

Group Task-Specific Training for Stroke Survivors

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TST and group therapy have shown to be beneficial during stroke rehabilitation, however, few group TST programs exist in occupational therapy (OT) (Daly et al., 2019; Ko et al., 2015). The purpose of the study was to investigate the feasibility and efficacy of motor and quality of life outcomes when implementing a group TST program for chronic stroke survivors. The study was an open-label intervention trial. Eight adult chronic stroke survivors with minimal upper extremity (UE) movement were recruited and participated in the group TST intervention for five weeks. Sessions were two hours, four times a week. The participants were divided equally into two groups. The sessions consisted of motor priming, TST, and group activities. Assessments were administered one week prior and one week after the intervention. Quality of life measurement included the Stroke Impact Scale 3.0 (SIS 3.0). Motor outcome measurements included the Fugl Meyer Assessment (FMA), Box and Blocks, 9 Hole Peg Test, and gross grasp. Feasibility was measured by group session completion rate and participant attendance. Effect size and simple descriptive analysis were utilized. Participants attended 97.5% of available group sessions. On average, participants showed improvements in recovery percentage of the SIS 3.0 (+8.5%), FMA (+4.38 points), Box and Blocks (+3.5 blocks), 9 Hole Peg (-12.03 seconds), and gross grasp (+1.68 lb.) when performing with the affected UE. Results confirmed the feasibility and benefits of a group TST program. The study supports feasibility and preliminary efficacy of integrating group TST programs into practice due to the peer support not available during individual therapy. Group TST programs have the potential to impact the field of OT by targeting both motor and quality of life outcomes during treatment. Group TST will provide clients with the optimal dosage of functional intensive therapy needed to generate neuroplasticity in a supportive and inclusive environment.

References

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