| Location: | Date: | Start Time: | End Time: |
|----------|------|-------------|----------|
| Observer: |      |             |          |
| Visit #: |      |             |          |

| Descriptive Notes (5 minute increments) | Reflective Notes |
|----------------------------------------|------------------|
|                                        |                  |
|                                        |                  |
| TREATMENT ROOM                        | What types of resources were discussed? |
|--------------------------------------|----------------------------------------|
| When was physical activity outside the clinic discussed? | __ Exercises to do at home |
| Who initiated the conversation?      | __ Exercise classes |
| PT Patient                          | __ Gyms |
|                                      | __ Other: __________________________ |
|                                      | __ Other: __________________________ |

Physical Activity Resources Given

| Brochures |
|-----------|
| Posters   |
| Websites  |
| Other: __________________________ |

**Sketch of Observation Area**

| Summary Memo |
|--------------|
|              |
| Physical Activity Resources – briefly describe | # / Activities of Patients while waiting |
|-----------------------------------------------|----------------------------------------|
| __ Brochures _____ # of persons viewing       | __ Reading waiting room materials       |
| __ Posters _____ # of persons viewing         | __ Using cell phone                     |
| __ Other ________ # of persons viewing       | __ Talking with others                  |
| __ Other ________ # of persons viewing       | __ Other: ____________________________ |
| __ Other ________ # of persons viewing       | __ Other: ____________________________ |

**Sketch of Observation Area**

**Summary/Memo**
| GYM |
| --- |
| **Physical Activity Resources – briefly describe** |
| __ Brochures ___ # of persons viewing |
| __ Posters ___ # of persons viewing |
| __ Other ________ ___ # of persons viewing |
| __ Other ________ ___ # of persons viewing |
| __ Other ________ ___ # of persons viewing |

| # / Activities in Gym |
| --- |
| ___ Demonstrating exercises |
| ___ Practicing exercises |
| ___ Small talk |
| ___ Other: __________________________ |
| ___ Other: __________________________ |
| ___ Other: __________________________ |
| ___ Other: __________________________ |

| Sketch of Observation Area |

| Summary/Memo |
PT Observations Protocol

Ground rules
- Focus on older adult patients.
- In gym, OK to focus on the patient from the Tx room and other older adult patients and staff.

OBSERVATION PROTOCOL (PINK SHEET)
- Timeline/time-stamp
- Focus on both the patient and the PT
- Key quotes (I’m older not old, there’s a difference”)
- Capture elements of Integrated Belief Model (self-efficacy, norms, attitudes, etc.)

Descriptive Notes – describe what you see
- Focus on what is happening (e.g. engagement, assessment, therapy, demonstration, practice, small talk, questions, etc.) and what is being discussed (balance, injury, goals, etc.)
- Barriers and facilitators that patient and PT identify to physical activity
- Capture how the discussion is happening (e.g. whether patient or PT brings up a topic, whether the PT uses close- or open-ended questions)

Reflective Notes – reflect on what you are seeing
- Non-verbals - How was the rapport between the PT and patient?
- Opportunities for PT-REFER study and other health promotion efforts (EF/physical activity, falls, depression, etc.)

ORANGE SHEET/TREATMENT ROOM SUMMARY
- Capture what physical activity is being discussed (e.g. walking, gym, etc.)
- Include exercises at home (part of PT)- be specific if talking about HEP

PA Summary (top of page)
- PA resources discussed
- Take materials if you are allowed to

Observation area (middle of page)
- Include furniture and equipment, posters on the walls, brochures and magazines. Only have to make once if multiple observations. Note opportunities for PT-REFER/EF.
- Also indicate where people are in the area and things that you cannot see (e.g. music playing)

Summary/memos (bottom of page)
- Prepare immediately following the observation to capture key points
- Brief summary of visit
- Opportunities and barriers for physical activity
- Patient/provider communication
- Strong impression

WAITING ROOM
- Number of patients and what activities patients are doing
- Take notes about feel and how people are using the space