

## A Constellation Of Opportunity: Understanding Physical Therapist's Scope in the Context of Well-Being

### Full Name with credentials

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### Instructional Level

Multiple

### This presentation falls into the following category:

Communication, Professionalism, Self Care

Other

### Course Description

On average, Physical Therapists get a cumulative 3 to 6 hours of face to face time with their patients per episode of care. This is more than the time that patients get with their specialists and Primary care doctors who often suggest lifestyle changes. We are positioned to help address and coach our patients through lifestyle behaviors that are beneficial to overall tissue health and general well-being. Evidence suggests that taking and making every contact count approach can assist in the changes needed to support our patients and clients in a meaningful way. Seasoned and early career clinicians have variable personal scope in their ability to discuss and promote wellness and recovery through topics such as sleep hygiene, behavior change, stress management, general exercise recommendations, and nutrition. Closing that gap would allow us all to better serve our patients. The goal of this presentation is to equip attendees with a deeper understanding of how to discuss and integrate general principles of recovery and provide opportunities for purposeful practice in implementing these skills.

### Learning Objectives

1. Understand the importance of health promotion in physical therapy and its impact on overall health and wellness.
2. Identify the key components of a successful health promotion program in physical therapy, including patient education, lifestyle changes, and exercise prescription.
3. Learn how to assess a patient's readiness to change and tailor health promotion interventions accordingly.
4. Understand the principles of motivational interviewing and how it can be used to promote behavior change in patients.
5. Explore evidence-based strategies for promoting healthy lifestyle behaviors, such as exercise, diet, and stress management.
6. Understand the role of physical therapists in coordinating care with other healthcare professionals and community resources to promote optimal health outcomes for patients.
7. Identify barriers to effective health promotion and strategies for overcoming these barriers, including cultural and linguistic barriers, lack of access to resources, and patient resistance.
9. Identify resources for continuing education and professional development related to health promotion in physical therapy.

### Key References: Minimum of 5 current references

1. Understanding physical activity promotion in physiotherapy practice: A qualitative study

Behavior Change Interventions for Health Promotion in Physical Therapist Research and Practice: An Integrative Approach

2. Sleep Health Promotion: Practical Information for Physical Therapists

3. Are education, exercise and diet interventions a cost-effective treatment to manage hip and knee osteoarthritis? A systematic review

4. Physiotherapists' Perceptions of the Influence of Their Health Behaviours on Their Advice to Patients

5. Future-proofing the Profession: Physiotherapists' perceptions of their current and emerging role

6. Characteristics of Population-Based Practice in Physical Therapy

7. Integrating Motivational Interviewing in Pain Neuroscience Education for People With Chronic Pain: A Practical Guide for Clinicians

8. A Framework and Resources for Shared Decision Making: Opportunities for Improved Physical Therapy Outcomes

9. How useful is the Making Every Contact Count Healthy Conversation Skills approach for supporting people with musculoskeletal conditions?

Speaker 1 brief bio:

Natalee G Cifuentes is a Residency-Trained Physical Therapist at Hartford Healthcare Rehabilitation Network. She has 7 years of experience as a PT in the outpatient orthopedic setting. She values interdisciplinary care and teaching patients how to advocate for themselves. She puts a great deal of creativity and passion into her patient care. She believes soft skills are just as important as hard skills. Natalee also serves as an adjunct instructor at the University of Hartford. She is involved in the APTA Connecticut DEI&B committee and has presented on the topic of Trauma-Informed Care.

Speaker 2 brief bio

Brendan McGreevy is a lifelong pursuant of knowledge who has dedicated his passion toward driving positive change through his work as a physical therapist. His most recent accomplishment has been completing residency training. Brendan has spent his six-year outpatient physical therapy career as a staff clinician at Hartford Healthcare Rehabilitation Network where he leads the Dry Needling Special Interest Group and is a member of HHCNRN's Spine Council. He has presented on topics within sports medicine and orthopedics at local and regional levels. Brendan finds his energy is best spent innovating ways to improve quality of care, educate healthcare professionals and enhance patient and employee experience and engagement.