

Capstone Proposal Form

<u>Student Name</u> Lauren Mindrum			<u>Date</u> 11/26/2024	
<u>Initial Submission</u> November 26, 2024		<u>Revision Submission #</u> December 1, 2024		<u>Site Name</u> A local Cincinnati Hospital
			<u>Site Mentor Name</u> Lauren Hill, OTR/L, MS, PCES	
<u>Focus Area</u>			<u>Scholarship Type</u>	
<input type="checkbox"/> <u>Research</u>	<input type="checkbox"/> <u>Advocacy</u>	<input type="checkbox"/> <u>Education</u>	<input type="checkbox"/> Scholarship of Discovery	<input type="checkbox"/> Scholarship of Application
<input type="checkbox"/> <u>Leadership</u>	<input type="checkbox"/> Program & Policy Development	<input type="checkbox"/> Other	<input type="checkbox"/> <u>Scholarship of Integration</u>	<input type="checkbox"/> Scholarship of Teaching and Learning

State the purpose of the doctoral capstone.

This doctoral capstone aims to identify the gap in early identification and management of pelvic floor disorders (PFD) in antenatal care, emphasizing the role of pelvic floor occupational therapy in treating PFDs and to increase the awareness of pelvic floor occupational therapy within the healthcare system. This will be done through providing resources for antenatal mothers and through a survey assessing the prevalence and perceptions of women with of PFDs within the local Cincinnati Hospital's OB/GYN services.

What conceptual or theoretical model(s) will you use to frame your work? BRIEFLY describe how you will apply your identified model(s).

The theoretical model used to frame the doctoral capstone will be the Person-Environment-Occupation (PEO) Model. This model specifically focuses on the dynamic interaction between a person and their environment, as well as the occupations they engage in. This model is relevant to pelvic floor occupational therapy, because it considers how PFDs can impact an individual's ability to participate in meaningful, daily activities. This model guides the project through identifying barriers within the healthcare environment as well as aiming to emphasize the importance of pelvic floor occupational therapy prior to giving birth. By providing antenatal mothers with resources, this project aims to enable pregnant mothers to participate in more meaningful occupations during and after pregnancy. In addition, the data gathered from the survey aims to identify barriers as well as emphasize the importance of referring pelvic floor therapy.

Describe how the project connects to the mission of Xavier University and the OTD Program mission and philosophy.

This project directly connects to the mission of both Xavier University and the Xavier University OTD Program. Xavier University's mission emphasizes the importance of inspiring individuals to serve others, contribute to the greater good, promoting justice, and to create an open environment. This doctoral capstone aligns with these values by addressing an underserved area within occupational therapy and antenatal care: early management and identification of PFDs both before and after birth. By advocating for this awareness, education, and integration within the healthcare system, this project aims to embody Xavier University's commitment to promoting meaningful change. This change aims to benefit society and healthcare, especially for individuals who may lack access or resources to specialized care. In addition, this doctoral capstone aims to utilize the qualities of reflection, compassion, and informed action. This is seen through the various projects and the advocacy for education and support within pelvic floor therapy.

The mission and philosophy of the Xavier University OTD program center around developing occupational therapy practitioners who can excel in leadership, advocacy, and client centered practice. This project aims to reflect these goals by identifying gaps within antenatal care, which in turn uses the power of occupation to promote health, wellness, participation, and justice for all people. By advancing awareness and education within this field of occupational therapy, this work aims to both enhance and reinforce Xavier University's OTD program's commitment to holistic care and empowerment through occupational therapy interventions. Creating a doctoral capstone focusing on an emerging practice area promotes the value of lifelong learning, as well as promotes the importance of advocating and leading within the field of occupational therapy. This doctoral capstone aims to follow the Xavier University OTD Program mission through the balance of autonomy and collaboration in addition to focusing on the needs of a diverse, and complex, interdependent community.

Outline how you will achieve your goals below by indicating your learning objectives, activities to achieve your objectives, and proposed evidence of achievement of your learning objectives.

Below.

Project Outcomes (Goals and Activities)

Goal#	Project Goal	Activities	Proposed Timeline for Meeting Goal	Proposed Evidence of Achievement
1	Student will create and administer a survey to patients within the Hospital's OB/GYN clinics to determine the prevalence of PFDs within women who receive care at the office.	<ol style="list-style-type: none"> 1. Student will complete a draft survey for FM and SM review. 2. Student will submit for IRB approval. 3. Student will create the survey on Qualtrics and share the survey to begin the data collection. 	<ol style="list-style-type: none"> 1. By 8/25 2. By 8/25 3. By 9/22 	IRB approval of Qualtrics Survey
2	Student will create and administer a survey to staff within the Hospital's OB/GYN clinics to determine the perceptions of PFD prevalence within OB/GYN offices.	<ol style="list-style-type: none"> 1. Student will complete a draft survey for FM and SM review. 2. Student will submit for IRB approval. 3. Student will create the survey on Qualtrics and share the survey to begin the data collection. 	<ol style="list-style-type: none"> 4. By 8/25 5. By 8/25 6. By 9/22 	IRB approval of Qualtrics Survey
3	Student will create a handout provide antenatal mothers beneficial information supporting them prior to giving birth. This includes information such as birthing positions, educational materials, and additional resources.	<ol style="list-style-type: none"> 1. Student will collaborate with capstone mentor to determine the plan of action and format of the handout. 2. Student will begin reformatting the handout and providing a format for the handout. 3. Student will gather and create educational materials to be used for the handout. 4. Student will complete the handout. 	<ol style="list-style-type: none"> 1. By 9/8 2. By 9/15 3. By 11/3 4. By 11/17 	Completed handout/educational document

Learning Objectives (Goals and Activities)

Goal#	Learning Goal	Activities to Achieve Goal	Proposed Timeline for Meeting Goal	Proposed Evidence of achieving Learning Goal
1	Practice: Demonstrate effective communication skills and work interprofessionally with those who receive and provide care/services.	<ol style="list-style-type: none"> 1. Collaborate with the Hospital's OB/GYN/midwives/nurses to implement surveys within OB/GYN offices. 2. Collaborate with pelvic floor occupational therapists and physical therapists to create educational handouts for pregnant mothers to provide them with educational materials focused on antenatal care such as birthing positions, preparatory exercises, and audiovisual examples that are easy to understand. 	<ol style="list-style-type: none"> 1. 11/3 2. 11/3 	<ol style="list-style-type: none"> 1. Survey assessing both the staff and the patients. 2. Educational handout providing information to expecting mothers.
2	Ethics: Display positive interpersonal skills and insight into one's professional behaviors to accurately appraise one's professional disposition strengths and areas for improvement.	<ol style="list-style-type: none"> 1. Ensure autonomy is given during the implementation of the survey within the offices. 2. Discuss my progress and strength areas for improvement monthly with my faculty mentor and/or capstone mentor. 	<ol style="list-style-type: none"> 1. 9/15 2. 11/17 	<ol style="list-style-type: none"> 1. Approved IRB. 2. Maintain monthly meetings with Dr. Marnie Renda and/or Lauren Hill to meet regarding progress throughout the project as evidenced by timesheet notes.

3	Advocacy: Exhibit the ability to practice educative roles for consumers, peers, students, interprofessionals and others.	<ol style="list-style-type: none"> 1. Advocate and promote the benefits of pelvic floor OT/PT services and referrals by disseminating the findings from the survey. 2. Advocate for OB/GYN/midwife practitioners to refer to pelvic floor OT/PT services prior to giving birth by disseminating the findings from the survey. 	<ol style="list-style-type: none"> 1. 12/1 2. 11/17 	<ol style="list-style-type: none"> 1. Presenting the findings within the capstone symposium and to members of the XUOT cohorts. 2. Present findings to the Hospital, providing them with information surrounding the findings of the study.
4	Leadership: Develop essential knowledge and skills to contribute to the advancement of occupational therapy through scholarly activities.	<ol style="list-style-type: none"> 1. Develop skills on PFD treatments and evaluations, especially within the antenatal population and OT-based treatments through the completion of observation and/or readings. 2. Develop skills for interacting with and assisting in treating antenatal women and women post-birth by using pelvic floor and occupational therapy-based education. 	<ol style="list-style-type: none"> 1. 11/3 2. 11/3 	<ol style="list-style-type: none"> 1. Collaborating with Lauren Hill and learning more about the treatments for general PFDs through observation and documented pelvic health treatment observations noted on timesheet 2. Assisting Lauren Hill in treatments to of antenatal women or women post-birth and documented pelvic health treatment observations noted on timesheet.

5	Scholarship: Apply a critical foundation of evidence based professional knowledge, skills, and attitudes.	<ol style="list-style-type: none"> 1. Disseminate DC information via a poster presentation, at the Xavier University Occupational Therapy Doctoral Capstone Defense. 2. Critically analyze and apply evidence-based research on PFD prevalence/antenatal treatments into project planning and implementation throughout capstone. 	<ol style="list-style-type: none"> 1. 12/1 2. 9/1 	<ol style="list-style-type: none"> 1. Present at the capstone symposium. 2. This is performed directly within the capstone symposium.
6	Individual Student Learning Goal: Develop a partnership with local OB/GYN practitioners to lay the groundwork for future relationships amongst OTs and women's healthcare providers.	<ol style="list-style-type: none"> 1. Collaborate with local OB/GYN office staff and practitioners to implement surveys/education for patient completion and build a relationship with women's healthcare practitioners. 2. Share project results with Hospital offices and practitioners to describe the benefits to providing pelvic floor therapy prior to giving birth. 	<ol style="list-style-type: none"> 1. 11/17 2. 11/17 	<ol style="list-style-type: none"> 1. Meet with office staff weekly to provide materials and maintain a positive relationship as noted on timesheet. 2. Provide the results to interested parties within the. Hospital.
7	Individual Student Learning Goal: Describe the impacts of pelvic floor dysfunction and current treatments on occupations that are being done.	<ol style="list-style-type: none"> 1. Observe at the Hospital outpatient OT to understand what they educate on and the impact of PFDs on occupations. 2. Observe different health care professionals and observe how they education and treat PFDs. 	<ol style="list-style-type: none"> 1. 11/3 2. 11/3 	<ol style="list-style-type: none"> 1. Observe Lauren Hill performing occupational therapy treatment once weekly as noted on timesheet. 2. Every other week observe a new healthcare professional providing treatment for PFDs as noted on timesheet.



Capstone Week-by-Week Plan

Week	Activities	Related Goal	Progress/Status at end of week
1 8/18	Orientation/Observation <ul style="list-style-type: none"> Create a schedule for visiting OB/GYN offices Visit offices and provide education on survey 	P: <ul style="list-style-type: none"> P1.1, P1.2, P1.3, P2.1, P2.2, P2.3 L: <ul style="list-style-type: none"> L5.2 	
2 8/25	Orientation/Observation <ul style="list-style-type: none"> Meeting with Lauren Hill to discuss project, implementation, and handout Visit offices and provide education on survey 	P: <ul style="list-style-type: none"> P1.1, P1.2, P1.3, P2.1, P2.2, P2.3, P3.1, P3.2, P3.3, P3.4 L: <ul style="list-style-type: none"> L1.1, L2.1, L2.2, L5.2, L6.1 	
3 9/1	Orientation/Observation <ul style="list-style-type: none"> Observation with Lauren Hill Visit offices and provide education on survey 	L: <ul style="list-style-type: none"> L1.1, L2.1, L4.1, L4.2, L5.2, L6.1, L7.1 	
4 9/8	Project Preparation <ul style="list-style-type: none"> Meet with Lauren Hill and come up with ideal format for handout Observation with Lauren Hill Visit offices and provide education on survey 	P: <ul style="list-style-type: none"> P1.3, P2.3, P3.2, P3.3, P3.4 L:	

		<ul style="list-style-type: none"> L1.1, L1.2, L2.1, L4.1, L4.2, L6.1, L7.1 	
5 9/15	<p>Project Preparation</p> <ul style="list-style-type: none"> Observation with Lauren Hill Visit offices and provide education on survey Prepare handout and surveys 	<p>P:</p> <ul style="list-style-type: none"> P1.3, P2.3, P3.2, P3.3, P3.4 <p>L:</p> <ul style="list-style-type: none"> L1.1, L2.1, L4.1, L4.2, L6.1, L7.1 	
6 9/22	<p>Project Implementation</p> <ul style="list-style-type: none"> Observation with Lauren Hill Weekly meeting with OB/GYN office Open survey for everyone Handout work Observation of non-OT healthcare professional 	<p>P:</p> <ul style="list-style-type: none"> P1.3, P2.3, P3.2, P3.3, P3.4 <p>L:</p> <ul style="list-style-type: none"> L1.1, L1.2, L4.1, L4.2, L6.1, L7.1, L7.2 	
7 9/29	<p>Project Implementation</p> <ul style="list-style-type: none"> Observation with Lauren Hill Weekly meeting with OB/GYN office Survey monitoring Handout work 	<p>P:</p> <ul style="list-style-type: none"> P1.3, P2.3, P3.2, P3.3, P3.4 <p>L:</p> <ul style="list-style-type: none"> L1.1, L1.2, L2.2, L4.1, L4.2, L6.1, L7.1 	



8 10/6	<p>Project Implementation</p> <ul style="list-style-type: none">• Observation with Lauren Hill• Weekly meeting with OB/GYN office• Survey monitoring• Handout work• Observation of non-OT healthcare professional	<p>P:</p> <ul style="list-style-type: none">• P1.3, P2.3, P3.2, P3.3, P3.4 <p>L:</p> <ul style="list-style-type: none">• L1.1, L1.2, L4.1, L4.2, L6.1, L7.1, L7.2	
9 10/13	<p>Project Implementation</p> <ul style="list-style-type: none">• Observation with Lauren Hill• Weekly meeting with OB/GYN office• Survey monitoring• Handout work	<p>P:</p> <ul style="list-style-type: none">• P1.3, P2.3, P3.2, P3.3, P3.4 <p>L:</p> <ul style="list-style-type: none">• L1.1, L1.2, L4.1, L4.2, L6.1, L7.1	
10 10/20	<p>Project Implementation</p> <ul style="list-style-type: none">• Observation with Lauren Hill• Weekly meeting with OB/GYN office• Survey monitoring• Handout work• Observation of non-OT healthcare professional	<p>P:</p> <ul style="list-style-type: none">• P1.3, P2.3, P3.2, P3.3, P3.4 <p>L:</p> <ul style="list-style-type: none">• L1.1, L1.2, L4.1, L4.2, L6.1, L7.1, L7.2	
11 10/27	<p>Project Implementation</p> <ul style="list-style-type: none">• Observation with Lauren Hill• Weekly meeting with OB/GYN office• Survey monitoring	<p>P:</p> <ul style="list-style-type: none">• P1.3, P2.3, P3.2, P3.3, P3.4 <p>L:</p>	



	<ul style="list-style-type: none">Handout work	<ul style="list-style-type: none">L1.1, L1.2, L2.2, L4.1, L4.2, L6.1, L7.1	
12 11/3	<p>Project Implementation</p> <ul style="list-style-type: none">Observation with Lauren HillWeekly meeting with OB/GYN officeSurvey monitoringHandout workObservation of non-OT healthcare professional	<p>P:</p> <ul style="list-style-type: none">P1.3, P2.3, P3.2, P3.3, P3.4 <p>L:</p> <ul style="list-style-type: none">L1.1, L1.2, L4.1, L4.2, L6.1, L7.1, L7.2	
13 11/10	<p>Data Analysis/ Results</p> <ul style="list-style-type: none">Analysis and results of surveyFinalizing handout	<p>P:</p> <ul style="list-style-type: none">P1.3, P2.3, P3.2, P3.3, P3.4 <p>L:</p> <ul style="list-style-type: none">L6.1, L6.2	
14 11/17	<p>Data Analysis/ Results /Discussion</p> <ul style="list-style-type: none">Analysis and results of surveyDiscussion of results with Lauren HillDissemination of results with the Hospital	<p>P:</p> <ul style="list-style-type: none">P1.3, P2.3 <p>L:</p> <ul style="list-style-type: none">L2.2, L3.1, L3.2, L5.1, L5.2, L6.1, L6.2	
15 11/24	<p>Dissemination Video</p> <ul style="list-style-type: none">Create video and slide show	<p>L:</p> <ul style="list-style-type: none">L3.1, L5.1	



16 12/1	Dissemination Capstone Symposium <ul style="list-style-type: none">• Presentation	L: <ul style="list-style-type: none">• L3.1, L5.1	
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The signatures below signify acceptance of the above proposal and approval to move forward with implementation. Obtain signatures in the order presented below.

Student

Date

Capstone Coordinator

Date

Faculty Mentor

Date

Capstone Site Mentor

Date