


Introduction to TeleCIMT

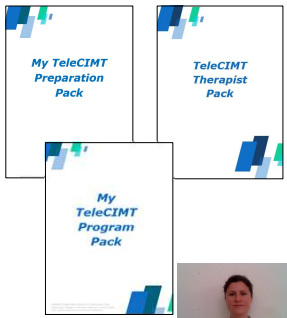

TIDE Group September 2020



1

Learning objectives

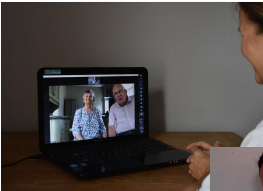

- To understand:
 - the TeleCIMT program design
 - the basis for TeleCIMT
 - eligibility for the program
 - the TeleCIMT screening criteria
- To be aware of:
 - evidence underpinning the rationale for TeleCIMT

2

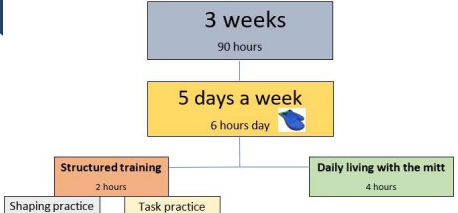

What is TeleCIMT?

- Mode of CIMT delivery that does not require face to face contact
- Can be run 100% remotely or a combination of face to face and remote contact
- Communication predominantly via video calls, telephone & written communication e.g. text / email


3

TeleCIMT program design





4

TeleCIMT program design



- 2 x weekly therapy sessions (1 hour)
- Brief daily communication with therapist / TA / student
- Daily supervision by TeleCIMT supporter
- Transfer package



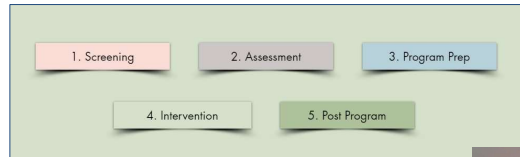
5

TeleCIMT therapist resources




6

TeleCIMT therapist resources



7

TeleCIMT therapist resources

8

TeleCIMT therapist resources

9

TeleCIMT resources



10

Why was TeleCIMT developed?

TIDE Group	Aim	Provision
TIDE group set up in response to pandemic	Aim for CIMT to be accessible to patients even when face to face contact is limited or impossible	Provision of comprehensive set of free learning & delivery resources to facilitate TeleCIMT

11

The basis for TeleCIMT

- TeleCIMT design runs in line with summarised findings of Cochrane review (Corbetta et al., 2015) ¹
- TeleCIMT structure reflects minimum recommendations by the Australian National Stroke Guidelines (Stroke Foundation, 2017) ²



12

The basis for TeleCIMT

- TeleCIMT based on Lin et al. (2009) protocol ³
- This study found CIMT produced greater functional gains for weaker UL compared to BAT group and control group
- 30 hours training in line with EXCITE trial (Wolf et al., 2006; 2010) ^{4,5}



13

The basis for TeleCIMT

- Opportunity for 90 hours of weaker arm practice is in line with aspiring intensive arm programs ⁶
- Key CIMT 'ingredients' included in TeleCIMT to assist participants in overcoming perceived barriers to weaker arm use ⁷
- Key CIMT 'ingredients' can influence positive behavioural change ⁷



14

The basis for TeleCIMT



- Stake holders preference for:
- 'intensive compressed CIMT' programs
 - 3 week programs over 2 weeks duration ⁸



15

The basis of TeleCIMT



- Recognition of supporter role in home CIMT delivery & importance of supporter guidance and education ⁹
- Benefits of partner / significant other in CIMT witnessing capabilities
 - learning to be encouraging
 - engaging in problem solving
 - stepping back from 'doing the task' for the person ¹⁰



16

The basis for TeleCIMT

- Telehealth CIMT previously been delivered, combined with group therapy, with better attendance on video calls than face to face group sessions ¹⁰
- Past remote CIMT programmes (not currently available to utilise) have provided effective intervention using reduced direct therapy supervision ^{11,12}



17

Who is TeleCIMT suitable for?

CIMT is suitable for people with.....



(Meharg and Kings, 2015) ¹³



18

TeleCIMT screening

- Essential criteria
- Additional criteria to consider

TeleCIMT screening		Patient name: Identifying number: Therapist: Date:
Essential screening criteria (score "Yes" for All essential criteria to continue with screening)		
1. Can the participant / supporter engage in video calls from home, or be supported to do so?	Yes	No
2. Does the participant have active finger extension (minimum 20 degrees) and wrist extension (minimum 20 degrees)?	Yes	No
Quick Test: Can they pick up AND release a washcloth from a table with their affected hand only (3 x 1 minute)	Yes	No
3. Does the participant use their stronger arm in place of their weaker arm in everyday tasks?	Yes	No
4. Can the participant and supporter consistently engage in intensive upper limb therapy?	Yes	No
5. Is there access to full medical history and is the participant free from any medical issues which could prevent them from safely participating in an intensive 3 week therapy program?	Yes	No
6. Is the participant free of any marked cognitive difficulties which may affect their safety judgement?	Yes	No
If "No" does the participant have a supporter who could manage safety in "TeleCIMT" with support from the therapist?		
Yes	Yes	No
Screening criteria to consider (No essential "No" to stop with screening - meeting 2 essential "Yes" is one of the screening criteria)		
7. Does the participant experience severe fatigue or pain?	Yes	No
8. Does the participant have significant past or present medical issues that may impact on safety?	Yes	No
9. Does the participant have a full history of the long-term use of their "bad" hand?	Yes	No
10. Does the participant have any significant medical or emotional health difficulties?	Yes	No
11. Does the participant have any unreasonable beliefs?	Yes	No
Final screening decision:		
Does the participant meet the "TeleCIMT" screening criteria and meet the "TeleCIMT" screening criteria to be the	Yes	No



TeleCIMT screening Essential criteria

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If "No" does the participant have a supporter who could manage safety in "TeleCIMT" with support from the therapist?		
Yes	Yes	No



19

20

How much movement is required for TeleCIMT?

Minimum physical activity needed

Active movement	
At the wrist	10-20° degrees of extension
At two fingers	10° degrees of extension
At the thumb	10° degrees of ext/abd

(Wolf et al., 2006)⁴

21

The flannel test¹⁴

- Pick up AND release an object
- At least 3 x in 1 minute
- Using any grip available
- Without physical assistance



22

Ability to participate in video calls

- Access to a device for video calls
- Ability to participate in video calls, with or without support



23

The TeleCIMT supporter

- Supporters:
 - Set up / supervise / record shaping practice
 - Provide consistent positive feedback
 - Problem-solve weaker arm use with participant
- Majority of TeleCIMT participants will require a TeleCIMT supporter



24

TeleCIMT screening Additional criteria for consideration

Screening criteria to consider *Use appendix 1 to assist with decision-making if answering 'yes' to any of the following questions*

1. Does the participant experience extreme fatigue currently?	<input type="checkbox"/>	<input type="checkbox"/>
2. Does the participant have significant pain which prevents them from engaging in ADLs?	<input type="checkbox"/>	<input type="checkbox"/>
3. Does the participant have a falls history or describe being unsteady on their feet often?	<input type="checkbox"/>	<input type="checkbox"/>
4. Does the participant have any significant mental or emotional health difficulties ?	<input type="checkbox"/>	<input type="checkbox"/>
5. Does the participant have any communication needs ?	<input type="checkbox"/>	<input type="checkbox"/>

TeleCIMT brochure ('Participant and Supporter Resources' on website)

25

Screen appendix: criteria to consider

Appendix 1: Further screening questions for consideration

Screening criteria to consider

Extreme fatigue

- The TeleCIMT program is likely to build participant stamina but consider scenarios where they need to avoid becoming too fatigued
- Can the participant modify their program to build stamina and avoid over-exercising?
- Does the participant understand the time and effort requirements of the program and think they can cope?

Age

Some participants may complete a pre-program assessment, possibly due to prolonged wheelchair use or more complex reasons. Identification of age alone should not exclude anyone from the program; increasing age may not worsen it and could even improve it.

Follow your organization's pain management protocols

It is deemed suitable for participation, consider if participants can be monitored, and provide tasks to allow participation within pain levels.

Mobility

- Consider how to deliver the program to reduce the risk of falling, complete all tasks in sitting or standing, a level of mobility.

Mental and emotional health

There are several factors to consider when assessing mental health issues, check whether they need their support:

- Understand that the program can be frustrating at times and may bring about negative emotions.
- Recognize that the program can be a source of health improvement and a source of self-empowerment.
- Have known strategies which can be put in place during the program to help if they become triggered.
- Are there any other strategies to reduce frustration and/or the program's potential impact?

Communication

26

In summary

- TeleCIMT can be used in any health care setting using Telehealth - including for remote populations
- Use resources as a program package OR select / adapt for your practice
- TeleCIMT resources will continue to be developed with user feedback
- Contact TIDE to feedback on using TeleCIMT resources

My TeleCIMT Preparation Pack

My TeleCIMT Program Pack

TeleCIMT Therapist Pack

27

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28

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29

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30

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Thanks for
watching!

31

32