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# Objectives and Program Schedule

MedBridge

*The Adult Learner and Implications for Patient Education in Practice*

Kathryn Brewer, PT, DPT, GCS, MEd, CEEAA

## **Chapter 1: Characteristics of Adult Learners and Overview of Principles Related to Learning and Behavior Change.**

- Discussion of characteristics found among older learners and some common barriers to effective learning
- Brief review of models for behavior change.
- Issues related to health literacy.

## **Chapter 2: Factors Influencing Performance of Learning Tasks.**

- Describe three domains of learning and describe strategies for effective outcomes in each.
- Consideration of personal (intrinsic) factors such as pain, fatigue, anxiety, literacy, motivation, and physical health status which may affect learning and behavior change in older adult patients during physical therapy encounters
- Management of potential extrinsic factors such as support systems, environmental interference and accessibility to resources which affect learning and behavior change in older adult patients during physical therapy encounters.

## **Chapter 3: Meeting the Educational Needs of Older Adults in Physical Therapy Care: Ensuring Successful Interventions.**

- Patient buy-in, motivation, self-efficacy
- Translation of information into understandable terms based on patient's condition, prior experience, learning style, expectations and lifestyle
- Manageable doses of information in home program instructional design
- Recommendations for design of clear instructions/graphics
- Compliance issues: patient comprehension, motivation, support systems, resources
- Suggestions for patient accountability in performance, reporting, journaling

Lecture and Demonstration: 130 minutes, Learning Assessment: 30 minutes

**Total Time: 2.5 hours**