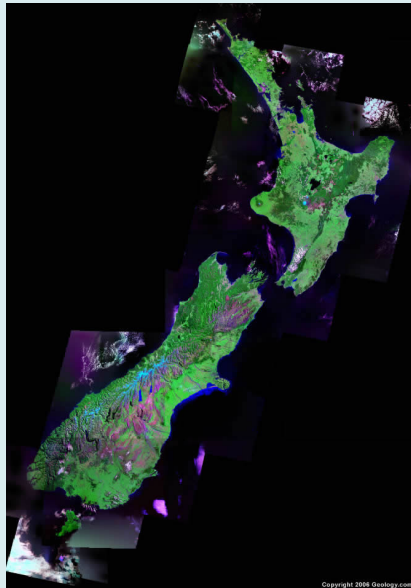


Intrinsic motivation: the key to improving rehabilitation outcomes

OR

Take Charge and all that



Harry McNaughton



The Take Charge team: 2005-2023



Matire



Anna R



Judith



Kath



Viv



William T



Anna M



Carl



Harry



Tom



Mark



John



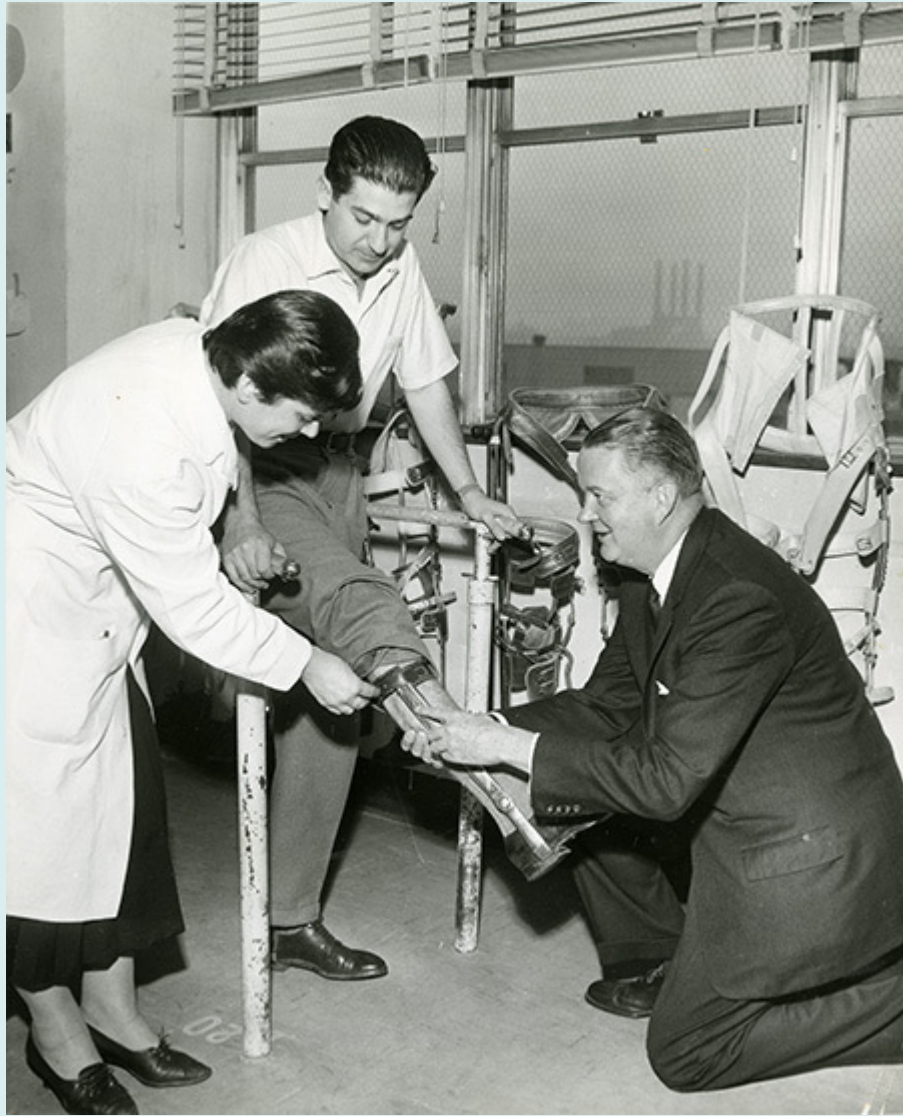
William L

Geoff

Alan

Api

Anna H

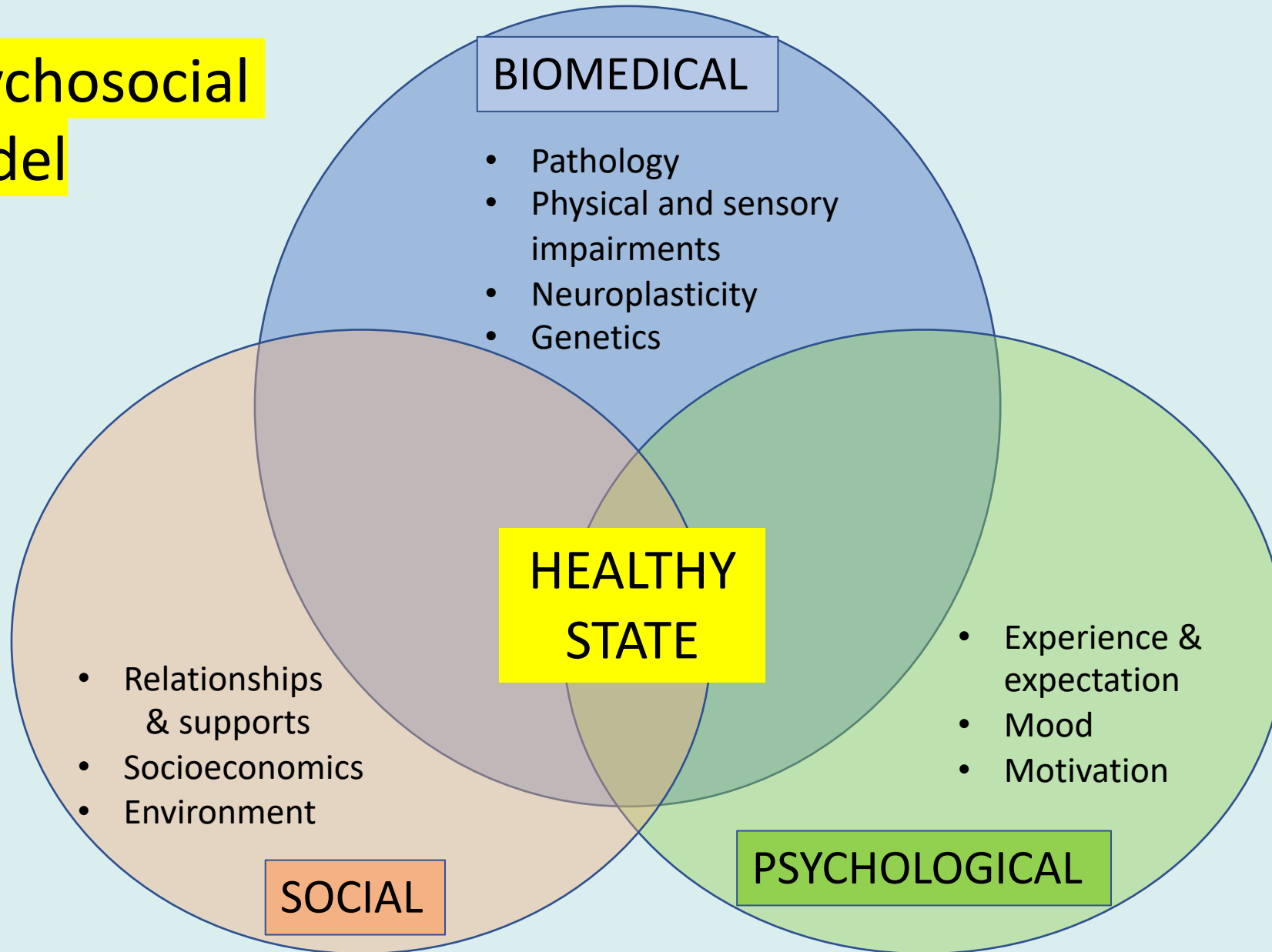


The whole person needs rehabilitation, not just the part of them that has been damaged

The success of all rehabilitation depends on the patient

Howard Rusk, 'Father of modern rehabilitation'

The Biopsychosocial model



BIOMEDICAL

- Pathology
- Physical and sensory impairments
- **Physical therapy and exercise**
- Neuroplasticity
- Genetics

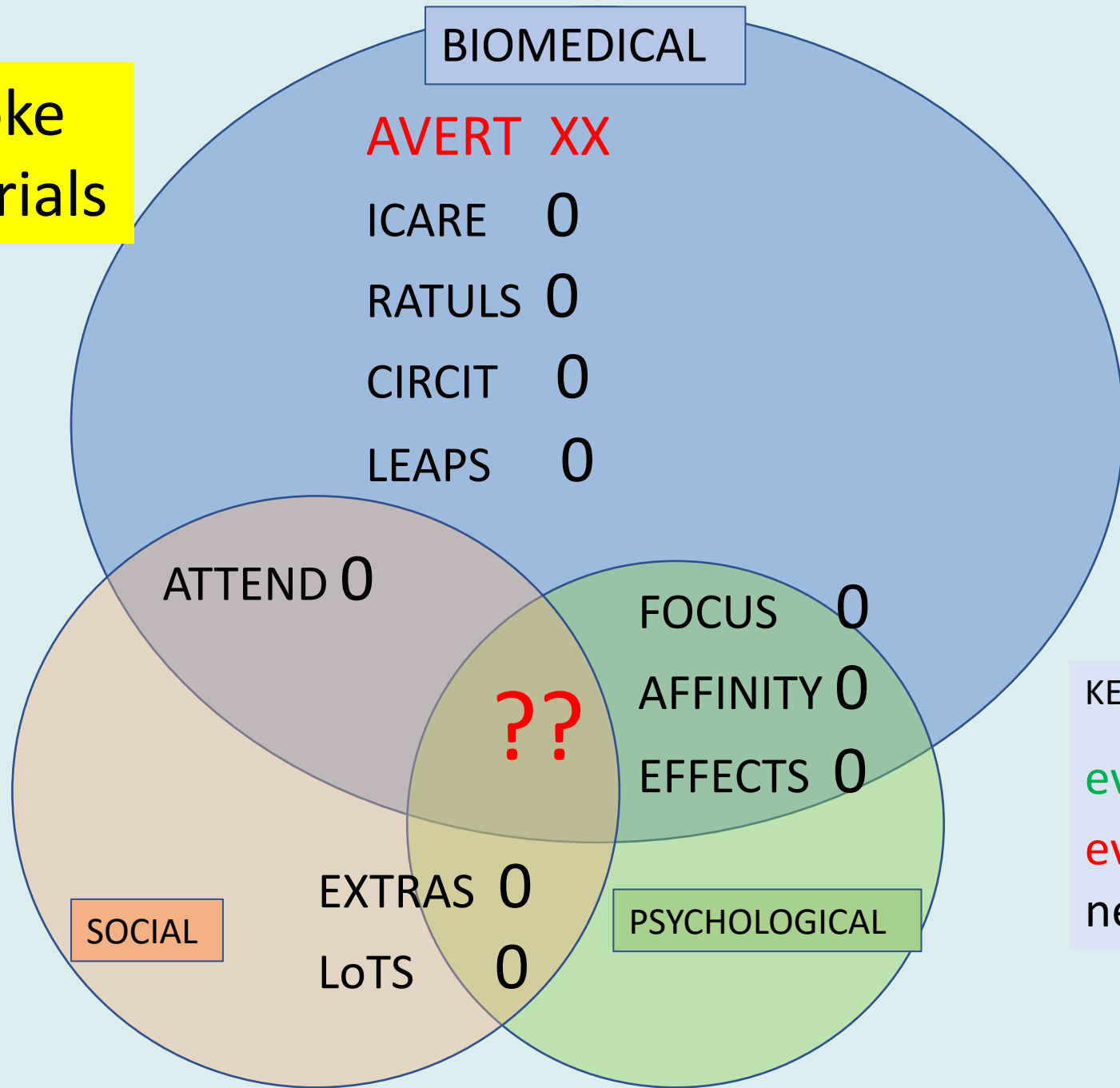
SOCIAL

- Relationships & supports
- Socioeconomics
- Environmental barriers

PSYCHOLOGICAL

- Experience & expectation
- **Mood**
- Motivation

The large stroke randomised trials



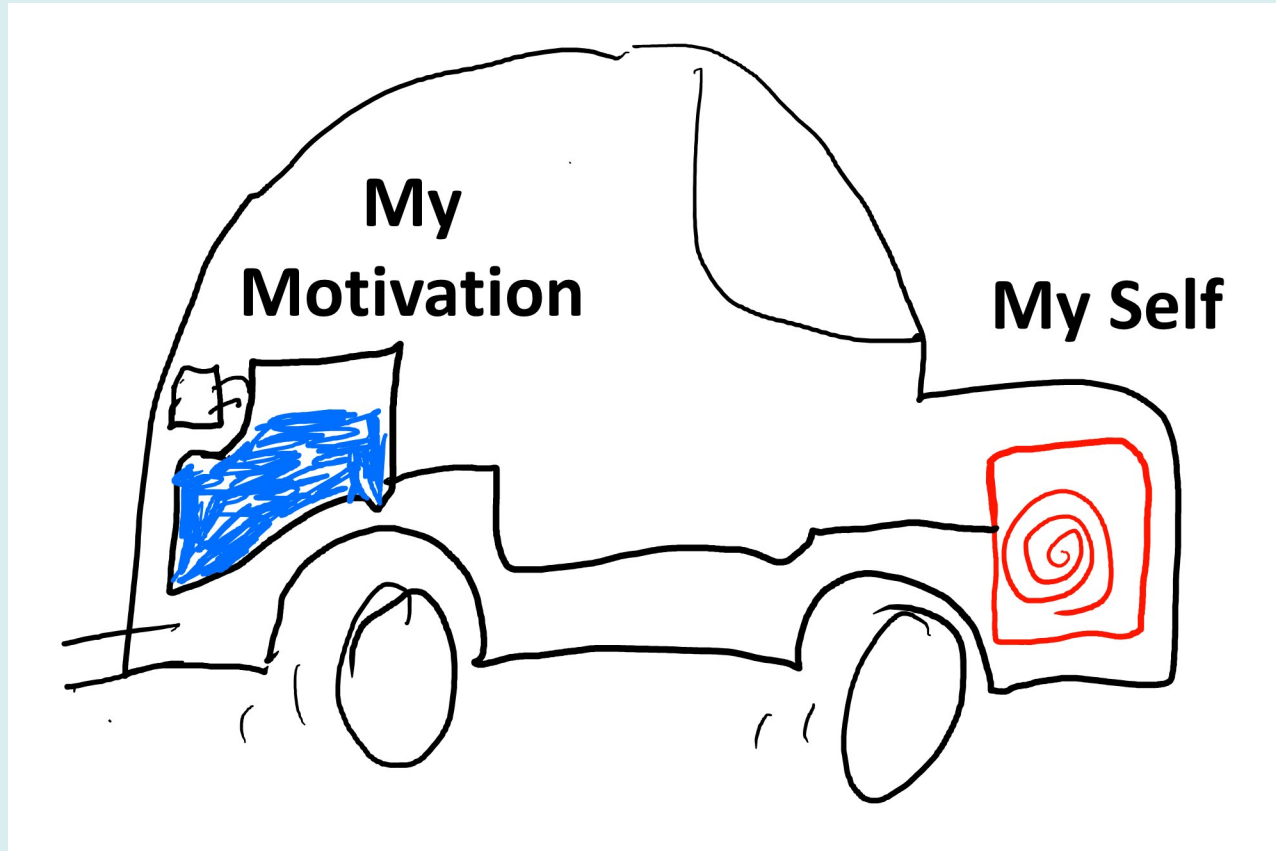
KEY for studies:
evidence of benefit= ✓
evidence of harm= XX
neutral study= 0

Runa



Borgang,
Assam,
India





Fuel ingredients:

AMP-C

Autonomy – I have choices

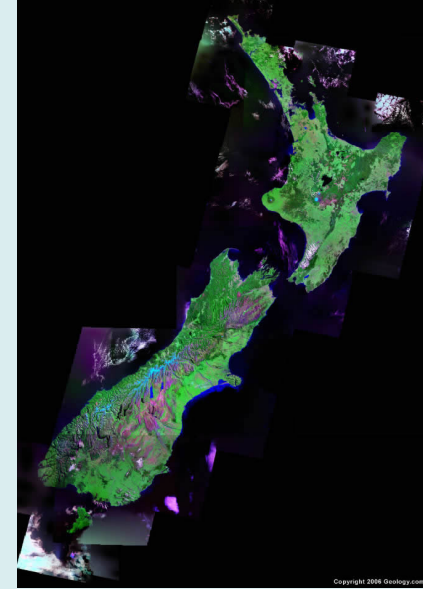
Mastery – I can do this

Purpose – Where I want to go

Connectedness – My support crew

Taking Charge of your life after Stroke

The Workbook

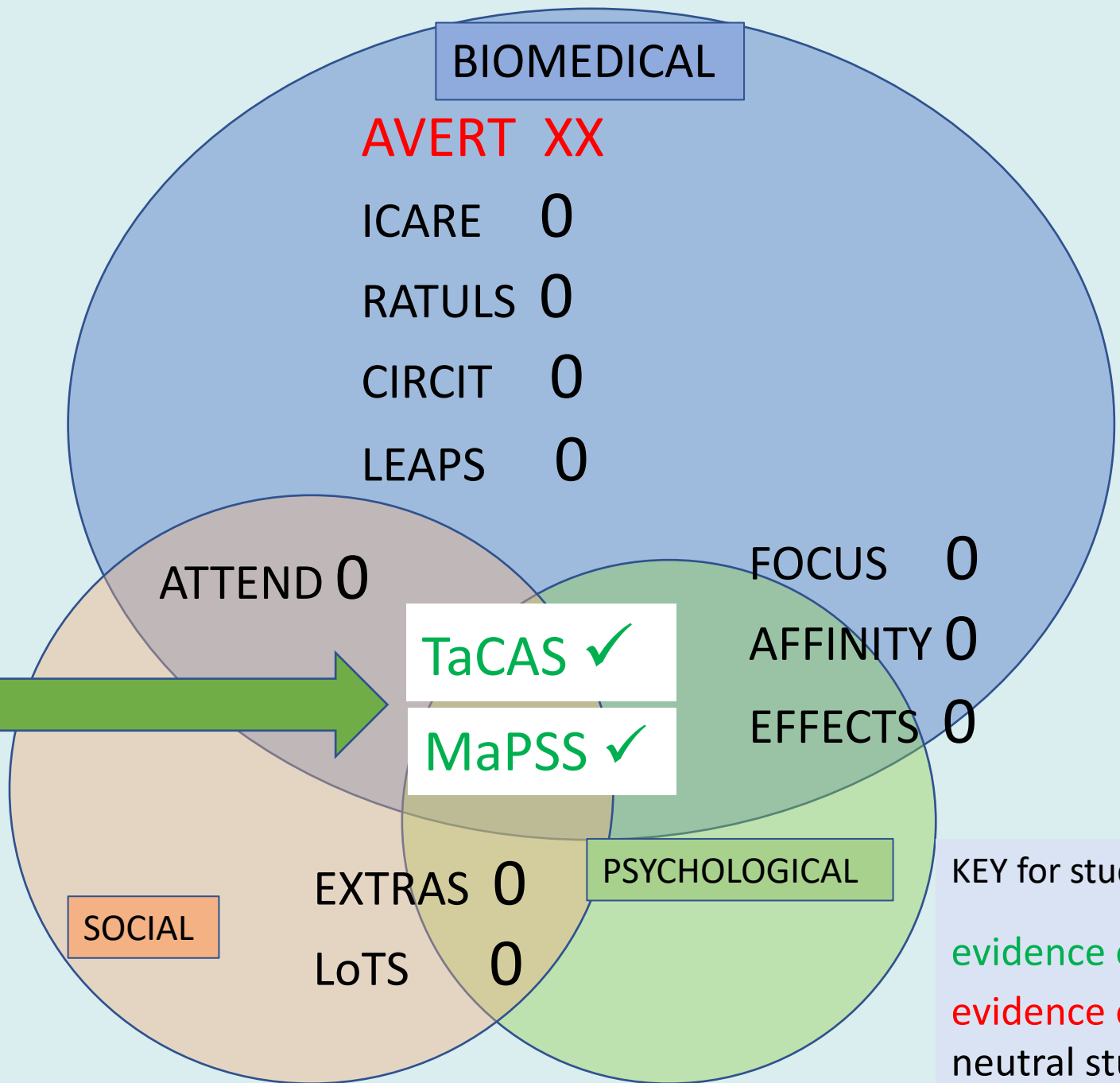


TaCAS 2019
N = 400
Mainly NZ
Europeans, stroke

MaPSS 2011
N = 172
Māori and
Pacific,
stroke

Taking Charge
after COPD 2022
N = 56
COPD admission

The bioPsychoSocial approach

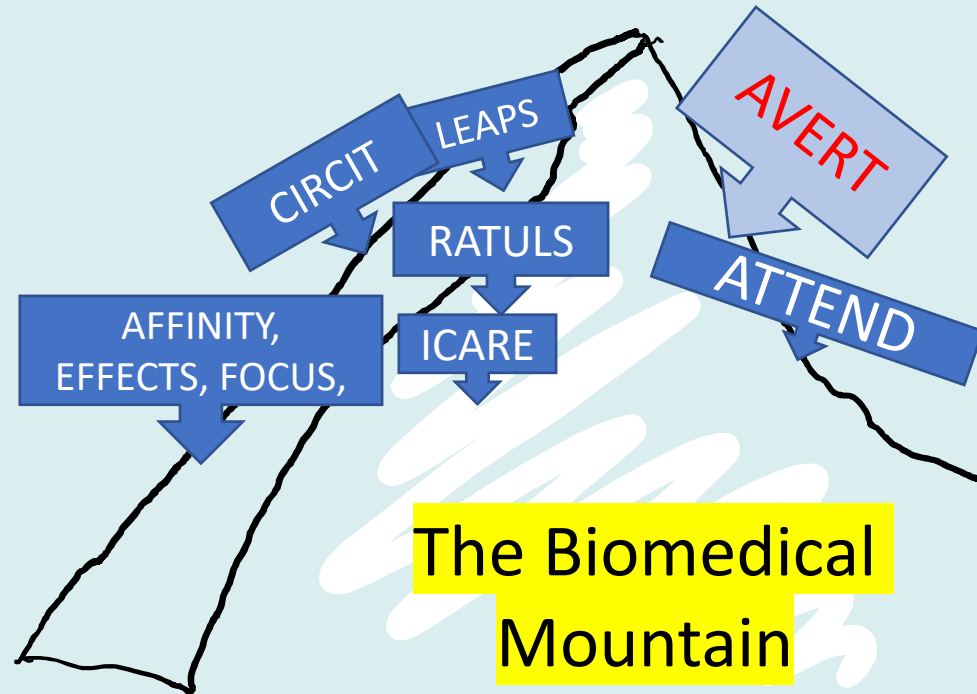
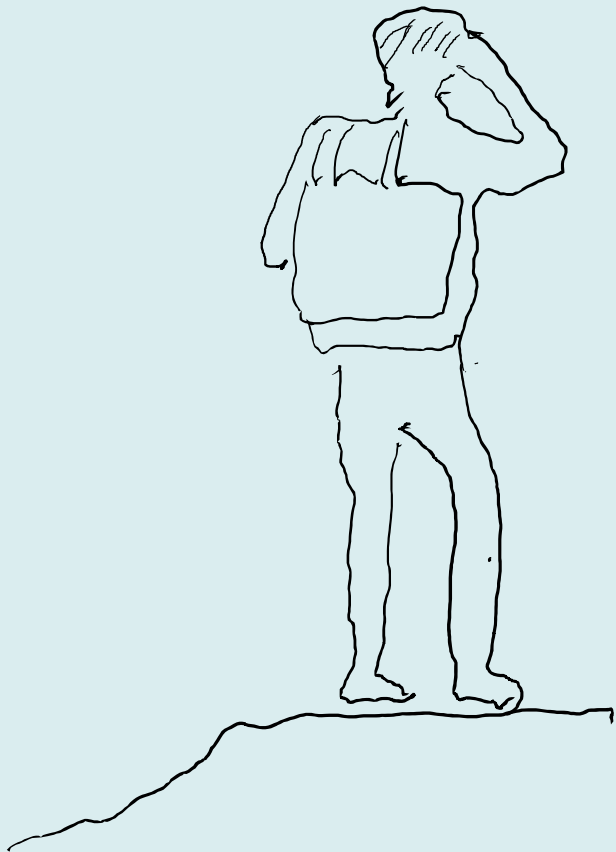


KEY for studies:

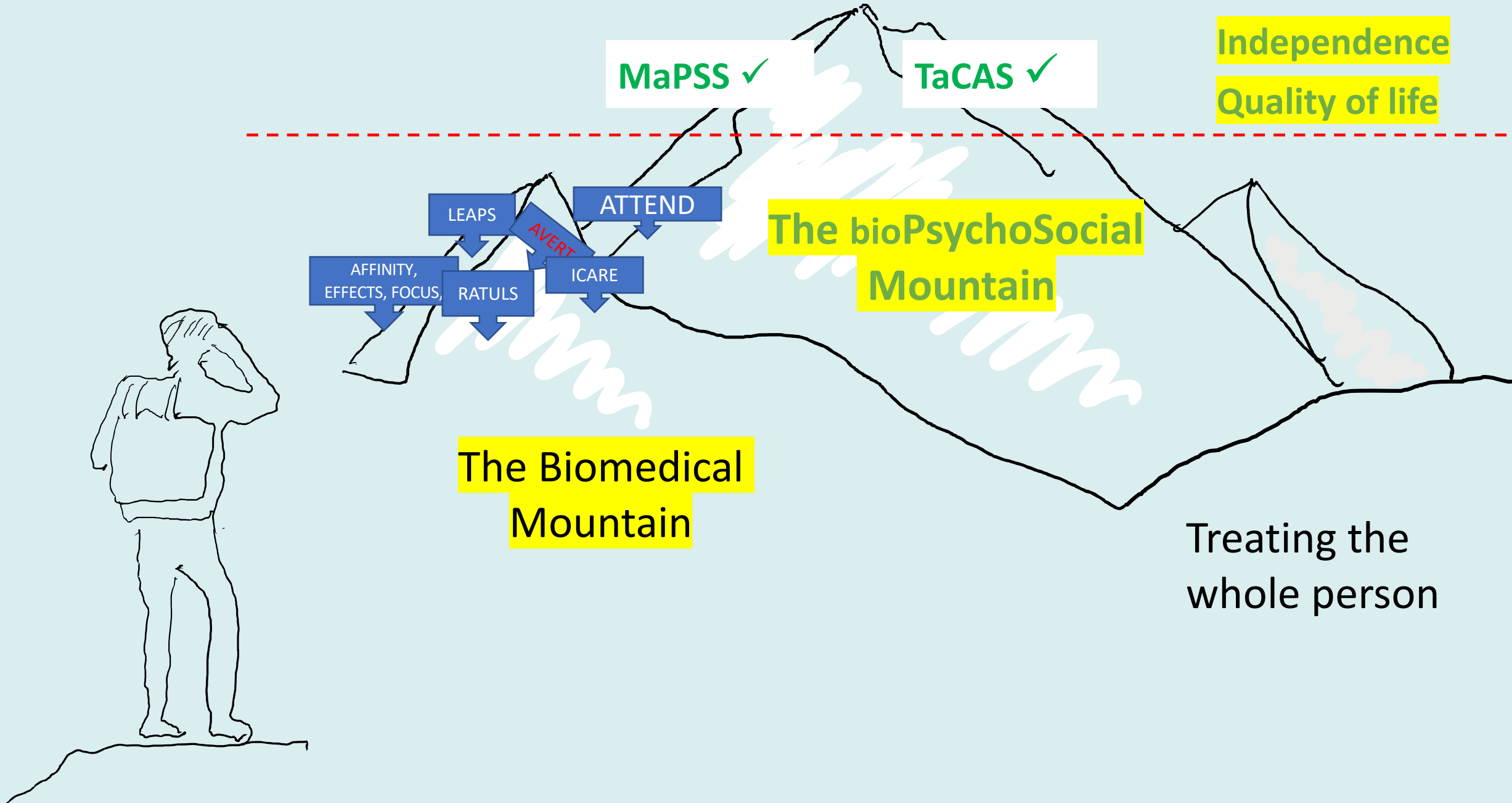
evidence of benefit= ✓

evidence of harm= XX

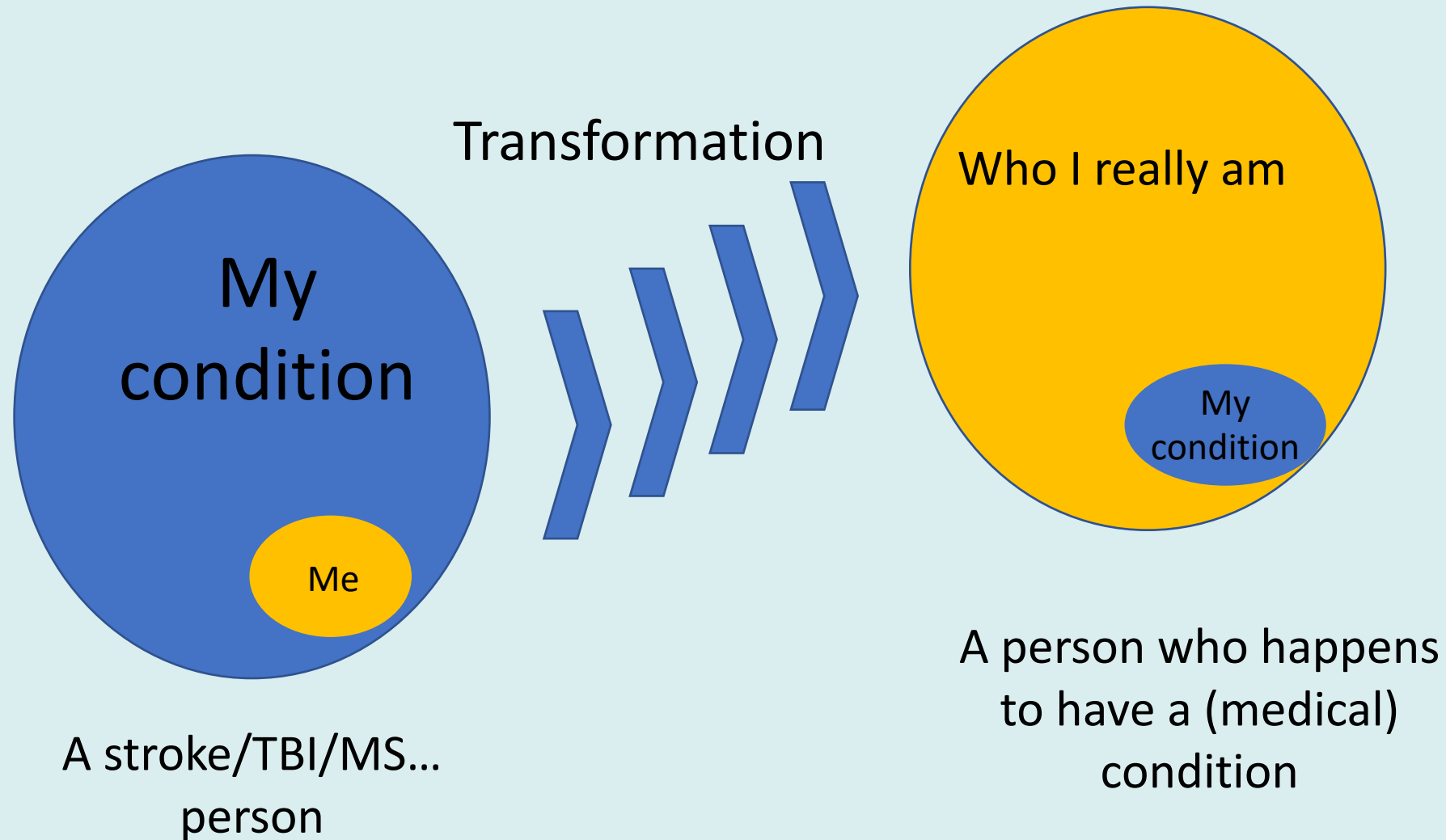
neutral study= 0



Treating the
damaged part



What Take Charge is all about



Taking charge

For example:
*weak, hard to talk, hard to walk,
feel funny, tired, can't concentrate,
lonely, sad, can't work, need help*



A stroke person



For example:

*Mother, daughter, wife, choir member,
helper, walker, gardener, grandma, teacher,
friend, reader, joker, volunteer, strong, happy,
energetic, warm, kind, gentle and lots more!*



A person who happens to
have had a stroke



Taking Charge after Stroke



Overall hopes, aims, aspirations for next 12 months

- 1.
- 2.
- 3.
- 4.



Main fears

- 1.
- 2.
- 3.



What would my 'Best Day' look like?



Draw a picture of your best day here. Friends and family may also want to draw something.

Idea sheets: cover physical, emotional, communication, financial, stroke prevention, information needs, supports

Communication including speech, understanding, reading, writing, using a computer



Date	What I am trying to do	How I could achieve it - write down any ideas you have
For example	Talk on the telephone	<ul style="list-style-type: none"> Do some practice runs with James Arrange for Elsie to call me Use a tape recorder or something so I know what I sound like? (<u>scary!</u>)

Emotional issues like feeling anxious, worried, stressed, depressed, helpless



Date	What I am trying to do	How I could achieve it - write down any ideas you have
For example	Feel more in control/charge	<ul style="list-style-type: none"> Put my 'main hopes' sheet on the fridge door where I can see it Talk with James about me taking responsibility for some jobs - paying the bills maybe? Join a support group?

Traditional goal-setting vs Take Charge

Traditional Goal setting	Take Charge
Generic goals tailored to the individual	Completely personal
Structured	Loosely structured
Teacher/coach/counsellor	Reflecting the person's own thoughts
Clinician talking	Facilitator listening, not talking
Focus on what is do-able	Focus on what the person wants
Complete plan of future action	No written plan at the end of a session is OK
'SMART' (Specific/Measurable/Achievable/Realistic/Timed)	Anti-SMART
Time limited (often 45 min)	No time limit (often 45 – 90 minutes)

Восстановление после инсульта (TaCAS)

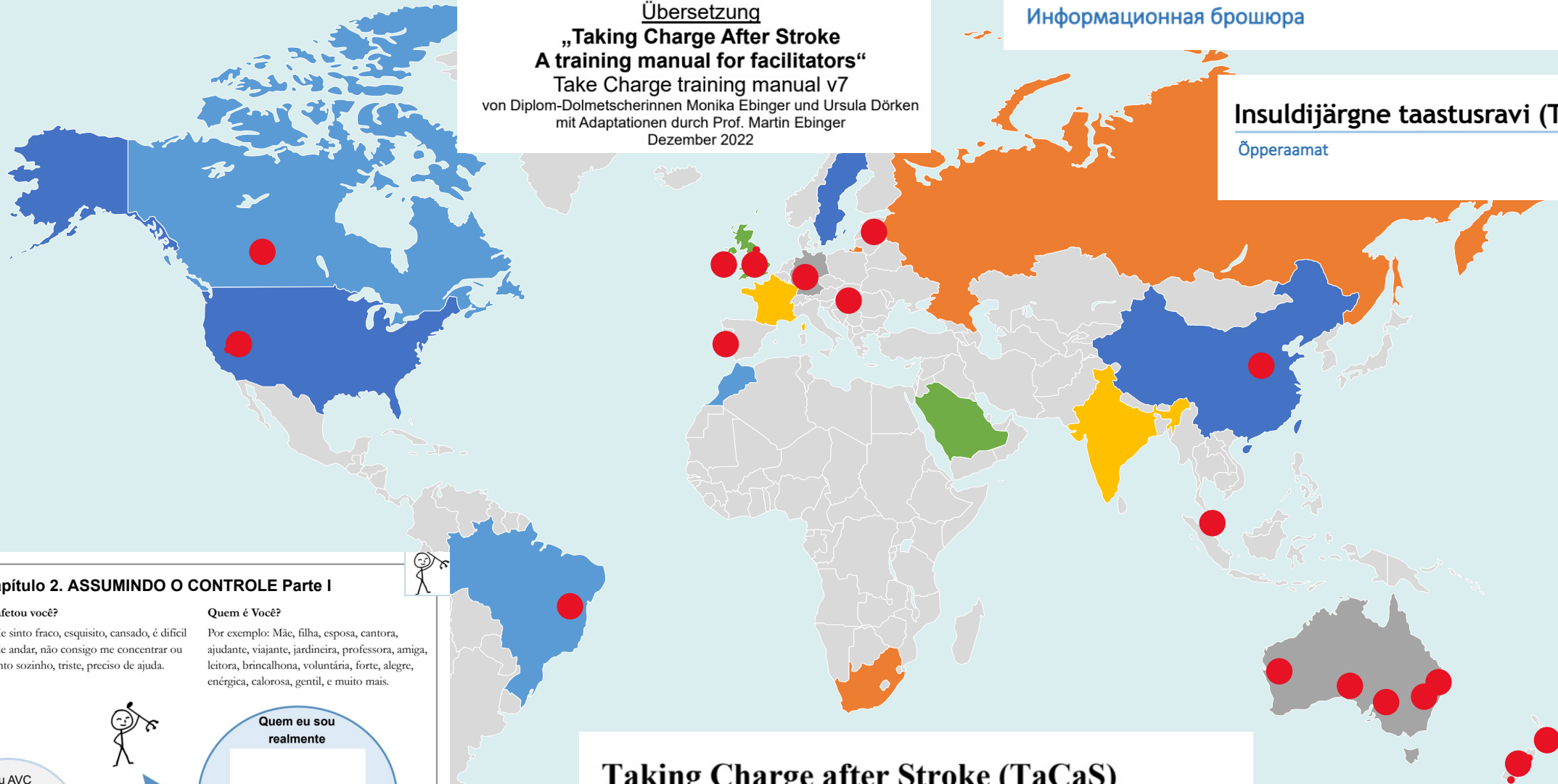
Информационная брошюра

Insuldijärgne taastusravi (TaCAS)

Õpperaamat

Übersetzung „Taking Charge After Stroke A training manual for facilitators“

Take Charge training manual v7
von Diplom-Dolmetscherinnen Monika Ebinger und Ursula Dörken
mit Adaptationen durch Prof. Martin Ebinger
Dezember 2022



Capítulo 2. ASSUMINDO O CONTROLE Parte I

Como o AVC afetou você?

Por exemplo: Me sinto fraco, esquisito, cansado, é difícil de falar, difícil de andar, não consigo me concentrar ou trabalhar, me sinto sozinho, triste, preciso de ajuda.

Quem é Você?

Por exemplo: Mãe, filha, esposa, cantora, ajudante, viajante, jardineira, professora, amiga, leitora, brincalhona, voluntária, forte, alegre, enérgica, calorosa, gentil, e muito mais.



Taking Charge after Stroke (TaCaS)

Ako prevziat' zodpovednost' po CMP

But.....

Better tools?

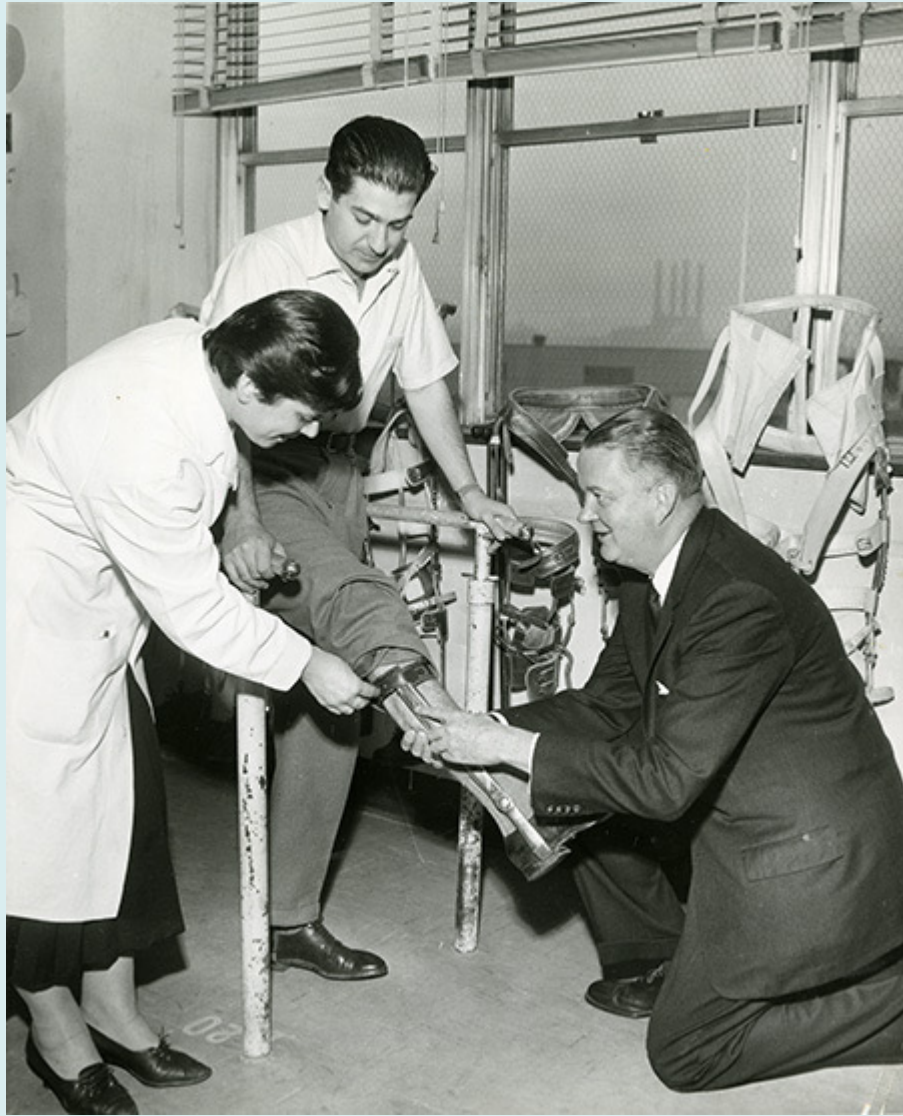
Dose and timing

TBI and other
'cognitive'
conditions?

Implementation

Who should the
facilitators (not) be?

More studies



The whole person needs rehabilitation, not just the part of them that has been damaged

The success of all rehabilitation depends on the patient

Howard Rusk, 'Father of modern rehabilitation'

Contact

- Harry McNaughton harrymcn100@gmail.com
- Take Charge website for all materials and articles:

<https://bit.ly/3ysp1KM>

The Take Charge team: 2005-2023



Matire



Anna R



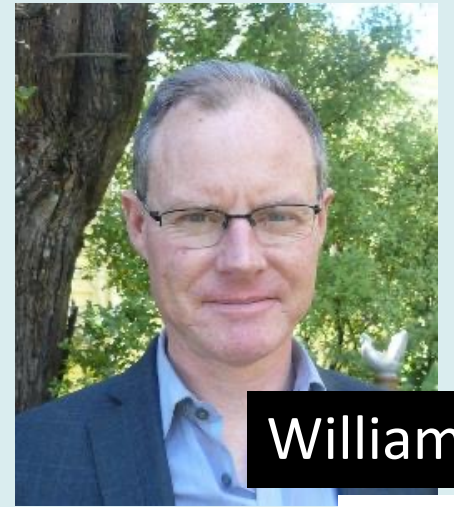
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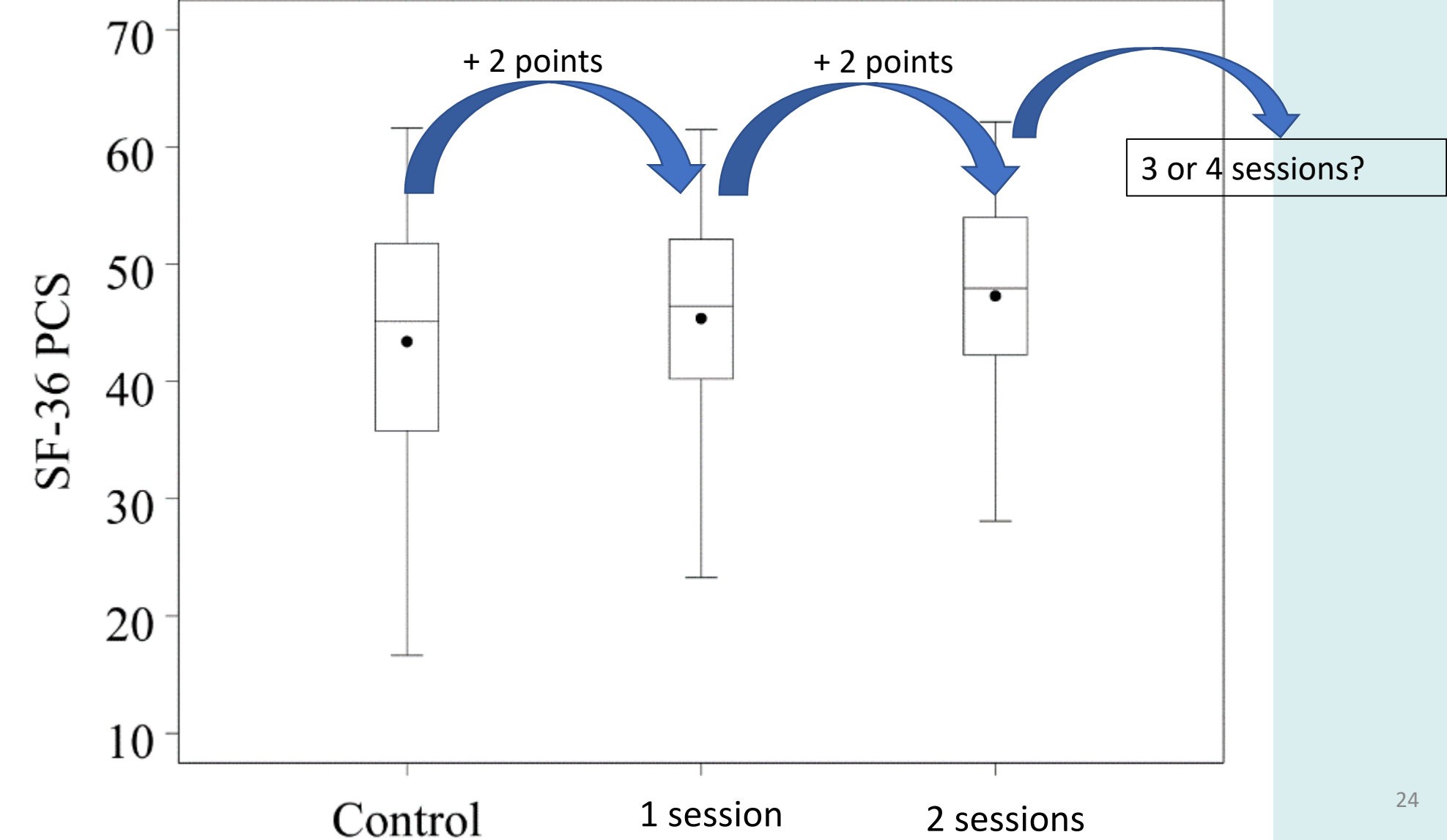
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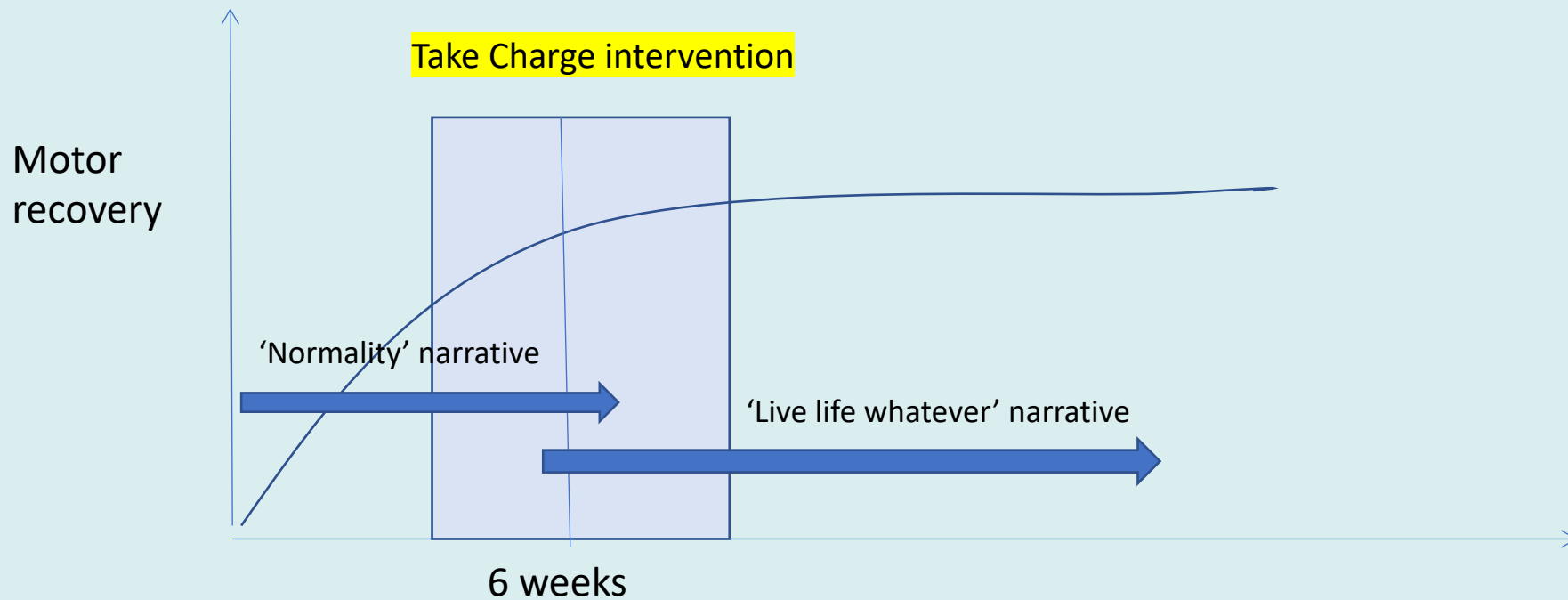
Anna H

Take Charge after stroke: 2 sessions better than 1

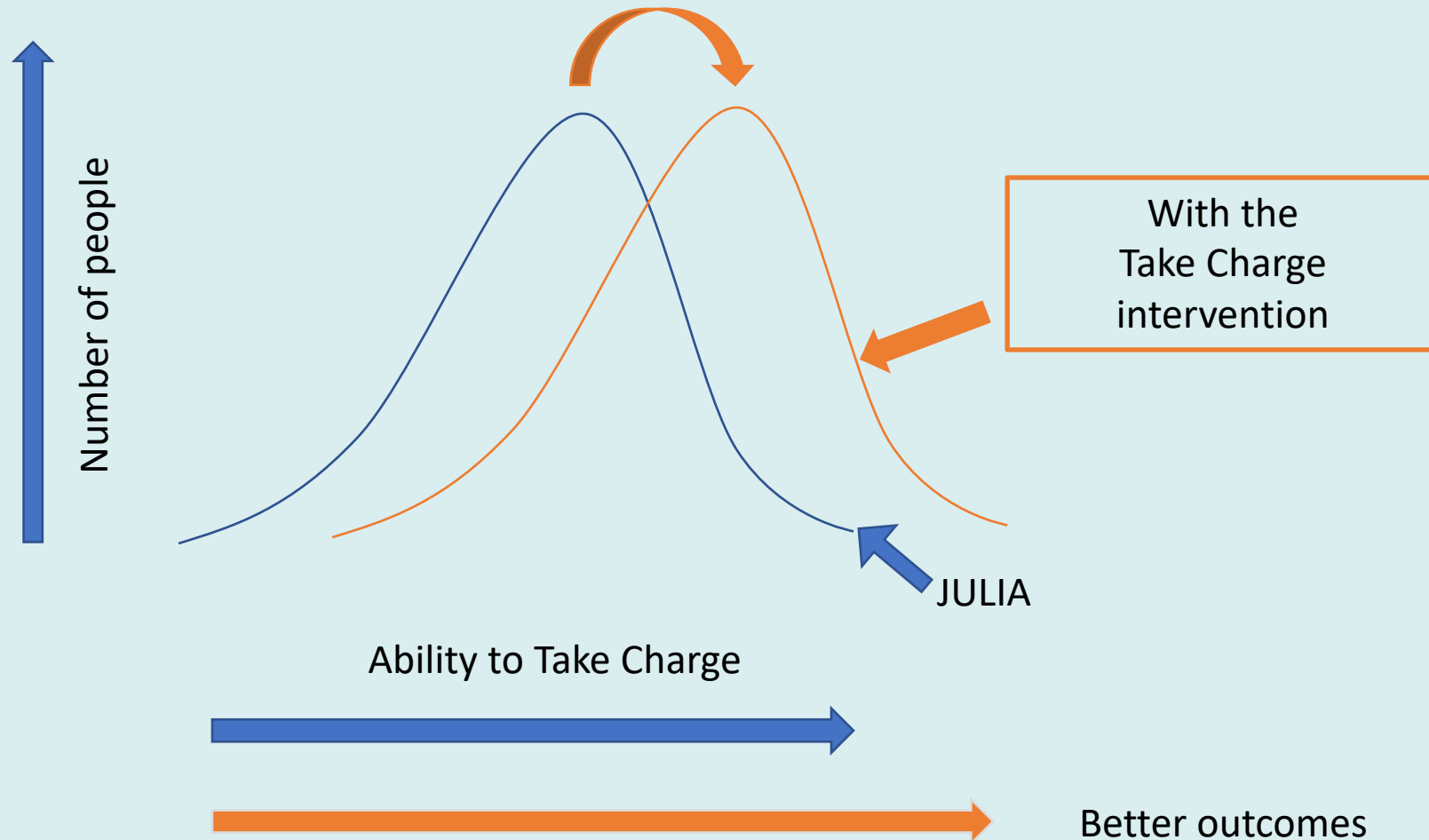


Take Charge: timing

- Stroke dogma: 95% of motor recovery complete by 12 weeks – ‘plateau’ effect
- So how can an intervention at 3-16 weeks improve outcomes at 12 months?



Better ability to Take Charge = better outcomes?



“But we are doing this already”

- Probably not
- Review:
 - Rosewilliam S, Roskell C, Pandyan A. (2011). A systematic review and synthesis of the quantitative and qualitative evidence behind patient-centered goal setting in stroke rehabilitation. Clin Rehabil, 2011;25,:501–14



The clipboard test

The ICF

Hyperacute
treatment
focus

STROKE or
other health
condition

People in the community value

Body
structure &
function

Activity
limitation

Participation
restriction

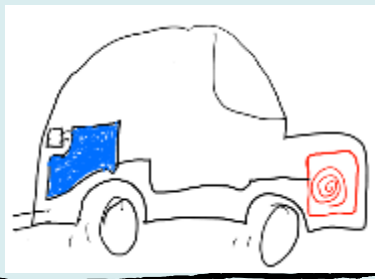
Quality of life
and
independence

Environment

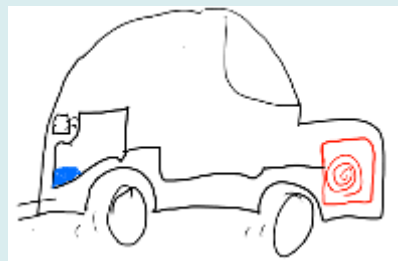
Personal factors

Orthodox
therapy-led
rehabilitation
focus

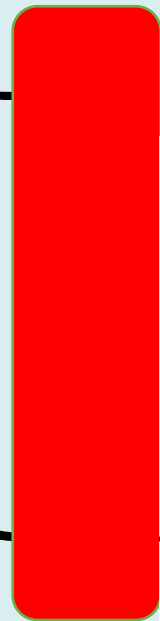
Take Charge focus



Stroke!



Stroke!



Take Charge