

# Academy of Orthopaedic Physical Therapy, APTA, Inc. Grant Program Annual Progress Report Form

Date: April 1, 2020

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

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 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 source, currently exploring the utility of a new feature within the medical record system that will automatically populate a list of potential subjects based on inclusion/exclusion criteria.

**Enrollment:** Total enrollment is currently 34 subjects.

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

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

Thirty four 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.

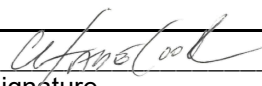
3. Attach a list of your publications published or accepted during the past year, or currently being written. Send reprints when available. List presentations made and abstracts accepted for presentation based on this work. Indicate with an asterisk (\*) those publications supported by Academy of Orthopaedic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

Enrollment and data collection is ongoing. No publications or abstracts have been submitted during this year. However, the study team is drafting a protocol paper for *Trials*, a BMC Series journal, that is currently in pre-submission.

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	\$22,361	\$5,066		
Fringe Benefits	\$6,914	\$6,004	\$910		
Other Expenses	\$300	\$196	\$104		
Patient Reimbursements	\$4,700	\$1,160	\$3,540		
<b>TOTAL</b>	<b>\$39,340</b>	<b>\$29,525</b>	<b>\$9,620</b>		

5. Objectives for the next year: We plan to increase efforts toward enrollment. We may include an additional site and we will look at using the EMR to improve enrollment locally.

  
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 Your Signature

4-2-2020  
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 Date

**Return to:**

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