

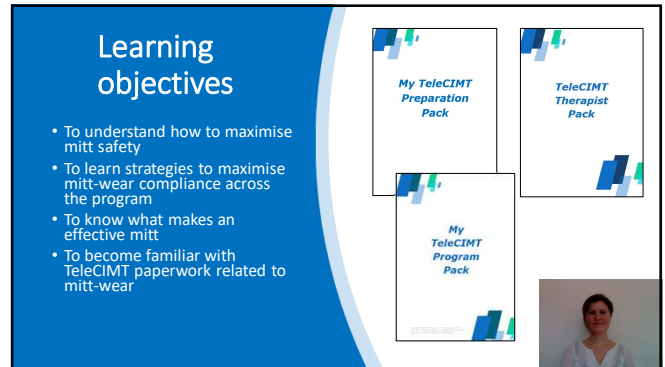


Mitt-wear in TeleCINT

TIDE Group

Sound on

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Learning objectives

- To understand how to maximise mitt safety
- To learn strategies to maximise mitt-wear compliance across the program
- To know what makes an effective mitt
- To become familiar with TeleCINT paperwork related to mitt-wear

My TeleCINT Preparation Pack

TeleCINT Therapist Pack

My TeleCINT Program Pack

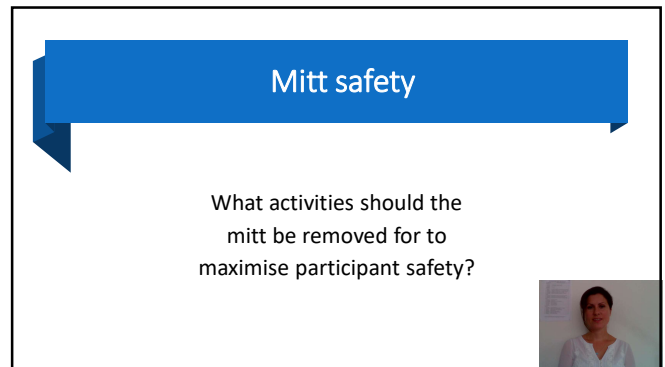
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Mitt-wearing requirements during TeleCINT

- 6 hours a day, 5 days a week, 3 weeks
- Full use of weaker arm in as many activities as possible
- Mitted-hand used as little as possible including as a stabilizer
- No cheating!
- Safety first!

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Mitt safety

What activities should the mitt be removed for to maximise participant safety?

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Indoors & outdoor stairs / steps

Indoors & outdoor stairs / steps

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Walking with any aid except a walking stick

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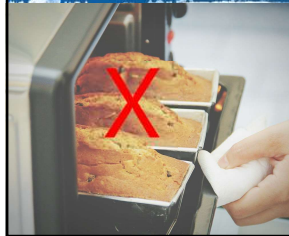
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Pouring hot water / hot drinks
from standard mug



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Hot food from oven / microwave



8

Using sharp
knives /
implements



9

Driving / operating machinery



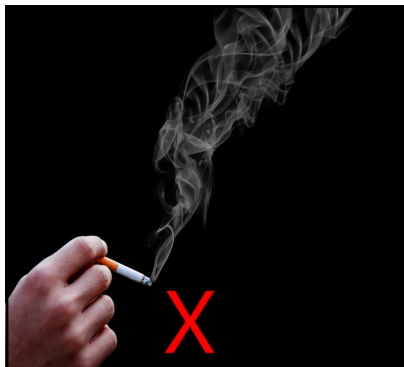
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Using power tools

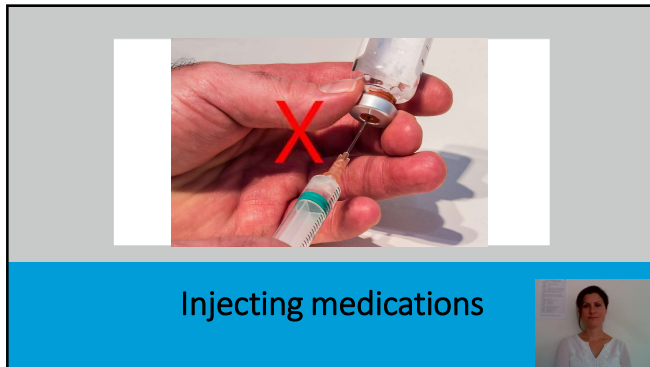


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Smoking



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Mitt safety

Participant / supporter should:

- Read / understand all activities to remove mitt for on the 'Keeping safe: your mitt removal list'
- Know to remove mitt for **any** activity they feel maybe unsafe to do whilst wearing the mitt

Keeping safe: your mitt removal list

There will be times during the program where you will need to remove your mitt for your own safety. Safety is always the top priority.

If appropriate, your therapist may advise your safety while wearing the mitt(s):

- Carrying objects or your walker cane while walking
- Taking the mitt off by yourself (usually this should be within 2 minutes)
- Walking with a stick

For your safety while wearing your mitt on the program, the following rules are **NOT** permitted:

- Using up and down the stairs without
- Using a wheel chair or walker (e.g. in the garden)
- Walking up or down a walking frame
- Standing in front of a seated person
- Changing toilet water from a toilet
- Operating kitchen appliances
- Driving
- Using a hand tool (e.g. a screwdriver)
- Using a sharp object or sharp instrument (e.g. a sharp knife)
- Using a power tool (e.g. a drill)
- Handling any type of hot object which may burn you

It may be necessary for you to carry out some of these tasks as part of your program. However, if you feel unsafe, remove your mitt and stop the activity. Please discuss this with your therapist.

NEVER USE YOUR WEAKER HAND IF YOU FEEL YOUR SAFETY COULD BE IMPAIRED IN ANYWAY

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Mitt safety: assessment

Participants should:

- Be able to remove mitt independently in under 1 minute
- Walk independently with or without a walking stick indoors
- Remove mitt for outdoor mobility when walking with stick or if unsafe on even surfaces
- Have independent dynamic balance in function

TeleCINT assessment form

Participant safety whilst wearing the mitt

Is the participant able to remove their mitt independently within 2 minutes?

If applicable, is participant safe walking on a level surface using their stick with their mitt on hand? If not, the mitt must be removed every time participant walks with the stick.

Assess dynamic balance in function where applicable e.g. is participant safe carrying an object in their weaker hand whilst walking?

Is the participant's home environment suitable for a TeleCINT program? Consider required physical space, removing clutter, potential safety hazards. Ensure required home risk assessments are completed in accordance with your organization's policies.

Discuss activities on the program the participant must remove their mitt for safety reasons. Ensure the participant and / or supporter understand this requirement.

*Consider further risk assessment where there are any concerns regarding participant or supporter or program safety. Use strategies for remembering safety information e.g. visual reminders.

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Mitt-wearing compliance: setting clear expectations

Ensure prior agreement of:

- 'Mitt-on' & 'mitt-off' routine activities
- A daily mitt-wearing routine
- Participant and supporter TeleCINT contracts

An example of a daily TeleCINT schedule

TIME	ACTIVITY	MITT ON	MITT OFF
07:30am	Wake up and shower		X
08:00am	Dress and make bed	X	
08:30am	Prepare breakfast (cereal and toast with butter and spread)	X	
09:00am	Eat breakfast and brush teeth	X	
09:30am	Morning check-in / feedback with therapist		X
10:00am	Structured training time: Shaping Practice (1 hour)	X	
10:30am	Complete minimum 2-3 shaping tasks. Use 'Daily Diary and Feedback' sheet	X	
11:00am	Rest break / mitt-free time		X
11:30am	House chores e.g. unload laundry from machine and put out onto line	X	
12:00pm	Prepare lunch and set table e.g. make a sandwich including buttering bread, cut up fruit and veg, prepare a cold drink	X	
12:30pm	Eat lunch using weaker hand and then clear away lunch	X	

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Agreeing 'mitt-on' and 'mitt-off' activities

Below is a list of common routine activities you are likely to do during the program whilst wearing your mitt, outside of structured training time. The aim is to keep the mitt on as far as many routine activities as possible. However, safety is the priority. Discuss this with your therapist and agree steps to be taken if you feel unsafe. The list is not exhaustive and can change as you progress.

Go through the list below with your supporter and decide which tasks you will try to do yourself with your mitt on, which tasks you'll remove the mitt with and which tasks you will remove your mitt for. You will discuss this further with your therapist before starting your program. The list is not exhaustive and can change as you progress.

Routine daily activities	MITT ON	MITT OFF	MITT OFF
Handling your clothes during toileting (Can you do this with one hand?)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Changing yourself during toileting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dressing / undressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Showering / bathing / washing hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shaving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating with safety at breakfast (Can you do both up corners?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Agreeing the daily TeleCINT schedule

An example of a daily TeleCINT schedule

TIME	ACTIVITY	MITT ON	MITT OFF
07:30am	Wake up and shower		X
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10:30am	Complete minimum 2-3 shaping tasks. Use 'Daily Diary and Feedback' sheet	X	
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11:30am	House chores e.g. unload laundry from machine and put out onto line	X	
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Using the TeleCIMT contracts



TeleCIMT participant contract

I, [Name of participant] have been provided with and read the TeleCIMT Preparation Pack describing the various elements of my TeleCIMT program.

By marking the following boxes with an 'X', I understand and agree that the TeleCIMT program involves me:

Wearing a mitt on my stronger arm as a reminder to use my weaker arm for 6 hours per day, for 5 days a week, for 3 weeks.	<input type="checkbox"/>
Making a big effort to use my weaker arm as much as possible during mitt wearing hours, as best as I can safely do so.	<input type="checkbox"/>
Practising using my weaker hand in structured training tasks for a total of 2 hours per day.	<input type="checkbox"/>
Understanding tasks that are challenging and difficult to do, but that by carrying out these tasks it will help the program work.	<input type="checkbox"/>

I understand and agree that I will:

Not wear the mitt during activities with my weaker arm if my safety could be affected.	<input type="checkbox"/>
Not use my weaker arm if my safety could be affected in any way.	<input type="checkbox"/>
Not undertake activities on my 'mitt removal list'.	<input type="checkbox"/>
Receive help from my supporter to undertake essential daily living tasks whilst wearing the mitt, as agreed with my therapist.	<input type="checkbox"/>



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When mitt-wearing becomes challenging



Mitt wearing can be:

- Difficult
- Tiresome
- Frustrating
- Uncomfortable
- Disappointing



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Problem-solving mitt challenges

- Monitor mitt wear daily
- Identify reasons for poor compliance with participant & supporter
- Review what was previously agreed
- Consider strategies which positively reinforce mitt-wear



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What makes an effective mitt?



Commercial vs home-made



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What makes an effective home-made mitt?

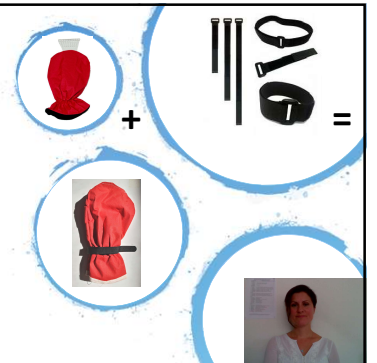
Mitts should:

- Enable an outstretched arm and hand e.g. in case of falling
- Minimise opportunities for 'cheating'
- Be a firm fit
- Be as comfortable / breathable as possible
- Where possible be washable



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The de-icer mitt (remove scraper!)



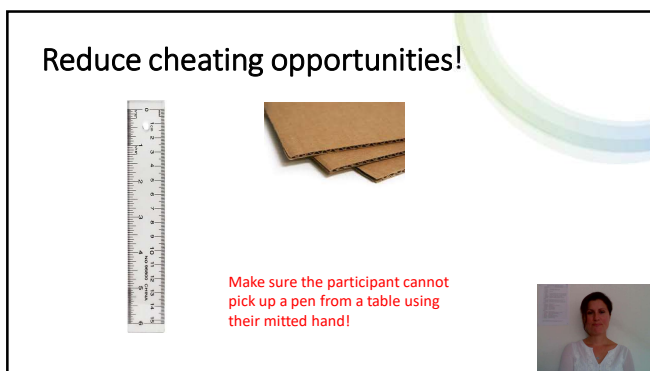
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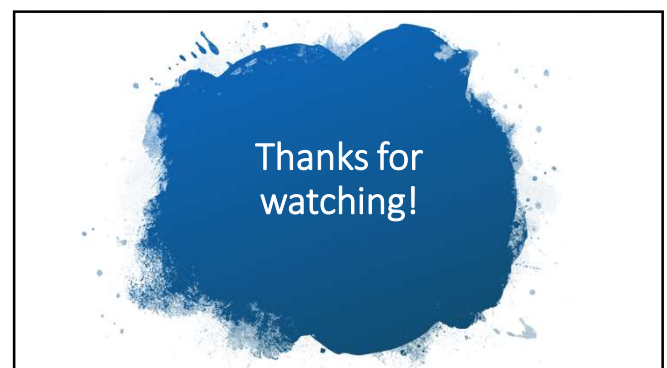
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