

Time is Function: Making It Real

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Knowledge Exchange Idea: Graded Repetitive Arm Supplementary Program

Key Contact Information: Sandra Connolly, Sandra.Connolly@hpha.ca

Facility Name: Community Stroke Rehabilitation Team,
Huron Perth Healthcare Alliance

Exploring opportunities to increase therapy intensity

What we did and why:

Early realization that the clients were not completing therapy exercises between therapy visits and not reaching the intensity that the exercises needed to be completed.

Recognized there was a need to maximize resources that were available to assist the client.

Realized that clients often did not know what they could do on their own.

Realized that we needed activities that clients could 'buy' into and understand the importance of completing these exercises (the research study findings were very helpful).

The equipment items were easy to obtain and very inexpensive.

The GRASP program is very functionally based and was a nice way to address every day activities.

The GRASP Kits were set up and implemented in January 2010.

Outcomes and feedback:

Encouraged client self-management.

Clients were very creative and built their own kits.

Clients spent more time doing the exercises, realized better outcomes with hand and arm function.

Had better success with clients who present with more significantly impaired hand function.

Lessons Learned:

Implement GRASP early in treatment.

Encouraged self-management.

Other:

GRASP does not address all concerns. A full and detailed assessment is still needed.