Pathway to Independence with Self-Efficacy: a Collaborative, Client-Centered, and Interprofessional Approach within an Inpatient Rehabilitation Setting

Annamarie Bernard, OTD/S1
Elena Wong Espiritu, OTD, OTR/L, BCPR1; Carlene Johnson, OTD, OTR/L2
1 Belmont University, School of Occupational Therapy  2 TriStar Skyline Medical Center

Identified Needs & Program Goals

<table>
<thead>
<tr>
<th>Need</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Need #1: New Admission Binder</strong></td>
<td><strong>Goal #1</strong></td>
</tr>
<tr>
<td>Only half of patients and 26% of therapists feel that the current binder is a helpful resource.</td>
<td>Provide patients with knowledge, resources, and tools within the Admission Binder to increase patient self-efficacy (SE) and self-management (SM) skills during their rehab stay and aid in their continuation of care after discharge.</td>
</tr>
<tr>
<td><strong>Need #2: Self-Efficacy &amp; Self-Management</strong></td>
<td><strong>Goal #2</strong></td>
</tr>
<tr>
<td>Only 47% of therapists feel confident about their abilities to increase patient self-efficacy. There is a low percentage of patients having the opportunity to choose direction of therapy and a high percentage of patients not wanting to provide input.</td>
<td>Decrease patient risk of occupational dysfunction by guiding therapist mindset shift in utilizing SM and SE concepts during intervention.</td>
</tr>
<tr>
<td><strong>Need #3: Collaborative Goal Setting</strong></td>
<td><strong>Goal #3</strong></td>
</tr>
<tr>
<td>Only 68% of therapists and 69% of patients feel that patients help to create daily goals. Whereas 75% of patients feel they have a clear understanding of their goals, only half of therapists feel this is true.</td>
<td>Create an opportunity to develop more collaborative, client-centered, and transparent goal-setting.</td>
</tr>
</tbody>
</table>

Program Planning

- **Knowledge**
  - Expectations of Stay
  - Hospital Info
  - Safety Info
  - Patient Rights
  - Discharge Planning
- **Resources on Skyline Intranet**
  - Diagnosis/Condition Education
  - Self-Management
  - Community Reintegration
- **SE, SM, & Goals**
  - University of Washington Self-Efficacy Scale
  - Goal-setting Worksheets
  - Action Planning & Coping Planning

Training for the Pathway Binder

- 14 Training modules (each 15-30 minutes) were provided to Inpatient Rehab therapists, nursing staff, physicians, and case-management. Training included an introduction to the Pathway Binder, its contents, process and use. New or updated tools for addressing SE, SM, and collaborative goal-setting were provided and briefly discussed.
- "Goals" White Boards
  - 10 dry-erase boards were put in 10 patient rooms in which therapists and nursing staff could write weekly patient goals.

Implementation & Evaluation

- Pathway Binders were provided to newly admitted patients each week to ease transition within the first month of use.
- Prior to patient discharge, 25 patients participated in one-on-one evaluation surveys with the EC student.
- Therapist and staff huddles were organized after 2 weeks of implementation. Based on therapist feedback, informational e-mails were provided to therapists on self-efficacy scale and goal-setting worksheets for continued use.
- 17 Inpatient rehab therapists completed an evaluation survey following one month of implementation.

Outcomes & Steps Forward

Pathway Binder

- More than 70% of binders showed some attempt at patient/therapist collaboration.
- 81% of therapists agree that the binder is helpful for patients, families, and staff.

Self-Efficacy (SE) and Self-Management (SM)

- 87% of therapists feel confident addressing patient SE, compared to 47% before implementation.
- At least half of therapists feel that the UW-SES has been helpful in addressing patient SE.
- 81% of therapists feel that since the binder’s implementation, they have incorporated SM concepts more during their intervention.

Collaborative Goal-Setting

- “Goals” white boards were the most consistently and frequently used tool by OT, PT, ST, and nursing staff.
- At least half of therapists feel that the goal-setting worksheet has been valuable to their treatment.
- All patients felt they had a clear understanding of their rehab goals, and 88% of therapists agreed this is true.

Steps Forward: Barriers to Consider for Sustainability

- Time within therapy to address SE, SM, and goals.
- Consistency of use between all disciplines.
- Adjusting binder process for increased efficiency.
- Changes within the binder (e.g. more patient-friendly language).
- Change is a continuous process as staff adjust to a new routine.

Acknowledgements

Thank you to the Skyline Inpatient Rehab staff, my Expert Mentor, the Administrative Rehab Director, and my Faculty Advisor for their assistance and efforts through this challenging and rewarding EC experience.
• [Belmont University Logo]. Retrieved April 13, 2017 from
https://www.brandsoftheworld.com/sites/default/files/styles/logo-
thumbnail/public/102013/belmont_university.png?itok=mOl7wmke
• [TriStar Skyline Medical Center Logo]. Retrieved April 13, 2017 from http://tristarskyline.com/contentAsset/raw-
data/47cb510a-b910-439d-8a9c-dd5cfae6096a/fullColorLogo
Washington self-efficacy scale: a New self-efficacy scale for people with disabilities. Archive of Physical Medicine and
Rehabilitation, 93, 1757-65. http://dx.doi.org/10.1016/j.apmr.2012.05.001
275-302.
• CDC. (2016). Tennessee demographics by disability status and types state profile [webpage]. Retrieved from
https://dhds.cdc.gov/profiles/profile?profileId=26&geoTypeId=1&geoIds=47
occupationaltherapyaustralia.pdf
Therapy, 63(5), 200-204.