

HSC Innovative Teaching/Leaning Experience Description
Physical Therapy Exercise Fact Sheets for Inmates in Adult Corrections

Date: February 2018

	Description
Title/Topic	Physical Therapy Exercise Fact Sheets for Inmates in Adult Corrections
Activity	Goals: 1) Produce 4 physical therapy fact sheets with visuals for ankle, elbow, rotator cuff, and knee exercises and 2) Create a presentation with simulation to teach agency staff nurses to use fact sheets to teach exercises to inmates. The corrections nursing supervisor asked students to create standardized professional fact sheets with medically approved physical therapy exercises to use with inmates who complained of pain in the ankle, knee, rotator cuff, or elbow. Inmates do not receive pain medication for these complaints, but they do have time to do restorative exercises. The nurses were demonstrating physical therapy stretches to inmates to assist with joint pain, but found that the inmates struggle to remember the stretches because they do not have pictures to remind them. Students started with a set of written exercises approved by a medical team consulting at the county jail. These narratives did not include pictures, so nurses struggled to teach inmates exercises they could remember. The nurses also wanted a professional look to their teaching tools.
Collaboration	<ol style="list-style-type: none"> 1) Public Health Nursing Supervisor with expertise in Adult Corrections to approve the work as it was being developed 2) Physician who delegated this set of PT orders 3) Public Relations Departments in the county agencies to approve the use of the official county and correctional logos on each fact sheet
Outcomes	<p>The Outcome Objectives for this Agency Project</p> <ul style="list-style-type: none"> • Design a standardized template for the fact sheet • Create fact sheets for each of four body parts: knee, elbow, rotator cuff, and ankle with instruction and pictures to demonstrate instructions • Develop the fact sheets in black and white with visuals with clear details • Demonstrate how to conduct each of the 4 sets of exercises to the PHNs using the fact sheet instructions and visuals
HSC competencies	3,4,5,8,10
PH Wheel Interventions	Health teaching, consultation, collaboration, delegated functions, and outreach
Evaluation	Students concluded that the outcome objectives were accomplished. Their products were visually appealing and informative for each joint. The students kept the audience of nurses engaged with their PowerPoint presentation and teach back simulation. Overall, this teaching project allowed these students to gain insight on an unforeseen area of public health nursing and discover the opportunities available for improving the health education for those who are incarcerated. The students used multiple teaching strategies to teach the nurses how to use the fact sheets to teach the exercises to the inmates. They 1) used a Power Point presentation to frame their work, 2) engaged the nurses in performing the exercises and teaching it back to the students, and finally 3) provided each PHN with a copy of each of the fact sheets. Nurses gave them positive feedback on the layout of the fact sheet instructions and visuals.
Contact Information	Jeanne Pfeiffer, Clinical Professor, University of MN School of Nursing pfeif052@umn.edu