Psychosocial Strategies for Optimal Patient Outcomes

What Does the Evidence Tell Us?

Megan Granquist, PhD, ATC
Objectives

1. Describe psychosocial strategies for rehabilitation and optimal patient outcomes

2. Describe the evidence of the use of psychosocial strategies in rehabilitation

3. Identify psychosocial strategies to incorporate into rehabilitation based on EBP
Where are we going?

1. Rehabilitation adherence & optimal outcomes

2. Evidence Base of psychosocial strategies
   - Steps in Evidence Based Practice (EBP)

3. Enhancing adherence based on a Biopsychosocial Model
Quiz Yourself…

True/False: Psychosocial strategies can be used to enhance rehabilitation outcomes.

Which of the following are issues with research:
- Study design
- Definitions
- Interventions
- Measurement

True/False: There is a clear connection between rehabilitation adherence and outcomes.
Rehabilitation Adherence

Nonadherence: Underadherence

Adherence

Nonadherence: Overadherence

The behaviors a patient demonstrates by pursuing a course of action that coincides with the recommendations of the athletic trainer.

(Granquist et al., 2008)
Rehabilitation Adherence

Nonadherence: Underadherence

Patient does less than the rehabilitation program calls for

(Granquist & Brewer, 2014)

Adherence

Nonadherence: Overadherence

Patient does more than the rehabilitation program calls for

(Granquist & Brewer, 2014)
<table>
<thead>
<tr>
<th>Under-Adherence</th>
<th>Adherence</th>
<th>Over-Adherence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor/tardy attendance at rehabilitation sessions</td>
<td>Arrives at rehabilitation sessions on time</td>
<td>Not complying with activity restrictions (e.g., walking without crutches when crutches are advised)</td>
</tr>
<tr>
<td>Completing too few exercise repetitions</td>
<td>Attends rehabilitation sessions</td>
<td>Completing too many exercise repetitions</td>
</tr>
<tr>
<td>Applying ice too infrequently</td>
<td>Follows athletic trainers’ instructions for amount of exercise repetitions</td>
<td>Completing exercises too frequently</td>
</tr>
<tr>
<td></td>
<td>Completes activities with effort</td>
<td></td>
</tr>
</tbody>
</table>

(Arvinen-Barrow & Granquist, in press)
Role of Adherence
Psychosocial Strategies

Goal Setting
Positive Self-Talk
Imagery
Relaxation
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Steps in Evidence Based Practice

A. Ask primary question
• Which psychosocial strategies can be applied by the athletic trainer to enhance patient care in rehabilitation?

B. Search for best evidence

C. Assess quality of evidence

D. Apply evidence to practice

E. Evaluate outcomes & process
B. Searching for Best Evidence

- Google
- Google Scholar
- Cochrane Library
- Database Searches
- PEDro
- PEDro
- Journals

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B. Searching for Best Evidence

Considerations

Patient Population

Search Terms

Journals
C. Assessing Quality of Evidence

Considerations

- Design
- Definitions
- Interventions
- Measures
C. Assessing Quality of Evidence

- Meta-Analyses & Systematic Reviews
- Randomized Control Trials
- Non-randomized Trials
- Case-Control & Case Series
- Case Study, Anecdotal Evidence & Expert Opinion
Goal Setting

- Adherence
- Self-Efficacy
- Reorganization & Dispirited

(Evans & Hardy, 2002)

Faster Recovery Time

(Ievleva & Orlick, 1991)
Positive Self-Talk

Faster Recovery Time
(Ievleva & Orlick, 1991)
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Imagery

- Greater strength
- Less anxiety
- Reduced reinjury
- Reduced pain
- Faster recovery time

(Cupal & Brewer, 2001)
(Ievleva & Orlick, 1991)
Relaxation

Greater strength
Reduced reinjury anxiety
Reduced Pain

(Cupal & Brewer, 2001)
Psychosocial Strategies: Overall Evidence

Evidence category: B/C
Which psychosocial strategies can be applied by the athletic trainer to enhance patient care in rehabilitation?

- Goal Setting
- Positive Self-Talk
- Imagery
- Relaxation
D. Applying Evidence to Practice

(Steves & Hootman, 2004)

Clinical Decisions

- AT’s Expertise
- Patient’s Preferences
- Research Evidence

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E. Evaluating Outcomes & Process

- Monitoring adherence
  - Sport Injury Rehabilitation Adherence Scale (SIRAS; Brewer et al., 2000)
  - Rehabilitation Adherence Measure for Athletic Training (RAdMAT; Granquist, Gill, & Appaneal, 2010)
  - Rehabilitation Over-Adherence Questionnaire (ROAQ; Podlog et al., 2013)

- Outcomes
  - Functional
  - Patient satisfaction / quality of life

- For future patients, what would you:
  - Do the same?
  - Change?
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Biopsychosocial Model of Sport Injury Rehabilitation (Brewer, Andersen & Van Raalte, 2002)

Characteristics of the Injury
Type, severity, etc.

Sociodemographic Factors
Age, gender, SES, etc.

Biological Factors
Health, nutrition, etc.

Psychological Factors
Personality, cognition, affect, behavior

Social / Contextual Factors
Social support, rehab env., etc.

Intermediate Biopsychological Outcomes
Range of motion, pain, rate of recovery, etc.

Adherence
(Granquist & Brewer, 2013)

Rehabilitation Outcomes
Functional performance, quality of life, etc.
Review

1. Rehabilitation adherence & optimal outcomes
2. EBP of psychosocial strategies
3. Enhancing adherence based on a Biopsychosocial Model
Questions?

Thank you!

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