Recreation Therapy Stroke Protocol Series

“There are more than 400,000 Canadians living with long-term disability from stroke, and this number will almost double in the next 20 years. The effects range from mild to severe disability, and can be obviously physical limitations or more subtle such as memory changes. Recovery can take months or years, even for milder strokes, and many people never fully recover.”

2017, Heart & Stroke

This first of its kind document is a result of the hard work of various Recreation Therapy and Stroke professionals including individuals from the Recreation Therapy Stroke Professionals Network of the Southwestern Ontario Stroke Network, Georgian College, St. Thomas Elgin General Hospital, Woodstock General Hospital, and the Chatham-Kent Health Alliance.

The need for evidence based recreation therapy has increased as the needs of our clients are becoming continually complex. Evidence based practice (EBP) across professions is known to improve quality of care, provide continuity of care, improve health outcomes as well as act as a cost savings measure. EBP provides an opportunity for Recreation Therapists to provide their clients with interventions that are rooted in research. These protocols should be used together with the therapeutic process and our professional standards of practice.

This document is a compilation of student work from the Georgian College Therapeutic Recreation Post Graduate program which has been vetted by professional Recreation Therapists currently working in the field. All of the program protocols were created by the student authors and include research evidence in their validity. As always, it is up to you as the Recreation Therapist to use these and other protocols as a tool to create positive change for your individual clients. These protocols, coupled with further research and your clinical judgment should align your clients well for success in their health goals.

This is a living document that will continue to grow and evolve. The committee plans to invite Recreation Therapists on an annual basis to submit evidence based protocols for consideration for inclusion in this valuable resource. This invitation will occur every February to coincide with both Therapeutic Recreation Awareness Month and Heart and Stroke Month.

We encourage you provide us with feedback or suggestions for protocols for inclusion in future editions of this publication. Feedback can be quickly and easily provided here, through a scan of the following QR code or by emailing swosn@lhsc.on.ca.

Program Title: Blooming Buds

Statement of Purpose:
- To develop and work towards personal goals towards improvements in their hand function abilities and will increase their fine motor dexterity.

Program Description:
- Participants will enjoy a relaxing and social environment as they engage in four different sessions of gardening activities; once a week for the course of an hour, over the span of 4 weeks.
- Ideal for inpatient individuals who require greater assistance in their everyday lives.
- Activities will require fine motor dexterity to challenge participants and promote fine motor functioning.

Client Needs Program will Address:
- Increase fine motor skills and dexterity.
- Increase grip strength.
- Improve hand function ability and hand-eye coordination.
- Promote personal goal setting and development of social skills.
- Facilitate relaxation and/or socialization in an inclusive environment.

Selection/Referral Criteria:
- Participants must be registered clients of the stroke rehabilitation centre.
- Participants must demonstrate difficulties with their fine motor skills.
- Participants must be willing to actively participate in the program.
- Participants must be willing to set personal goals and actively work towards them.

Contradicted Criteria:
- Participant no longer reaps benefits of the program.
- Participant has regained full function of fine motor skills.
- Participant no longer meets selection criteria for the program.
- Participant does not express interest/is unwilling to participate.

Program Outcomes (goals):
- Attain attendance higher than 75%.
- At least 50% of participants will reach their personal goals.
- Increase fine motor skills.
- Increase opportunities of developing social skills.
Content and Process:

<table>
<thead>
<tr>
<th>CONTENT</th>
<th>PROCESS</th>
</tr>
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<tbody>
<tr>
<td>- Introductions</td>
<td>- Icebreaker: sensory integration</td>
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<tr>
<td>- Program Purpose</td>
<td>- Allow the participants the opportunity to walk through and feel the</td>
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<tr>
<td>- Personal Goal Statements</td>
<td>different plants/flowers in the garden to get acquainted with them</td>
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<td>- Activity: group vegetable garden</td>
<td>- Explain purpose of program and provide clarification if needed</td>
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<td>- Allow time for participants to write down their personal goals that</td>
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<td>they would like to achieve by the end of the program</td>
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<td>- Allow participants to become acquainted with each other and the</td>
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<td>program by involving them in a group planning activity</td>
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<tr>
<td>- Activity: vertical planters</td>
<td>- Explain the session and participant objectives</td>
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<td></td>
<td>- RTs can watch for improvements since last meeting</td>
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<td></td>
<td>- Group discussion to share experiences and thoughts about the session</td>
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<tr>
<td>- Debrief session</td>
<td></td>
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<tr>
<td>- Review benefits of this activity</td>
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<tr>
<td>- Activity: Mason Jar Herb Garden</td>
<td>- Explain the session and participant objectives</td>
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<td>- Review benefits of this activity</td>
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<td>- Activity: Terrarium</td>
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Staff Requirements and Responsibilities:
- Two staff required; need to exercise patience and creativity to work with patience to reach their desired goals and outcomes
- Monitor infection control using gloves and gardening tools
- Gather supplies and set up activities
- All staff: first aid and CPR certified

Program Evaluation:
- Evaluated by:
  - Consistency of individual participant’s attendance to the program (75% attendance rate)
  - Verbal and nonverbal feedback from the participants and other staff
  - Completion of a short evaluation form at the end of the program
  - Review of personal goals and the outcome achieved at the end of the program
Research:
- Objectives of this case study were to determine the effects of an eight-week horticultural therapy (HT) program for stroke outpatients on hand function abilities (grip strength, pinch force, and fine motor dexterity), eye-hand coordination, self-esteem, depression, and health related quality of life

- Article outlines the benefits of therapy gardens – focusing on engagement with horticulture

RT Signature and Date:

Appendices:
Acknowledgements

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