



Providing Education on the Benefits of Physical Activity as it Relates to Participation in Daily Activities to Veterans Enrolled in the MOVE! Weight Management Program for Veterans

Karli Pearson Interrial, OTS¹, Kristy Cole, OTD, OTR/L¹, and Denise Barnett, MS, RDN²
University of Mississippi Medical Center¹ and G.V. Sonny Montgomery VA Medical Center²



OVERVIEW OF CAPSTONE SITE

The G.V. Sonny Montgomery VA Medical Center provides medical, neurological, and mental health inpatient care to men and women who have served the United States in active military, naval, or air service for 24 months without dishonorable discharge. The staff at the VA consists of a comprehensive healthcare team for Veterans consisting of a wide variety of qualified health professionals from physicians, therapists, dietitians, and nurses. Additionally, the VA offers many services such as hemodialysis, substance abuse treatment, post-traumatic stress disorder treatment, hematology/oncology, and rehabilitation programs. G.V Sonny Montgomery VA Medical Center also offers primary and specialized outpatient services including ambulatory surgery, spinal cord injury, neurology, infectious disease, readjustment counseling, and mental health treatment programs (VA Medical Center, 2020).

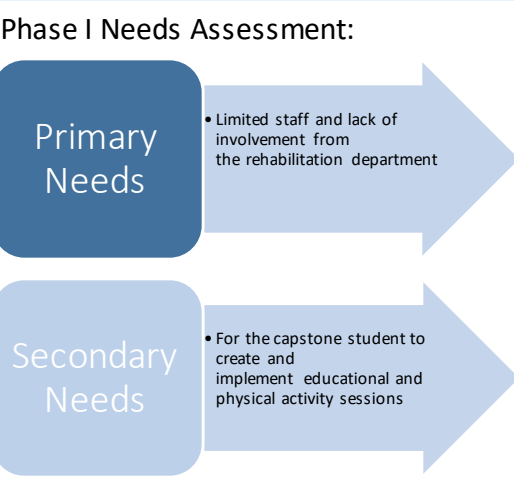
LITERATURE SUMMARY

There are many factors impacting a client's ability to participate in daily activities such as mental illness, sleep disturbances, diseases related to obesity, and polytrauma. Various factors such as obesity and lack of physical activity can have a negative impact on mental health. There are many approaches to combating a Veteran's mental health issues such as evaluating their sleep hygiene, adapting their environment in order to promote participating in daily and desired activities, providing emotional support, and encouraging participation in physical activities. Occupational therapists play a vital role in keeping veterans engaged and helping find the best way to participate in daily activities. Additionally, occupational therapists work to create measurable goals to improve veterans' health and assistance with participating in activities in which the veterans find important. Participating in engaging activities can play a vital role in enhancing veterans' mood and sense of self-worth and lowering the risk of health issues related to obesity.

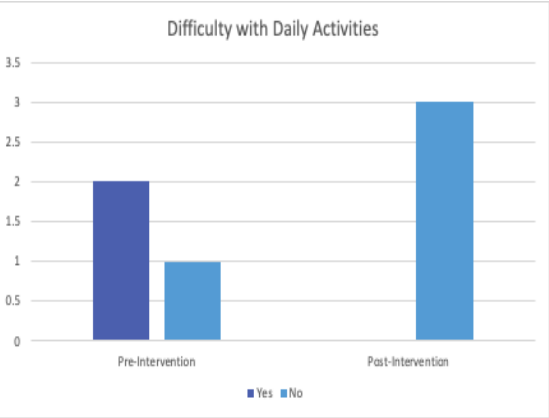
PROJECT DEVELOPMENT

The capstone student completed evidenced-based research on the benefits of a physical activity program for veterans prior to beginning at capstone site. A phase I needs assessment was completed along with the capstone mentor and the clinical education coordinator discussing the needs such as lack of staff, lack of involvement of rehabilitation department, and creation of physical activity sessions for veterans. The capstone student developed cooperative learning objectives to coincide with the needs of the capstone site. Additionally, the capstone student developed and implemented educational and physical activity sessions with modifications based on needs of each veteran. An occupational therapy screening tool was created with collaboration among the capstone student and occupational therapy department. This screening tool was meant to determine whether the veteran would benefit from receiving occupational therapy services. The capstone student conducted a meeting between the occupational therapy department heads and the MOVE coordinator to determine best practice for rehabilitation services to become involved in the MOVE! Weight Management Program.

NEEDS ASSESSMENT



Phase II Needs Assessment:



PROJECT GOALS AND OBJECTIVES

Integrate personal goals and health and fitness goals <ul style="list-style-type: none">Meet with stakeholdersCollaboration with MOVE dietitians and veterans	Develop physical activity sessions <ul style="list-style-type: none">Evidenced-based research on physical activitiesImplement sessionsMonitor sessions for modifications	Modify lifestyle to reach health goals <ul style="list-style-type: none">Modify specific exercisesFind exercises to meet specific goals	Collaboration between occupational therapy and MOVE program <ul style="list-style-type: none">Staff incentivesDiscipline-specific expertise	Develop occupational therapy screening tool <ul style="list-style-type: none">Meeting with stakeholdersTest effectiveness of tool
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PLAN FOR PROJECT EVALUATION

The capstone student conducted a pre-intervention and post-intervention survey with veterans enrolled in the MOVE! Weight Management Program and utilized data to design an educational and physical activity program for veterans. The capstone student monitored the veterans throughout sessions by discussing weekly goals and need for modifications. The capstone student utilized data obtained from post-intervention survey and determined that the program was effective in assisting veterans reach personal lifestyle and physical activity goals. The capstone student collaborated with the occupational therapy department and the MOVE! Weight Management Program to bridge the gap between the nutrition and rehabilitation departments in order to assist the MOVE! Weight Management Program in obtaining increased staff to teach MOVE sessions.

PLAN FOR PROJECT EVALUATION

