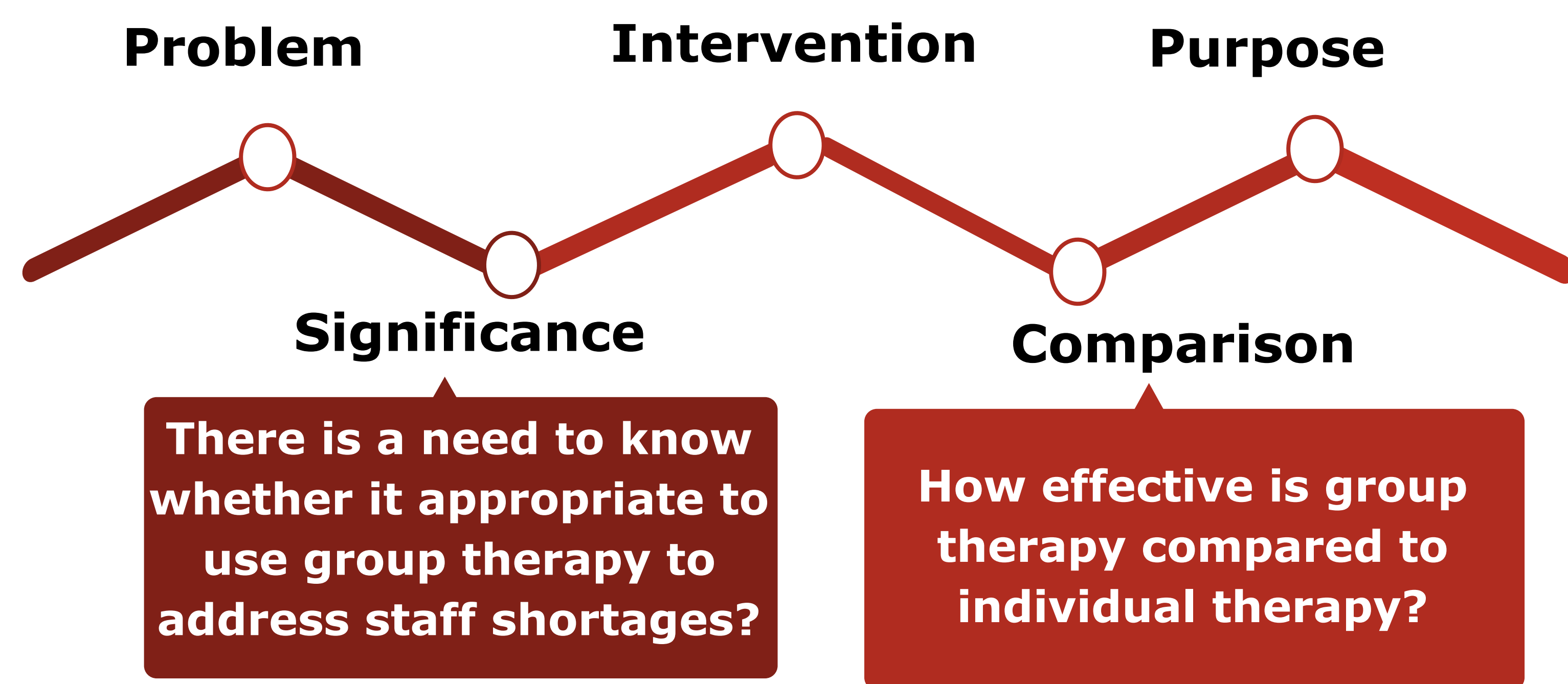


BACKGROUND & RATIONALE

Weekend staff shortages necessitate the use of group therapy.

Group Therapy targeting specific ADL's such as dressing among survivors of stroke.

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



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

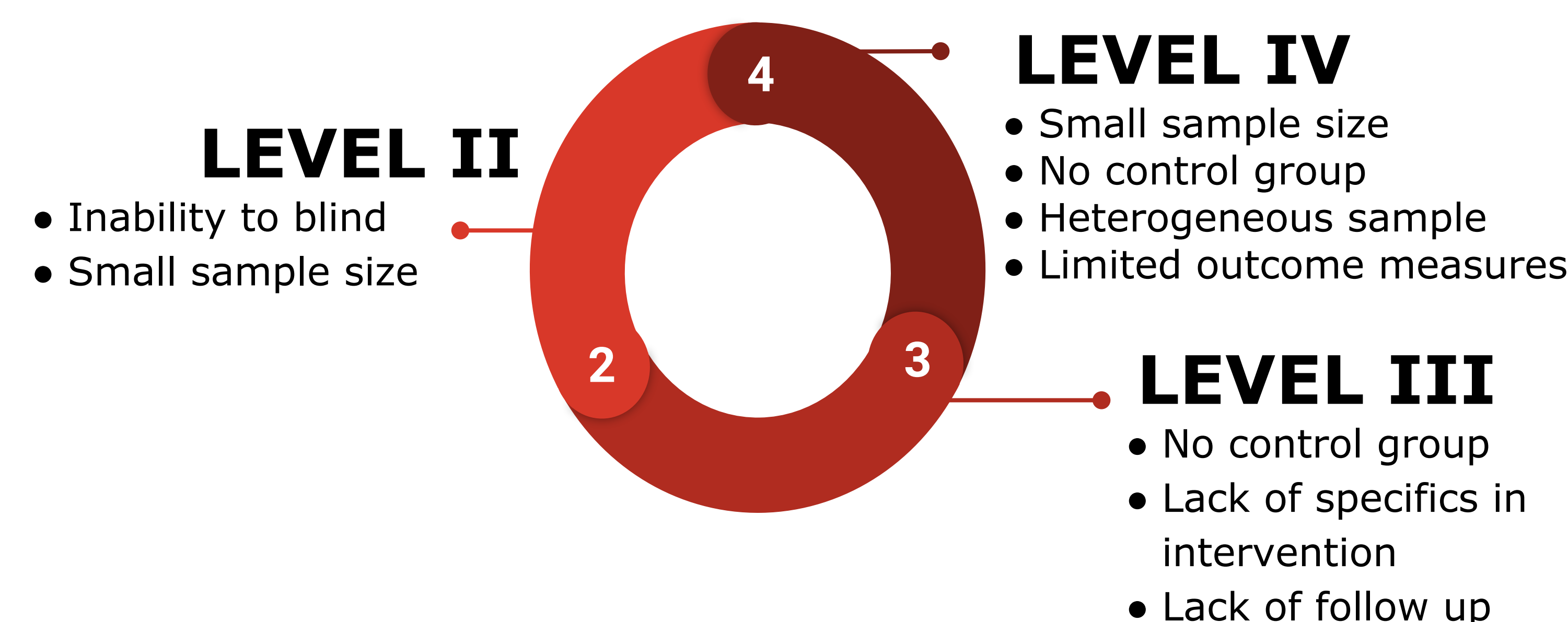
Databases	Search Terms	Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> •CINAHL •PubMed •Google Scholar •Cochrane Library •MEDLINE @ Ovid 	(adult OR geriatric) AND (CVA OR stroke) AND ("Occupational therapy") AND ("group therapy")	<ul style="list-style-type: none"> • Studies with adult populations • Interventions within the OT scope of practice • Outcomes on ADL performance 	<ul style="list-style-type: none"> • Studies older than 10 years • Level V research • Literature Review

MAIN FINDINGS

Level of Evidence	Studies and Quality Ratings	Outcomes Measures	Main Findings
Level II	Mehdizadeh, M., Mehraban, A. H., & Zahedyannasab, R., 2017) 74% Quality score	Canadian Occupational Performance Measure (COPM) Barthel Index (BI)	+ Performance and Satisfaction for treatment group + Performance in Control group ? Satisfaction in control group
Level III	Christie, Bedford, McCluskey 2011 54% Quality score	Functional Independence Measure (FIM)	+FIM mean improvement points
	Jung et.al., 2009 72% Quality score	Fugl-Meyer Assessment (FMA) Box and Blocks Test (BBT) Canadian Occupational Performance Measure (COPM)	+ Retainment of skills + Participant satisfaction + Cost effective + Participant engagement
Level IV	Ko, M. S., Jeon, H. S., & Hwang, S., 2015 58% Quality score	Assessment of Motor and Process Skills (AMPS)	+ Motor and process skills
	Ko, M. S., & Jeon, Y. J., 2015 50% Quality score	Assessment of Motor and Process Skills (AMPS)	+ Motor and process skills

+= Positive changes ?=No change

LIMITATIONS



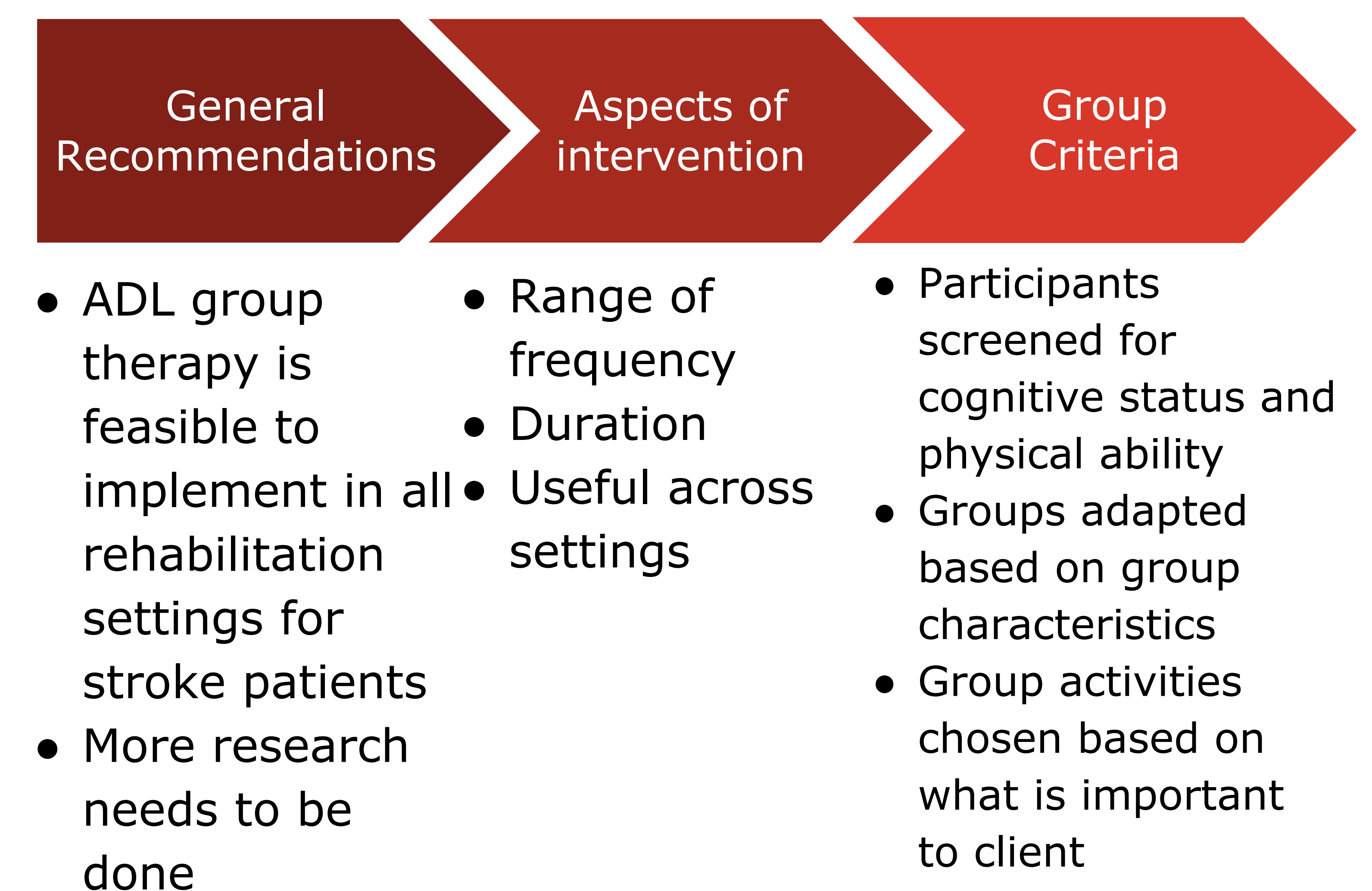
CLINICAL BOTTOM LINE

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



OUTCOME TRACKER AND REFERENCES



OUTCOME TRACKER

<u>DATE</u>	<u>UPPER BODY LEFT</u>	<u>UPPER BODY RIGHT</u>	<u>LOWER BODY LEFT</u>	<u>LOWER BODY RIGHT</u>