

# Classroom Based Education


Traditional classroom-based teaching is an educational modality familiar to hospital staff. Enhancing the experience with interactive exercises and reflective learning can make this an ideal educational intervention. The duration of each session can be adjusted to meet local needs and preferences. Team members have an opportunity to learn together and from each other. The session helps prepare staff for a change in clinical practice regarding mobilization by facilitating discussion and acknowledging potential challenges and barriers collectively. Using a combination of didactic and interactive teaching styles, the goals of classroom-based education are as follows:

- Focus on content knowledge for early mobility including evidence
- Preparation of staff for change in practice
- Engagement of interprofessional staff in joint discussion and planning for implementation and addressing interprofessional stereotypes and a shift in focus of care from care-giver roles to patient focused goals
- Discussion on team work and collaboration

The classroom sessions will include lecture style presentations, as well as group-based activities such as the So-Short exercise, an activity on fostering interprofessional collaboration (activity details found on portal under the Classroom-Based Education section). Classroom-based education should last between 1 to 2 hours total. Below is an example of an outline for a classroom-based education session:

## Outline

- Background and the Senior Friendly Hospital Strategy
- Rationale: Why focus on mobilization?
- **Changes to Practice**
- Standard of care
- Assessment of mobility status
- Care planning for each stage of mobilization
- Next steps to implementation – planning together

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