



Structured training in TeleCIMIT: Task Practice

TIDE Group




1




Structured Training in CIMIT: Task practice

TIDE Group






2



Learning Objectives

Task practice in TeleCIMIT:

- Selecting tasks
- Setting up Task practice
- Carrying out Task practice
- Recording Task practice
- Progressing Task practice
- Using TeleCIMIT Paperwork to help you in these areas




3



Task practice in TeleCIMIT




4



Task practice in TeleCIMIT



- Continuous practice of a task for 15-20 minutes
- Participants complete at least an hour of task practice on mitt wearing days of the program
- 3-4 different tasks completed within the hour
- Aim to develop increased arm use in relevant and motivating situations




5

Task practice selection in TeleCIMIT

Task practice selection should be based around:

-  The participant's goals
-  Tasks chosen on the 'Tasks I want to practice on my TeleCIMIT program' sheet



6

Task practice selection in TeleCIMI

Tasks I want to practice on my TeleCIMI program

Use the list below to go around the rooms in your house and outdoor space with your supporter. Think of at least 3 tasks in each area that you would like to try to do with your weaker arm, whilst your stronger hand is in the mitt. These tasks should include fun activities such as hobbies and interests, as well as daily tasks which are relevant and motivating to you. Your therapist will review this list with you.

| Room / Area | Tasks I would like to try with my weaker arm |
|---|--|
| Outdoor / Garden Areas | |
| e.g. pegging out washing, potting plants, brushing your pet, valeting/washing the car, playing catch with a tennis ball | |
| Living Room | |
| e.g. hoovering/ vacuuming, playing cards, dusting CD rack, flicking through a favourite magazine | |
| Bathroom | |

7

Task practice selection in TeleCIMI task practice library

Participants will come across their task practice library on the program. The 'Task' used to practice on the program (chosen by the participant) will be the same as the one in the task practice library. The task practice library is a list of tasks that participants can choose from. The list of tasks is divided into categories: Daily tasks, Hobbies and interests, and Challenges. The list of tasks is divided into categories: Daily tasks, Hobbies and interests, and Challenges. The list of tasks is divided into categories: Daily tasks, Hobbies and interests, and Challenges.

| Task | Time taken | Set up | How to progress / difficulty |
|-----------------------------|------------|-----------------|------------------------------|
| Washing | 5-10 mins | Washing machine | Washing clothes |
| Hoovering | 10-15 mins | Hoover | Hoovering the living room |
| Playing cards | 10-15 mins | Playing cards | Playing cards |
| Dusting | 10-15 mins | Dusting cloth | Dusting the CD rack |
| Flicking through a magazine | 10-15 mins | Magazine | Flicking through a magazine |

8

Task practice selection in TeleCIMI task practice library

9

Setting up Task practice in TeleCIMI

- Prior to agreeing a final task practice list the participant should ideally have had an opportunity to trial the chosen activities so they know they can do them.
- Where possible view the potential task practice activities on a video call. This can be useful to optimise set up to drive the desired movement and to help simplify tasks that appear too challenging.
- Make sure initial set up details are clear and consider how chosen task practice activities could be progressed over the program.

10

Task practice selection in TeleCIMI

Remember: You need to practice your chosen tasks continuously for at least 10 minutes each, 3-4 times a day to total 1 hour (and more if you want). You can rest in between tasks, but not during.

You can increase the challenge of the task by changing one element of the task at a time, by changing the:

- (1) Task (object)
- (2) Position (where you are)
- (3) How long the task is repeated
- (4) How long the task takes

| Task no | Task | Task focus | Set up details | Increasing the challenge |
|---------|-----------------------------|-----------------|-----------------------------|-----------------------------|
| 1 | Washing dishes | Washing machine | Washing dishes | Washing dishes |
| 2 | Hoovering | Hoover | Hoovering the living room | Hoovering the living room |
| 3 | Playing cards | Playing cards | Playing cards | Playing cards |
| 4 | Dusting | Dusting cloth | Dusting the CD rack | Dusting the CD rack |
| 5 | Flicking through a magazine | Magazine | Flicking through a magazine | Flicking through a magazine |

11

Carrying out Task practice in TeleCIMI

- Generally carried out independently, particularly towards the end of the program.
- Select tasks that are achievable with one hand. If 2 are required, better for the supporter to be the other hand, rather than use the mitt hand.
- Encourage the participant to try as many different task as possible from the task list over the course of the program
- The same tasks can be returned to, but usually not the following day

12

Carrying out Task practice The supporter's role



DEMONSTRATE TASKS



PROVIDE ENCOURAGEMENT



SUGGEST WAYS TO MAKE THE TASK EASIER



CELEBRATE RESULTS!




13

Setting up Task practice in TeleCIMT

5 Tops tips for setting up for success when you're not there...

1. Use the set up of the task to drive the movement you want to promote
2. Aim to keep the stronger arm on holiday
3. Make the task level challenging but definitely feasible
4. If the participant is struggling with the task, the task is too difficult, simplify the task!
5. Start with the most feasible tasks



14

Recording Task practice

Example sheet

Daily diary and feedback. Date: 30

How many hours did you wear your mitt for today? 5.5 hours

During your mitt-wearing time, outside of training hours, were you


Very active ☐ Active ☒ Not very active ☐

| Task practice | Difficult | Manageable | Easy |
|----------------------------------|-----------|------------|------|
| 1. Reaching for the top shelf | | | x |
| 2. Reaching for the middle shelf | | | x |
| 3. Reaching for the bottom shelf | | | x |
| 4. Reaching for the floor | | | x |
| 5. Reaching for the ceiling | | | x |

Shipping practice

| No. | Description | First score / time | Average score 1-5 | Average score 6-10 |
|-----|-------------------------------|--------------------|-------------------|--------------------|
| 1 | Reaching for the top shelf | 4.5 | 4.5 | 4.5 |
| 2 | Reaching for the middle shelf | 4.5 | 4.5 | 4.5 |
| 3 | Reaching for the bottom shelf | 4.5 | 4.5 | 4.5 |
| 4 | Reaching for the floor | 4.5 | 4.5 | 4.5 |
| 5 | Reaching for the ceiling | 4.5 | 4.5 | 4.5 |


My TeleCIMT Program Pack



15

Progressing Task practice...

- Progress Task practice activities through the program using therapy sessions to give guidance on this
- Progressions can be added to the Task practice list by the participant, or ticked off if already present on the list
- Look for tasks that are recorded as 'easy' on the daily diary sheet for potential progression
- Keep progressions manageable to ensure continued success
- Celebrate progressions with the participant
- Encourage the participant to progress tasks themselves towards the end of the program




16

Progressing Task Practice..

Meharg and Kings 2015


| What to change | Ideas |
|----------------|--|
| The load | <ul style="list-style-type: none"> • Make an object heavier to challenge strength • Reduce the size of an object to challenge dexterity • Increase the influence of gravity to challenge strength |
| Repetitions | <ul style="list-style-type: none"> • Increase the number of repetitions to complete in the same amount of time to challenge speed |
| Time | <ul style="list-style-type: none"> • Reduce the amount of time taken to complete the same task e.g. reducing the time taken to turn 20 cards over • Increase the amount of time the task is carried out for to challenge endurance e.g. how many cards can you turn over in 45 seconds |
| Position | <ul style="list-style-type: none"> • Place an object further away to challenge range of movement/reach • Raise the height of object to challenge strength e.g. reaching from standing rather than sitting |



17

Progressing Task practice...

Keep your focus on making sure you and the supporter do whatever you can to make the participant feel good!



18

Related reading list

1. Morris, D., Taub, E., & Mark, V. W. (2006). Constraint-induced movement therapy: characterising the intervention protocol. *Europa Medicophysica*, 42(3), 257-268.
2. Kwakkel, G., Veerbeek, J. M., van Wegen, E. E., & Wolf, S. L. (2015). Constraint-induced movement therapy after stroke. *Lancet Neurology*, 14(2), 224-234. doi:10.1016/S1474-4422(14)70160-7
3. Meharg, A., Kings, J. How to do Constraint-Induced Movement Therapy: A Practical Guide (2015). Edited by Harrison Training.

19

Related reading list

4. Boydell, J., Meharg, A., Kilkeny, A. & Christie, L. (2020). *TeleCIMT: Participant Preparation workbook*. Bristol, United Kingdom.
5. Boydell, J., Meharg, A., Kilkeny, A & Christie, L. (2020). *TeleCIMT: Participant Program Pack*. Bristol, United Kingdom.

20