**Evaluation of Module**

**4/28/15**

*A brief introduction to exercise-based interventions for improving balance and preventing falls among community dwelling older adults*

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It appears that following the module first year physical therapy students had improved confidence in their ability to implement exercise based interventions to reduce falls and improve balance among community dwelling older adults. All 30 students responded to the pre-module survey, but unfortunately only 22 students responded to the follow-up post module survey; however, all 30 students did in fact participate in the module.

It appears that students felt that sufficient guidance and references were provided during the module. This, combined with the improved confidence ratings suggests that the overall content was sufficient to address the needs of the students, however additional content requests and suggestions from students about the content are listed below:

* Maybe some more in depth details
* I think it covered material well and gave great ideas. I think some of the exercises could have been demonstrated more clearly through picture or video, as opposed to just listing ideas, but other than that was very thorough.
* Athletics among older adults, older adults with obesity
* Additional creative ideas to help older adults with balance
* Additional creative ideas to work on balance ein the older adult population
* More clinical cases
* Come in person before the adult lab
* I think most of it has been covered. Maybe a little more about assistive devices that could be used when balance is poor and when to use them.
* Exercise progressions
* Teaching how to fall correctly
* More exercise ideas or additional interventions available
* An example of another more in depth exercise program
* Maybe modes of testing for balance in older adults
* More examples of exercises

It appears that the combination of Voicethread and discussion board posts was well received by approximately 50% of students. The majority of students (18/22) indicated that the Voicethread was an effective instructional tool, where as fewer students (15/22) indicated that the discussion board posts were helpful. Students were given the opportunity to provide suggestions about how to improve the delivery of the material; these comments are listed below:

* In person is always nice to discuss the material, answer questions
* Again, I think ideas were presented well, but more visual aid could have been provided in certain cases. Also, since we were paired with the same people for our older adult lab and the forum groups, the older adult posts were repetitive because our forum group all assessed the same older adult. The organization for the forum groups could be done differently to avoid having overlap.
* It felt like a lot of posts to the discussion board. I felt like the post for the adult lab could have been done by the entire group instead of individually.
* Please come to class and lecture!
* Make the Voicethread more exciting if possible, but overall great job!
* Voicethread content was good but listening to it was a little boring/monotonous.
* In-person demonstration or video content rather than a voice thread
* Talk faster. The voice thread was way too long for the content. The content was good but it was way too drawn out.
* I thought it was a good presentation!
* was not a fan of the discussion board, but really liked the voice thread and that it could be done on my own time.
* voicethread was slow, scripted, and generic; couldn't listen to all of it
* Voicethread was longer than it needed to be. Content was good but presenter needed to speak faster.
* Voicethread was hard to sit through. Not sure if it was material being presented or tone of presenter's voice (how it projected through voicethread.) More visual tools may have been nice or videos that could break up the material a bit. I think more information about exercises and progressions could also have been helpful.
* I don't have any. You did a great job.
* thought it was a great presentation!
* Your voice was great, I would just suggest trying to sound less scripted. But really its just a suggestion, you did great and your voice is pleasant.
* The voicethread could have been more specific with more examples.

Additionally, students were asked to provide comments about what was most helpful and least helpful about this module as a means to improve the module for future use. These comments are listed below.

**Most helpful**

* Material and assignments more lenient in terms of time, able to complete as we saw fit
* There were some great exercises and progressions given that will be useful to us in the clinic in the future, I am sure. Also, getting to assess an older adult simultaneously allowed us to see the true limitations older adults have when it comes to balance and function, thus, making the voicethread and modules more pertinent.
* It gave good information for people that haven't worked with individuals with falls risk
* It was very compact and concise. It helped us with our Older Adult Lab.
* The discussion board
* Discussing ideas with classmates on the discussion board
* Voicethread content and ideas for exercises
* We haven't had any discussion on this topic yet, so it was a good introduction
* The exercise progressions that you went through
* Having a case scenario to work through
* the powerpoint.
* Giving specific exercises and the case study were both very helpful
* Learning more about falls risks and exercises to prevent falls.
* all of the outside resources you provided
* seeing classmates' ideas on exercise prescription
* Telling us which things are most helpful for improving balance and decreasing falls risk.
* Valuable to have the content before 1st clinical
* It was clearly presented
* the way it was broken down in the ways to increase stability/ decrease falls risk....helped make the material easier to understand
* Learning components most important for balance. You really broke down the elements well.
* The handout was helpful! The discussion posts were good practice.

**Least helpful**

* Inability to ask questions real-time regarding the material or assignments
* Again, I would say that the older adult lab posts were not helpful since we were just posting about and reading our classmates' posts who had assessed the same older adult as we did
* It felt like a lot of work to complete.
* The Voicethread, but it was still helpful
* Older adult discussion board post - everyone in the group posts the same info.
* The Sakai posting. The first one was useful, but the subsequent ones were not additive and felt like busy work.
* The replies to different classmates about their post
* The discussions and responses
* I think it was all helpful in some way
* The discussion boards did not really help me.
* The initial discussion board post was helpful, but the rest seemed superfluous-wasn't learning any more, it just seemed like extra work
* discussion board
* Not having in person I instruction
* It would have been nice to know more about tai chi and the exercises that it includes
* Nothing, it was great! Thank you:)!
* I did not feel the voicethread was that helpful.