

# Practice Improvement Record Example

## Professional Collaboration | FES Project

### 1. What Self-Selected Activity did you do and why?

In your response include at a minimum: (a) name of activity, (b) description of activity, (c) date(s) of activity, (d) reason for choosing the activity (e) how the activity fits with your practice (current or future). Mandatory.

*Functional Electrical Stimulation (FES) Cycle Implementation.*

*The project was started to increase use of the FES cycle according to best practices. I co-lead this project from February onward. I currently have a PTIII role that is focused on quality improvement, best practice implementation, program evaluation and research. I have a particular interest in patient-centred care and patient outcomes within the adult neurology population. Our group saw promise with the FES cycle for the spinal cord injury population and we were aware of the increasing evidence to support its use. Although we had a device in our facility, there had not been a systematic approach to implementing its use, which resulted in minimal uptake by the staff. We saw this project as an opportunity to explore best practice and proceed with implementation that was in the best interest of our patients.*

### 2. What did you learn and how did you grow professionally?

In your response include, at a minimum, specific examples of: (a) what you learned, (b) how your personal competence improved, (c) how what you learned benefited patients or the physiotherapy/health care system, (d) include resources to show current information was used to improve your practice (name, source, topic). In drafting your response, consider the **guiding questions**.

*Our group was aware of the growing body of literature to support FES. Prior to the project, one of our members had already undertaken a literature review and performed benchmarking with other facilities. To further support our work, I applied for a grant through the Alberta Paraplegic Foundation and was successful. To proceed, we gathered a group of clinical representatives within the adult spinal cord area and included representatives from a facility that had previous success with this device, along with a key community representative. As a group, we evaluated and discussed this evidence, along with recommendations from an expert in the field. We decided that the best way to provide maximal impact to our patients would be to start by focusing on assessing patients for appropriateness on the device prior to discharge. Our focus was to ensure any appropriate patients would be able to easily access the device in the community to maximize their health status in the long term. This project helped me to better understand how to integrate best evidence with benchmarking and expert opinion. In addition, the project helped me to better understand the need for a systematic approach when attempting to implement a change in practice. We used an approach described by the National Implementation Research Network to ensure that we had planned appropriately for training, coaching, supports and evaluation. We are still partway through this project and so, have no tangible outcomes to report at this time.*

*Key information source guiding implementation work: <http://nirn.fpg.unc.edu/>*

*Key information source regarding best practice in SCI: <https://scireproject.com/>*

### 3. Looking back, which Standard of Practice or Ethical Conduct Responsibility was addressed by participating in this activity.

Evidence Based Practice  
Quality Improvement

**4. Your evidence of participation.**