#### IRB SYNOPSIS OF PROPOSAL

IRB# 2009K7294

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THE CORRELATION OF PHYSICAL THERAPY TESTS AND MEASURES

WITH RETURN DEMONSTRATION OF THE PHYSICAL THERAPY HOME EXERCISE PROGRAM.

1. A convenience sample will be used for this research. Power analysis determined that 75 participants will need to be recruited. Adult subjects ranging in age from 18-55 will be in this study and demographics on age and sex and diagnosis will be collected. These subjects will have an orthopedic diagnosis related to a hip and/or knee disorder, will not have documented neurological co-morbidities, and will be able to read and write English. The subjects will not be competitive athletes (group or individual). The subjects will be receiving physical therapy treatments at Texas Orthopedic Hospital (TOH) in Houston, Texas referred to PT by a qualified practitioner.

2. Participants will have a referral for physical therapy to Texas Orthopedic Hospital physical therapy. Using the criteria established by the researcher patients coming to physical therapy will be identified by the scheduling coordinator at Texas Orthopedic Hospital. Once identified, based on the criteria, the eligible participants will be given an “invitation to participate” letter (the letter is included). After reading this letter, if the participants agrees, the scheduling coordinator will give the participant a consent form (the consent form is included) to read and sign. Once the consent form is signed the scheduling coordinator will assign the participant a case number and all test results will be recorded using this case number. The scheduling coordinator will keep the consent form in a locked compartment at Texas Orthopedic Hospital.

3. Participants scheduled for outpatient physical therapy will be identified and screened for the study based on the criteria established by the researcher. Participants who do not meet these criteria will not be included.

The scheduling coordinator at TOH will offer an invitation to participate letter to eligible participants, obtained a signed consent form, and enroll the participants in the study. The participant will be assigned a case number and the physical therapy outpatient chart will be identified as part of the study. The treating physical therapist will include identified data collection from tests and measures as part of the patient’s initial visit in the physical therapy outpatient department and record this data for the researcher using the patient’s assigned case number. All data will be collected on three tests and measures (copies of tests are included) on the first visit in physical therapy. On the first visit the physical therapist will give the patient a written home exercise program designed by the physical therapist based on the referral and the physical therapists assessment of the patient. At discharge the patient’s ability to demonstrate correctly the home exercise program will be scored using the home exercise program performance and demonstration measure (copy of test is included). Patient demographics (age, sex and diagnosis), the scores on the initial tests and measures and the scores on the home exercise program performance and demonstration measure will be collected by staff at TOH and provided blindly (based on the participants assigned case number) to the researcher. The researcher will not have access to the patients medical or physical therapy chart or any other information on the patients.

Tests and measures used by the researcher are the Neurobehavioral Cognitive Status Examination (CogniStat), used to assess the participants cognitive domain; Health Survey Short Form (SF12), used to assess participants affective domain and the Patient-Specific Functional Scale (PSFS), used to assess the participants psychomotor domain.

The data collection tool for the home exercise program performance and demonstration (return demonstration) is taken from a study investigating modes of teaching exercises to patients referred to physical therapy.

4. Participants are patients referred to physical therapy by a qualified MD. The physical therapist will evaluate and conduct the tests based on the physician referral, the diagnosis, and the findings of the initial physical therapy visit. There are no risks associated with collecting the data on these tests. All patients seen for physical therapy at Texas Orthopedic Hospital verbally agree to participate and this is documented by the physical therapist in the patient’s medical record before beginning physical therapy.

Alternative methods were not considered for this research.

5. All participants are under the medical supervision of the referring MD while receiving physical therapy. The physical therapists doing the testing are licensed by the State of Texas to practice physical therapy. Texas Orthopedic Hospital is an accredited hospital. Confidentiality will be maintained as each patient will be assigned a case number and all test results will be supplied to the researcher using this case number. The researcher will have access to the test results based on the case number, and the age, sex and diagnosis of the patient. No other information will be provided to the researcher. The researcher will not have access to any other medical information.

6. Currently there is no research relating physical therapy tests and measures to the patient’s ability to correctly perform and return demonstrate the home exercise program. There is no research to guide the physical therapist in using the results of tests and measures to predict the patient’s ability to perform correctly and demonstrate the home exercise program. This research will add to the body of knowledge related to physical therapy and the physical therapy patients’ ability to correctly perform and demonstrate the home exercise program.

Outcomes research “has provided the foundation for measuring the quality of care”. Identifying the relationship between tests & measures and performance of the home exercise program, combined with the use of adult learning principles, could produce improved outcomes for the physical therapy patient.

7. There is no compensation offered or provided to the participants. No extra credit is provided as an incentive.

8. The participants are patients referred to physical therapy by a qualified MD and evaluated by a licensed physical therapist. The participants are receiving physical therapy based on the MD referral and the physical therapists evaluation. The tests and measures are part of the physical therapy assessment. Instruction in a home exercise program is part of the physical therapy intervention. There are no additional risks for the patients as only the test results will be provided to the researcher. The benefits will be a result of the outcome of the research.

9. Texas Orthopedic Hospital physical therapy, Houston, Texas will be the data collection site. IRB approval from this hospital is pending.

10. I am a student in PhD Education program. This is a dissertation as required for successful completion of my PhD. Dr. Steve Furney is my committee chair.

11. My proposal has been approved by my committee.

12. IRB at Texas Orthopedic Hospital is reviewing this research – approval is pending

13. My dissertation will be based on this study and further educational conference papers or professional journal articles may be generated. All individuals interested in the results of this study will have access primarily by the published dissertation via ProQuest (Dissertations and Abstracts) and any published articles.