# Goal-Directed and person-centred Rehabilitation for spasticity post-stroke and brain injury (Direct-Rehab)


Department of Palliative Care, Policy and Rehabilitation

**Stephen A Ashford**[1, 2, 3] **Matthew Maddocks**[2], **Lynne Turner-Stokes**[1, 2]

1 Regional Hyper-acute Rehabilitation Unit, London North West University Healthcare NHS Trust. 2 Department of Palliative Care, Policy and Rehabilitation, King's College London. 3 Centre for Nurse, Midwife and Allied health led Research, University College London Hospitals.


## Background

- Rehabilitation in post-stroke spasticity is often sub-optimal.

## Aims

- Develop a preliminary model to plan treatment
  - 'goal-Directed and person-centred Rehabilitation (Direct-Rehab)'.

## Methods

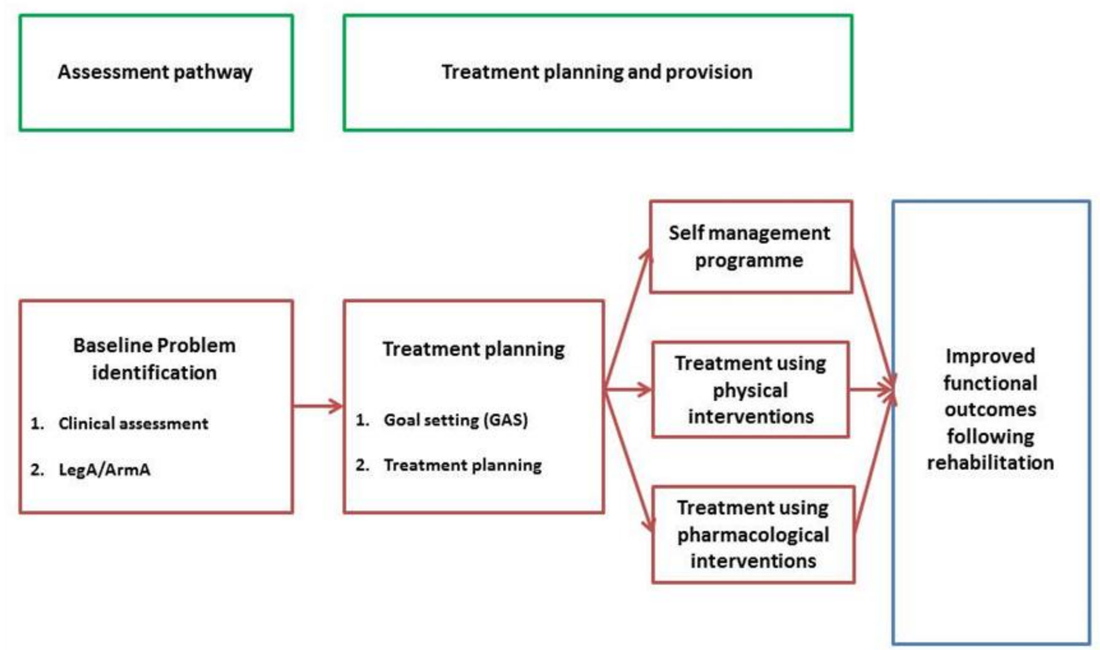
- Goals for spasticity treatment (n=696) analysed
  - From four studies published in 2008-2012,
- Confirmation from a large international cohort study.
- Consensus process (nominal group):
  - Clinicians (2 groups).
  - Two Patient Public Involvement Participants.

## Results

- 6 goal areas in two principal domains
  - 'Symptoms and impairment' and
  - 'Activities – functional performance'.
- Linked to assessment using the
  - Arm Activity and
  - Leg Activity measures.
- Goal categorisation linked to treatment area:
  1. Self-management and
  2. Therapist directed treatment.

**A diagrammatic representation of the Direct-Rehab model (see figure 1).**

**Figure 1 Overview of the Direct-Rehab model**




ArmA: Arm Activity measure, LegA: Leg Activity measure, GAS: Goal Attainment Scaling

## Conclusion

- The preliminary model for Direct-Rehab produced.
- Formal development and testing of Direct-Rehab needed.

## References, Acknowledgements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2. Ashford S. Jackson D. Mahaffey P. Vanderstay R. Turner-Stokes L. (2016) Conceptualisation and development of the Leg Activity Measure (LegA) for patient and carer reported assessment of activity (function) in the paretic leg in people with acquired brain injury, Physiotherapy Reasearch International. 10.1002/pri.1660



Stephen Ashford has been supported by a National Institute of Health Research (CAT-CL-03-2012-010). This poster presents independent research funded by the National Institute for Health Research (NIHR) and NIHR CLAHRC Northwest London through a fellowship award. The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department for Health.





Corresponding author: stephen.ashford@nhs.net