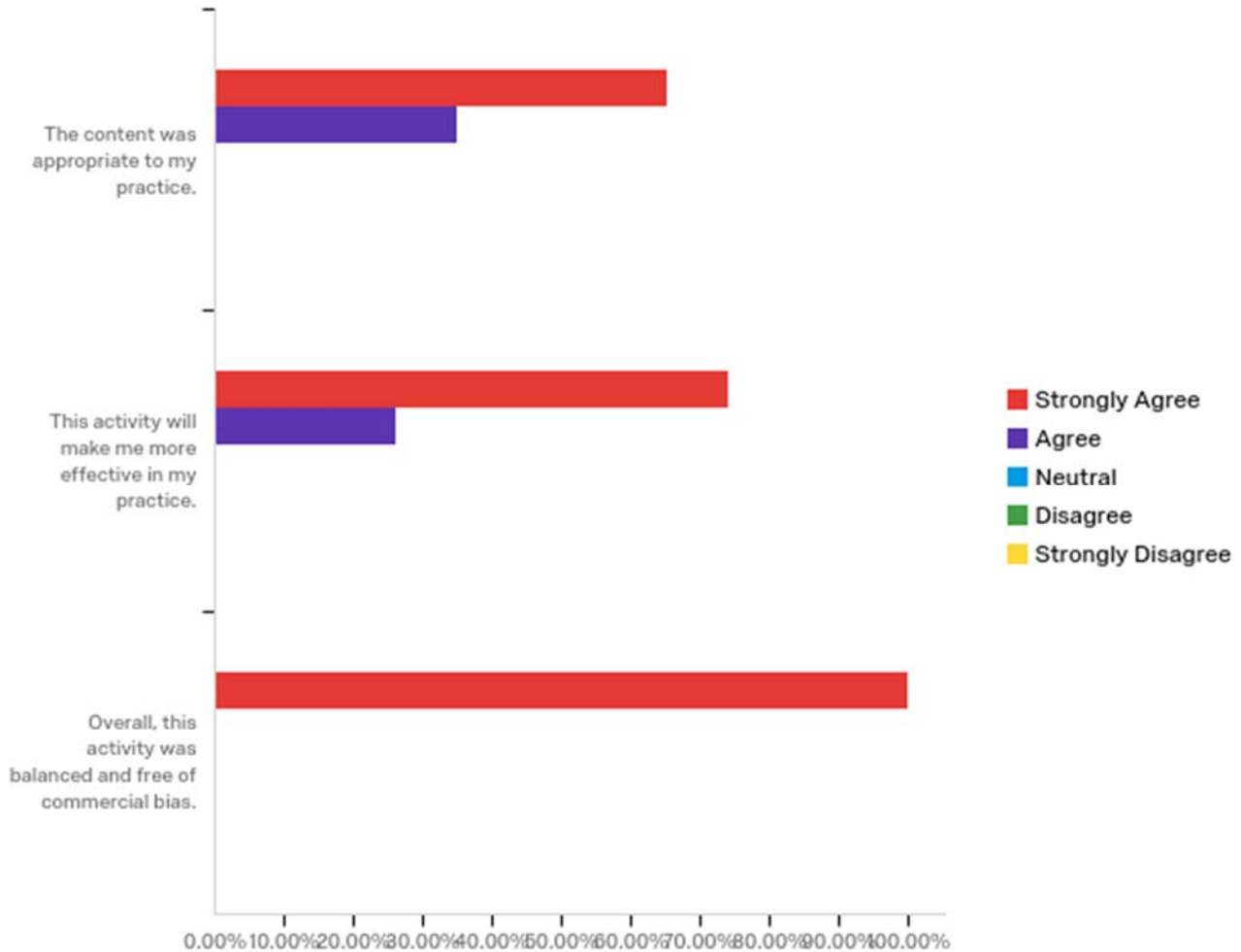


# CME Evaluation Summary

Medical Therapeutic Yoga

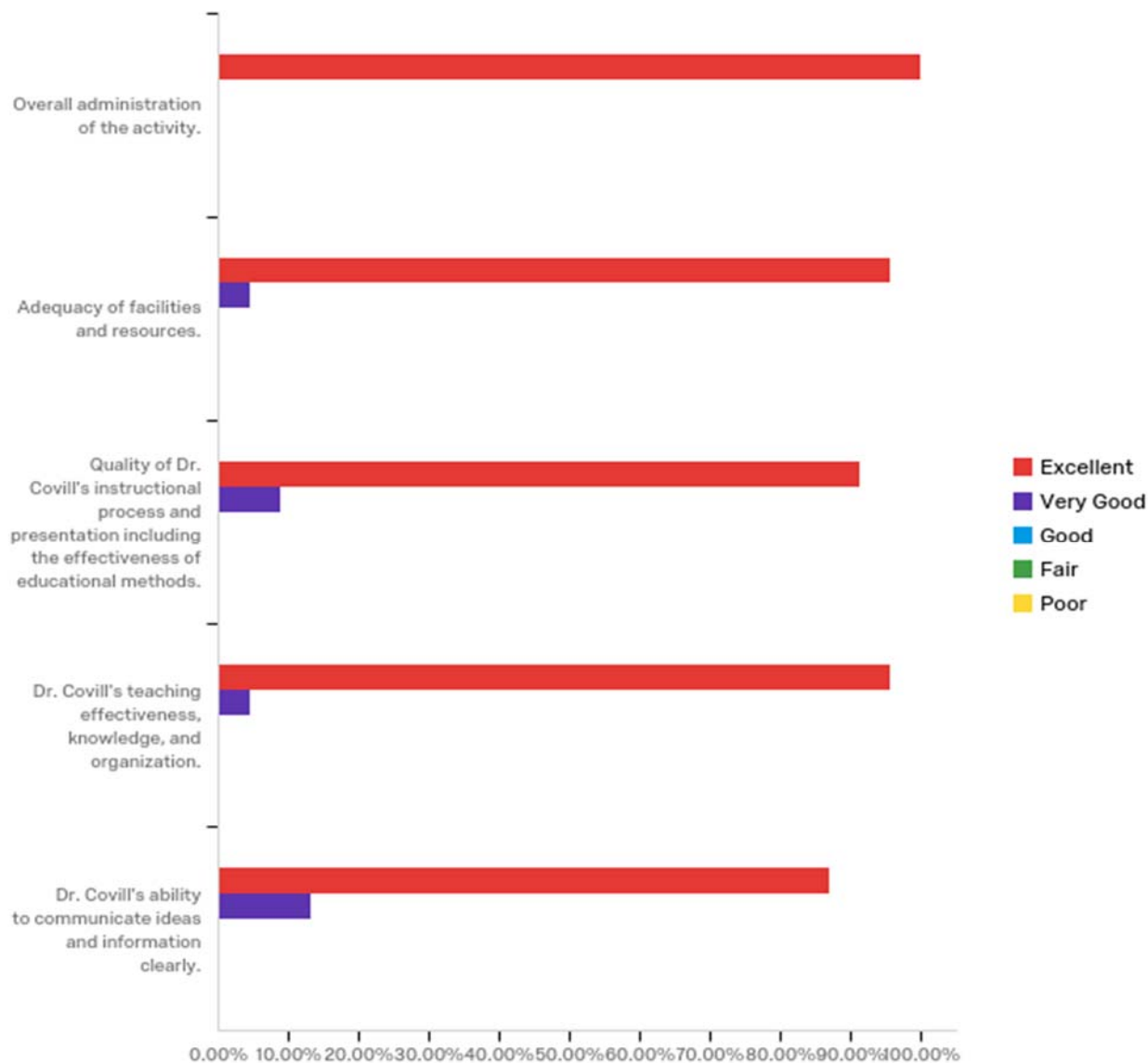
April 7, 2018

**Q1 - Please indicate the extent to which you agree with the following statements:**



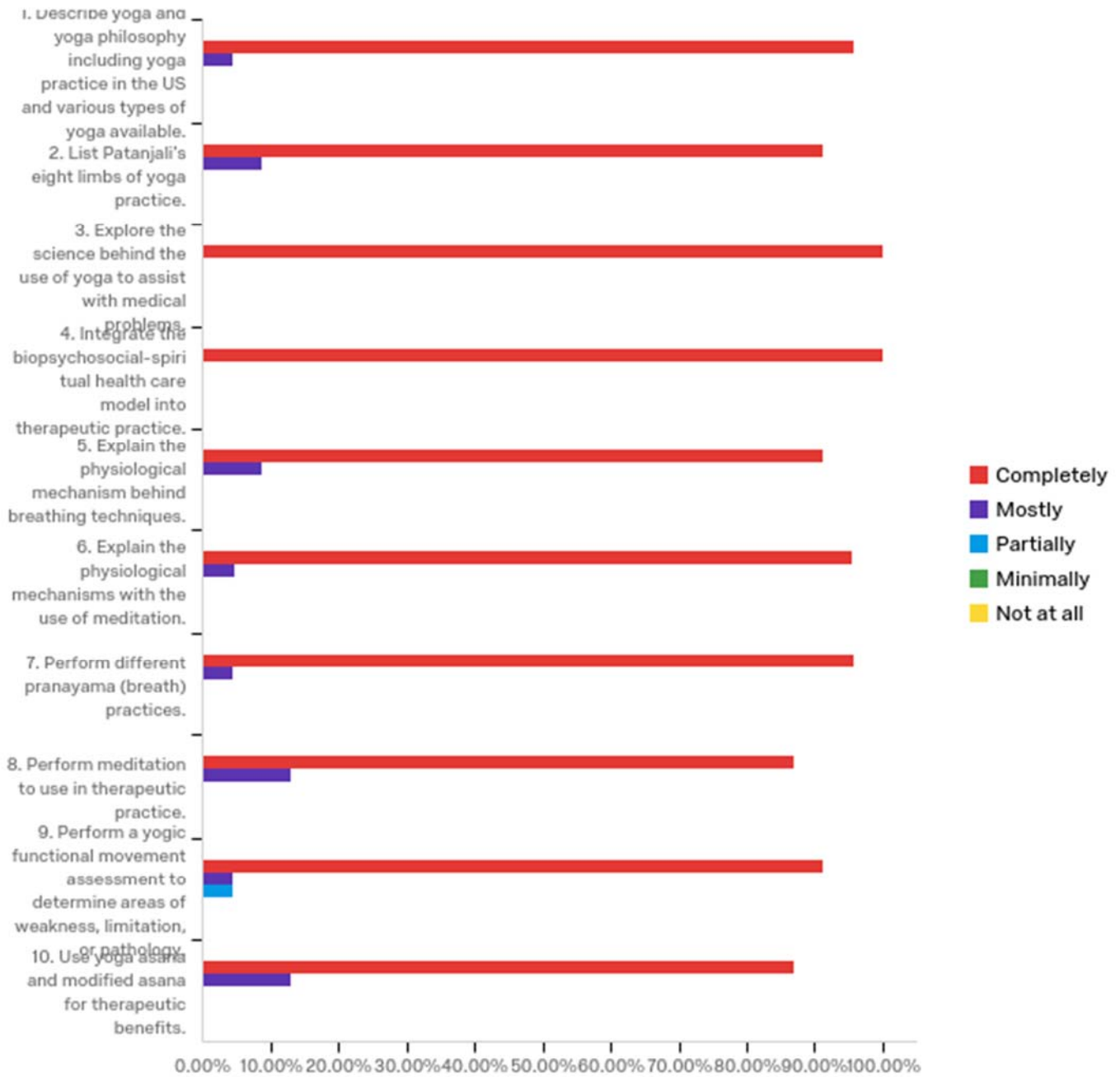
#	Question	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Total
1	The content was appropriate to my practice.	65.22% 15	34.78% 8	0.00% 0	0.00% 0	0.00% 0	23
2	This activity will make me more effective in my practice.	73.91% 17	26.09% 6	0.00% 0	0.00% 0	0.00% 0	23
3	Overall, this activity was balanced and free of commercial bias.	100.00% 22	0.00% 0	0.00% 0	0.00% 0	0.00% 0	22

## Q2 - Please rate the following:



#	Question	Excellent	Very Good	Good	Fair	Poor	Total					
1	Overall administration of the activity.	100.00%	23	0.00%	0	0.00%	0	0.00%	0	0.00%	0	23
2	Adequacy of facilities and resources.	95.65%	22	4.35%	1	0.00%	0	0.00%	0	0.00%	0	23
3	Quality of Dr. Covill's instructional process and presentation including the effectiveness of educational methods.	91.30%	21	8.70%	2	0.00%	0	0.00%	0	0.00%	0	23
4	Dr. Covill's teaching effectiveness, knowledge, and organization.	95.65%	22	4.35%	1	0.00%	0	0.00%	0	0.00%	0	23
5	Dr. Covill's ability to communicate ideas and information clearly.	86.96%	20	13.04%	3	0.00%	0	0.00%	0	0.00%	0	23

### Q3 - Did the activity meet your expectations in accomplishing the stated objectives?

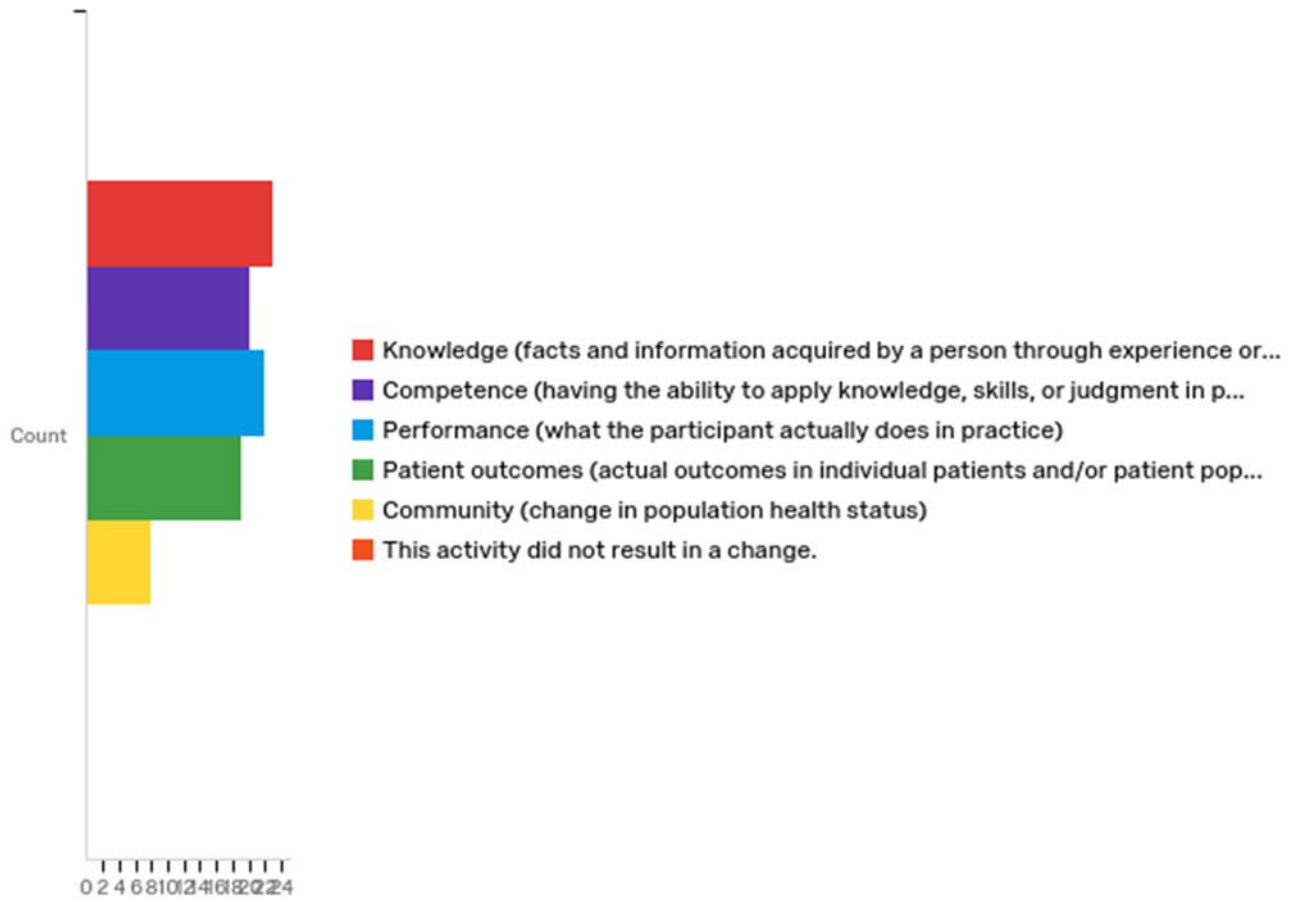


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### Q3 - Did the activity meet your expectations in accomplishing the stated objectives? (cont'd.)

#	Question	Completely		Mostly		Partially		Minimally		Not at all		Total
1	Describe yoga and yoga philosophy including yoga practice in the US and various types of yoga available.	95.65%	22	4.35%	1	0.00%	0	0.00%	0	0.00%	0	23
2	List Patanjali's eight limbs of yoga practice.	91.30%	21	8.70%	2	0.00%	0	0.00%	0	0.00%	0	23
3	Explore the science behind the use of yoga to assist with medical problems.	100.00%	23	0.00%	0	0.00%	0	0.00%	0	0.00%	0	23
4	Integrate the biopsychosocial-spiritual health care model into therapeutic practice.	100.00%	23	0.00%	0	0.00%	0	0.00%	0	0.00%	0	23
5	Explain the physiological mechanism behind breathing techniques.	91.30%	21	8.70%	2	0.00%	0	0.00%	0	0.00%	0	23
6	Explain the physiological mechanisms with the use of meditation.	95.45%	21	4.55%	1	0.00%	0	0.00%	0	0.00%	0	22
7	Perform different pranayama (breath) practices.	95.65%	22	4.35%	1	0.00%	0	0.00%	0	0.00%	0	23
8	Perform meditation to use in therapeutic practice.	86.96%	20	13.04%	3	0.00%	0	0.00%	0	0.00%	0	23
9	Perform a yogic functional movement assessment to determine areas of weakness, limitation, or pathology.	91.30%	21	4.35%	1	4.35%	1	0.00%	0	0.00%	0	23
10	Use yoga asana and modified asana for therapeutic benefits.	86.96%	20	13.04%	3	0.00%	0	0.00%	0	0.00%	0	23

**Q4 - This educational activity will result in a change in my (select all that apply):**



#	Answer	%	Count
1	Knowledge (facts and information acquired by a person through experience or education)	25.00%	23
2	Competence (having the ability to apply knowledge, skills, or judgment in practice if called upon to do so)	21.74%	20
3	Performance (what the participant actually does in practice)	23.91%	22
4	Patient outcomes (actual outcomes in individual patients and/or patient populations)	20.65%	19
5	Community (change in population health status)	8.70%	8
6	This activity did not result in a change.	0.00%	0
	Total	100%	92

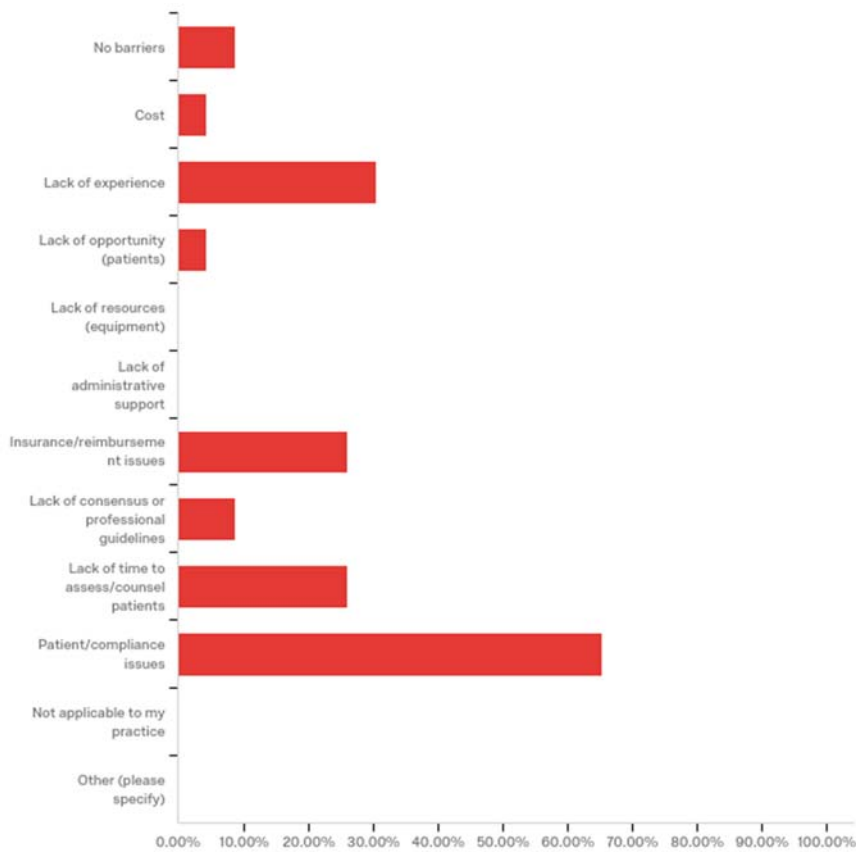
## Q5 - Please describe any 'pearls' or takeaway messages.

- There are several modifications that can be made to the asanas to accommodate various weaknesses and tightness.
- Breathing is important with all poses and postures.
- The real part is to incorporate the breathing more with the exercises.
- Modifications are key.
- Observe patients carefully.
- The breath is everything.
- Assess the patient before starting.
- The impact that pranayama can have on ANS, pain, stress, etc.
- Breath is so important in our overall health, as it can allow us to deal with stress and help improve resiliency to our environment.
- This course certainly helped me to understand how breathing and meditation/mindfulness can be applied to various patient populations.
- I learned a lot about specific alignment concerns with postures, which will be very helpful!
- Nothing is "wrong" in yoga.
- I realized that I personally need to be more mindful.
- I felt like the breathing practices were very well done and will be immediately applicable.
- Yoga participation and practice can improve quality of life.
- Real opportunity to improve range of motion.
- There are many levels of care that can be modified and used.
- Proper positioning with popular asanas.
- The benefits of breathing.
- Resiliency building.
- Provide your patient with the resources they need to be successful with self-care at home.
- How asanas are performed, and the quality is important. It is also important to teach the patient how to feel it for themselves.
- Resiliency is key!
- Just move through what your body allows - don't compare and don't go for gold.
- Don't be ashamed to use props!
- This gave me confidence to help improve my patient's life as a whole, instead of just focusing on their physical limitations.
- Everyone can breathe; therefore, it is a wonderful exercise for all!
- There are no rules!
- Yoga is not prescriptive and can be adapted to meet the needs of the patient.
- The use of yoga is multi-pronged (mind, body, spirit).
- How to include pranayama into practice.
- The importance of these activities as a foundation for other interventions.
- The detailed practice of asana.
- Assessing the patient - what are you doing now and how does that affect you? Let's look at your stability, balance, strength...
- Breathing is important!... but HOW you breathe is also important.
- Posture and correct technique is more important than just the action of breathing.

**Q6 - Please note any changes or improvements in your practice that you plan to make as a result of attending this educational activity. If no changes are identified, please explain why (program format, content not appropriate, nothing learned, etc.)**

- I will start using more breathing with exercises, which will help slow down the patients.
- I really plan to use more of the breathing exercises, TATD, and will also try to encourage meditation.
- I will incorporate the use of modified asana poses.
- Increase teaching of diaphragmatic breathing with cancer kids.
- I will incorporate diaphragmatic breathing to decrease sympathetic response, stress, and anxiety. Especially with chronic pain, neck, and CBP.
- Better TA activation abilities and needs.
- I will start using yoga and breathing education in my teaching of stress reduction techniques.
- I will be using breathing techniques more frequently in my practice.
- I feel many of the areas we learned will apply to my patients.
- I plan to increase breathing exercises and resiliency training.
- I will look into more restorative poses for myself and my patients.
- I plan to incorporate more breathing techniques.
- I believe all patients could benefit from breathing exercises.
- I thought prior to the course that incorporating yoga into physical therapy practice would be difficult. However, I realized that I already do a lot of it but don't call it yoga.
- Incorporation of breathing, meditation, and modified poses.
- I will discuss my experience with our therapy leadership.
- Increase use of breathing techniques.
- I'll incorporate more resiliency training and provide better resources for my patients.
- Utilization of certain asana to improve balance and strength.
- Incorporate pranayama into patients that I observe have shallow breathing, hold their breath during exercise, or express a lot of strain.
- Progress through the biopsychosocial model with EVERY patient.
- I feel I will be able to make simple changes that may provide a fair amount of gain just in focusing on breathing with my patients.
- I will be incorporating more breathing, meditation, and mindfulness.
- Use of breathing techniques and meditation. I'll use this to help improve resiliency.
- I will incorporate more breathing techniques and moments of stillness through meditation.
- Incorporate breathing techniques and meditation into practice.
- More focus on mindfulness and the incorporation of breathing and meditation.
- I will make a change in selection of exercises.
- I'll work to include pranayama as a foundational intervention.
- Include reflection at the end of treatment sessions in form of restorative pose.
- Start with breathing and mindfulness, and work towards other improvements.
- I now know to ask my patients to go to physical therapists that incorporate therapeutic yoga.
- Incorporation of breathing activities.
- I will incorporate some of the asana into my balance patients.

**Q7 - Please identify any barriers that you perceive in implementing any changes. Select all that apply.**



#	Answer	%	Count
1	No barriers	5.00%	2
2	Cost	2.50%	1
3	Lack of experience	17.50%	7
4	Lack of opportunity (patients)	2.50%	1
5	Lack of resources (equipment)	0.00%	0
6	Lack of administrative support	0.00%	0
7	Insurance/reimbursement issues	15.00%	6
8	Lack of consensus or professional guidelines	5.00%	2
9	Lack of time to assess/counsel patients	15.00%	6
<b>10</b>	<b>Patient/compliance issues</b>	<b>37.50%</b>	<b>15</b>
11	Not applicable to my practice	0.00%	0
12	Other (please specify)	0.00%	0
	Total	100%	40



## **Q8 - How will you address these barriers in order to implement these changes in your practice?**

- I have quite a bit of autonomy to practice the way I feel is best for my patients.
- Compliance with some patients may be an issue, but I'm looking forward to presenting these materials to the patients and hope they can see the benefit... plant the seed!
- Positive feedback and support.
- Try to figure out the right patient.
- I will make sure I explain why and how it is necessary and can help.
- I will try the motivational surveys to detect willingness to change, and approach them with many options to try and have them log their progress if they are willing to try.
- Assess which patients may benefit from and be receptive to these practices; and then incorporate them accordingly.
- Continue to increase self-practice and learning.
- Discuss experience with therapists and administrators.
- I will educate patients of the benefits.
- I will just need to practice teaching this.
- Continue to grow my yoga practice at home so I can help others gain confidence.
- Research to try resources on my own and then share with patients.
- Continue to educate myself and seek resources.
- Suggest that patients use meditation apps instead of focusing on this during visits.
- Use of home yoga.
- I am going to keep going to my yoga classes and listen to cuing used and implement this into working with my patients.
- Insurance limitations are what the problem is; however, the course provided good resources for patients outside of therapy (YouTube, Calm App, etc.).
- I can provide better education on benefits of yoga and meditation to help with symptoms to improve patient compliance.
- Continue to seek education of reimbursement issues.
- Try to engage decision makers about funding.
- Practice and perhaps more education.
- I want to hire more staff!
- Speak to our coders/billers about how to document these practices.
- Model the work with the patient during the end of our visit.
- Provide handouts.
- Incorporate breathing into my exercise programs and give activities for at home.

## **Q9 - Please comment regarding the online component of the course (content, ease of navigation, etc.).**

- The online component was comprehensive and gave detailed background to yoga practice.
- The online information was good.
- Navigation was fairly easy. Technical vocabulary was difficult to follow at times on the recordings.
- This was very easy.
- It would have been nice to see the correct answers for the ones that were missed on quizzes.
- The online content was very comprehensive.
- The online work was easy to navigate.
- It was well organized, and I appreciated being able to complete the lectures at home.
- The content was difficult to follow at time with all the new terminology; however, it was easy to navigate and the slides with notes were helpful.
- This was excellent.
- I thought it was an excellent course.
- It was very informative and provided foundational concepts of medical yoga.
- It would have helped to have a brief summary or list of the important topics.
- The content and ease of navigation were good.
- It was a little hard to read diagrams due to small lettering; otherwise, it was easy to navigate.
- It was easy to navigate and was useful to have beforehand.
- It was great - easy to access and very informative. It really helped to have the slides along with it!
- I loved the modules. They were very informative and interesting.
- Overall, it was very good. I did have one module freeze up (could have been the website, my wifi, or my computer).
- The notes were very helpful.
- It took me a little bit to figure it out; but there was TONS of information and it was very useful.
- This was well done and evidence-based.
- This course was lengthy but informative.
- I loved the quality of the modules.
- Online was easy to navigate. The content was good in preparation for the class.

## **Q10 - Do you have any unanswered questions or additional comments?**

- I really appreciated this course. I feel like we really needed some tools to deal with the mental/stressful issues and feel like I have learned some good techniques here to deal with the WHOLE patient.
- I took this class to learn how to better help my patient, but really learned a lot of points that I will be using in my everyday life.
- Overall, this was a great course!
- I appreciated that there was an assistant to answer questions and critique.
- There were just the right number of cues during asana. It was easy to understand the basics of t.a. cx, scapular, etc.
- It was great to have physicians in the room!
- Laura and Kate were excellent!
- Where can I learn more, especially for incorporating this into teaching students?