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**Effectiveness of the Cognitive Orientation to Daily Occupational Performance (CO-OP) in improving the occupational performance of children and adolescents with cerebral palsy**

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**Introduction:** The top-down approach Cognitive Orientation to Daily Occupational Performance (CO-OP) seem to be a viable treatment option for children with cerebral palsy (CP), but its effectiveness in real clinical settings needs further support.

**Objectives:** Investigate whether children and adolescents with CP submitted to CO-OP in a Brazilian typical rehabilitation setting presented better outcomes than when submitted to Conventional Occupational Therapy (C-OT) and whether they retained and transferred the acquired skills.

**Method:** Crossover randomized clinical trial conducted with 12 participants aged six to 15 years old, randomized into CO-OP1 and CO-OP2 groups. The participants used the Perceived Efficacy and Goals Setting System to identify three intervention goals, a fourth untrained goal was used to evaluate skills transfer. The Canadian Occupational Performance Measure (COPM) scoring system and the Performance Quality Rating Scale Generic (PQRS-G) were used to measure changes. Treatments effects over time were analyzed by clinical parameters and Generalized Estimating Equations.

**Results:** There were statistical and clinical significant gains in performance and satisfaction as scored by the CO-OP1 ( $p=0,000$  and  $p=0,000$ ) and CO-OP2 ( $p=0,001$  and  $p=0,001$ ) participants as well as by the parents of CO-OP1 ( $p=0,000$  and  $p=0,000$ ) following CO-OP. PQRS-G gains were significant for both groups ( $p=0,000$  and  $p=0,044$ ) following CO-OP, but not after C-OT. Skills were retained as performance scores remained stable three months after CO-OP. Two participants from each group showed skills transfer.

**Conclusion:** The CO-OP approach was effective in a clinical setting, promoting relevant gains on the occupational performance of children and adolescents with CP.