

# Academy of Orthopaedic Physical Therapy, APTA, Inc.

## Grant Program

### Annual Progress Report Form

Date: April 1, 2019

Name of Investigators: Chad Cook, PT, PhD and Heather Myers, PT, DPT

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):  1<sup>st</sup>  2<sup>nd</sup>, no-cost extension year (3<sup>rd</sup>)

**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 reporting period, project activities focused on study preparation, opening enrollment, and maintaining uniform delivery of the study interventions. These activities included:

**Training of physical therapy providers to ensure fidelity of treatment:** two half-day training sessions were completed with the research team in May 2018. This included a lab session for review and practice with examination measurements and procedures to ensure uniformity across therapists. A study treatment manual is provided for each therapist. Along with the manual, each therapist received a file of materials for use throughout the treatment duration which includes outcome measures, handouts, a quick reference flow diagram of the study timeline, and a quick reference table of the phased treatment progression.

**Preparation of health coach intervention and training to ensure fidelity of PEERC intervention:** Two half-day training sessions among health coaches with Drs. Keefe, George, and Cook to develop the PEERC program for desired intervention effect. This was followed by training sessions among health coaches. A chronological outline of goals for each session was completed. Each health coach was provided with a grid of the strategies, skills, goals and objectives for each of the six phone calls.

**Creation of a "Shoulder Booklet" and an interactive website to supplement patient education:** Both the shoulder booklet and the website is referenced during the PEERC intervention phone calls. All patients in the study are provided the booklet at visit two, and the website at visit 4.

**Study start-up activities:** institutional required administrative tasks, creation/printing of materials, creation and implementation of documentation templates, creation of home exercise program templates for commonly prescribed exercises in the phased progression.

**Introduction of the research study to referring providers and potential recruitment sources**

**Enrollment:** Enrollment of first subject on 9/18/2019. Total enrollment is currently 17 subjects (as of 3/15/19).

**Ongoing activities:** Record review by non-treating clinicians to ensure treatment fidelity, database entry, monthly meetings among treating therapists

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

Seventeen 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 **P**atient **E**ngagement, **E**ducation, and **R**estructuring of **C**ognitions (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. No publications or abstracts have been submitted during the first year.

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.


EXPENSE CATEGORY	Budgeted Amount for Year 1	Actual Amount Spent in Year 1	Amount Remaining in Year 1 budget	Budgeted for Year 2	Projected Expenditure in Year 2
Research personnel	15,711.75	15,322.60	556.23	6,466.17	6,466.17
Other	556.23	556.23	0	556.23	556.23
<b>TOTAL</b>					

(Explanation): We had fewer subjects enrolled than expected. As such, we've removed researchers from the 2<sup>nd</sup> year budget and are looking to shift costs from the operating budget that covered researchers who did not provide effort in year one for year two. We also fully expect a no cost extension for year three

5. Objectives for the next year:

The primary objective for the next year is to continue enrollment of subjects. Data collection, monitoring of intervention delivery and maintenance of institutional approval will continue. Although our secondary objective was to complete data entry and perform analyses with the intent to disseminate our findings in the form of abstracts and manuscripts, it will likely be year three to complete our enrollment.

  
Your Signature

  
Date

Return to:

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