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# Changes in Knowledge and Confidence of Potential Clinical Practice Guideline Developers in Physical Therapy

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with help from

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Matt Elrod PT, DPT, MEd, NCS - APTA Department of Practice, workshop coordinator

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# Organic History of the Need for CPGs in PT

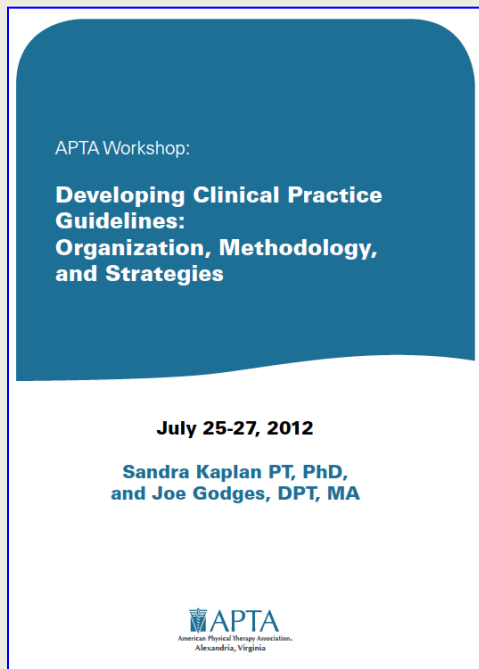
- American Physical Therapy Association (APTA) - promoting EBP in curricula
- California PTs – needed guidelines to support payment
- Joe Godges and James Irgang (PTs) - long term plan for the APTA Orthopedic Section to develop guidelines
  - Divided the body into parts and set up CPG groups
  - Currently have 8 CPGs published: Ankle Sprain, Adhesive Capsulitis, Neck Pain, Low Back Pain, Hip Osteoarthritis, Meniscal and Articular Cartilage Lesions, Knee Ligament Sprain, Achilles Tendinitis, Plantar Fasciitis
- APTA Pediatric Section - Knowledge Translation Task Force (SLK - Chair) generated suggestions, including developing CPGs
  - First CPG team began meeting in 2010 (SLK - GDG leader)
  - 1st CPG published in 2013 on Congenital Muscular Torticollis.
  - SoP guidelines for developing CPGs published, 2013

# APTA Initiatives

- Foster the use of evidence based practice
- Facilitate moving knowledge into practice
- Facilitate development of CPGS
  - Joe Godges and I - invited to develop a workshop for CPG teams.
  - July 2012 - 1st workshop with 12 teams from 11 Sections (n=30); 1 revision team
  - July 2013 - 2nd workshop with 12 Teams with representatives from 14 Sections (n=36)

# Workshop Structure

- Teams of 2-3 members supported to attend
- 2.5 day program
  - Day 1 - Big picture of Section roles, capacity development
  - Day 2 - Nitty gritty of CPG development process
  - Day 3 - Publication and post publication processes
- Blueprint workbook
  - Lecture followed by discussion/consultation time within teams to identify plans and resources, or questions that need follow-up by Section leadership or other team members.
  - Teams documented plans and questions in their workbook
  - Submitted for continuing education credits
  - JG and SK provided post workshop suggestions for blueprint



# Foci of the Presentation



- Measures of short term changes on 26 questions
  - Likert scales 1-5
  - Knowledge of CPG development steps
    - Have done this - Don't know how
  - Confidence to execute the CPG development steps
    - Confident I can complete this step – Not confident I can complete this step

# The Participants

- **2012**
- **30 Individuals**
- **11 APTA Sections**
  - Acute Care
  - Cardiopulmonary
  - Federal
  - Geriatrics
  - Hand Rehabilitation
  - *Home Health*
  - Neurology
  - Oncology
  - Orthopedics
  - *Pediatrics*
  - Women's Health
- **2013**
- **36 individuals**
- **14 APTA Sections**
  - *Acute Care*
  - Aquatic
  - *Cardiopulmonary*
  - Electro/wound Management
  - *Federal*
  - *Geriatrics*
  - *Hand Rehabilitation*
  - Health Policy
  - *Neurology*
  - *Oncology*
  - *Orthopedics*
  - Research
  - *Sports*
  - Women's Health

# 2012 Pre-Post Workshop Levels (n= 29)

Possible range of total score 26-130

## Pre Knowledge

Response range 1.77 - 4.07

Average Total Score = 74.21 (SD=17)\*

## Post Knowledge

Response Range 1.55 - 2.39

Average Total Score = 51.38 (SD=11)\*

## Pre Confidence

Response range 1.97 – 3.45

Average Total Score = 71.93 (SD=19)\*

## Post Confidence

Response range 1.52 – 2.32

Average Total Score = 49.10 (SD=14)\*

Lower scores = higher ratings of knowledge and confidence,

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**8 of 10 groups are developing a CPG or other guidance document.**

# 2013 Pre-Post Workshop Levels (n=24)

Possible range of total score 26-130

## **Pre Knowledge**

Response range 2.24 - 4.18

Average Total Score = 85.12 (SD=18)\*

## **Post Knowledge**

Response Range 1.87 - 2.80

Average Total Score = 60.37 (SD=13)\*

## **Pre Confidence**

Response range 2.36 - 3.88

Average Total Score = 82.41 ( SD=20)\*

## **Post Confidence**

Response range 1.91 - 2.63

Average Total Score = 58.20 (SD=20)\*

Lower scores = higher ratings of knowledge and confidence,

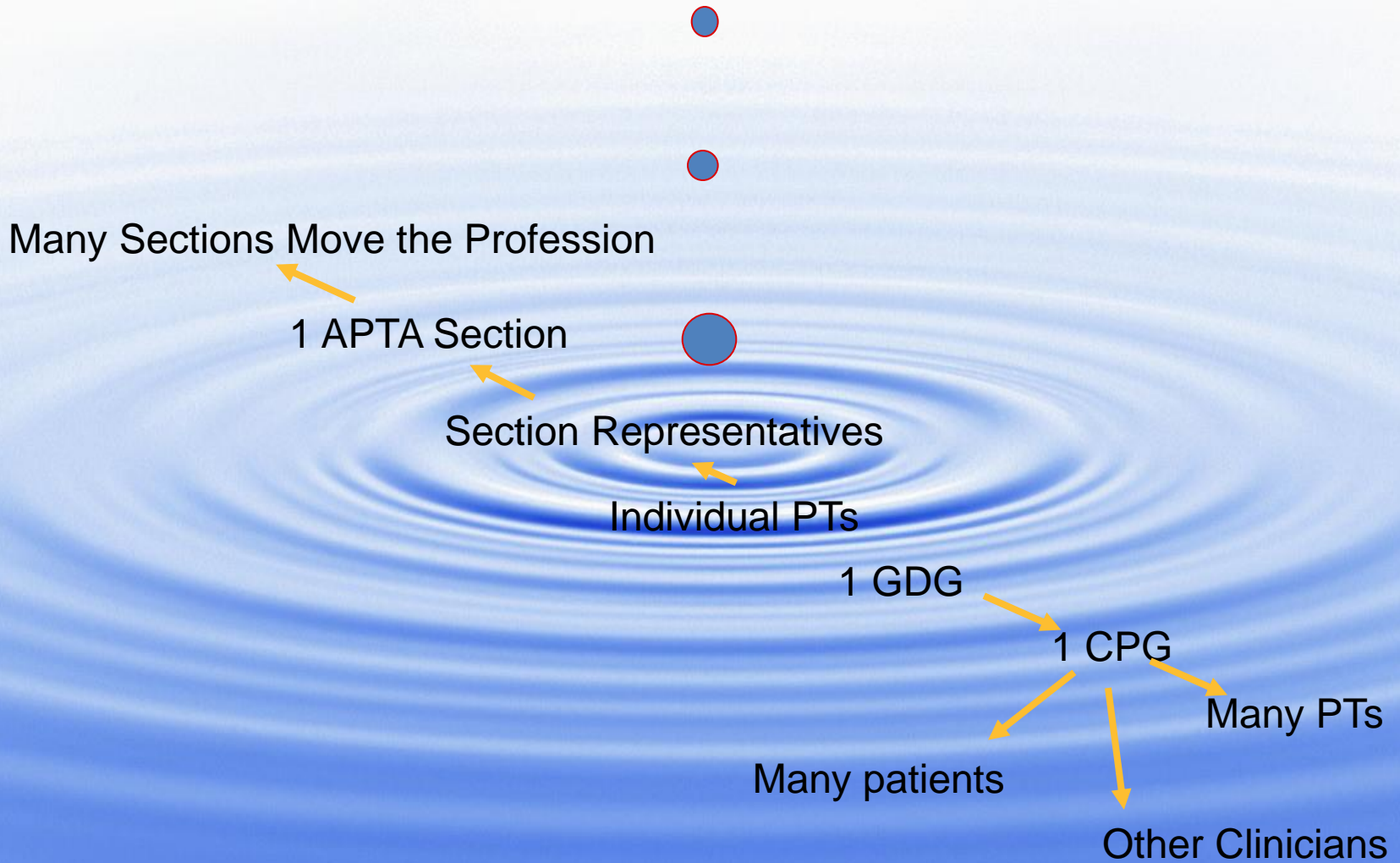
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# Workshop Effectiveness

- Increased perceived knowledge & confidence for developing CPGs
  - Highest Baseline Skills Comfort
    - Searching
    - Critical appraisal and synthesis
  - Lowest Baseline Skills Comfort
    - Organizational strategies
    - Conflict of interest disclosures
    - Post publication tasks
    - Training younger CPG contributors
- Teams effectively grappled with:
  - Identifying resources
  - Defining or narrowing the scope of an intended CPG
  - Weighing organizational strategies
- Individual Section representatives
  - Determined broader planning issues and strategies for Section
  - Identified possible collaborating Sections

# Our big "Aha"



# Future Plans

- February 2014 - meet with interested groups at professional annual meeting to:
  - Provide support
  - Answer questions specific to the phase of development for CPG teams
  - Meet with Section leadership about support and planning
    - Fiscal planning for GDG support, publication
    - Topic selection
    - Capacity building
- Grants to support CPG development
  - 5 Grants awarded in 2012-2013 (September + March)
  - 2 Grants submitted in 2013 (September) (Another call in March)
- Critical appraiser training
- Development of quantitative critical appraisal tools
  - Experimental interventions - pilot testing now

# Questions and Comments?

*Many Thanks to the EBHC Conference  
Organizers for this Opportunity*

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