

Face-To-Face Compared to Videoconference Mentoring in Outpatient Physical and Occupational Therapy

A. FERETTI¹, L. KUPCZYNSKI², S. GROFF³

¹OT/Hand Therapy, MOTION Sports Medicine, New York, NY, United States

²University of St. Augustine for Health Sciences, St. Augustine, FL, United States

³Florida State College at Jacksonville, Jacksonville, FL, United States

Purpose: Physical and occupational therapists who have recently graduated and are beginning in their first professional positions often seek mentorship as they transition from school to clinical practice. Mentoring has been shown to increase job satisfaction and decrease turnover of staff. In outpatient rehabilitation clinics, it can be difficult to access experienced mentors due to geographical location and scheduling. The use of videoconference technology for mentoring meetings may provide more opportunities for novice clinicians to connect with experienced mentors to foster their professional growth and development. The purpose of this mixed methods, convergent design study was to compare the effectiveness of mentoring in face-to-face meetings to mentoring using video conference meetings among newly graduated physical and occupational therapists.

Methods: Using the Novice to Expert conceptual framework, this study evaluated the effectiveness of mentoring meetings for physical and occupational therapy staff at a multi-site rehabilitation company. 44 subjects were included in the study, 24 mentees and 20 mentors. The 24 mentees completed weekly surveys about the effectiveness of their mentoring sessions and the responses were compared to each other, separating the videoconference and face-to-face sessions. A total of 58 weekly surveys were submitted and included in the analysis. Each participant also completed an open-ended questionnaire about their opinions about mentoring and e-mentoring to add depth to the quantitative analysis.

Results: Results showed that there was no statistically significant difference in the mentee's perception of effectiveness in the four mentoring areas of work setting relationships, clinical skill knowledge/attainment, career path/future planning and their role in the organization when using videoconference mentoring meetings as compared to traditional face-to-face meetings. The qualitative responses supported the idea that both mentees and mentors found value in using videoconference mentoring. Many participants preferred face-to-face mentoring for things like practicing hands-on skills and building a personal connection, but also appreciated the benefits of videoconference mentoring to increase accessibility and overcome barriers like distance and scheduling.

Conclusion: Participants in the current study echoed the importance of mentoring through their participation in the mentoring program and in the study, and specifically stated the value of mentoring in the workplace in their responses to open-ended questions. Specifically, in outpatient rehabilitation, challenges exist such as the mentor and mentee not being in the same geographic location, or even when there is an on-site mentor, schedules may not match up or there may be a clinical specialty which makes it so that the mentee would benefit from working with a different mentor for specialty practice. Use of e-mentoring platforms, specifically video conferencing, was shown in this study to provide increased accessibility as described by participants' responses to the qualitative questions. With the supporting evidence supplied by the results presented here, comparing the use of both traditional face-to-face methods and newer technology such as video conferencing; clinicians will be able to confidently incorporate different methods of mentoring with the confidence that these methods are effective.

POSTER PRESENTATIONS

FRIDAY, OCTOBER 4, 2019 | 12:00PM – 1:30PM

SATURDAY, OCTOBER 5, 2019 | 12:30PM – 2:30PM

Lateral Epicondylitis and the Efficacy of a Long Arm Orthosis: A Case Series

J. BEASLEY¹, C. FLOYD-SLABAUGH¹, H. REPASY¹, J. TANJA², T. PHILLIPS³, B. BAAZOV¹, K. BRUNDAGE¹, C. RUDENGA¹

¹Occupational Therapy, Grand Valley State University, Rockford, MI, United States

²Occupational Therapy, Spectrum Health, Grand Rapids, MI, United States

³Physical Therapy, Spectrum Health, Grand Rapids, MI, United States

Purpose: To determine the efficacy of using a long arm orthosis (LAO) as a conservative treatment method for adults affected by lateral epicondylitis (LE). Individuals with LE may report persistent pain as the most debilitating and prevalent symptom of this condition. Currently, studies have shown several treatments appear effective, but the benefits are inconclusive or are short-term.

Methods: Retrospective case series design. Measures were extracted from electronic medical charts of seven adults who were treated with a LAO. Outcome measures included the Numeric Pain Rating Scale and the QuickDASH assessment.

Results: A clinically significant effect was found for improvement in pain and QuickDASH scores with the LAO intervention. Statistical significance was found only for QuickDASH scores.

Conclusion: A LAO can be an effective option for decreasing pain and increasing upper extremity function in persons with lateral epicondylitis.



Volar orthosis



Dorsal orthosis