PC16 - Night Positioning: Online Training of Care Providers

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Introduction Nighttime Postural Care Education

- Nighttime Postural Care (NTPC) is standard care in some countries and for others it is brand new
- Experts suggest all involved in postural care receive training (Gerick, T., 2006).
- Digital technologies may be useful to educate large numbers (both health professionals and non-professionals) in short periods of time
- Helpful to have all stakeholders contribute
- Must also understand the limitations of training via digital means

Learning Objectives

1. Understand current evidence for nighttime postural care
2. Create a health monitoring plan for common sleep related risks
3. Tell others about outcome measures used in NTPC
4. Demonstrate how to set up a sleep system
5. Demonstrate how to position the person in a sleep system
6. Critique online tutorials giving ideas for how to enhance learning

Agenda

1:00 – 1:40: NPTC evidence video, reflection & case application

1:40 – 2:15: Risk factor video, application & reflection

2:15 – 2:30: Sleep systems available, application & reflection

2:30 – 2:45: Break

2:45 – 4:00: Set up & position the person videos, application, reflection & hands on activity

4:00 – 4:45 Ways to know if working video, application & reflection

4:45 – 5:00 Questions, wrap up, thank you!

Six Interactive Video Tutorials

- Examined via "Nighttime Postural Care: Caregiver Training & Outcome Measure Feasibility" research study
- Include components that allow learner interaction (i.e. embedded quiz questions)
- Six topics including:
  - NTPC introduction & evidence
  - Risk factors & methods to monitor
  - Types of sleep care positioning systems
  - Sleep system set-up
  - Methods to position the person
  - Ways to know if NTPC is working

Post Lesson #1 Reflection and Activity

NTPC introduction & evidence Video [15.53 minutes]

Reflection
- What I learned, What I question, What I'd keep, What I'd change?

Activity
- You are talking with Andy's mom and therapist about NTPC. She wants to know what ways NTPC might work for Andy or if NTPC will work. What do you tell Andy's mom

Post Lesson #2 Activity and Reflection

Risk factors & methods to monitor video [22.55 minutes]
- 10 minutes of video are devoted to risk monitor plan creation time

Activity
- Using the risk checklist create a health safety plan for someone you know (no identifiers). Try to select someone with a different diagnosis from Andy. Are there risks not listed on the checklist that should be considered for this person? How would you monitor?

Reflection
- What I learned, What I question, What I'd keep, What I'd change?
- What risks are most relevant for other populations
- Is the checklist helpful & how change

Post Lesson #3 Activity and Reflection

Sleep systems available video [21:28 minutes]

Activity
- Consider the same client you referred to during the risk factor activity. Which sleep system might you try first for this person? Why?

Reflection
- What I learned, What I question, What I'd keep, What I'd change?

Post Lesson #4 Activity and Reflection

Sleep System Set Up video [20:25 minutes]

Reflection

- What I learned, What I question, What I'd keep, What I'd change?

Activity

- Consider the client you referred to during the risk factor activity. Which sleep system would you try first, Why? Did your choice change from Lesson #3 to Lesson #4, Why?

Post Lesson #5 Activity and Reflection

Position the Person video [18:59]

Reflection

- What I learned, What I question, What I'd keep, What I'd change?

Activity

- Set up and position the person in the sleep system. Have the user role play various alignment issues
- Did you review or watch select sections of the video to help with set up and/or positioning, describe? Do you think the videos might be used in this way? Describe your successes and challenges with set up and/or positioning the person in the sleep system

Post Lesson #6 Activity and Reflection

Ways to know if NTPC is working video [15:28]

Reflection
- What I learned, What I question, What I'd keep, What I'd change?

Activity
- Consider the same client you referred to during the risk factor activity pick one measure you think would be helpful and complete that measure
- These are not the only measures that can be used (For example our therapists are using COPM). What other measures had/could be used for this intervention? For whom would these be appropriate for use?

Conclusion

Hopefully this session has

- increased your understanding or helped prepare you to communicate
  - Evidence for nighttime postural care
  - Methods for monitoring risk factors
  - Outcome measures used for NTPC
- Provided you with strategies for
  - Choosing a sleep system
  - Positioning a person
- Given you the opportunity to
  - Share your thoughts about the design of NTPC education