



Gap Analysis: Development of Training Material to Bridge Knowledge Gap in Rehabilitation Management of Palliative Patients Under Inpatient Hospice Palliative Care Service.

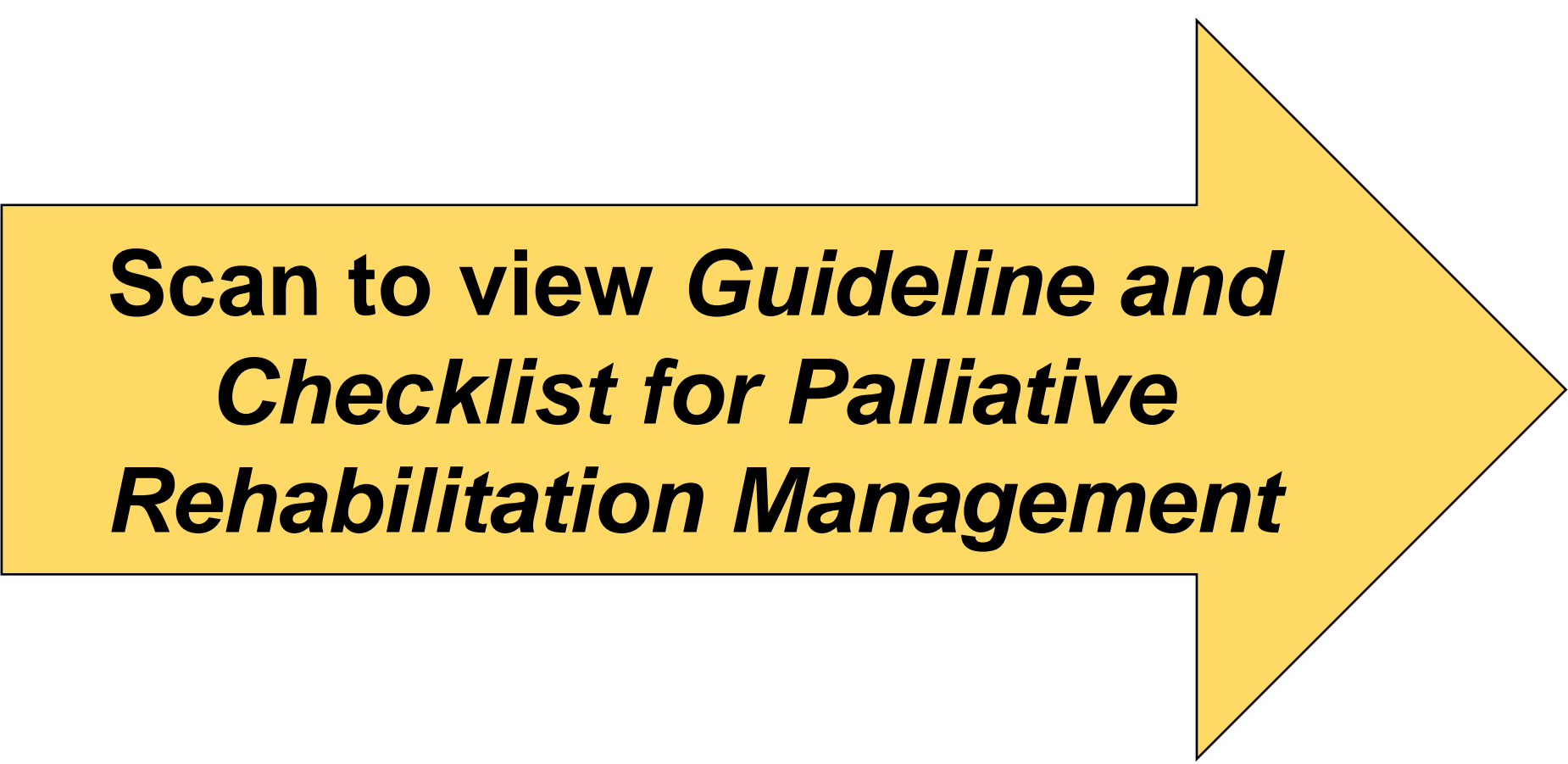
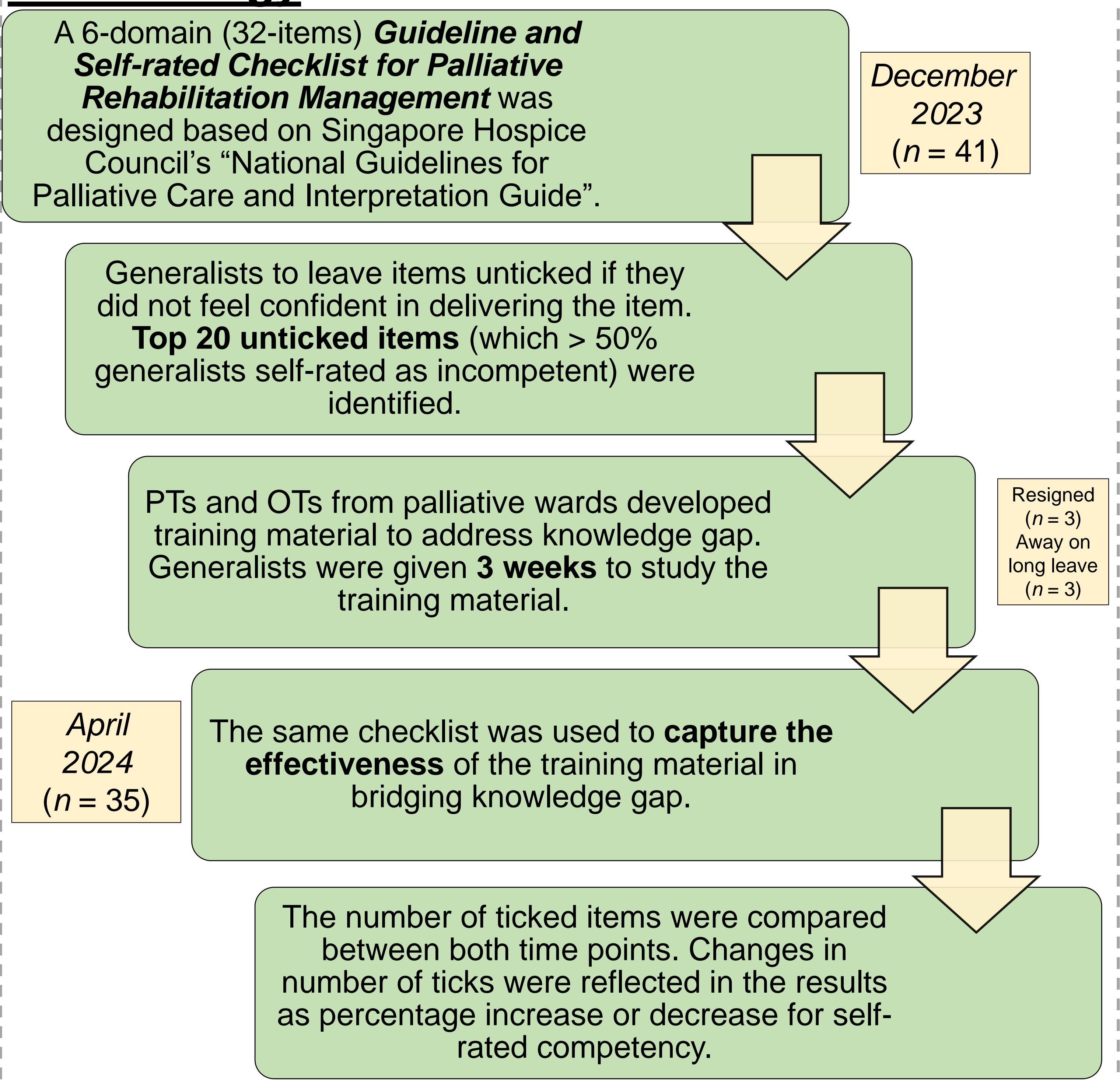
Introduction

Palliative rehabilitation aims to maximize physical independence, improve social and emotional wellbeing of palliative patients¹. Therapists are required to have certain skillsets for delivering holistic care to palliative patients. However, occupational therapists (OTs) and physiotherapists (PTs) who have minimal experience in managing palliative patients (generalists) feel a lack of confidence in delivering care to this population.

Objectives of our gap analysis:

- To identify knowledge gap present in generalists in providing holistic palliative care to patients.
- To develop a series of training material to target the knowledge gap.
- To evaluate the efficacy of training material developed in addressing the knowledge gap.

Methodology



Results

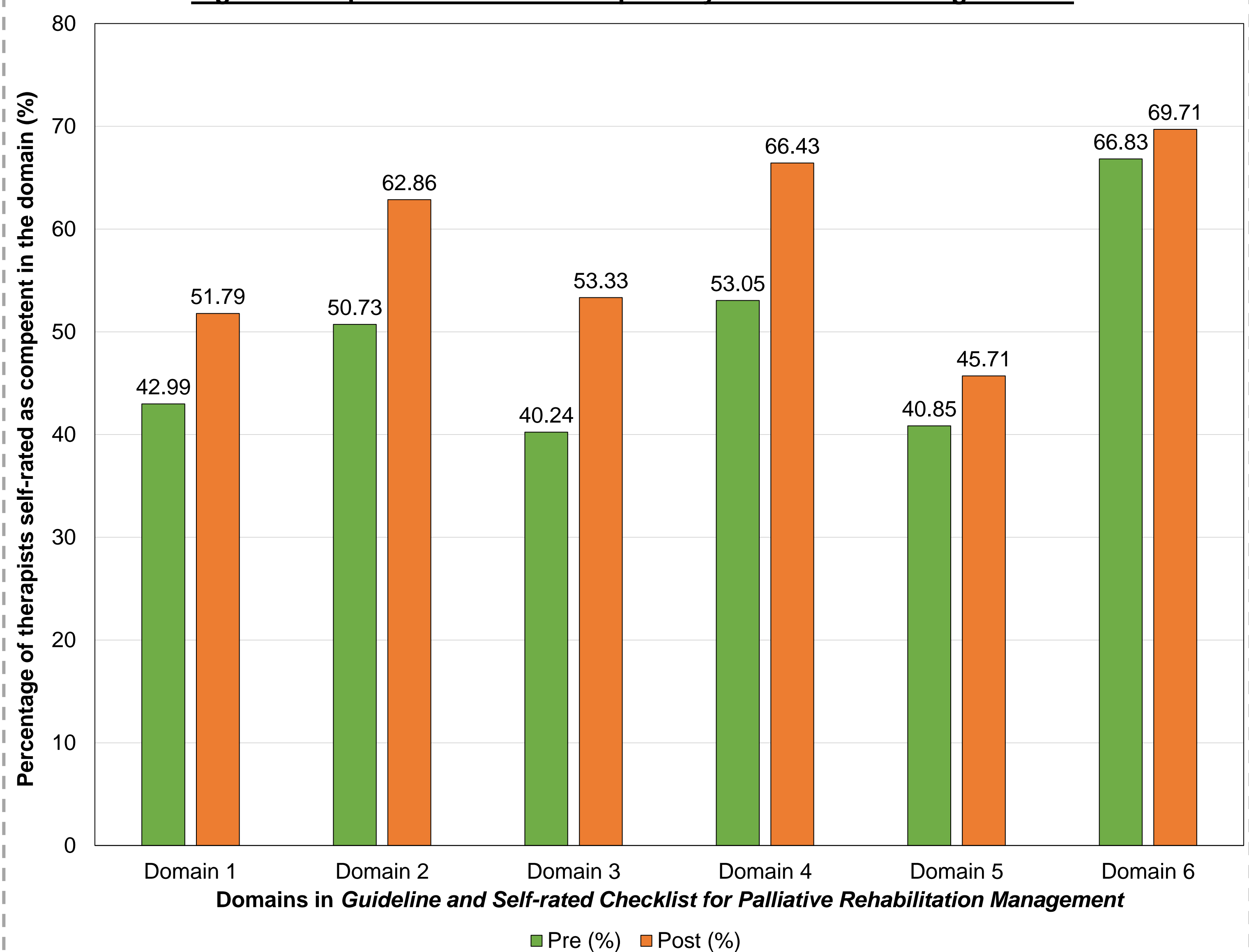
All domains showed an improvement in percentage of therapists' self-rated competency after referring to the training material developed (Fig. 1):

- Domain 4 Care Planning & Collaborative Practice (+13.38%)
- Domain 3 Optimizing Comfort & QoL (+13.09%)
- Domain 2 Communication (+12.13%)

Minimal improvement in:

- Domain 6 Professional, Ethical & Reflective Practice (+2.88%)
- Domain 5 Loss, Grief, Bereavement (+4.86%)

Fig. 1: Therapists' Self-Rated Competency Pre & Post Training Material



Domain 4: Self-rated competency increased the most out of all domains as it was well addressed in the training material developed, providing therapists with better insight into common service users' concerns, how to address the needs appropriately and communication within the multidisciplinary team.

Domain 5: As the grieving phase is mainly supported by medical social workers, therapists may not have sufficient opportunity to support family members in this aspect of their journey in the palliative ward.

Domain 6: Self-rated competency increased the least out of all domains as it is a skillset which generalists are well equipped with.

Discussion

Limitations: Training material improves generalists' theoretical knowledge, however having clinical exposure is essential to translate such knowledge into practice.

Difficulty in tracing therapists' compliance in studying the training material may have affected the accuracy of our results gathered from the gap analysis.

Knowledge-practice gap: In addition to knowledge dissemination, healthcare workforce must **actively learn by doing**, on top of completing training courses to ensure the use of knowledge during decision-making in clinical practice and to **improve knowledge translation**. Learning between individuals and between groups among and across organizations should also be promoted².

Conclusion

Training material was effective in bridging the knowledge gap in generalists to a certain extent. Nevertheless, practical experience is crucial to better equipping generalists in delivering holistic palliative rehabilitation.

References

1. Ramanjulu, R. Palliative Rehabilitation: The Essence of Personalized Care. *Indian journal of palliative care*. 2000;26, 399-400.
2. Young A.M., Cameron A., Meloncelli N., Barrimore S.E., Campbell K., Wilkinson S., McBride L.J., Barnes R., Bennett S., Harvey G. and Hickman I. Developing a Knowledge Translation Program for Health Practitioners: Allied Health Translating Research into Practice. *Frontiers in Health Services*. 2023;3:1103997.