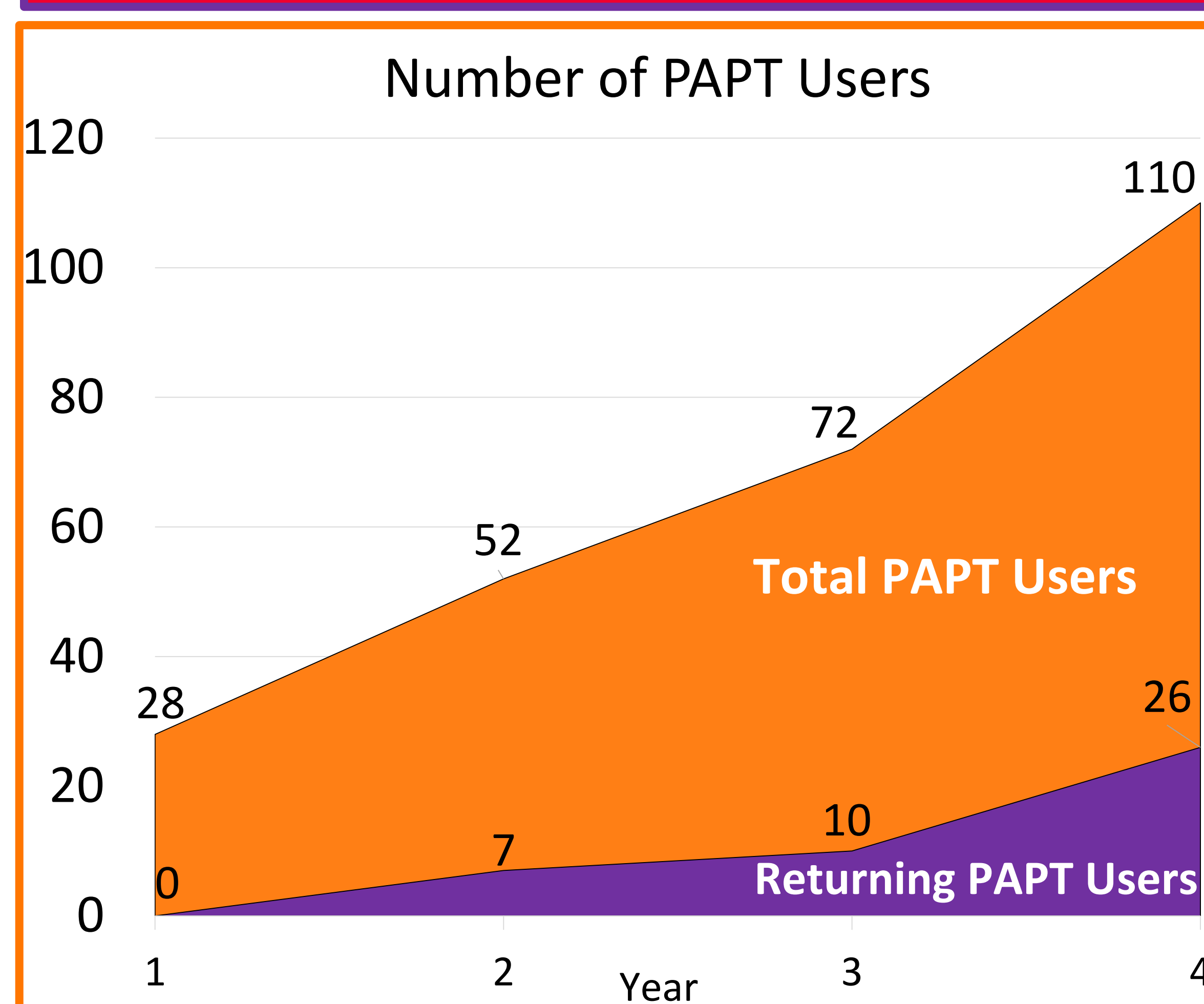
### Adapted Strategies & Institutionalization

- Created electronic shared folders, resources.
- Considered “seasons” of the clinic and allowed for flexible implementation timetable.
- Improved documentation: Mini-BESTest, activity.
- Utilized organizational channels for mentoring staff; developed a webinar available “on demand”.

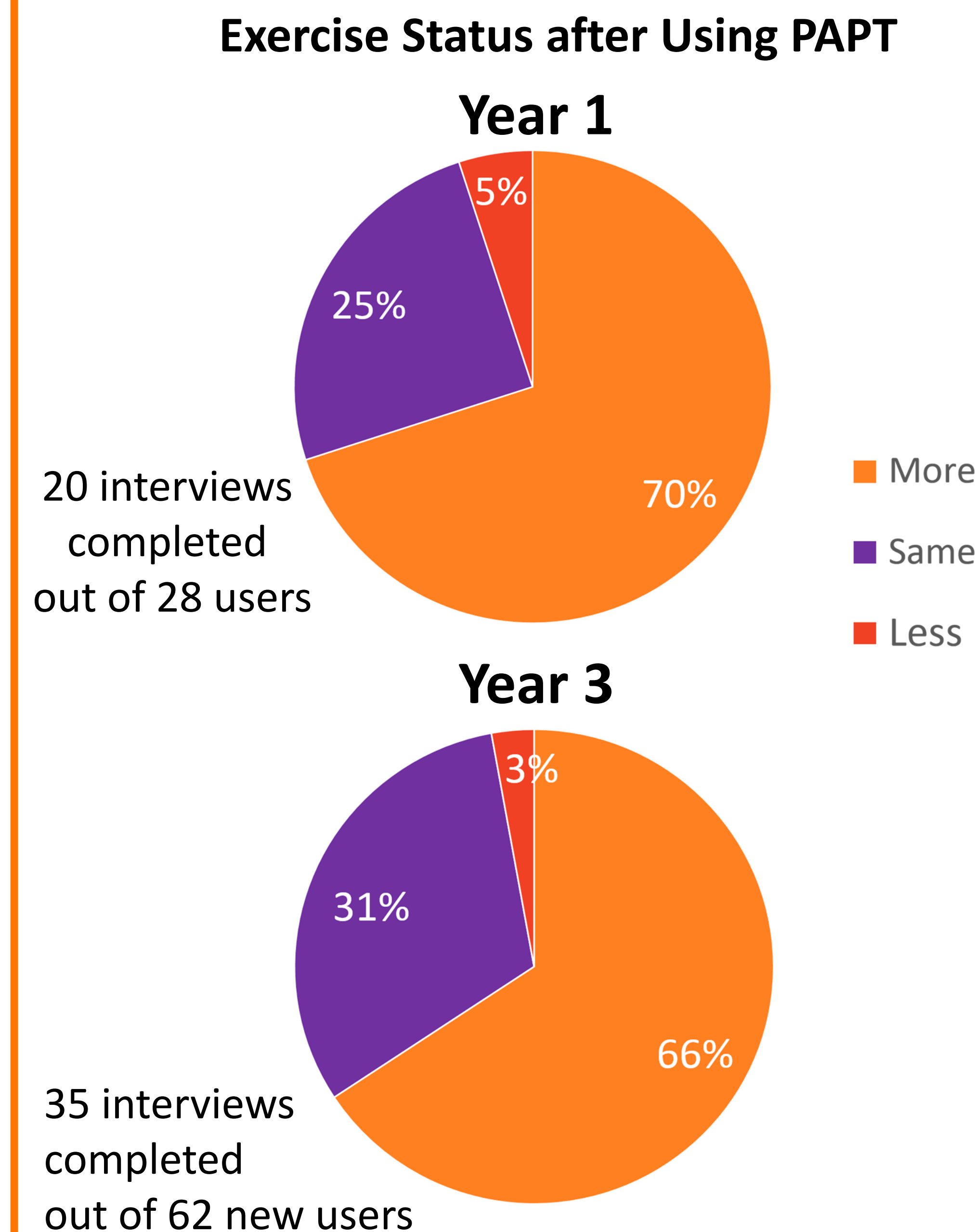
### Sustainability Successes

- Processes:** EMR efficiencies, training and education materials improve access and utilization.
- Staff:** Champion role expanded, Clinical leadership
- Organization:** Organizational culture and support including staff development and interdisciplinary programs grew in this time.

**Reach of PAPT increased and was adopted at 3 sites by a total of 11 clinicians.**



**PAPT effectiveness was maintained from Year 1 to 3.**



**Stakeholders rated PAPT with high marks, indicating high likelihood of sustainment.**

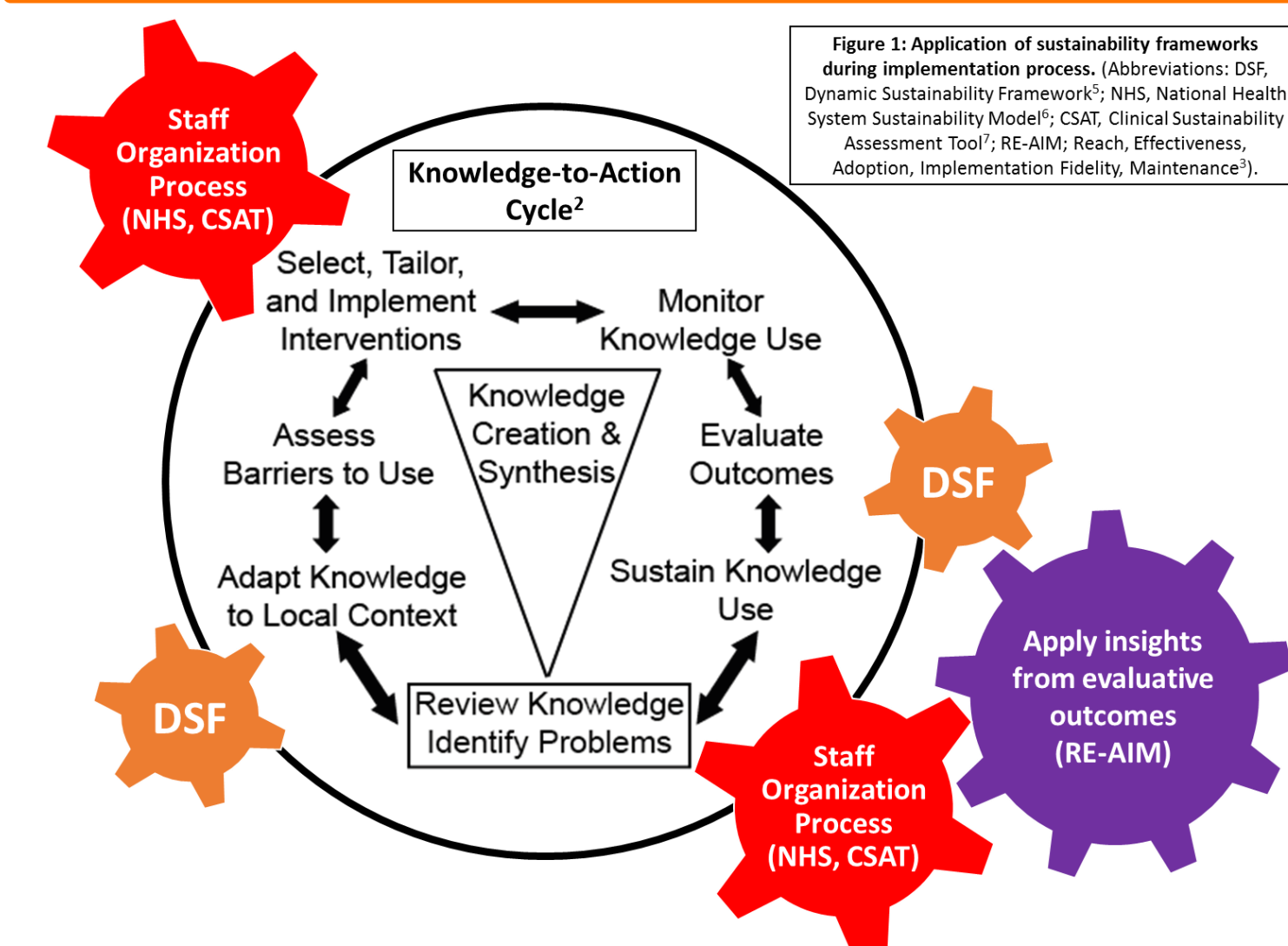
Model/Targeted Stakeholders	Score	Strengths & Opportunities
NHS sustainability model Targeted audience: Clinic champions (n=4)	71/100	(+) Organization culture and support, clinic team (-) One site- opportunity to improve processes, other site- increase staff involvement to sustain
Clinical Sustainability Assessment Tool Targeted: clinic champions (n=4), leadership (n=5), referrers (n=1)	6.1/7	(+)Staff & Leadership (+) Stakeholders (-) Org. Readiness (-) Workflow Integration (+) Implement & Training (-) Monitor & Evaluate (+) Outcomes + >= 6.0; - <6.0

## Discussion

- The PAPT program effectiveness was sustained<sup>4</sup> and spread to three targeted sites.
- Sustainability assessment tools provide insight into the strengths and opportunities for continued benefit to targeted populations.
- Patient and physician stakeholders appear to value the PAPT program.

## Lesson Learned

- Sustainment requires effort and may not always occur without targeted strategies.
- Focus on adaptable implementation strategies and institutionalization when these enhance the fidelity and effectiveness.
- Opportunity to increase sustainability include: location bias, retention of users, plan for assessments at early time points.



## Program Plans

- Program champion role expanded.
- Further program spread
- Marketing of program for increased reach, community awareness, and external referrals sources.
- Tailor ongoing sustainment strategies to opportunities identified with assessments.
- Application of sustainability frameworks in the future.

## References & Funding

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