

PT Observation Protocol

TREATMENT

GYM

WAITING ROOM (circle one)

Location:

Date:

Observer:

Start Time: _____ End Time: _____

Visit #:

Page __ of __

Descriptive Notes (5 minute increments)

Reflective Notes

WAITING ROOM	
Physical Activity Resources – briefly describe	# / Activities of Patients while waiting
___ Brochures ___ # of persons viewing	___ Reading waiting room materials
___ Posters ___ # of persons viewing	___ Using cell phone
___ Other _____ ___ # of persons viewing	___ Talking with others
___ Other _____ ___ # of persons viewing	___ Other: _____
	___ Other: _____
<i>Sketch of Observation Area</i>	
Summary/Memo	

PT Observations Protocol

Ground rules

- Focus on older adult patients.
- In gym, OK to focus on the patient from the Tx room and other older adult patients and staff.

OBSERVATION PROTOCOL (PINK SHEET)

- Timeline/time-stamp
- Focus on both the patient and the PT
- Key quotes (“I’m older not old, there’s a difference”)
- Capture elements of Integrated Belief Model (self-efficacy, norms, attitudes, etc.)

Descriptive Notes – describe what you see

- Focus on what is happening (e.g. engagement, assessment, therapy, demonstration, practice, small talk, questions, etc.) and what is being discussed (balance, injury, goals, etc.)
- Barriers and facilitators that patient and PT identify to physical activity
- Capture how the discussion is happening (e.g. whether patient or PT brings up a topic, whether the PT uses close- or open-ended questions)

Reflective Notes – reflect on what you are seeing

- Non-verbals - How was the rapport between the PT and patient?
- Opportunities for PT-REFER study and other health promotion efforts (EF/physical activity, falls, depression, etc.)

ORANGE SHEET/TREATMENT ROOM SUMMARY

- Capture what physical activity is being discussed (e.g. walking, gym, etc.)
- Include exercises at home (part of PT)- be specific if talking about HEP

PA Summary (top of page)

- PA resources discussed
- Take materials if you are allowed to

Observation area (middle of page)

- Include furniture and equipment, posters on the walls, brochures and magazines. Only have to make once if multiple observations. Note opportunities for PT-REFER/EF.
- Also indicate where people are in the area and things that you cannot see (e.g. music playing)

Summary/memos (bottom of page)

- Prepare immediately following the observation to capture key points
- Brief summary of visit
- Opportunities and barriers for physical activity
- Patient/provider communication
- Strong impression

WAITING ROOM

- Number of patients and what activities patients are doing
- Take notes about feel and how people are using the space