



Changing Minds, Changing Lives: Enhancing health care provider thoughts and feelings about giving exercise advice to people with disabilities

Purpose

To assess the impact of a class designed to change health care providers' (HCPs) thoughts and feelings about giving exercise advice to people with disabilities.

Summary

- 97 HCP across five provinces
- Changing Minds, Changing Lives program was evaluated
- HCPs' thoughts and feelings about giving exercise advice to people with disabilities were more positive immediately after attending the program.
- These positive thoughts and feelings were not maintained one month later.

Possible Applications

- A one-time class can improve HCPs' thoughts and feelings about giving exercise advice to people with disabilities; however, additional strategies should be added to sustain these changes.

Research Abstract

Background: Healthcare professionals (HCPs) are vital conduits of leisure-time physical activity (LTPA) information; however, few discuss LTPA with their patients with disabilities. 'Changing Minds, Changing Lives' (CMCL) is a nationwide, theory- and evidence-based seminar aimed at increasing LTPA-discussion among HCPs by enhancing their attitudes, subjective norms, perceived behavioural control (PBC), and intentions. The purposes of the current study were to: examine the effectiveness and short- and long-term maintenance of a CMCL seminar on HCPs' social cognitions to discuss LTPA; and explore key implementation variables that predict changes in HCPs' social cognitions.

Methods: Prior-to, as well as immediately, one, and six months following a CMCL seminar, 97 HCPs (Mage \pm SD = 36.23 \pm 10.42; 69.0% female; 97.9% Caucasian; 38.1% rehabilitation therapists; years in profession = 11.56 \pm 9.94) from five Canadian provinces completed questionnaires that assessed the Theory of Planned Behaviour constructs with regard to discussing LTPA with their patients with a physical disability. Key presenter characteristics and intervention delivery components were extracted from presenter demographic questionnaires and

seminar checklists, respectively. Separate repeated-measures ANOVAs and post-hoc t-tests evaluated changes in HCPs' social cognitions. Hierarchical multiple regressions were conducted to predict intentions and to understand which implementation variables may help explain significant changes in social cognitions.

Results: Significant increases in HCPs' social cognitions for discussing LTPA were reported from pre- to post-seminar ($p < 0.002$); however, increases were not maintained at follow-up. PBC emerged as the strongest predictor of participants' post-CMCL intentions ($\beta = 0.45, p < 0.001$). Although several implementation characteristics were related to changes in perceptions, the number of seminars the presenter delivered was the only significant negative predictor of post-seminar PBC ($\beta = -0.18, p < 0.05$).

Conclusions: Future iterations of the CMCL intervention should include additional strategies to sustain improvements in HCPs' social cognitions over time. Future CMCL evaluations should measure additional implementation variables so that the key ingredients for 'Changing Minds' can continue to be investigated.

Tomasone, J. R., Martin Ginis, K. A., Estabrooks, P. A., & Domenicucci, L. (2014). 'Changing Minds': determining the effectiveness and key ingredients of an educational intervention to enhance healthcare professionals' intentions to prescribe physical activity to patients with physical disabilities. *Implementation Science, 9, 30.* doi:10.1186/1748-5908-9-30