

A task-oriented client-centred training program to improve arm hand skilled performance in cervical spinal cord injured persons: an application of individual goal setting and modular rehabilitation.

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Learning objectives: The combination of individual goals setting and modular therapy programs accommodate the continuous changing needs of persons throughout their lives.

In persons with cervical spinal cord injury (C-SCI) rehabilitation of arm hand skilled performance (AHSP) (a term which is used to define the ICF activity level on arm and hand) plays a major role in the rehabilitation. To improve AHSP, theories about motor learning emphasize the value of training tasks on the ICF activity level and training in context specific situations. The present workshop describes the advantages of individual goal setting in combination with modular rehabilitation programs. The components of a task-oriented client-centred training concept are described and discussed: i.e. 1)the methods of defining individual goals; 2)the principles of individual skill analyses to map limiting and facilitating factors of the person, the task and the environment; 3)the composition of a task-oriented training program which should be centred on the task-analyses and based on principles of motor learning and principles of training physiology. Furthermore, this concept is concretised into a task-oriented client-centred training module aimed at improving AHSP in persons with C-SCI. The Canadian Occupation Performance Measure (COPM) is used to extract individual problems and the individual goals are defined using the Goal Attainment Scale (GAS). A skill-analyses of AHSP in persons with C-SCI is performed and individual training programs to improve arm hand skill performance in C-SCI are defined and discussed.

Also the evaluation of AHSP and individual goals in persons with C-SCI is described. Finally, the use of this concept in other populations and other topics in rehabilitation is discussed.

Length of time required: 1,5 hours

Description of teaching method: Individual goal setting in combination with modular rehabilitation is illustrated and components of a task-oriented client-centred training concept are explained. Case-studies with video fragments are used to explain and discuss interactively the use of the GAS, the application of individual skill-analyses and to demonstrate the task-oriented training. An overview of functional evaluation of AHSP in persons with C-SCI will be given in conjunction with video fragments.

Maximum number of participants: 50