PROJECT GOALS AND OBJECTIVES

Kristy Cole, OTD, OTR/L

Meet with stakeholders to create and implement educational and physical activity sessions.

PROGRAM DEVELOPMENT

The capstone student completed evidenced-based research on the benefits of 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 programs 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 menat 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 be come involved in the MOVE! Weight Management Program.

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.

References available upon request