



Baylor University

ROBBINS COLLEGE OF HEALTH AND HUMAN SCIENCES
Occupational Therapy

Integrating Social Participation into Intervention with Young Adult Post-Stroke Patients: A Survey of Occupational Therapy Practitioners.

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Background and Problem

The incidence of stroke among young adults has been rising¹. Literature suggests the rehabilitation needs and priorities of young adult patients differ from the older adult. Young adult patients can face challenges such as barriers to social participation, lack of appropriate rehabilitation, isolation, and limited access to relevant age-related resources². These factors can impede their reintegration into society and adversely affect their quality of life. Social participation is critical to the success of community reintegration and should be considered an outcome of successful recovery from a stroke. Additional recommendations include:

- The need for interventions that focus on social participation not just physical or ADL function³.
- Social outcomes should be incorporated into all levels of care for young adult post-stroke patients⁴.
- The creation of treatment protocols and assessments geared towards this younger population².

Purpose

The purpose of this project was to examine the perceived barriers and facilitators to incorporating social participation into assessment and treatment for young adult post-stroke patients by occupational therapists working within the community setting.

Method

Setting: Online Survey using Qualtrics

Participants: Occupational therapy practitioners working in the community setting in Arizona.

Instrument Used: Survey designed by primary investigator included 29 items; Likert scale and open-ended responses. Questions were based on issues found in the literature and primary investigators personal experience as a practitioner.

Procedures: A descriptive purposive snowball survey design was used to collect data on occupational therapy practitioners' experiences and perceptions of incorporating social participation into intervention with young adult post-stroke patients.

Data Analysis: Descriptive statistics were analyzed within the Qualtrics software. Data from the answers of the open-ended questions was organized within the Qualtrics software and thematic analyses were completed to look for common themes. A Chi-Square test was used to analyze the demographic data from the sample.

Results

11 total participants; All from the outpatient neuro setting.

- 100% reported addressing social participation improves client care, is valuable for the client and is an important aspect of OT.
- Social participation is assessed on evaluation by 51% of participants and incorporated into treatment by 33%.
- 91% reported they would like a greater understanding of how to address social participation.

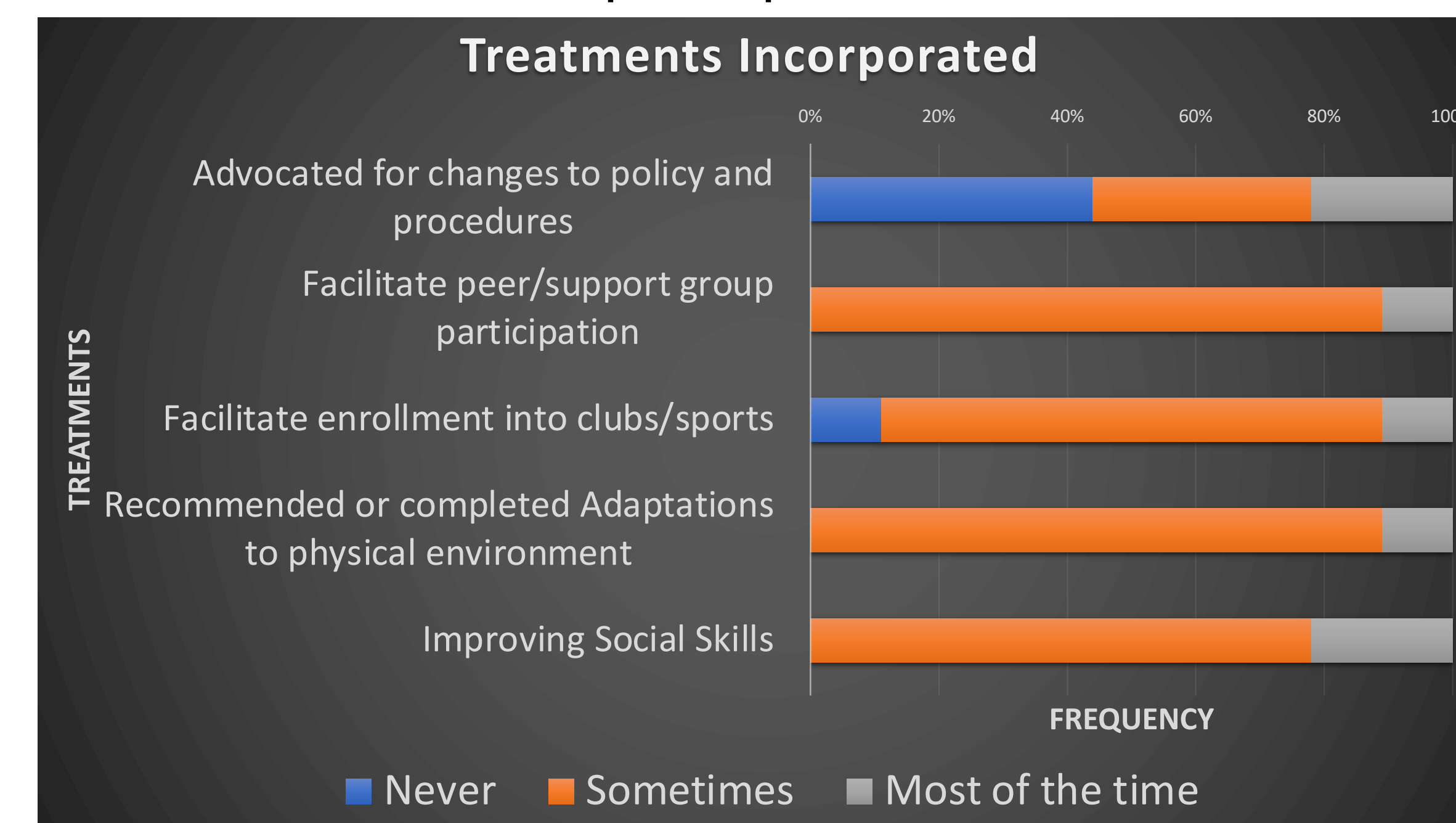


Figure 1. Treatments Incorporating Social Participation.

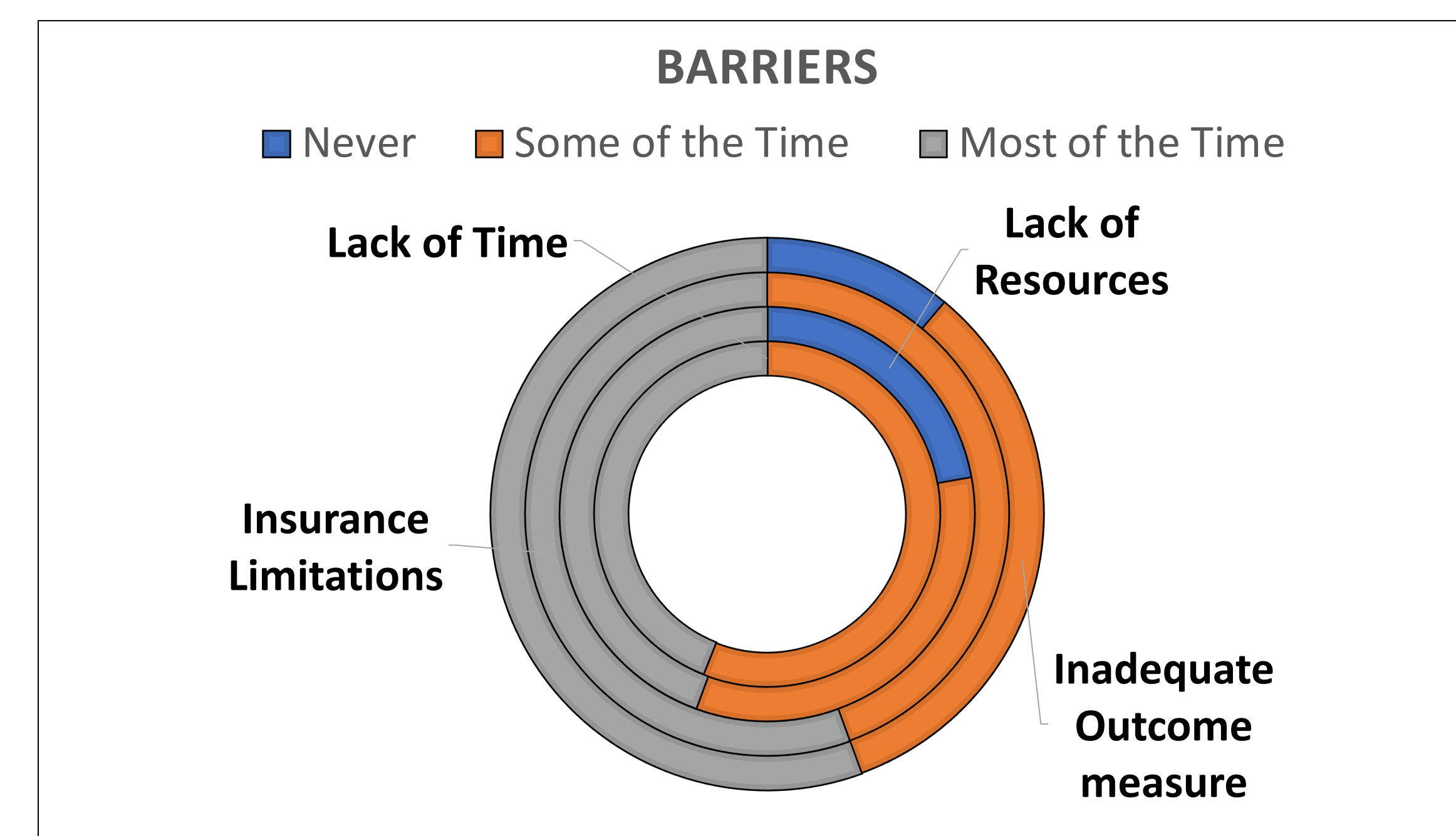


Figure 2. Barriers reported by OT practitioners to implementing Social Participation into practice.



Conclusions

Occupational Therapy Practitioners in the Neuro Outpatient setting understand the importance of assessing and implementing social participation with young adult post stroke patients.

- OT practitioners most commonly use subjective patient report during assessment of social participation.
- OT practitioners often use the treatment interventions of improving social skills, physical adaptations and facilitating participation in peer support groups.
- OT practitioners reports barriers to successful incorporation of this occupation to be a lack of time and resources, limited availability of a standardized outcome measures and insurance limitations.

Implications for Occupational Therapy

Occupational therapy practitioners in the community setting are in the ideal position to address social participation with young adult post-stroke patients.

- Educational resources and training should be developed to assist occupational therapy practitioners with their confidence with assessing and implementing social participation into intervention.
- Collaboration with colleagues and community partners to increase or expand resources for this patient population.
- Social participation should be assessed on evaluation, to assist with this a standardized measure should be created addressing social participation.

“Due to productivity issues, it is more difficult to address issues that are not related to functional measurable outcomes”

References

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