2nd Health Care Provider Practice Model PDSA Survey

Q1 Title of Research: Exercise Promotion in Multiple Sclerosis through the Patient-Provider Interaction: Quality Improvement of Exercise Promotion Practice Models through the Plan-Do-Study-Act Method.

Principal Investigator: [redacted]

IRB Protocol Number: 300026601

Sponsor: National Multiple Sclerosis Society

Sponsor Protocol #: HC1411

Purpose of the Research
We are asking you to take part in a research study. The purpose of this protocol is to collect quality improvement survey data from multiple sclerosis health care providers (HCP) regarding practice models, preferred training and resources for promoting exercise in comprehensive MS care. You will be asked to complete a questionnaire containing scaled measure and open-ended questions regarding your personal opinions about the clarity and relatability of practice models for promoting exercise to persons with MS, our preferred training method, and additional resources you require to promote exercise to persons with MS in a comprehensive MS care setting. This study will initially enroll 20 health care providers before opening the survey to health care providers nationwide.

Explanation of Procedures
If you agree to join the study, you will be asked to complete one questionnaire which will take between 10 and 30 minutes. The questionnaire is online and is completely confidential. You will click on a link that takes you to the opening page containing more information regarding the research and the option to consent or not consent to taking part. The questionnaire contains scaled measure and open-ended questions asking your opinions of practice models for exercise promotion, best training for health care providers and necessary resource. The questionnaire will take between 10 and 30 minutes to complete. All answers are anonymous and confidential

Benefits
There are no direct benefits to you for participating in this study, but you are helping us to improve future practice of exercise promotion through health care providers in comprehensive MS care.

Alternatives
You can choose not to participate in this study.

Confidentiality
Information obtained about the study will be kept confidential to the extent allowed by law. Requested demographic information includes age, gender, profession, years experience, and state but no other information regarding name etc. will be asked allowing the surveys completed

to be anonymous.

This software is encrypted. This means it protects the information you choose to enter into it. Your answers will be matched with a numerical code. Your consent form and question answers will be privately stored on the Qualtrics website until the end of the study, as stated before, these are anonymized as we do not require your name. At that time, responses will be downloaded onto a password-protected flash drive stored in a locked cabinet.

Voluntary Participation and Withdrawal
You can choose to participate or not to participate in this study. There is no penalty if you decide not to be in this study. You are free to withdraw at any time. Your choice to stop the study will not affect your relationship with the researchers or [redacted]

Cost of Participation
There is no cost to you to participate in this study.

Questions
If you have any questions, concerns, or complaints about the research or a research-related injury, please contact the study PI at [redacted] If you have any questions about your rights as a research participant, or concerns or complaints about the research, you may contact the [redacted] Regular office hours at the OIRB are 8:00 a.m. to 5:00 p.m. CT, Monday through Friday.

Legal Rights
You are not waiving any of your legal rights by clicking "I Consent, begin the study".

Q2 Please select your choice below. You may print a copy of this consent form for your records. Clicking the "Consent" option indicates that:

You have read the above information. You voluntarily agree to participate. You are 18 years of age or older. You are a health care provider in a multiple sclerosis comprehensive care center

- ○ I consent, begin the study (1)
- ○ I do not consent (2)

Skip To: End of Survey If Please select your choice below. You may print a copy of this consent form for your records. Clic... = I do not consent

End of Block: Informed Consent

Start of Block: Demographics

Q3 Demographics

Q4 Age

▼ 18 (1) ... Older than 75 (59)

Q5 Gender

- ○ Male (1)
- ○ Female (2)

Q6 Profession (Please select the response that best represents your primary role).

- ○ Neurologist (1)
- ○ Nurse (2)
- ○ Physical Therapist (3)
- ○ Occupational Therapist (4)

Q7 Years Experience

▼ Less than 1 (1) ... More than 50 (52)

Q8 State

▼ Alabama (1) ... U.S. Virgin Islands (56)

End of Block: Demographics

Start of Block: Quick Screen

Q9

Quick Screen: This quick screen process sheet is designed to guide neurologists in making the decision of whether a patient qualifies for exercise promotion model 1, 2, or 3. Questions involve patient interest in exercise, safety exercising, and how much health care intervention is required to enable patients to exercise independently.

(Please click 'Quick Screen' to view)

Quick Screen

Q10 As a whole, **how clear** is the Quick Screen?

- 0 - Not clear at all, I have no clue what this means (1)
- 1 - Parts are clear, but overall it is confusing (2)
- 2 - Quite clear, but I have several questions (3)
- 3 - Clear after reading it through but I need some clarification (4)
- 4 - Clear after reading it through and I have no questions (5)
- 5 - Completely clear, I understood it quickly and I have no questions (6)

Display This Question:

If As a whole, how clear is the Quick Screen? = 0 - Not clear at all, I have no clue what this means

Or As a whole, how clear is the Quick Screen? = 1 - Parts are clear, but overall it is confusing

Or As a whole, how clear is the Quick Screen? = 2 - Quite clear, but I have several questions

Or As a whole, how clear is the Quick Screen? = 3 - Clear after reading it through but I need some clarification

Or As a whole, how clear is the Quick Screen? = 4 - Clear after reading it through and I have no questions

Q11 Why was the Quick Screen clear? (Please be as specific as possible).

Display This Question:

If As a whole, how clear is the Quick Screen? = 0 - Not clear at all, I have no clue what this means

Or As a whole, how clear is the Quick Screen? = 1 - Parts are clear, but overall it is confusing

Or As a whole, how clear is the Quick Screen? = 2 - Quite clear, but I have several questions

Or As a whole, how clear is the Quick Screen? = 3 - Clear after reading it through but I need some clarification

Or As a whole, how clear is the Quick Screen? = 4 - Clear after reading it through and I have no questions

Q12 How can the Quick Screen be improved to increase clarity? (Please be as specific as possible).

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Display This Question:

If As a whole, how clear is the Quick Screen? = 5 - Completely clear, I understood it quickly and I have no questions

Q13 What aspects of the Quick Screen made it clear? (Please be as specific as possible).

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Q14 As a whole, **how relatable** is the Quick Screen for applying it to practice?

- 0 - This would never happen (1)
- 1 - This might happen but probably not (2)
- 2 - This would only happen sometimes (3)
- 3 - This would happen about half the time (4)
- 4 - This would happen most of the time (5)
- 5 - This would happen every time (6)

Q15 Please explain your response.

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Q16 Considering a **neurologist's role and responsibilities**, how appropriate is **appropriate** is it to assign the task of screening patients to neurologists?

- 0 - Not at all appropriate (1)
- 1 - Not appropriate (2)
- 2 - Slightly appropriate (3)
- 3 - Quite appropriate (4)
- 4 - Appropriate (5)
- 5 - Completely appropriate (6)

Q17 Please explain your response.

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Q18 How **confident** are you that **neurologists** would implement this task in real world comprehensive MS care? (0=Not confident at all; 100=Completely confident).

0 10 20 30 40 50 60 70 80 90 100

Confidence ()	

Q19 Please explain your response.

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End of Block: Quick Screen

Start of Block: Scenario 1

Q20

Scenario 1: Patient is ready for exercise and requires minimum health care provider intervention OR patient has no insurance reimbursement for PT/OT intervention
(Please click 'Model 1' to view)

Model 1

Q21 As a whole, **how clear** are the model, patient criteria, and health care provider checklists in explaining the process or promoting exercise to the patient?

- 0 - Not clear at all, I have no clue what this means (1)
- 1 - Parts are clear, but overall it is confusing (2)
- 2 - Quite clear, but I have several questions (3)
- 3 - Clear after reading it through but I need some clarification (4)
- 4 - Clear after reading it through and I have no questions (5)
- 5 - Completely clear, I understood it quickly and I have no questions (6)

Display This Question:

If As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 0 - Not clear at all, I have no clue what this means

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 1 - Parts are clear, but overall it is confusing

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 2 - Quite clear, but I have several questions

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 3 - Clear after reading it through but I need some clarification

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 4 - Clear after reading it through and I have no questions

Q22 Why was scenario 1 unclear? (Please be as specific as possible).

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Display This Question:

If As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 0 - Not clear at all, I have no clue what this means

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 1 - Parts are clear, but overall it is confusing

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 2 - Quite clear, but I have several questions

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 3 - Clear after reading it through but I need some clarification

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 4 - Clear after reading it through and I have no questions

Q23 How can scenario 1 be improved to increase clarity? (Please be as specific as possible).

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Display This Question:

If As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 5 - Completely clear, I understood it quickly and I have no questions

Q24 What aspects of the model, patient criteria, and checklists made scenario 1 clear? (Please be as specific as possible).

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Q25 As a whole, **how relatable** are the model, patient criteria, and health care provider checklists for promoting exercise in the real world of comprehensive MS care?

- ○ 0 - This would never happen (1)
- ○ 1 - This might happen but probably not (2)
- ○ 2 - This would only happen sometimes (3)
- ○ 3 - This would happen about half the time (4)
- ○ 4 - This would happen most of the time (5)
- ○ 5 - This would happen every time (6)

Q26 Please explain your response.

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Q27 Considering **your role** in this process and your profession, how appropriate are the tasks assigned to you when promoting exercise in this scenario?

- ○ 0 - Not at all appropriate (1)
- ○ 1 - Not appropriate, I would not do most tasks (2)
- ○ 2 - Slightly appropriate, I would do some but not most tasks (3)
- ○ 3 - Quite appropriate, I would do some tasks (4)
- ○ 4 - Appropriate, I would do most tasks (5)
- ○ 5 - Completely appropriate, I would do all tasks (6)

Q28 Please explain your response.

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Q29 Considering **your role** in this process and your profession, how confident (%) would you be implementing this scenario in real world comprehensive MS care? (0=Not confident at all; 100=Completely confident).

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Confidence ()	

Q30 If applicable, what would make you more confident in implementing this process? (Please be as specific as possible).

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Q31 If applicable, what aspects make you completely confident? (Please be as specific as possible).

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End of Block: Scenario 1

Start of Block: Scenario 2

Q32
Scenario 2: Patient is ready for exercise with moderate health care provider intervention (Please click 'Model 2' to view)

Model 2

Q33 As a whole, **how clear** are the model, patient criteria, and health care provider checklists in explaining the process or promoting exercise to the patient?

- 0 - Not clear at all, I have no clue what this means (1)
- 1 - Parts are clear, but overall it is confusing (2)
- 2 - Quite clear, but I have several questions (3)
- 3 - Clear after reading it through but I need some clarification (4)
- 4 - Clear after reading it through and I have no questions (5)
- 5 - Completely clear, I understood it quickly and I have no questions (6)

Display This Question:

If As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 0 - Not clear at all, I have no clue what this means

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 1 - Parts are clear, but overall it is confusing

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 2 - Quite clear, but I have several questions

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 3 - Clear after reading it through but I need some clarification

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 4 - Clear after reading it through and I have no questions

Q34 Why was scenario 2 unclear? (Please be as specific as possible).

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Display This Question:

If As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 0 - Not clear at all, I have no clue what this means

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 1 - Parts are clear, but overall it is confusing

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 2 - Quite clear, but I have several questions

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 3 - Clear after reading it through but I need some clarification

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 4 - Clear after reading it through and I have no questions

Q35 How can scenario 2 be improved to increase clarity? (Please be as specific as possible).

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Display This Question:

If As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 5 - Completely clear, I understood it quickly and I have no questions

Q36 What aspects of the model, patient criteria, and checklists made scenario 2 clear? (Please be as specific as possible).

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Q37 As a whole, **how relatable** are the model, patient criteria, and health care provider checklists for promoting exercise in the real world of comprehensive MS care?

- 0 - This would never happen (1)
- 1 - This might happen but probably not (2)
- 2 - This would only happen sometimes (3)
- 3 - This would happen about half the time (4)
- 4 - This would happen most of the time (5)
- 5 - This would happen every time (6)

Q38 Please explain your response.

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Q39 Considering **your role** in this process and your profession, how appropriate are the tasks assigned to you when promoting exercise in this scenario?

- 0 - Not at all appropriate (1)
- 1 - Not appropriate, I would not do most tasks (2)
- 2 - Slightly appropriate, I would do some but not most tasks (3)
- 3 - Quite appropriate, I would do some tasks (4)
- 4 - Appropriate, I would do most tasks (5)
- 5 - Completely appropriate, I would do all tasks (6)

Q40 Please explain your response.

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Q41 Considering **your role** in this process and your profession, how confident (%) would you be implementing this scenario in real world comprehensive MS care? (0=Not confident at all; 100=Completely confident).

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Confidence ()	

Q42 If applicable, what would make you more confident in implementing this process? (Please be as specific as possible).

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Q43 If applicable, what aspects make you completely confident? (Please be as specific as possible).

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End of Block: Scenario 2

Start of Block: Scenario 3

Q44
Scenario 3: Patient is not ready for and requires extensive health care provider intervention
(Please click 'Model 3' to view)

Model 3

Q45 As a whole, **how clear** are the model, patient criteria, and health care provider checklists in explaining the process or promoting exercise to the patient?

- 0 - Not clear at all, I have no clue what this means (1)
- 1 - Parts are clear, but overall it is confusing (2)
- 2 - Quite clear, but I have several questions (3)
- 3 - Clear after reading it through but I need some clarification (4)
- 4 - Clear after reading it through and I have no questions (5)
- 5 - Completely clear, I understood it quickly and I have no questions (6)

Display This Question:

If As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 0 - Not clear at all, I have no clue what this means

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 1 - Parts are clear, but overall it is confusing

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 2 - Quite clear, but I have several questions

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 3 - Clear after reading it through but I need some clarification

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 4 - Clear after reading it through and I have no questions

Q46 Why was scenario 3 unclear? (Please be as specific as possible).

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Display This Question:

If As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 0 - Not clear at all, I have no clue what this means

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 1 - Parts are clear, but overall it is confusing

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 2 - Quite clear, but I have several questions

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 3 - Clear after reading it through but I need some clarification

Or As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 4 - Clear after reading it through and I have no questions

Q47 How can scenario 3 be improved to increase clarity? (Please be as specific as possible).

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Display This Question:

If As a whole, how clear are the model, patient criteria, and health care provider checklists in exp... = 5 - Completely clear, I understood it quickly and I have no questions

Q48 What aspects of the model, patient criteria, and checklists made scenario 3 clear? (Please be as specific as possible).

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Q49 As a whole, **how relatable** are the model, patient criteria, and health care provider checklists for promoting exercise in the real world of comprehensive MS care?

- ○ 0 - This would never happen (1)
- ○ 1 - This might happen but probably not (2)
- ○ 2 - This would only happen sometimes (3)
- ○ 3 - This would happen about half the time (4)
- ○ 4 - This would happen most of the time (5)
- ○ 5 - This would happen every time (6)

Q50 Please explain your response.

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Q51 Considering **your role** in this process and your profession, how appropriate are the tasks assigned to you when promoting exercise in this scenario?

- 0 - Not at all appropriate (1)
- 1 - Not appropriate, I would not do most tasks (2)
- 2 - Slightly appropriate, I would do some but not most tasks (3)
- 3 - Quite appropriate, I would do some tasks (4)
- 4 - Appropriate, I would do most tasks (5)
- 5 - Completely appropriate, I would do all tasks (6)

Q52 Please explain your response.

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Q53 Considering **your role** in this process and your profession, how confident (%) would you be implementing this scenario in real world comprehensive MS care? (0=Not confident at all; 100=Completely confident).

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Confidence ()	

Q54 If applicable, what would make you more confident in implementing this process? (Please be as specific as possible).

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Q55 If applicable, what aspects make you completely confident? (Please be as specific as possible).

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End of Block: Scenario 3

Start of Block: Health Care Provider Initial Training

Q56

Health Care Provider Initial Training Survey

The following statements refer to what you think is the best way(s) to educate and train health care providers in how to use these models in practice. Please select the option that most closely reflects your opinion.

Q57 The best way to initially educate health care providers about using the exercise promotion packet is:

	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly agree (5)	NA (6)
Through a lecture/seminar where the models are presented and we have the opportunity to ask questions (1)	○	○	○	○	○	○
Through an information manual containing detailed information on the models and how to use them (2)	○	○	○	○	○	○
Through self-paced modules (3)	○	○	○	○	○	○
Through interactive, self-paced modules (4)	○	○	○	○	○	○
Through satellite broadcast (5)	○	○	○	○	○	○
Other (please describe) (6)	○	○	○	○	○	○

Q58 Please explain your responses.

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Q59 Lectures/seminars would be most effective if they were delivered through:

	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly agree (5)	NA (6)
Specific presentations/ lectures with members of my own profession (1)	○	○	○	○	○	○
Specific presentations/ lectures with other members of my own comprehensive MS care team (2)	○	○	○	○	○	○
Large scale presentations/ lectures with others working in comprehensive MS care in the U.S. (3)	○	○	○	○	○	○
An online platform (4)	○	○	○	○	○	○
Face-to-face presentations (5)	○	○	○	○	○	○
Other (please describe) (6)	○	○	○	○	○	○

Q60 The information manual should contain:

	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly agree (5)	NA (6)
The overall holistic conceptual model and practice models for each scenario (1)	○	○	○	○	○	○
Only practice models for each scenario (2)	○	○	○	○	○	○
Example patient case studies (3)	○	○	○	○	○	○
Suggestions of community fitness centers (4)	○	○	○	○	○	○
Guidelines for exercise in MS (5)	○	○	○	○	○	○
Scenario for patient local to comprehensive care center who can utilize all care options (6)	○	○	○	○	○	○
Scenario for patient local to comprehensive care center that does not have a PT or OT on staff (7)	○	○	○	○	○	○
Scenario for a patient who lives in an area with limited resources (8)	○	○	○	○	○	○

Other (please describe) (9)	○	○	○	○	○	○

End of Block: Health Care Provider Initial Training

Start of Block: Health Care Provider Continuing Training Survey

Q61
Health Care Provider Continuing Training Survey

The following statements refer to what you think is the best way(s) to continue education and training health care providers in how to use these models in practice, and evolving literature pertaining to exercise and MS. Please select the option that most closely reflects your opinion.

Q62 The best way for continued education and training would be:

	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly agree (5)
In person through a lecture/ seminar structure (1)	○	○	○	○	○
Through an online portal (2)	○	○	○	○	○
Through question and answer forums between health care providers (3)	○	○	○	○	○
Self-guided reading/ research (4)	○	○	○	○	○
Internal/team led training (5)	○	○	○	○	○
Other (please describe) (6)	○	○	○	○	○

Q63 The following statements refer to what additional resources you think **health care providers** would find helpful for promoting exercise to persons with MS. Please select theoption that most closely reflects your opinion. Useful resources for me to have access to include:

	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly agree (5)
Information booklet for neurologists about exercise (1)	○	○	○	○	○
Published academic research regarding exercise and MS (2)	○	○	○	○	○
Examples of how exercise improves specific symptoms (3)	○	○	○	○	○
Guidelines for Exercise in MS (4)	○	○	○	○	○
Informational brochure(s) about exercise to give as a handout to patients (5)	○	○	○	○	○
Lists of MS specialist PT/OT in U.S. (6)	○	○	○	○	○
Lists of local MS specialist exercise classes/qualified fitness spaces (7)	○	○	○	○	○
Fliers about exercise to put in waiting rooms (8)	○	○	○	○	○
Other (please describe) (9)	○	○	○	○	○

End of Block: Health Care Provider Continuing Training Survey

Start of Block: Block 7