Capstone Presentation Evaluation

**Bilateral Pole Walking:**

**Benefits and Considerations in Adult Fitness and Rehabilitation**

A great group of twelve participants attended the 2-hour course on April 3rd, consisting of 3 PTs, 7 DPT students, an exercise physiologist, and a RN. Following the capstone presentation, participants were asked to complete a one-page course evaluation and all were gracious enough to do so.

All of the evaluations had positive comments; all but one evaluations had circled “Strongly Agree” or “Agree” to all statements. There was one evaluation that had circled “Strongly Disagree” to all four statements, yet the comments on this evaluation were inconsistent with what was circled, and included “Excellent presentation and practicum,” “Good information and learning environment,” and for suggested changes “Maybe include some of the video for suing poles for balance and rehab”. Although this may be rationalization and an innate refusal to consider someone strongly disagreeing, I’m willing to take that chance…..Including this nonetheless in the response totals, the results are:

**Part I – Presentation: Introduction, ppt Presentation, Equipment Demonstration**

1. The presentation was presented in a clear manner that facilitated understanding.

75% - Strongly Agree (9)

17% - Agree (2)

8% - Strongly Disagree (1)

2. The presentation materials were relevant to the course objectives.

75% - Strongly Agree (9)

17% - Agree (2)

8% - Strongly Disagree (1)

3. **Comments:**

“Excellent presentation & practicum”, “Great presentation. Information relevant.” “Very informative, I really liked how it was broken up. Made it easy to follow.” “Fantastic! Info is very relevant to my desired future PT field (geri/neuro). It was great to get the evidence and to have opportunities to practice- this makes me more confidents about bringing this to future pts. In fact, I will call my 65 father tonight to recommend NW!” “The presentation was clear and well timed. I appreciate the practice session to gain a better understanding of technique prior to finishing the presentation.” “ I never really considered all the possible uses of bilateral poles, increase stability, increase aerobic, dual tasking, coordination training, posture, step length. Does proprioceptive input play a role? Increase gait speed is associated with positive outcome measures, i.e., community ambulation, decrease falls, etc. – curious if Nordic poles would have similar effects.” “ Great information – maybe discuss any studies that assessed other use of poles for interventions other than walking (or maybe there weren’t!).” “Yes the information was relevant and showed Debra did her homework.” “I liked how you divided up the evidence by age range and then topic/condition. How it compares to cane use, and how people can use them for balance.”

**Part II & III – Bilateral Pole Walking Practice & Discussion**

1. The information that I learned during practice with pole walking enhanced my under-standing and application of bilateral pole walking use.

67% - Strongly Agree (8)

25% - Agree (3)

8% - Strongly Disagree (1)

2. The end discussion was helpful in synthesizing useful information about bilateral pole walking and individual application related to individual function and goals.

59% - Strongly Agree (7)

33% - Agree (4)

8% - Strongly Disagree (1)

3. **What did you like best?**

“Good information & learning environment.” “Active participation.” Interactive presentation. Ability to try the equipment.” “I liked being able to try different types of poles and to take them outside.” “How the instructor broke up the time into slides, discussion, then practice, demos.” “Ability to try out what we learned. Debra has amazing knowledge of the articles she presented.” “Demonstration & practice on different terrains (sidewalk, grass, up/down hill).” Very informative; the hands on time (especially at the end) was a very good experience.” “Opportunity to experiment with poles.” “Demonstration with the poles. I love seeing a 91 year old use the poles so effectively!” “All of it! Great information presented & very helpful to practice with the poles.” “Hands on experience.”

4. **What changes would you suggest to improve your learning in this workshop?**

“Maybe include some of the video of using poles for balance & rehab.” “Take the timer off the powerpoint so audience can stay focused on the slide you’re on. Great job!” “Maybe have the audience brainstorm ways they could implement the poles in the clinic or describe a patient who they think might benefit & why.” “More discussion of clinical application, if such info is available.” “Nothing.” “None.” “None!” “Nothing, excellent. Thank you.” “It was great! I loved the mix of lecture + practice. Debra was also very aware of the audience’s needs (breaks, etc). She is a great lecturer! Thanks “Great job, Debra!” “Great job teaching it.”

Can you feel the love? This was a great group to teach! The suggestions are all good, and I’m of course gratified by all the positive comments. I learned through this evaluation and this experience to make sure the timer is NOT on during a powerpoint presentation (I think I inadvertently had it timed during a timed practice with the narrative! I couldn’t figure it out during the time, so just reversed the slide if it went too fast, and made a joke that the presentation was keeping me from talking too much!). I also learned that having a workshop assistant (which was one of my neighbors!) was invaluable – without her, I may have never figured out how to get the projector light going! I appreciate all of the “village” – from the faculty advisor and committee members, the manufacturers who donated the poles, the workshop participants, the arrangements of a great meeting and practice space at the Seymour Senior Center, and my dear neighbor in accomplishing this project!