

# GROUP THERAPY VERSUS INDIVIDUAL THERAPY FOR OLDER ADULTS WITH A CEREBROVASCULAR ACCIDENT

Montana Bawcum, MOT/S, Jessica Sorrell, MOT/S, Kaleigh Stevens, MOT/S, Caitlyn Strietelmeier, MOT/S, Maddy Young, MOT/S





The University of Tennessee Health Science Center Department of Occupational Therapy

## BACKGROUND & RATIONALE

**Weekend staff Group Therapy** targeting specific shortages necessitate the ADL's such as use of group dressing among therapy. survivors of stroke.

address staff shortages?

The purpose is to review and appraise the literature related to group vs. individual therapy.

individual therapy?

#### Intervention **Problem** Purpose Significance Comparison There is a need to know How effective is group whether it appropriate to therapy compared to use group therapy to

# PICO QUESTION

Is group therapy more effective for improving the activity of daily living skills of older adults with a CVA compared to individual therapy?

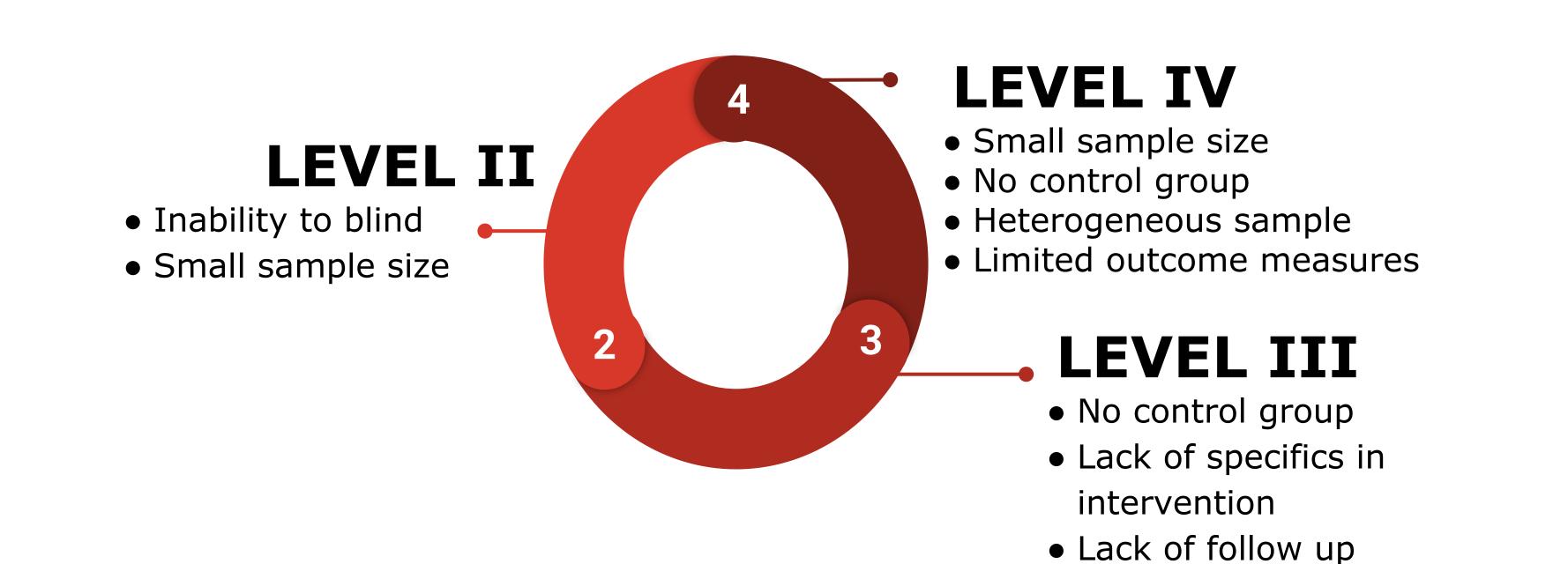
### SEARCH METHODOLOGY

Databases	Search	Inclusion	Exclusion
	Terms	Criteria	Criteria
<ul> <li>CINAHL</li> <li>PUBMed</li> <li>Google</li> <li>Scholar</li> <li>Cochrane</li> <li>Library</li> <li>MEDLINE</li> <li>@ Ovid</li> </ul>	(adult OR geriatric) AND (CVA OR stroke) AND ("Occupational therapy") AND ("group therapy")	<ul> <li>Studies with adult populations</li> <li>Interventions within the OT scope of practice</li> <li>Outcomes on ADL performance</li> </ul>	<ul> <li>Studies older than 10 years</li> <li>Level V research</li> <li>Literature Review</li> </ul>

#### MAIN FINDINGS Studies and Quality Outcomes Main Findings Evidence Ratings Measures + Performance and Mehdizadeh, M., Canadian Satisfaction for Mehraban, A. H., & Occupational treatment group Zahediyannasab, R., Performance Level II + Performance in Measure (COPM) Control group Barthel Index (BI) ? Satisfaction in 74% Quality score control group Christie, Bedford, Functional +FIM mean McCluskey 2011 Independence improvement Measure (FIM) points 54% Quality score Fugl-Meyer +Retainment of Assessment (FMA) skills Level III Box and Blocks +Participant Jung et.al., 2009 Test (BBT) satisfaction Canadian +Cost effective 72% Quality score Occupational **+** Participant Performance Measure (COPM) engagement Ko, M. S., Jeon, H. S., Assessment of + Motor and & Hwang, S., 2015 Motor and Process process skills 58% Quality score Skills (AMPS) Level IV Ko, M. S., & Jeon, Y. Assessment of + Motor and J., 2015 Motor and Process process skills Skills (AMPS) 50% Quality score

# LIMITATIONS

+= Positive changes ?=No change



#### CLINICAL BOTTOM LINE

Research provides promising evidence that group therapy for individuals who have experienced a stroke can be beneficial to a client and increase ADL function.

The intervention should be used with caution and monitoring due to a lack of a level of high quality evidence to support group intervention.

Incorporating meaningful activities makes it a valuable, cost effective tool for occupational therapists to utilize in a clinical setting.

# RECOMMENDATIONS FOR IMPLEMENTATION

General Recommendations

Aspects of intervention

Group Criteria

- ADL group therapy is feasible to implement in all • Useful across rehabilitation settings for stroke patients
- More research needs to be done

- Range of frequency
- Duration settings
- Participants screened for cognitive status and physical ability
- Groups adapted based on group characteristics
- Group activities chosen based on what is important to client

#### OUTCOME TRACKER AND REFERENCES





# OUTCOME TRACKER

DATE	UPPER BODY LEFT	UPPER BODY RIGHT	LOWER BODY LEFT	LOWER BODY RIGHT