Introduction

- Physical therapists (PTs) play a key role in determining health outcomes by teaching patients about their conditions and home exercise programs (HEPs).
- Health literacy (HL) affects patients’ ability to follow instructions.
- HL includes the “cognitive and social skills that determine the motivation and ability of individuals to gain access to, understand, and use information in ways that promote and maintain good health.” – World Health Organization
- Older adults comprise the largest group with limited HL and also with pain and impairments from knee osteoarthritis (OA).
- Best practices for managing knee OA include HEPs and lifestyle changes.

Overall Purpose: To explore the relationship between HL and the ability of older adults with knee OA to recall information and to perform a HEP.

Phase I: Created an instructional video of a PT using best teaching practices to instruct an older adult with knee OA in a HEP and lifestyle changes.

Phase IIa: Developed and tested inter-rater reliability of a rubric to score the recall/performance of HEP; found inter-rater reliability acceptable for exercise performance (EX), but inadequate for information recall (IR).

Phase IIb: Refined study protocol and rubric; will establish inter-rater reliability of the updated rubric.

Phase III: Recruit a large sample of subjects with knee OA, assess recruitment procedures with 2 researchers.

Methods

- Literature review
- Protocol refinement
- Rubric development

Recruitment

- Recruitment of 10 subjects, 75-85 years old, through the Buehler Center for Aging, Health, and Society; Registry.
- Eligibility: 6 male, 4 female.
- No history of joint replacement, cardiopulmonary dysfunction, or neurological deficits and do not use assistive devices.
- Added Single Item Literacy Screener2,3

Testing

- Watch 8 minute video and provided with HEP handouts
- 10 minute break
- Teach-back session to discuss information from the video
- Practice of HEP with verbal and tactile feedback
- 20 minute break
- Administer Information recall and exercise performance by 2 raters

Data Analysis

- Intraclass correlation coefficient calculated for IR subtotal and it subcetled with SPSS Version 23.

Interim Results (continued)

Intraclass Correlation Coefficient: Information Recall

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Discussion / Conclusion

- Interim results for inter-rater reliability are encouraging, especially for revised IR subscale.
- The next step is to establish similar results for a larger sample with expanded recruitment strategies.
- Establishing inter-rater reliability of the rubric will allow accurate assessment of teaching strategies in Phase III.

Clinical Relevance

Effective teaching requires PTs to accommodate to patients’ ability. Older adults are at most risk for having limited HL, which is linked to poor health outcomes. The results of this study can be used to determine if PT best practices can overcome the limitations of HL.

Acknowledgements

Special thanks to the following:
- Bill Healey, PT, EdD, GCS and Gail Huber, PT, PhD for providing feedback on the draft proposal.

References