

Background

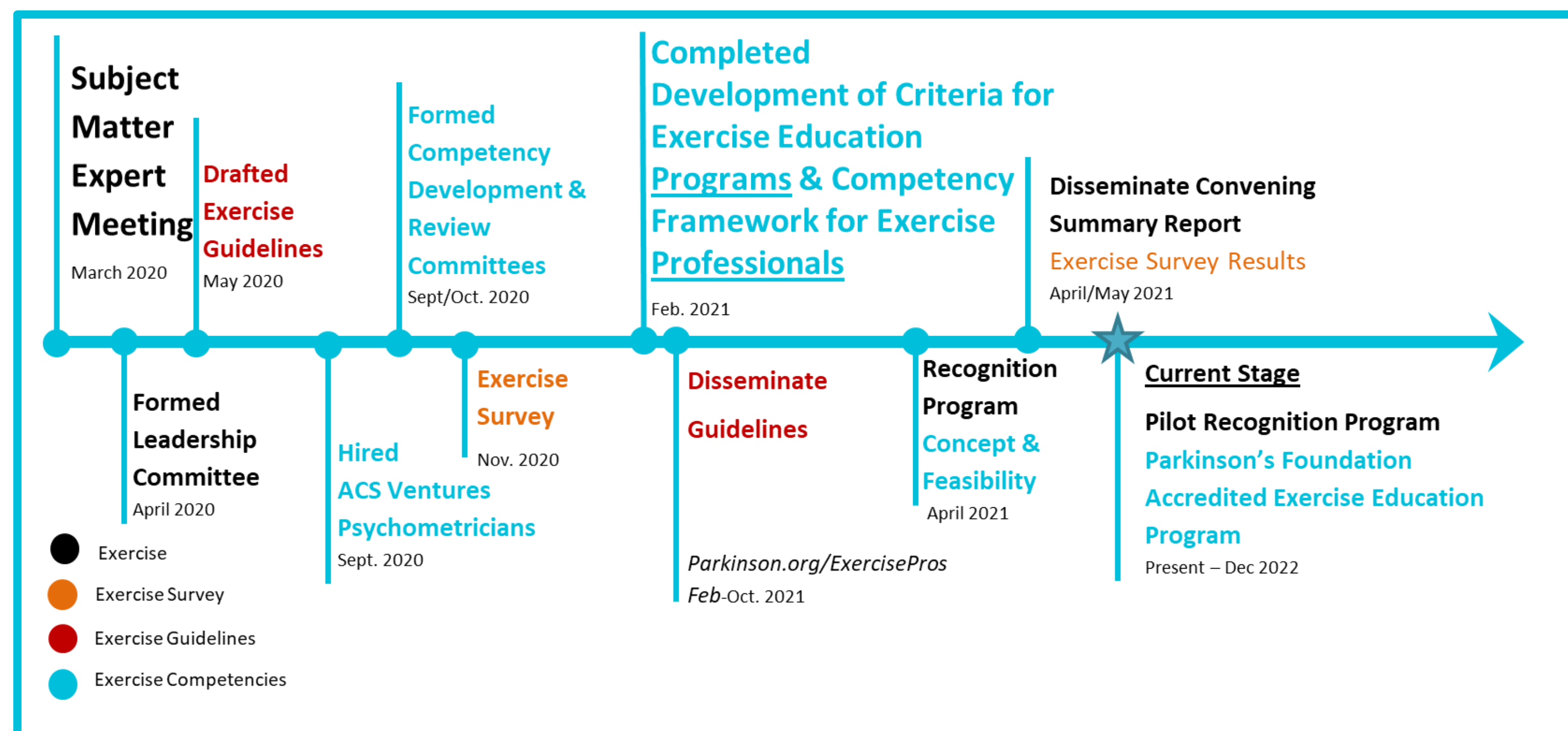
- Exercise professionals play important role in the management of people with Parkinson's (PwP).
- There are no unified guidelines or procedures to ensure competence of exercise professionals working with PwP.
- There is great variability in the knowledge, skill and abilities (KSAs) of exercise professionals, which makes it difficult for PwP and healthcare providers to evaluate the safety and effectiveness of community exercise programs and instructors.

Objectives:

1. To standardize education provided to exercise professionals
2. To develop an accreditation process for Parkinson's exercise educational programs

Methods and Timeline

- Psychometrician methodologists assisted with aligning processes to professional standards, as described by the National Commission for Certifying Agencies (NCCA, 2014).
- **The process included**
 1. Convene subject matter expert panel and leadership committee
 2. Consolidate and disseminate recommended exercise guidelines
 3. Survey PwP to understand needs
 4. Identify psychometricians to lead competency development
 5. Define competencies (KSAs) for exercise professionals and programs
 6. Develop a framework for an accreditation program to recognize education programs.



Parkinson's Exercise Competencies and Accreditation Goals

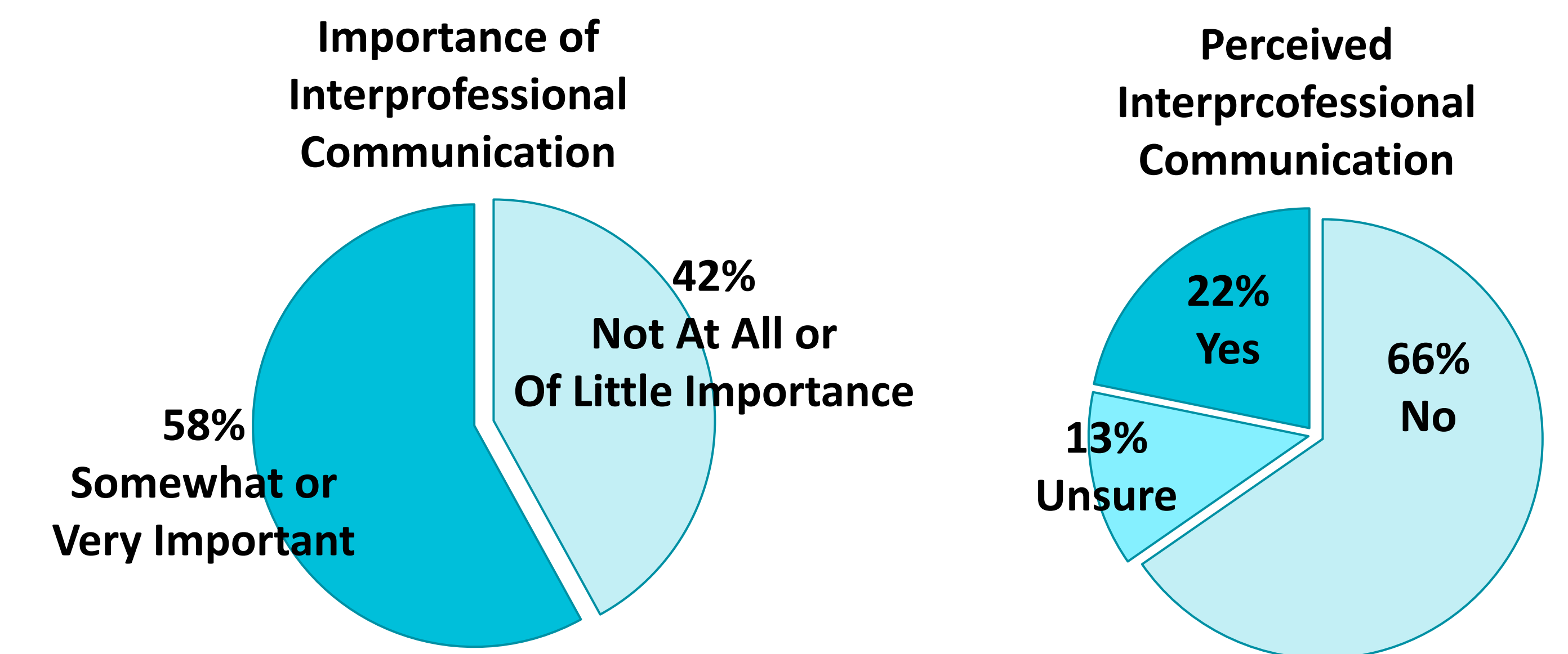
Survey of People with Parkinson's on Exercise and Exercise Professionals

Similar proportions of respondents worked with physical therapists as group exercise instructors.

22% saw both PT and Group Exercise Instructors, but 16% of respondents saw neither.



The majority of respondents (58%) reported that it was important for their exercise professional communicate with their health care team about their Parkinson's exercise plan, but only 22% knew of communication occurring.



Five Domains of Exercise Professional Competencies Map to Five Criteria for Exercise Education Program Accreditation

1. Parkinson's Disease: Foundational Information on the Diagnosis, Treatment, and the Role of Exercise
2. Screening for People with Parkinson's Disease to Participate in Exercise
3. Group/Individual Exercise Design for People with Parkinson's Disease
4. Exercise Leadership for People with Parkinson's Disease: Human Behavior and Counseling
5. Interprofessional Communication and Program Development

The competencies for Parkinson's exercise professionals and Parkinson's exercise education programs are being used to develop a pilot accreditation program to help reduce unwanted variation in exercise-related care

Accredited

Competency Development Task Force

- American Academy of Neurology
- American College of Sports Medicine
- American Council on Exercise
- American Parkinson's Disease Association
- American Physical Therapy Association
- Boston University
- Cleveland Clinic
- Dance for PD
- Davis Phinney Foundation
- Emory University
- International Parkinson and Movement Disorder Society
- Medical Fitness Association
- MDT Solutions
- Norton Neuroscience Institute Resource Center
- Northwestern Medicine Executive Health
- Parkinson's Foundation People with Parkinson's Council
- Parkinson Wellness Recovery | PWR!
- Rider University
- Rock Steady Boxing
- Shirley Ryan AbilityLab
- theLab
- YMCA

Key Take-Aways

- The KSAs that describe competent exercise professionals drive educational program accreditation criteria that can lead to future curricula improvements for Parkinson's exercise programs and reduce unwanted variations in care.
- The Parkinson's Foundation is beginning a Pilot Program to accredit education programs that provide the KSAs necessary to create a safe and effective exercise experience for people with Parkinson's.