

Interview Questions for UNC UPT Physical Therapy Questions – Otago Exercise Program

1. How have you implemented the Otago program (part, whole, group, etc)?
 - Follow-up questions:
 - How many times have you prescribed the OEP?
 - How many times has a patient been referred for OEP or balance concerns and you perceived them as inappropriate for OEP?
2. Have you encountered any particularly positive aspects of using the OEP, have you seen benefits to using this program?
3. Have you encountered any barriers to implementing the OEP that are based on the referral process of patients at risk for falls?
 - If so, what are some examples?
 - Previously provided examples of barriers include:
 - Low numbers of purely falls risk-specific patient referrals, with referrals more likely to also pertain to musculoskeletal concerns (which may contribute to a patient's increased falls risk).
 - Concerns over the consistency with which the TUG/30s STS/4 Stage tests are used by non-PT professionals (i.e. CMAs at FMC).
 - Cost of PT (i.e. Patients' copays) may be a perceived barrier to referring physicians, who may not refer patients at risk for falls without other underlying areas for PT to address.
4. Have you encountered any barriers to implementing the OEP that are based on the design of the program or its recommended use?
 - Previously provided examples of barriers include:
 - PT lack of familiarity with the Otago program.
 - Low frequency, high duration of the program.
 - Applying a set of prescribed exercises may be less rewarding to PTs than creating patient and impairment-specific exercise programs.
 - It is challenging to perform the regularly scheduled checkups: PTs working at faculty clinics may not be consistently available to talk when patients need help, and PTs don't want to/shouldn't give out their cell phone numbers.
 - However, there was not previously a concern from PTs regarding lack of reimbursement for check-in calls.
 - Concerns regarding the dosing of exercise with Otago (frequency, duration, intensity, or some combination thereof).
5. Have you heard any specific feedback from patients about their experience with the OEP?
 - If PT is able to speak to this, from what they have heard from patients.
 - Previous patient-centered factors listed to consider:

- The OEP requires self-monitoring.
 - Patients could benefit from Tiffany Shubert's exercise videos to help with concerns over accuracy with which patients perform exercises.
 - The OEP features a relatively long duration.
6. Do you have any suggestions for improving the process of intervention for older adults at increased risk for falls who utilize UNC PT services?