

SportFIT and Recreation – a collaborative intensive physiotherapy/therapeutic recreation camp for youth with cerebral palsy

Project Summary

Centre for Leadership in Participation and Inclusion

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RESEARCH INSTITUTE

SHARING OUR WORK

- OACRS Conference-
Poster Presentation
November 2015
- Knowledge Connections
presentation:
Meaningful Participation
at Holland Bloorview
December 2015
- Canadian Therapeutic
Recreation Association
(CTRA) Conference
presentation
June 2016
- Submission to
Therapeutic Recreation:
Practice and Research
Journal of TRO 2017

WHAT WAS THIS STUDY ABOUT?

Youth with cerebral palsy (CP) are at risk for a decline in physical function and are more likely to have less active lifestyles^{1,2}. Youth with disabilities also face additional barriers to sport/physical activity participation². The purpose of this study was to develop and facilitate an intensive Physiotherapy (PT) and Therapeutic Recreation (TR) camp to improve motor skills and fitness while also increasing enjoyment and participation in recreational activities in youth with cerebral palsy.

WHAT DID WE DO?

The Program: 2 weeks in July, 6 hours/day with sessions that included circuit training, Liberi Exergame system, leisure education, and adapted sport skill development. Community outings (rock climbing, dragon boating, Variety Village) were integrated into the program.

Therapeutic Recreation Outcome Measures:

- Physical Activity Enjoyment Scale (PACES)
- Healthy Living Questionnaire (HLQ)
- Modified Children's Assessment of Participation and Enjoyment (CAPE)
- Goal Attainment Scaling (GAS) and Canadian Occupational Performance Measure (COPM)

A 6 month follow up allowed the team to evaluate the impact on participants beyond the program.

IMPACT FOR CLIENTS, FAMILIES AND CLINICAL PRACTICE

This project had a meaningful impact on the participation patterns and enjoyment of physical activity in youth with cerebral palsy. All clients met their therapeutic recreation goals. The collaborative model has influenced other programs at Holland Bloorview including 'Fit & Flex' which has now integrated therapeutic recreation to enhance the previously physiotherapy specific program. This model can be used to inform and enhance programs for youth with disabilities within and beyond Holland Bloorview through the projects knowledge sharing activities.

WHAT DID WE LEARN?

- Individualized Therapeutic Recreation COPM change scores reached clinical importance targets (2 points+), indicating that participants had increased their perceived performance and satisfaction with goal areas
- At 6 month follow up participants showed significant positive change in their participation in team sports and active games and a decrease in boredom and dislike of physical activities
- Co-treatment (PT & TR) was linked with enhancement of both practices, broader range of goals and participant satisfaction

NEXT STEPS?

In order to ensure this study is shared with clinicians, researchers, clients and families, presentations and publication of the findings will be offered in 2016. SportFIT & Recreation's collaborative model will continue to be evaluated while exploring other formats for integration of the model (eg., Fit & Flex). We hope to offer the program again in the summer of 2016, to reach more clients and families. This will allow us to continue to inform our knowledge and understanding of effective interventions to improve health and quality of life for youth with disabilities.

REFERENCES

1. Hogan et al. Health promotion needs of young people with disabilities: a population study. *Disabil Rehabil* 2000;22:352-357
2. Rimmer & Rowland. Physical activity for youth with disabilities: A critical need in an underserved population. *Dev Neurorehabil* 2008;11:141-148.

TO LEARN MORE ABOUT THIS STUDY, PLEASE CONTACT:

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WHO ARE WE?

This project team included therapeutic recreation specialists, physiotherapists, physiotherapy assistants, researchers and program managers at Holland Bloorview Kids Rehabilitation Hospital and the Bloorview Research Institute.

THANK YOU!

We would like to acknowledge those that contributed to preparation and implementation of the SportFIT & Recreation Program:

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Participation & Inclusion

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