

Learning Sessions: Instructions and Agendas

What is the Purpose of the iWalk Learning Sessions?

The iWalk Learning Sessions are designed to help groups of healthcare professionals increase competence in performing the 10-metre walk test (10mWT) and 6-minute walk test (6MWT), interpreting the results, and applying the results in clinical practice. Participants will be expected to review the iWalk modules. The agendas provided are a guide and may be adapted to suit the needs of the group. For students and therapists who do not have experience using the tests, it is recommended to complete all learning sessions as outlined in the guide. Experienced therapists may tailor the learning sessions to their ability level. There are advantages to having both novice and senior therapists in a learning group as this may foster discussion. If some therapists are already doing the tests, it will be important to compare how the test protocols in the iWalk guide differ from how the test are currently being done to make the necessary changes. Everyone should be conducting the tests in the same way.

Who Should Facilitate the Learning Sessions?

The facilitator could be a professional practice leader, manager, clinician or trainee willing to take a leadership role and champion the iWalk toolkit.

What are the Roles and Responsibilities of the Facilitator?

- Obtain the support of management and clinicians to implement the iWalk guide
- Review and complete the iWalk Equipment and Space Requirements Checklist (*refer to [Online Resources: 2. Equipment & Space Requirements Checklist](#)*) prior to the first learning session
- Purchase equipment if necessary
- Schedule training sessions with the physical therapy team
- Ensure that each member of the group has a hard copy and/or electronic version of the iWalk guide prior to the first learning session
- Ensure the necessary equipment and materials are available for each session
- Ask for a volunteer to record meeting minutes if necessary
- Distribute the meeting agenda to the group and act as a chairperson for the meeting
- Ensure that action plans made are completed in a timely manner

When Should the Learning Sessions Occur?



What if Someone

Misses a Session?

Individuals who miss a Learning Session should review the Learning Session Agenda and complete activities independently or with a partner.

iWalk Learning Session 1

Preparation: Before the session, the Facilitator should:

- Remind learning group members to:
 - Review **Module 2: Performing the Tests** prior to the session
 - Review the iWalk Quick Start guide
 - Bring the following items to the learning session:
 - › Smartphone with iWalkAssess app downloaded and lanyards
 - › iWalk guide
 - › Clipboard and pen
 - › Stethoscope for taking blood pressure (if necessary)
- Set up the walkways (tape the floor, set up chairs and pylons) for the 10mWT and 6MWT in a nearby corridor. It is strongly recommended to enlist the help of a second person.
- Bring to the session:
 - A computer or tablet/iPad for the group to view the iWalk video
 - Printed 10mWT and 6MWT protocols for each person
 - Enough equipment to enable participants to practice screening and testing:
 - › Heart rate monitors
 - › Blood pressure cuffs
 - › Mechanical length counters (if not using iWalkAssess app)
 - › Stopwatches (as an alternative to using the iWalkAssess app)

Learning Session 1: Agenda

Goals:

- To understand which patients are appropriate for the 10mWT and 6MWT;
 - To become familiar with conducting the 10mWT and 6MWT using iWalk protocols;
 - To become familiar with using the iWalkAssess smartphone application to time each test;
 - To become familiar with documenting test performance in the patient's health record.
1. Review the following sections of the iWalk Guide independently:
 - **Module 1: Introduction**
 - Top 10 Reasons to Use the 10-metre and 6-Minute Walk Tests
 - iWalk and Related Canadian Stroke Best Practice Recommendations.
 2. As a group, discuss the following questions:
 - What are the strengths and limitations of the 10mWT and 6MWT?
 - Which patients are appropriate for the 10mWT and 6MWT?
 3. Watch the iWalk video at https://www.youtube.com/watch?v=PI_gERx5Eml.
 4. In partners, take turns practicing the 10mWT protocol:

- If you have done this test before and are comfortable with the protocol, you may not need to practice
 - If you are not familiar with the test then you should practice conducting the test
 - Follow the 10mWT (Comfortable Pace) Protocol
 - Use the iWalkAssess smartphone application to time the test
 - Document test results in the format you would use for the patient's health record (do not include the results for norms, and short- and long-term goals)
5. In partners, review the 6MWT screening procedures and reasons to stop the 6MWT described in the 6MWT Protocol. Then, each person completes the following in turn:
- Measure heart rate, rating of perceived exertion, and blood pressure at rest
 - This is an opportunity to review the protocol for taking vitals
 - If you have done this test before and are comfortable with the protocol, you may not need to practice
 - If you are not familiar with the test then you should practice conducting the test
 - Conduct the 6MWT using the iWalkAssess smartphone application to time the test
 - Measure heart rate, rating of perceived exertion, and blood pressure immediately after the 6MWT to evaluate response to exercise
 - Document test results in the format you would use for the patient's health record (do not include the results for norms, and short- and long-term goals)
6. As a group, discuss preferences for using the iWalkAssess app versus a stopwatch to time the tests.
7. Discuss the following questions:
- What problems might we encounter using the 10mWT and 6MWT in our facility?
 - What are some solutions and action plans to these problems?
8. As a group, commit to the following **goals** before Learning Session 2:
- Perform the 10mWT, the 6MWT screen and the 6MWT with an appropriate patient post- stroke. The test can be practiced on a patient even if the patient is unable to walk continuously for 6 minutes. Document test results in the recommended format in the patient's health record (do not include the results for norms, and short- and long-term goals).



TIP: For large groups, divide the group in two. Have one group practice the 10mWT while the other half practices the 6MWT. For those doing the 6MWT, half can practice screening and then the test, while the other half conducts the test and then screening.

iWalk Learning Session 2

(2 weeks after Learning Session 1)

Preparation: Before the session, the Facilitator should:

- Remind learning group members to:
 - Complete the 10mWT and 6MWT with one patient post-stroke and document the test results in the patient's health record before Learning Session 2
 - Review **Module 3: Interpreting Test Performance** prior to the session
- Bring the following items to Learning Session 2:
 - Smartphone with iWalkAssess app downloaded
 - iWalk guide
 - Clipboard and pen
- Bring to the session:
 - Printed 10mWT and 6MWT data collection forms for each person

Learning Session 2: Agenda

Goals:

- To understand how to interpret 10mWT and 6MWT performance using normative values, requirements for community ambulation, and minimal detectable change;
 - To become familiar with using the iWalkAssess smartphone application to interpret tests;
 - To become familiar with documenting test performance in the patient's health record.
1. As a group, discuss any questions or concerns members may have had in administering the 10mWT and 6MWT with a patient since Learning Session 1.
 2. Choose a partner. Open the iWalk guide to **Module 7**. Read the 3 case scenarios.
 3. Each person should independently complete Activity 1 using the iWalkAssess app.
 4. Debrief. Identify barriers to implementing the new practices, and generate solutions and action plans to address the barriers.
 5. Facilitator collects the 10mWT and 6MWT data collection forms for Learning Session 3.
 6. As a group, review **Module 5**. Discuss whether therapists are using these treatments. If not, discuss why and how challenges could be addressed.
 7. Ask everyone to try to use the 10mWT and 6MWT at initial assessment with all appropriate patients and interpret test performances, and educate and set goals with patients in routine clinical practice.
 8. As a group, commit to the following goal before Learning Session 3:
 - Complete the 10mWT and 6MWT with two patients post-stroke and document the test results, % of the norm value, the norm value and source in the patient's health record.

iWalk Learning Session 3

(2 weeks after Learning Session 2)

Preparation: Before the session, the Facilitator should:

- Remind learning group members to:
 - Complete the 10mWT and 6MWT with two patients post-stroke, interpret the test performances, and document the test performances and interpretation in the patient's health record before Learning Session 3
 - Review **Module 4: Providing Education and Setting Goals** prior to the session
- Bring the following items to Learning Session 3:
 - Smartphone with iWalkAssess app downloaded
 - iWalk guide
 - Clipboard and pen
- Bring to the session:
 - 10mWT and 6MWT data collection forms

Learning Session 3: Agenda

Goals:

- To become familiar with educating patients about 10mWT and 6MWT performance and setting goals for the 10mWT and 6MWT;
 - To become familiar with documenting test performance and goals in the patient's health record.
1. As a group, discuss any questions or concerns members may have had in administering the 10mWT and 6MWT with a patient since session 2.
 2. Choose a partner. Open the iWalk guide to **Module 7**. Briefly review the 3 case scenarios.
 3. Complete Activity 2.
 4. Debrief. Identify barriers to implementing the new practices, and generate solutions and action plans to address the barriers.
 5. As a group, review **Module 6**. Discuss the feasibility of conducting audit and feedback. Set a potential target to achieve. Discuss the feasibility of setting a final fourth meeting to reflect on progress. Schedule the meeting if appropriate.
 6. As a group, commit to the following goal:
 - Complete the 10mWT and 6MWT with one patient with stroke and document the test results, % of the norm value, the norm value and source in the patient's health record.
 - Educate the patient about his/her test performance. Set short- and long-term goals for each test with the patient. Document the goals in the patient's health record.