# Merging Treatments to Focus on Functional Outcomes

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### BACKGROUND

- Life Participation Approach to Aphasia (LPAA) is a model of service delivery that focuses on improving quality of life, participation in activities of choice, and re-engagement in life. Success is typically measured using quality of life assessments and documentation of life participation changes.
- VA Pittsburgh's Program for Intensive Residential Aphasia Treatment and Education (PIRATE) provides restorative and compensatory treatments to address both traditional treatment goals as well as functional life participation communication goals.

### **OBJECTIVES**

- Readdress aphasia treatments to target identified goals and values of persons with aphasia.
- Examine the System for Personally-Relevant Outcome Tracking (SPROUT), a recently-developed assessment for measuring change in life participation goals for persons with aphasia.
- Revise documentation style to reflect life participation, rather than traditional impairment-based goals.

### SETTINGS AND PARTICIPANTS

Program for Intensive Residential Aphasia Treatment and Education (PIRATE); VA Pittsburgh Healthcare System



- 1 month, 5 days/week
- Morning: 3 hours of individual treatment
- Aphasia Treatment & Education

  GRECC | VA Pittsburgh Healthcare System

   Afternoon: 2 hours of customized programming
- Mr. Smith; 58 y/o veteran s/p L MCA CVA
- 13 months post stroke at the time of PIRATE participation
- Moderate aphasia characterized by impairments in the areas of verbal expression as well as auditory and reading comprehension.
- Minimally interactive with others other than wife and son

## ASSESSMENTS

#### **Performance Based Outcomes**

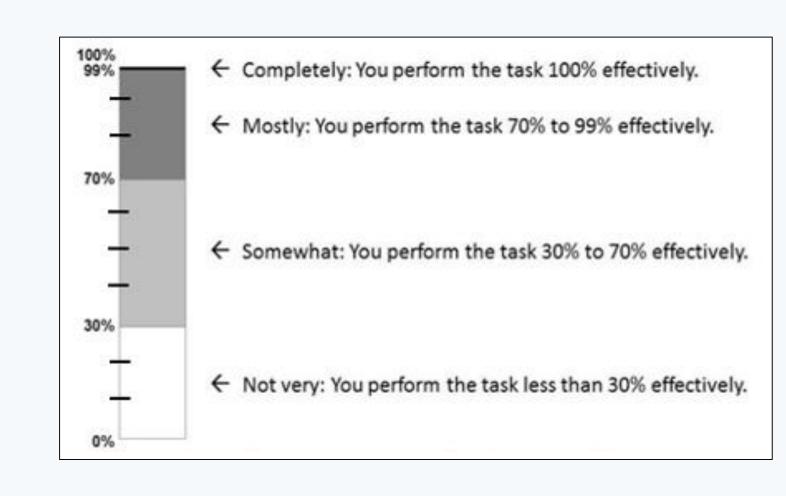
- Comprehensive Aphasia Assessment (CAT)
- Story Retell Procedure (SRP)

### **Patient Reported Outcomes**

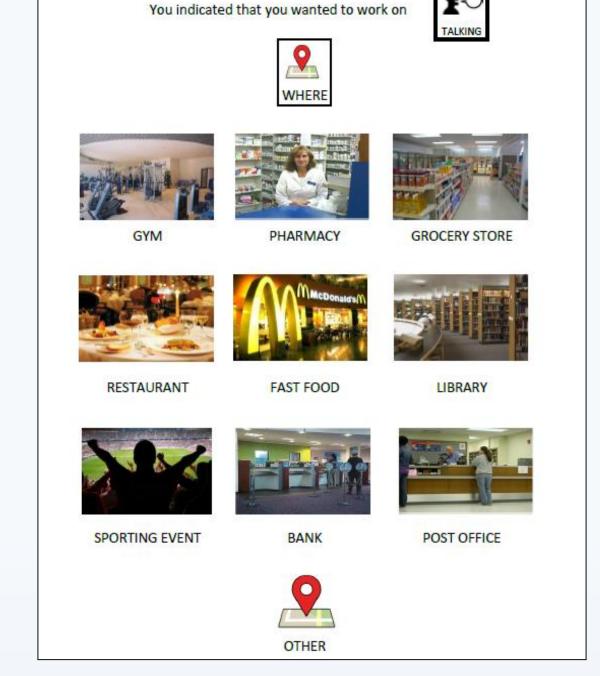
- Aphasia Communication Outcome Measure (ACOM)
- Burden of Stroke Scale (BOSS)
- System for Personally-Relevant Outcome Tracking (SPROUT)

### PATIENT GOALS

- System for Personally-Relevant Outcome Tracking (SPROUT) was designed to assist clinicians and patients with setting achievable life participation goals in relation to their communication.
  - Allows patients to self-rate their progress for each goal.
  - Comprised of a goal bank, which includes example life participation goals for all areas of communication, and uses a 10-point rating scale of communicative effectiveness adapted from the ACOM response scale.



 Supplemental materials include a pictured goal bank to supplement patient-clinician goal discussion.



Goal 1 Ordering food in a restaurant Goal 5 Increase reading speed

**Goal 2** Converse with Friends

**Goal 3** Talk on the Telephone

Goal 4 Read Magazine Articles

**Goal 6** Texting family and friends

**Goal 7** Write a personal letter

Goal 8 Write cards to family and friends

### **Traditional Goal:**

Mr. Smith will perform tasks of written sentence generation with 90% accuracy re: formulation of SVO sentences and correct spelling/written syntax by (date/time frame)

#### Mr. Smith's Goal:

He would like to be able to text and write letters and greeting cards to maintain relationships with family and friends and re-connect with former friends

### **LPAA Focus:**

Mr. Smith will communicate by texting and writing words and short phrases with family and friends by (date/time frame).

#### **Treatment**

### TREATMENT

#### Goals

#### **Direct Practice of Functional Goals:**

- Practice texting with clinician and family
   Practice writing personal letters to wife
- Role playing ordering at a restaurant

### **Restorative**

- Verb Network Strengthening Treatment
- Barrier tasks to improve comprehension/production
- Write and orally read narratives

#### Compensatory

- Learn to use speechto-text to assist with spelling
- Learn to use word prediction to improve text speed

### **Group Treatment**

- Advocacy project (aphasia poster)
- Technology lab
- Discussion about your aphasia community Role playing

### RESULTS

|  |      | Entry  | Exit   | Follow-up |
|--|------|--------|--------|-----------|
|  | CAT  | 56.33  | 58.76  | 57.83     |
|  | SRP  | 13.32% | 25.63% | 9.24%     |
|  | ACOM | 39.72  | N/A    | 47.22     |
|  | BOSS | 64.29  | N/A    | 39.29     |

#### Life Participation Validation

- Initiating phone calls, including planning vacations
- Performed karaoke for a crowd
- Reading new books on his iPad
- Independently texting and using Facebook
- Ordering independently at restaurants
- Sent a letter and reconnected with former friend
- Joined weekly coffee club locally with other persons with aphasia

| SPR | OUT  | Entry | Exit | Follow-u |
|-----|------|-------|------|----------|
| Goa | al 1 | 1     | 3    | 3        |
| Goa | al 2 | 1     | 3    | 3        |
| Goa | al 3 | 1     | 3    | 3        |
| Goa | al 4 | 2     | 3    | 3        |
| Goa | al 5 | 1     | 2    | 2        |
| Goa | al 6 | 1     | 3    | 3        |
| Goa | al 7 | 1     | 3    | 3        |
| Goa | al 8 | 1     | 3    | 3        |
|     |      |       |      |          |

Not Very = 1, Somewhat = 2, Mostly = 3, Completely = 4 \*Note pt. completed original four-point version of SPROUT; it has since been modified to 10 point scale.

### CONCLUSION

- Traditional restorative and compensatory treatments may be included under the umbrella of LPAA philosophy.
- Measuring change when using LPAA in conjunction with traditional treatment approaches may include routine standardized language assessments, patientreported outcomes, and documentation of life participation changes and improved quality of life.
- Treatment gains should be documented in terms of the client's Life Participation Goals