

Academy of Orthopaedic Physical Therapy, APTA, Inc.

Grant Program Annual Progress Report Form

Date: March 29, 2022

Name of Investigators: Chad Cook PhD,PT,MBA,FAAOMPT

Name of Grant: "Can an intervention aimed at patient education, engagement, and cognitive restructuring improve functional outcomes and well-being for patients with rotator cuff related shoulder pain? A Pragmatic Randomized Clinical Trial"

Award Period: 3/22/2018 to 4/30/2020 (Initial award date – date on contract as start date)

Current Year of Award completed (circle one): 1st, 2nd, **no-cost extension year**

Progress reports are due no later than 1 year plus 10 days after the initial award date. Failure to submit a timely progress report may result in the termination of your award.

1. Summary of accomplishments in the past year:

During the current reporting period, project activities have focused on continued recruitment and enrollment, and maintaining uniform delivery of the study interventions. These activities included:

Study team meetings with physical therapy providers to ensure fidelity of treatment: four hours per month are scheduled for treating physical therapists to meet together to review ongoing study activities, discuss patient progressions with the phased treatment progression, and to review treatment fidelity checklists

Health coach intervention and training to ensure fidelity of PEERC intervention: Health Coach training provided by Dr. Cook which includes a grid of the strategies, skills, goals and objectives for each of the six phone calls.

Study maintenance activities: institutional required administrative tasks, creation/printing of materials, creation and implementation of documentation templates, annual IRB continuing review submitted and approved.

Identification and recruitment of potential subjects: Continued Introduction of the research study to new referring providers and potential recruitment sources

Enrollment: Total enrollment is currently 55 subjects. To optimize enrollment, changes were made to the recruitment and enrollment procedures, but not to the study design or interventions. These changes include:

- a. Allowing patients to use an electronic consent platform rather than scheduling in-person consenting.
- b. Providing a flyer/handout for physicians to distribute to potential subjects that will facilitate recruitment
- c. Providing a scripted email to be sent to potential subjects who meet study criteria rather than require this be done in person.
- d. Optimizing scheduling availability for treating therapists
- e. Utilizing an EMR schedule feature that will allow for the study team to easily identify potential subjects that are scheduled for a PT evaluation.

Ongoing activities: Recruitment and enrollment of subjects, medical record review by non-treating clinicians to ensure treatment fidelity, database entry, and continued 6 month contact with subjects for final follow up questions.

Complete Continuing Review. The IRB Continuing Review was approved in November 2020.

2. Provide a one-paragraph summary of results or abstract suitable for posting on the Academy website.

Fifty five subjects with rotator cuff related shoulder pain have been enrolled in this study which aims to influence patients' expectations of physical therapy outcomes which will have a positive impact on patient satisfaction and function. We have implemented a comprehensive intervention that involves Patient Engagement, Education, and Restructuring of Cognitions (PEERC) that is designed to change expectations. A health coach, who will integrate educational techniques and engagement strategies with home-based cognitive restructuring, will deliver the PEERC intervention as an addition to the pragmatically delivered physical therapy intervention. The outcomes of this group will be compared to a group receiving the same

pragmatically delivered physical therapy intervention without the addition of the PEERC protocol. Because enrollment is ongoing, analysis has not yet been performed and therefore no results are available.

3. Attach a list of your publications published or accepted during the past year, or currently being written. Send reprints when available. List presentations made and abstracts accepted for presentation based on this work. Indicate with an asterisk (*) those publications supported by Academy of Orthopaedic Physical Therapy funding.

Enrollment and data collection is ongoing. However, the study team has published a protocol paper for *BMC Musculoskeletal Disorders*:

Myers, H., Keefe, F., George, S.Z., Kennedy, J., Lake, AD., Martinez, C., Cook, C. The Influence of a Cognitive Behavioral Approach on Changing Patient Expectations in for Conservative Care in Shoulder Pain Treatment: a pragmatic randomized controlled trial. *BMC Musculoskeletal Disorders*. 2021 Aug 24;22(1):727. [doi: 10.1186/s12891-021-04588-9](https://doi.org/10.1186/s12891-021-04588-9)

4. Provide a budget, using the original approved budget. Indicate total funds spent to date per major categories. If there was $\geq 25\%$ deviation (greater or less spent) of use of funds for any of the budget category, please BRIEFLY indicate the rationale. (See example below)

EXPENSE CATEGORY	Budgeted Amount for Year 2	Actual Amount Spent in Year 2	Amount Remaining in Year 2 budget		
Salary	27,427	26,347	1,080		
Fringe Benefits	6,914	6,914			
Other Expenses	4,999	2,156	2,843		
TOTAL	39,340	35,417	3,923		

5. Objectives for the next year:

Over the next year, the study team aims to:

Terminate enrollment. The team aims to enroll subjects through April 2022, at which point, we will terminate new enrollment and will continue follow up on all active subjects.

Complete Study Activities. This includes interventions, data collection, data entry, and analysis.

Submit for publication. The study team will aim for abstract submission in June 2023 and subsequent manuscript submission.

Publish Results. The team intends to submit results for publication prior to the end of Q2 2023. We aim to target a journal that specializes in publishing papers in which enrollment has been affected by COVID 19.

Your Signature

Date

Return to:

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