

TSN Rehab Organizations Improving Care for Stroke Patients with Cognitive Impairment

NOVEMBER 2016

Cognitive Orientation to Occupational Performance
(CO-OP): A Knowledge Translation Initiative

Background

Evidence suggests that inpatient rehabilitation is beneficial for patients with cognitive impairment, but that these patients experience challenges in accessing this service. Stroke rehabilitation clinicians in Toronto reported that additional training would be valuable in enabling them to foster recovery in people with cognitive impairments.

A team of researchers, in collaboration with five inpatient stroke rehabilitation hospitals, have begun to implement and evaluate a multi-faceted, integrated knowledge translation (KT) initiative, targeted specifically at the inter-professional application of the Cognitive Orientation to daily Occupational Performance (CO-OP), called CO-OP KT. CO-OP is a contemporary, effective, cognitive strategy-based treatment approach aligned with Canadian Stroke Best Practice Recommendations for cognitive rehabilitation.

The Knowledge to Action (KTA) framework developed by Graham et al. (2006) provides the foundation for this project (Figure 1). The framework was used as a guide to understand the context and needs to develop a KT intervention and evaluation plan.

CO-OP KT Objectives

The long-term objective of CO-OP KT is to optimize functional outcomes for individuals with stroke, including those with cognitive impairments. Three interrelated studies are currently being conducted with the following anticipated outcomes:

1. Increased proportion of patients with cognitive impairments admitted to inpatient stroke rehabilitation
2. Enhanced capacity of inter-professional team members to implement a cognitive-strategy based treatment approach
3. Improved immediate and long-term functional outcomes for patients with cognitive impairments discharged from inpatient stroke rehabilitation

In October 2016, interprofessional teams from five inpatient rehabilitation hospitals were trained in the CO-OP approach. To help support this training for long term sustainability, the following is being provided to all teams:

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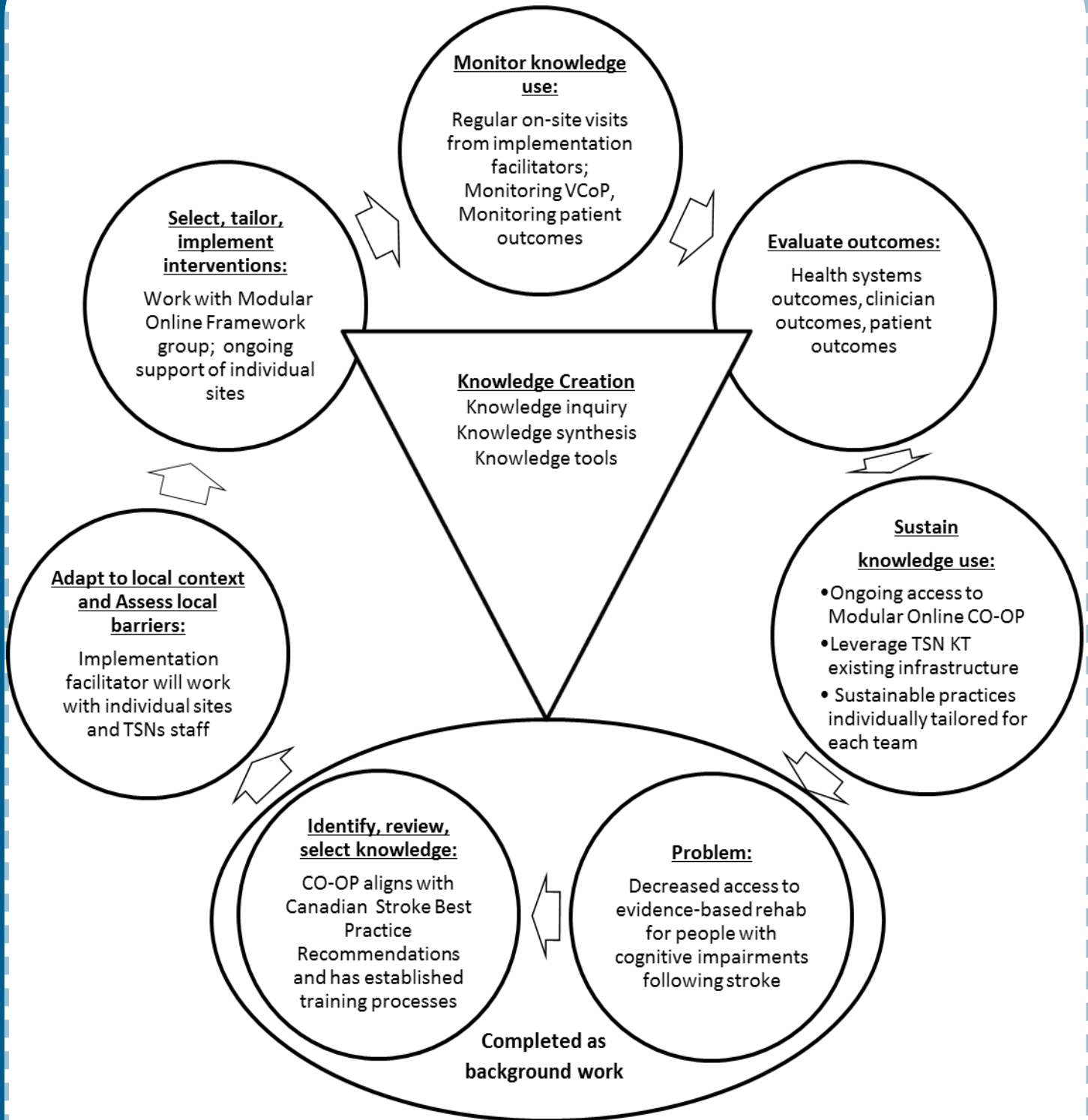


Figure 1: Knowledge to Action Framework with CO-OP KT Project Content.
 Adapted from Graham et al. (2006).

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1. **Site Visits by Implementation Facilitators (IF):** Site visits occur every two weeks at each site to trouble shoot site-specific materials and support clinicians in implementing CO-OP. Visits vary in their structure, ranging from large group meetings to one-on-one observation and feedback of therapists doing the CO-OP approach with patients.
2. **CO-OP Implementation Workbook:** A new workbook was specifically designed for this project and provides practical tools to support implementation, such as summary of key features of CO-OP, case studies, FAQs, and self-reflection tools. Each participant attending the workshop received a workbook.
3. **Virtual Community of Practice (VCoP):** All workshop attendees were invited to join an online, CO-OP specific discussion forum. The VCoP offers access to CO-OP trainers to answer ongoing questions, and an opportunity to learn from and support colleagues.
4. **Posters and Pocket Guides:** These materials were developed to serve as visual cues and reminders from how to implement CO-OP, and can be used by either the treating therapists or the patients.
5. **CO-OP Online Module:** To help support the interprofessional and team based application of CO-OP, an online e-learning module was created. The module provides an overview of the key features of CO-OP and is intended for team members who did not attend the workshop.
6. **Implementation Journal:** In order to monitor the uptake of CO-OP among the sites, an Implementation Journal is kept by the IFs. The IFs record ongoing entries following site visits to document trends and reflections of the visits.

The research team is currently in the phase of implementing the KT support plan with the newly trained CO-OP workshop attendees. This implementation plan will be carried out from November 2016 to February 2017. In order to sustain knowledge use after the implementation phase, therapists will continue to have access to the VCoP, as well as yearly support meeting with site champions.

How to reach us

If you have any questions about this work, please contact one of the members of the CO-OP Project team below:

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For information about other initiatives, please visit our Toronto Stroke Networks' website www.tostroke.com and the Virtual Community of Practice www.strokecommunity.ca

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