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Filling the Gap: Educating Caregivers and Patients Post Stroke in an Acute Care Setting

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Filling the Gap: Educating Caregivers and Patients Post Stroke in an Acute Care Setting

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Faculty Mentor: Dr. Mackenzie Feldhacker

BACKGROUND

- Stroke is one of the leading causes of disability in the US (U.S. Department of Health and Human Services, 2023). 63% of patients will require informal caregiving post stroke (Wang et al., 2021)
- Negative outcomes of caregiving can include caregiver burden, anxiety, depression, a shift in social roles, a loss in quality of life, persistent psychological distress, increased risk of elder abuse, and a decrease in leisure activity satisfaction (Badaru et al., 2019; Elmary et al., 2011, Ganapathy et al., 2015, Haley et al., 2015).
- It is within Occupational Therapy's scope to provide client-specific education and support to both the client and their caregivers in order to improve both individual's well-being and quality of life (American Occupational Therapy Association [AOTA], 2020)

The purpose of this project was to impact caregiver preparedness and patient outcomes by creating educational handouts and videos for patients and caregivers post stroke that were integrated into acute care interventions.

METHODS

Project Goals

- Develop in-depth clinical practice skills for working with patients post-stroke
- Educate the interprofessional team and occupational therapy students in caregiver education and support
- Develop a post-stroke caregiver and patient education program through the use of video and handout resources

Outcome Measures

- The Caregiver Preparedness Scale*: Used to assess the impact of the educational resources
- Support Video and Handout Effectiveness Survey*: created by student to evaluate caregiver experience with the educational resources

MyMichigan Health Midland

- MyMichigan Health Midland is a 324-bed, Level II trauma care, non-profit hospital
- This capstone project took place primarily in their neurotrauma unit and neuro subacute unit.

THEORETICAL FOUNDATION

Person Environment Occupation Performance Model (PEOP)

- The PEOP is a model that looks at occupational performance as the overlap between the person, the environment, and the occupations in order to promote occupational performance (Baum et al., 2015).
- PEOP was utilized in the development of this project as it highlighted the way that typical acute care interventions and increased caregiver education could promote occupational performance post stroke.
- PEOP was frequently used during the project to support patient-centered interventions and caregiver education post stroke.

Model of Human Occupation (MOHO)

- MOHO is a theory that uses volition, habituation, and performance to define the relationship between the person and the occupation (Kielhofner, 2008)
- MOHO's definition of dysfunction, or disorder, was used to drive the development of educational resources that were designed to promote order in both patients and caregivers.
- MOHO was used to determine how patients and caregivers are experiencing disorder to better provide education, help develop role competence, and promote the creation of habits to restore order

RESULTS

Student Outcomes

Goal One: The Development of In-Depth Clinical Practice Skills for Working with Patients Post-Stroke

- The student saw 4-5 patients/day post stroke or TIA
- Deliverables completed: MoCA certification, Modified Rankin Scale certification, LSVT-BIG certification, of an educational case series, intervention toolkit, and a document of relevant discharge related resources for the region for current occupational therapists.

Goal Two: To Educate the Interprofessional Team and Occupational Therapy Students on the Role of Occupational Therapy in Caregiver Education and Support

- The student educated current OT students at SUD using a handout and presentation to display the results from a survey assessing what caregiver support looks like across the care continuum.
- Deliverables completed: Creation of survey tool to assess caregiver support across the care continuum, creation of a survey results summary, and creation of a handout page.

Goal Three: To Develop a Post-Stroke Caregiver and Patient Education Program Through the Use of Video and Handout Resources

- Participants: Post stroke patients who were likely going to discharge home (either from rehab or hospital) who had an informal caregiver
- Deliverables completed: Creation of support video topics, a development plan, the Support Video and Handout Effectiveness Survey, handout for patients and their caregivers, caregiver video tutorials, a pre/post survey for the interprofessional team presentation, Support Video and Handout Effectiveness Outcome Summary, the presentation for the therapy team, and the pre/post survey results summary paragraph. To see the resources from goal three, follow the QR code to the right.

Preparedness for Caregiving Scale

- Figure 1, N=10, shows the mean scores of Caregiver Preparedness Scores before and after reviewing the educational resources. The average increase in score was 0.65, with the largest average increases being on the questions related to assisting with their care recipient's physical needs and connecting with resources.

Support Video and Handout Effectiveness Survey

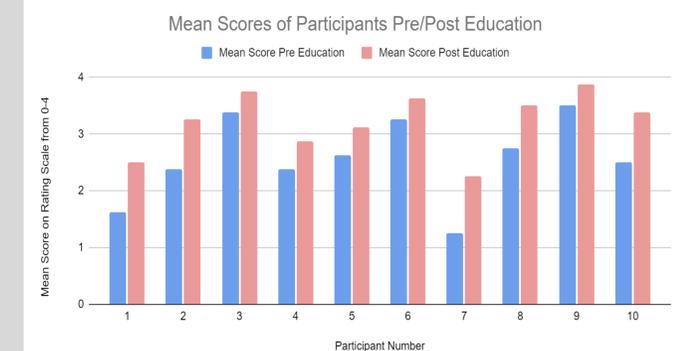
- Overall caregivers reported that the resources were clear (100% of participants answered 5/5), easy to access (M=4.4 and SD=0.84), and they were satisfied with their experience (M=4.8 and SD=0.42). When asked what improvements could be made, all participants who answered stated that they had no improvements and that the resources were very informative.

DISCUSSION / CONCLUSIONS

- Through this capstone project, the student gained advanced clinical skills working with patients who have experienced a stroke.
- Using the needs assessment results, the student created an education program for patients and caregivers post stroke.
- The data supports that patient and caregiver education improves caregiver preparedness which should, as the literature supports, better patient outcomes.
- Caregiver education increased caregiver preparedness for their role as caregivers.
- Overall, the project findings supported what was found during the literature review stating that improved caregiver education increases caregiver preparedness.

IMPLICATIONS FOR OT

- Occupational therapy practitioners should promote and encourage the use of caregiver education in the acute phase of recovery.
- Occupational therapists should promote the need to continuously assess what gaps in education and support are missing from existing resources and modify or update resources accordingly.



Educational Resources:



References:

