

Implementing an occupational therapy self-management program for people with stroke in the rehabilitation setting

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Project Background

People who experience stroke face barriers to participation and are not fully integrated into their homes, communities and places of work.

Incorporation of the voice of people with stroke and the use of peer mentors is also noticeably lacking in stroke rehabilitation care.



Purpose and Aim

Develop, implement and evaluate an evidence-based, stroke-specific occupational therapy self-management program into an outpatient day rehabilitation program in partnership with stroke survivors and clinical occupational therapists.

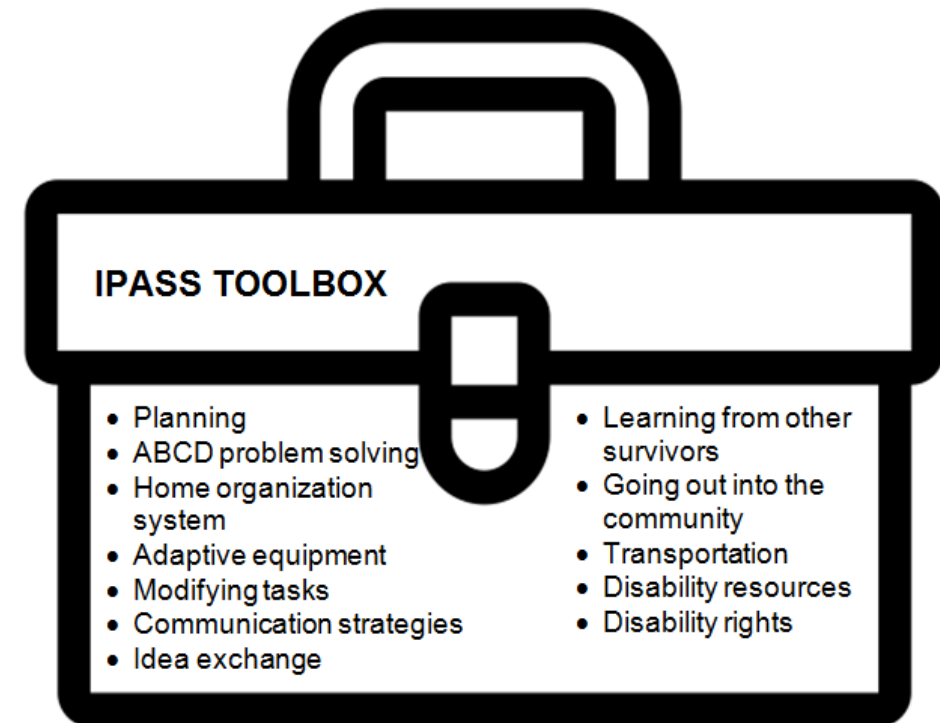


Self management as a process

- **Essential elements:**
 - **Problem-solving**
 - **Decision-making**
 - **Action planning (goal setting)**
 - **Finding and using resources & Developing partnerships with health care providers**
 - **Self-tailoring**
- **Driven by real life problems identified by the participants**
 - **Not the same as “patient education”**
 - **Much more active involvement & consumer-direction**

Improving Participation After Stroke (IPASS) Intervention

- Six session program led by an OT and a stroke survivor
 1. Introduction
 2. Home management
 3. Outing to the Mayor's Office for People with Disabilities
 4. Community participation
 5. Community outing of choice
 6. Communication skills and future planning



ABCDE Steps

- Activity: What activity do you want to do or do you have problems with?
- Barriers: What are the “inside- and outside-you” barriers making the activity difficult?
- Changes: What kind of changes can you make to deal with the barriers?
- Doing: What are you going to do? Which change are you going to try out? By when?
- Evaluate: How did it go? What worked well? What didn't work?

<u>A</u> ctivity		
<u>B</u> arriers	Inside	Outside
<u>C</u> hanges		
<u>D</u> oing	By _____, I will _____	
	<hr/> <hr/>	
	How confident are you that you can accomplish your goal? _____ (0=not at all confident; 10= totally confident)	



Measures Used

- **Each participant (n=4) was assessed prior to and immediately following the program to identify trends.**
 - **Canadian Occupational Performance Measure (COPM)**
 - **Executive Function Performance Test (EFPT)**
 - **Community Participation Index (CPI)**
 - **Participation Strategies Self-Efficacy Scale (PS-SES)**



Conclusion and Implications for Occupational Therapy Practice

- **Overall, participants demonstrated increased:**
 - **Participation self-efficacy**
 - **Engagement in community participation**
 - **Executive function skills**
 - **Satisfaction with their occupational performance**



Participant Perspective

Comments from the participants:

- **“I tell everyone I have a tool box full of tools that I use when I’m faced with new stuff.”**
- **“I learned how to handle problems the best way”**
- **“The group helped me go out and have fun”**
- **“I liked to talk to other stroke survivors”**
- **“I wish I could continue the group”**



Please direct questions to:

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