



Queen Margaret University
EDINBURGH

LEArN Trial

ACQUISITION OF COMPLEX SKILLS IN PHYSIOTHERAPY EDUCATION:
A RANDOMISED CONTROLLED TRIAL COMPARING MENTAL
PRACTICE AGAINST NO MENTAL PRACTICE

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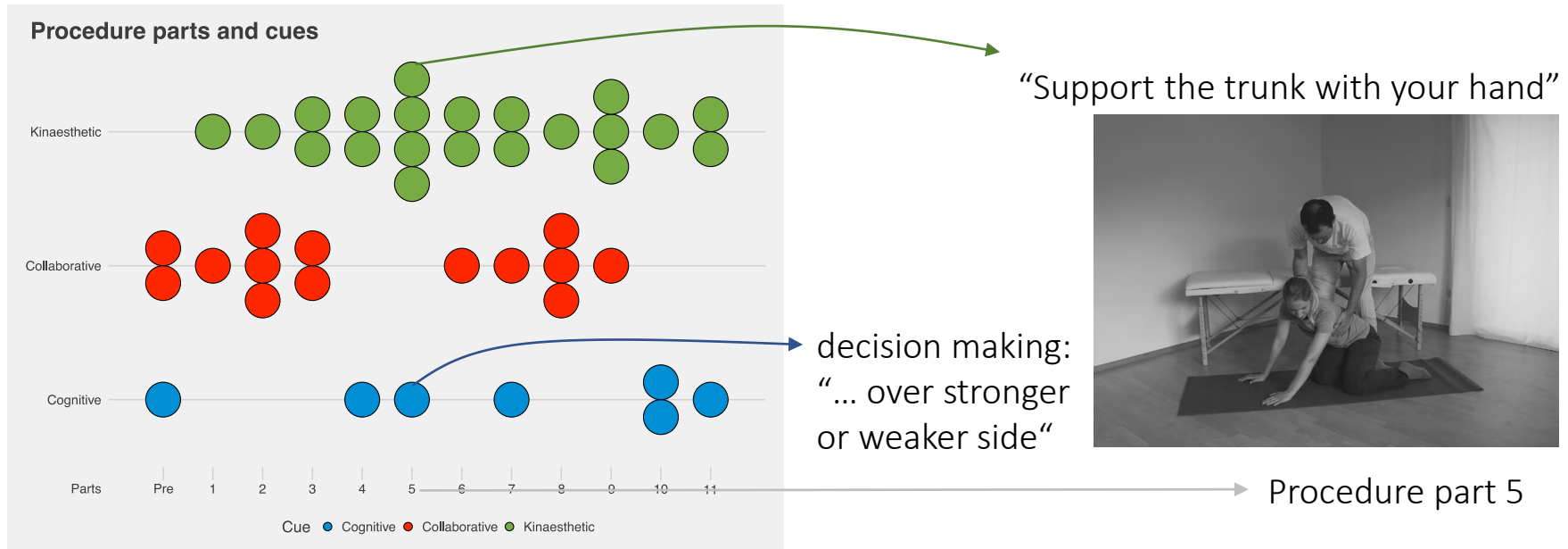


Methods

- Design: RCT, Development of concept trial
 - Group A: physical and mental practice
 - Group B: physical practice
- Outcome measures:
 - Effectiveness: Performance (APSPT 29 & checklist), response time, confidence
 - Feasibility: Recruitment rate, failure rate, feasibility training sessions & assessment
- Purpose: To explore the effectiveness and feasibility of mental practice on skill acquisition in physiotherapy education

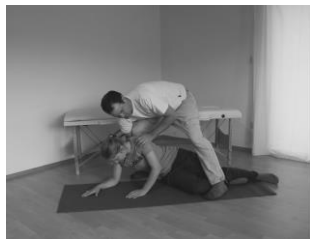
Script development

- 3 experienced physiotherapists “cognitive walkthrough”
- Identification of cues (cognitive, kinaesthetic, collaborative, ...)





Enrolment



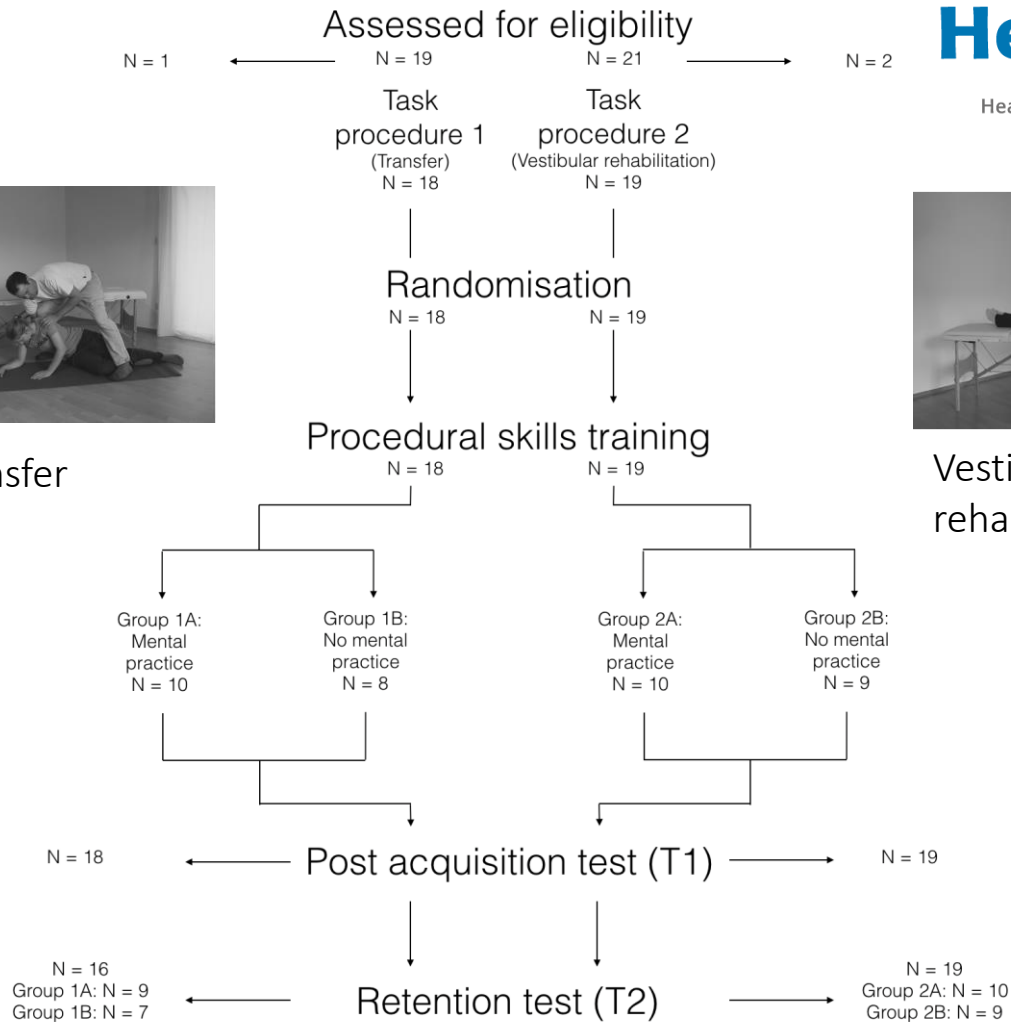
Transfer



Vestibular rehabilitation

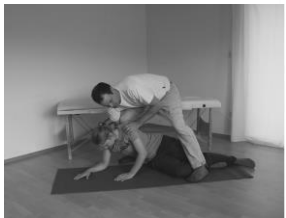
Allocation

Follow up

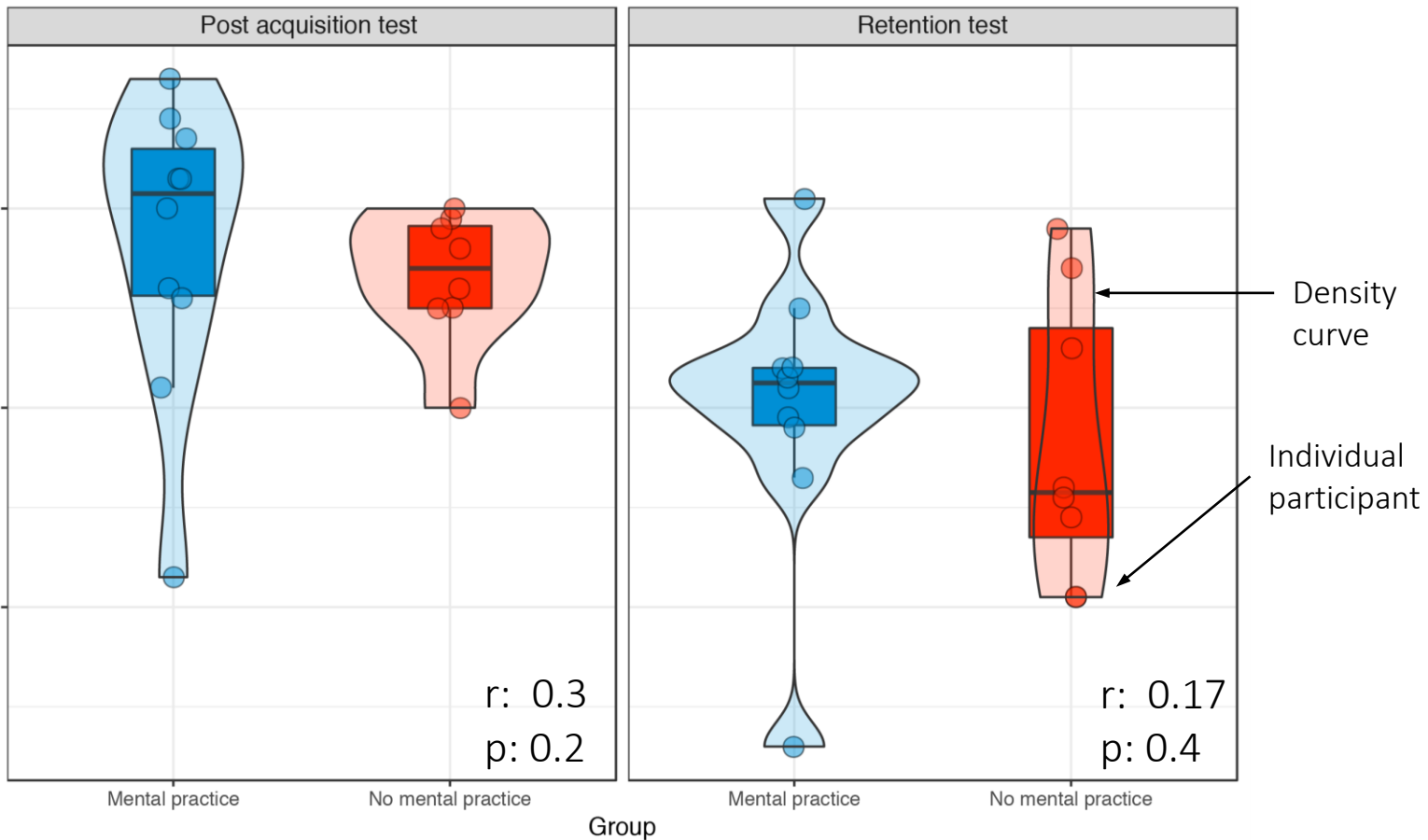




Transfer procedure

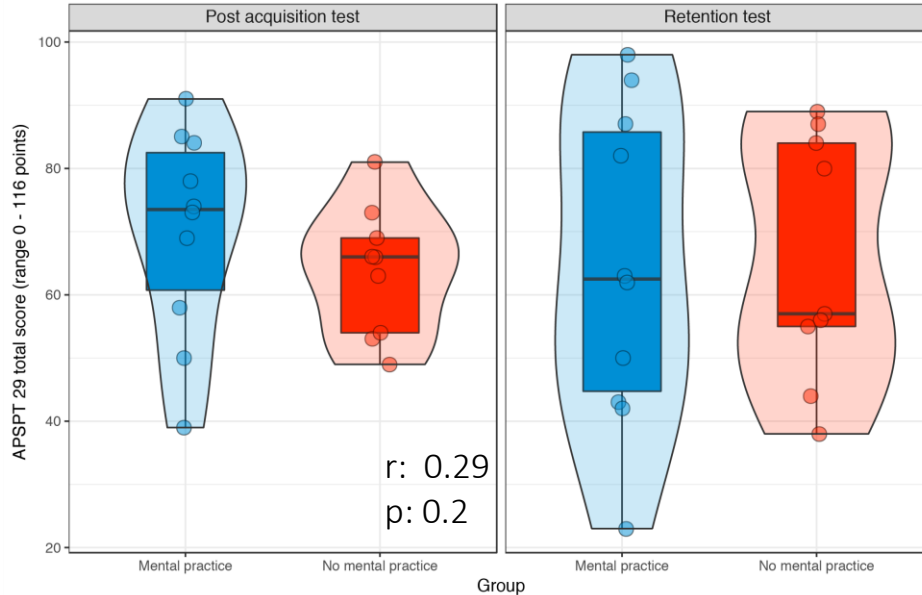


APSPT 29 total score (range 0 - 116 points)





Conclusion



- Effectiveness: outcome measures were in favour of mental practice (n.s)
- Feasibility: all outcome measures indicated that mental practice is a feasible intervention in physiotherapy education



Vestibular rehabilitation procedure



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Acknowledgements



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