

FUNCTIONAL HOME EVALUATION: *Missing Pieces in Treatment and Transition Process*

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Objectives

- Identify evidence related to successful patient transition to home using goal attainment scaling
- Present a home assessment model assessing cognitive and physical needs of client and family
- Demonstrate the home assessment process and transition outcomes to home environment based on client centered goals illustrated by case study



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Efficacy of Home Evaluation

- Literature supports the community/ environmentally based model of treatment:

Starch - Importance of Home Evaluation for Brain Injured Clients

Malec- Goal attainment scaling in rehabilitation

Interdisciplinary team model

Evaluate cognitive, physical and functional performance

Transition of skills beyond clinic to realistic home routines

Individualized functional outcome measures



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Home Evaluation Benefits

- Findings become direct treatment goals
- Allows for team collaboration in developing client centered goals
- Focus family/caregiver education in home
- Provides time to integrate strategies in home (early intervention)



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Goal Attainment Scaling

- Target outcomes individualized based on client/family centered goals
- Provides a measurement to quantify accomplishments
- Directly represents valued goals of the patient served
- Significant sensitivity to change as compared to global outcome measure



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Home Evaluation Model

- **Demographics**
- **Community Accessibility**
- **Home Accessibility**
- **Cognitive Daily Functions**
 - ▣ Bathroom/ self-care
 - ▣ Medication management
 - ▣ Schedule/ calendar
 - ▣ Functional leisure space
- **Transition/ Action plan**
- **Outcome Measure (Goal Attainment Scale)**



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Case Study

Patient is a 48 year old female diagnosed with MS in 1998. She presents with symptoms of fatigue, weakness R>L, tone in right hand, and cognitive deficits. She was referred to MS day program for a 2 week bout of comprehensive rehabilitation. Patient was accompanied by supportive spouse, who observed/ participated in day program.

- **Functional Status: what are difficulties?**
 - ▣ Routine
 - ▣ Self-Care
 - ▣ Endurance- cognitive/ physical



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Goal Attainment Scale

Scale	Goals
4 Much more than expected	Increased activity in home and in community
3 More than expected	Carry over scheduled routines into home setting
2 Expected	Develop weekly schedule of safe personal/household routines
1 Baseline	Limited activity at home
0 Less than expected	No desire to do anything



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Process

- **Phase 1: (During day program stay)**
 - ❑ Family completed environmental inventory/pictures
 - ❑ Strategies currently used: identified by client, spouse and clinician
 - ❑ Discipline specific evaluation and treatment

- **Phase 2: (2-weeks post discharge)**
 - ❑ Home visit OT/ST
 - ❑ Complete home assessments/recommendations
 - ❑ Training session in core treatment areas

- **Phase 3: (4-weeks post discharge)**
 - ❑ Home visit- OT/ST 4 weeks post discharge
 - ❑ Investigate carry over
 - ❑ Discussion on recommendations



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Core Areas

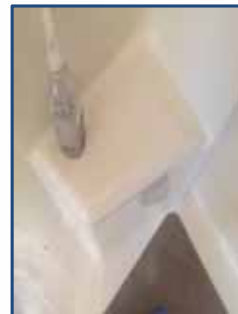
- Bathroom
- Leisure Space- Living Room
- Work Space- Kitchen (Schedule/ Medication Management)



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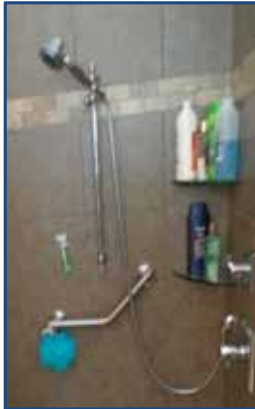
Bathroom- 1st Home Evaluation



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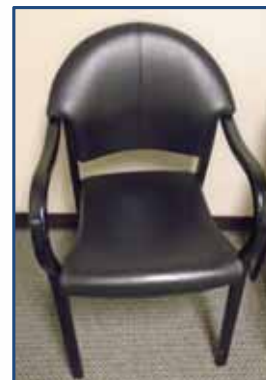
Bathroom-2nd Home Evaluation



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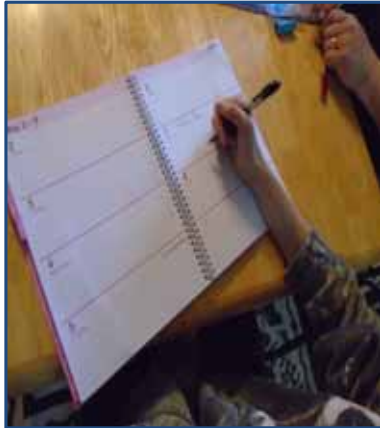
Leisure Space- Living Room



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Work Space- Kitchen



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Results

Scale	Goals	Baseline	Discharge	2 weeks	4 weeks
4 Much more than expected	Increased activity in home and in community				
3 More than expected	Carry over scheduled routines into home setting				X
2 Expected	Develop weekly schedule of safe personal/household routines		X	X	
1 Baseline	Limited activity at home	X			
0 Less than expected	No desire to do anything				



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Conclusion

- **Benefits of Goal Attainment Scale**
- **Home Evaluation: Comprehensive clinical tool**
- **Timing: Earlier intervention in home**
- **Transition training beneficial despite good treatment in clinic**



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THERE'S NO PLACE LIKE HOME!



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Evidence Based References

- **Cognitive Impairment and Community Integration Outcomes in Individuals Living With Multiple Sclerosis** Abbey Hughes, PhD, Narineh Hartoonian, PhD, et al. Arch Phys Med Rehab 2015
- **Importance of Home Evaluation for Brain Injured Clients: A Team Approach.** Sandy Starch, Elizabeth Faltrick. Cognitive Rehabilitation Nov/Dec 1990
- **Outcome prediction in home- and community-based brain injury rehabilitation using the Mayo-Portland Adaptability Inventory.** Malec, James et al. Neuropsychological Rehab Sept 2015
- **Evaluation of home-based physiotherapy program for those with moderate to severe multiple sclerosis: a randomized controlled pilot study** L Miller, et al. Clinical Rehab 25 (8)
- **Home-based exercise program and fall risk reduction in older adults with multiple sclerosis: phase I randomized controlled trial.** Jacob J Sosnoff , Marcial Finlayson et al Clinical Rehab 2014
- **Goal attainment scaling in rehabilitation.** Malec JF. *Neuropsychological Rehabilitation.* 1999



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