

Merging Treatments to Focus on Functional Outcomes

James G. Schumacher, M.S., CCC-SLP¹, Emily E. Boss, M.S., CCC-SLP¹ and William D. Hula, Ph.D., CCC-SLP^{1,2}



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Pittsburgh Healthcare System

¹ VA Pittsburgh Healthcare System

² University of Pittsburgh

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
- 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

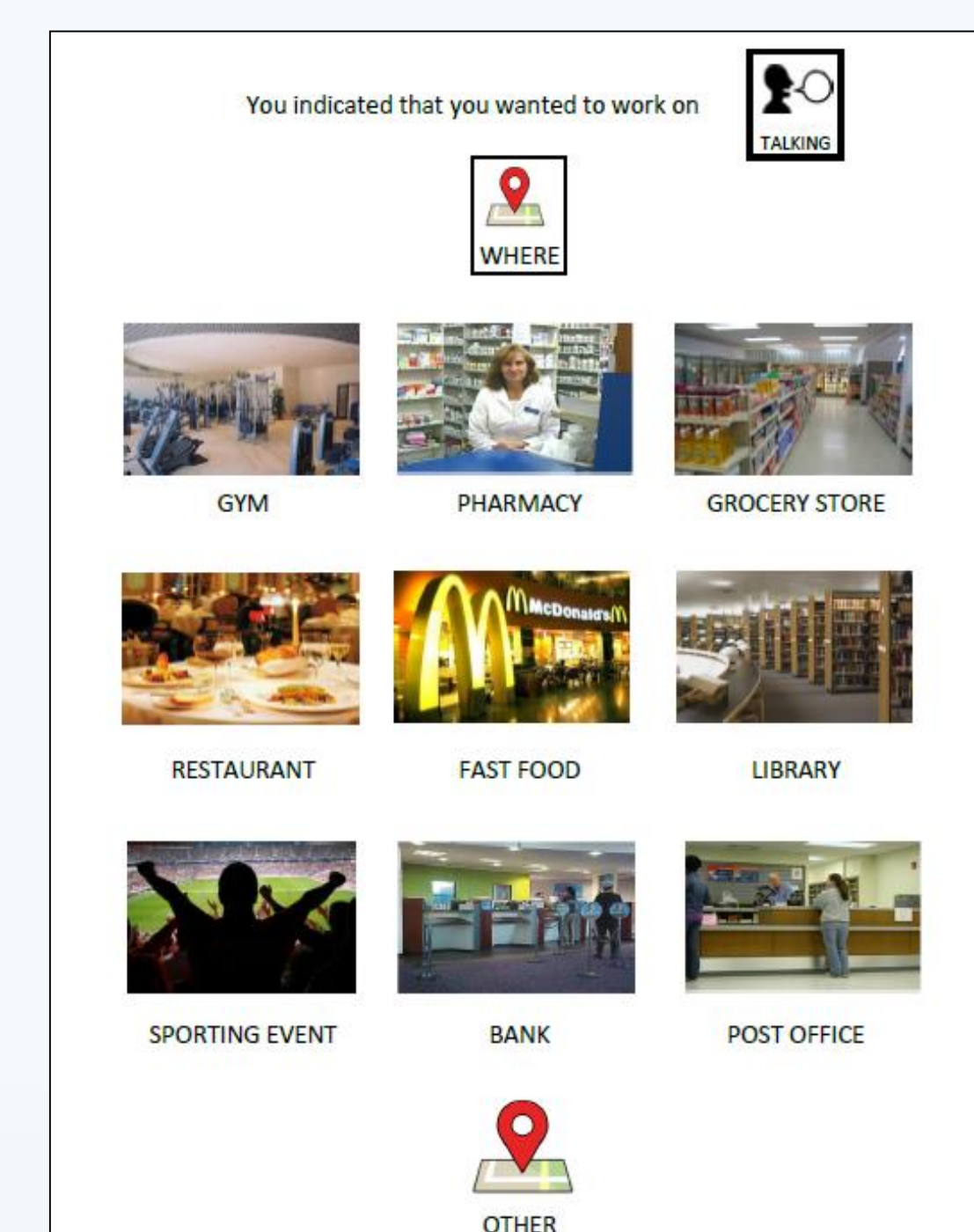
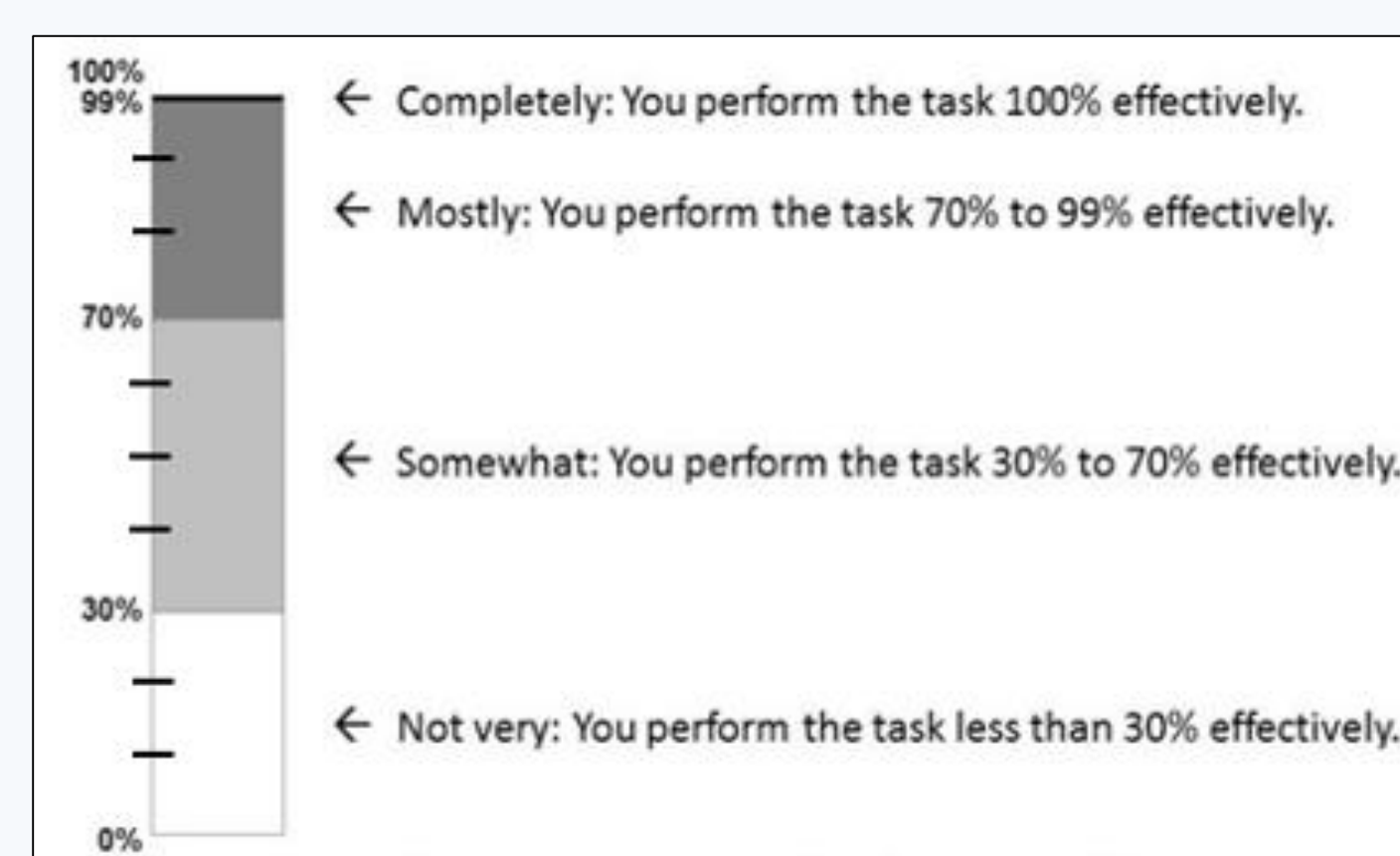
- Comprehensive Aphasia Assessment (CAT)
- Story Retell Procedure (SRP)

Patient Reported Outcomes

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

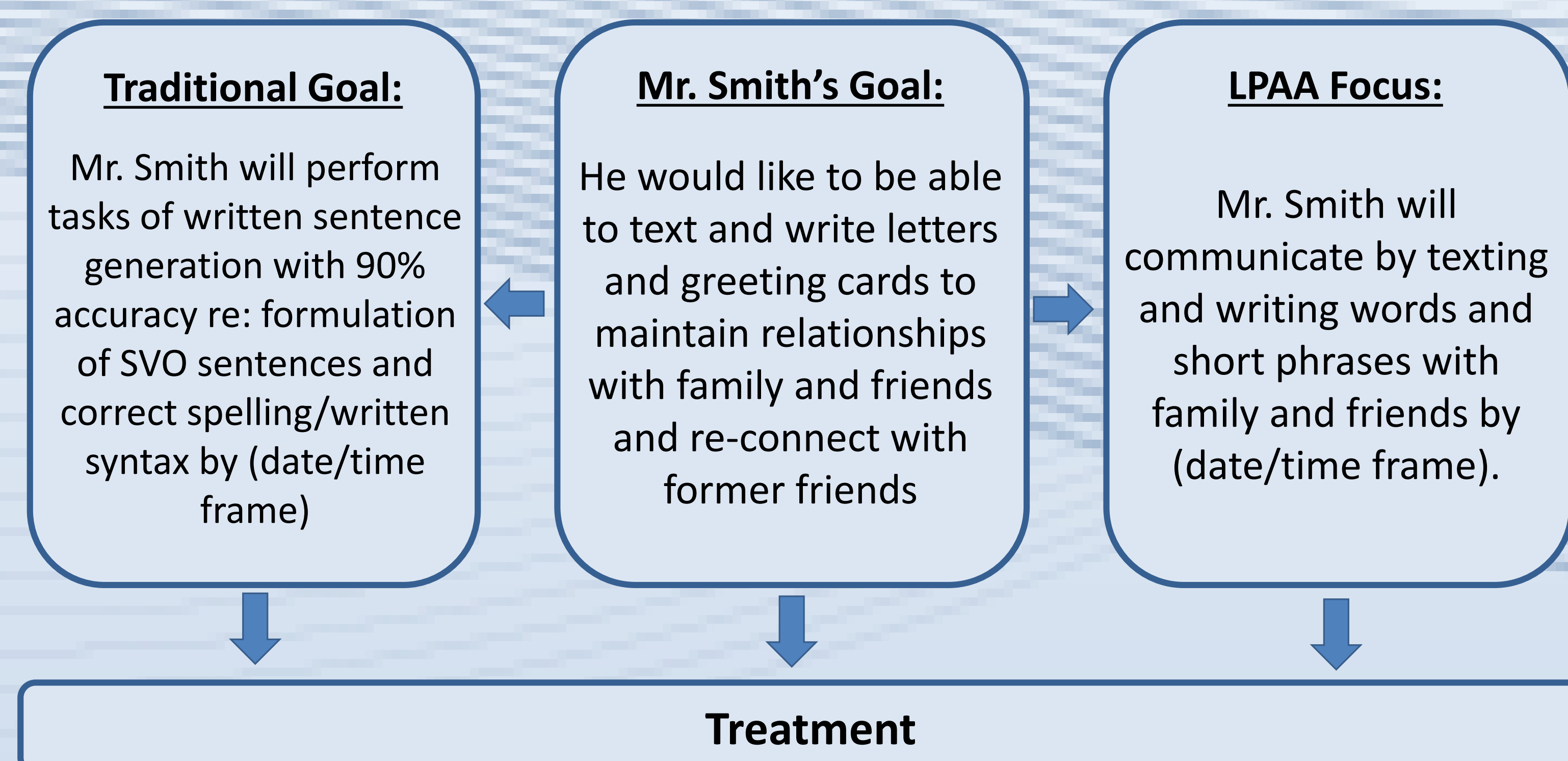
PATIENT GOALS

- 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.

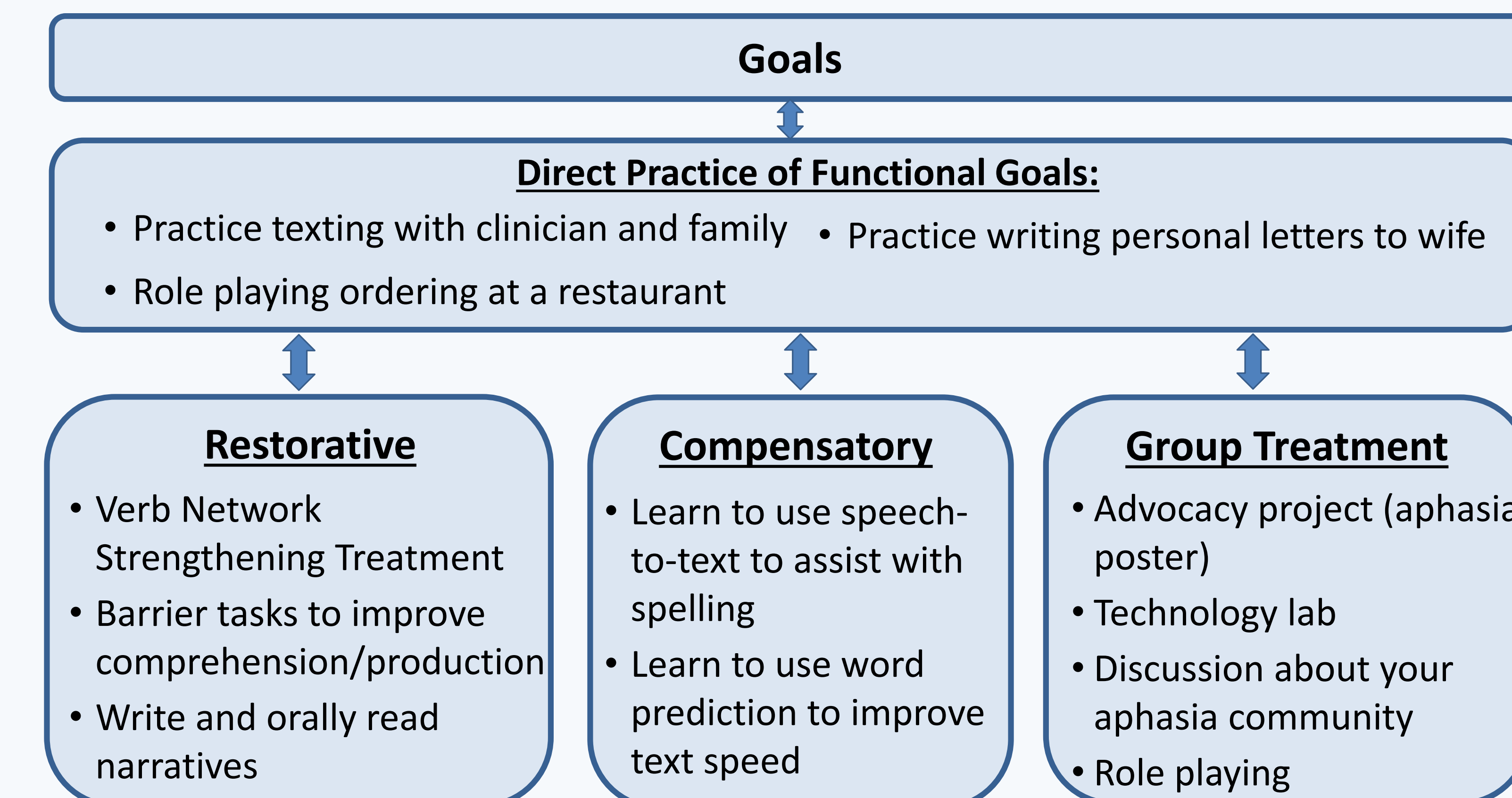


- Supplemental materials include a pictured goal bank to supplement patient-clinician goal discussion.

- Goal 1** Ordering food in a restaurant
- Goal 2** Converse with Friends
- Goal 3** Talk on the Telephone
- Goal 4** Read Magazine Articles
- Goal 5** Increase reading speed
- Goal 6** Texting family and friends
- Goal 7** Write a personal letter
- Goal 8** Write cards to family and friends



TREATMENT



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

SPROUT	Entry	Exit	Follow-up
Goal 1	1	3	3
Goal 2	1	3	3
Goal 3	1	3	3
Goal 4	2	3	3
Goal 5	1	2	2
Goal 6	1	3	3
Goal 7	1	3	3
Goal 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, patient-reported 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