



# Changing clinician behaviour to optimise rehabilitation outcome: an in-depth examination of a knowledge translation process

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## BACKGROUND

- “Adherence” is associated with better outcome from musculoskeletal physiotherapy
- But, rates of non-adherence are as high as 70%
- A combination of person-centred practice and behavioural strategies may optimise adherence
- However, integration of these into routine physiotherapy practice has proven complex

## AIMED TO:

- Test the feasibility of an active, multi-component knowledge translation intervention to support integration of person-centred and behavioural strategies into musculoskeletal physiotherapy
- Use this long-standing knowledge transfer problem as an exemplar issues to critically explore the process of knowledge translation in a rehabilitation context

## INTERVENTION



## PARTICIPATING LOCALITIES

Clinic One (n=5 physiotherapists)	Clinic Two (n=4 physiotherapists)
29 (range 23 – 42) yrs old	41 (range 37 – 43) yrs old
4 (range 1.5 – 8) yrs experience	18 (range 12 – 22) yrs experience
Knowledge broker: 34 yrs old; 12 yrs experience	Knowledge broker: 37 yrs old; 8 yrs experience

## KNOWLEDGE UPTAKE IN ACTION



CONDITIONS	CONSEQUENCES	CONDITIONS	CONSEQUENCES	CONDITIONS	CONSEQUENCES
Perceived value/need Service structures Knowledge broker	Consolidating Developing coherence Seeing the possibility	Knowledge broker Simple/intuitive Perceived expectations	Developing Capability Recognising value Tailoring	Reflection on practice Seeing results Professional identity	Feeling empowered Feeling good Making a difference

*“Someone who is going to **do research and talk you through it.** But, then she is really good at **putting things into laymen’s terms** or she **does a lot of background work** as well and then will **come on the day with her ideas ready and waiting to go**”*

*“Almost day one I could bring those in [one of the tools]. And I think its because it was **easy to remember, simple, straight forward.**”*

*“So, yeah... it was like, **not until I started to utilise them and seeing the benefit** that people gained from the tools, **did I actually realise the value of them.**”*