



Effect of an integrated learning therapy home programme to support occupational therapy outcomes in children

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Introduction

- Use of home programmes
- Research of usefulness = very limited
- Sensory integration frame of reference
 - ? What is the ideal dose
 - ? How to offer numerous opportunities for sensory experiences
 - ? Cost
 - ? Burden on family



Introduction

- Sensory home programmes
 - Alert programme
 - Sensory Diet
- ILT = Integrated Learning Therapy
 - Also a sensory experience programme
 - Developed in South Africa for children with educational difficulties
 - Very structured programme
 - Limited research



Research questions

- Does the ILT home programme enhance OT outcomes focussed on developmental skills of children?
- If there is change, where does this predominantly occur (i.e. in which skills)?
- When is the appropriate time to prescribe an ILT programme (i.e. at what point in therapy should the home programme be prescribed)?

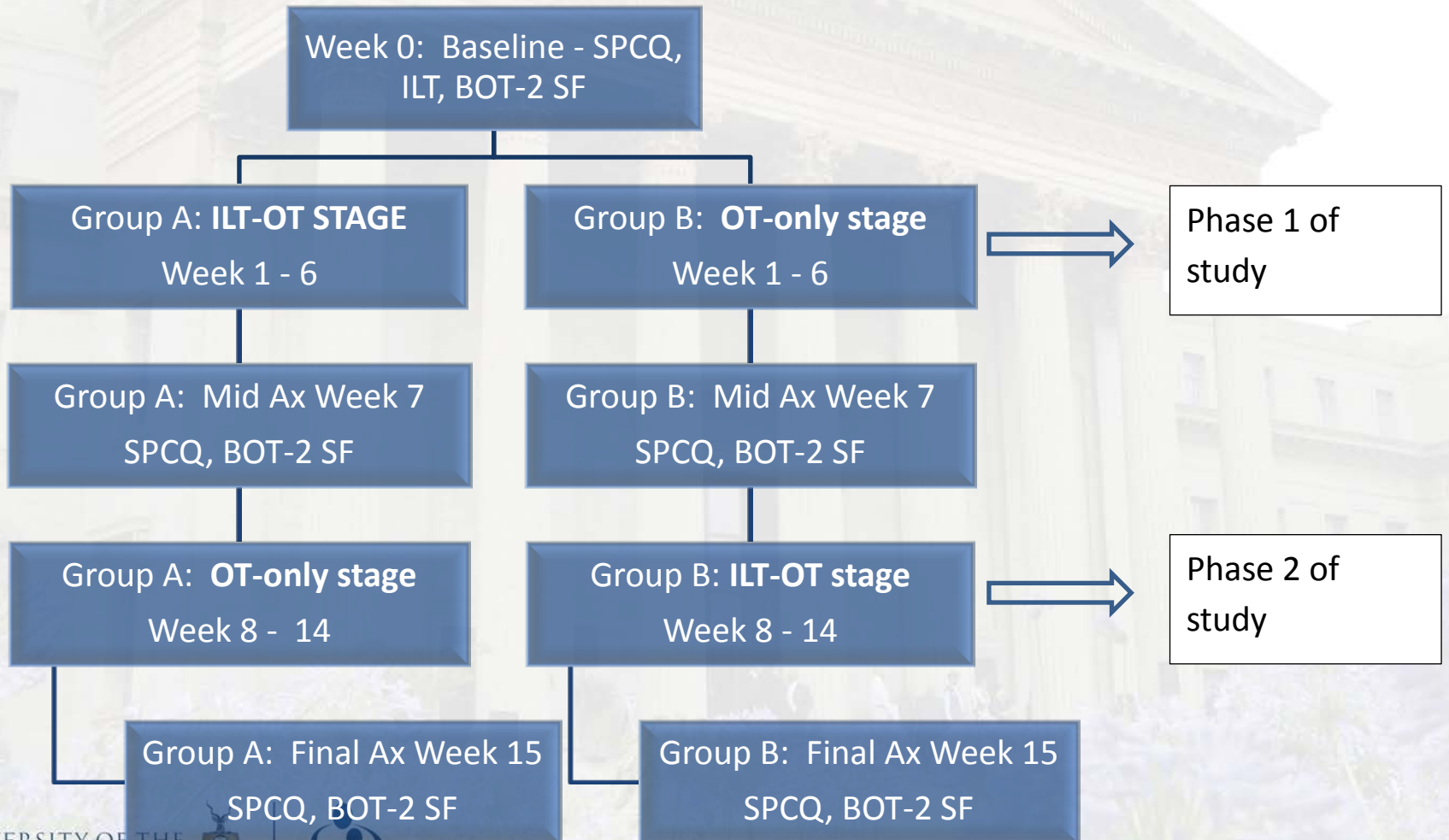


Method

- Adapted RCT - alternate group intervention design, with blind time-interval sampling
- Sample recruited from researcher's practice
- 9 children
- 5 years 2 months – 8 years 10 months
- Mainstream schooling
- Educational difficulties
- Occupational therapy using a sensory integration frame of reference



Procedure



Data Analysis

- Small sample – areas of dysfunction vs children
- Sensory profile produces a number of different scores = each analysed individually
- BOT-2 Short form = only 1 score
- Looked at a change in category (normal/at risk/definite difference):
 - + change = moved up a category
 - - change = moved down a category
 - 0 change = stayed in the same category



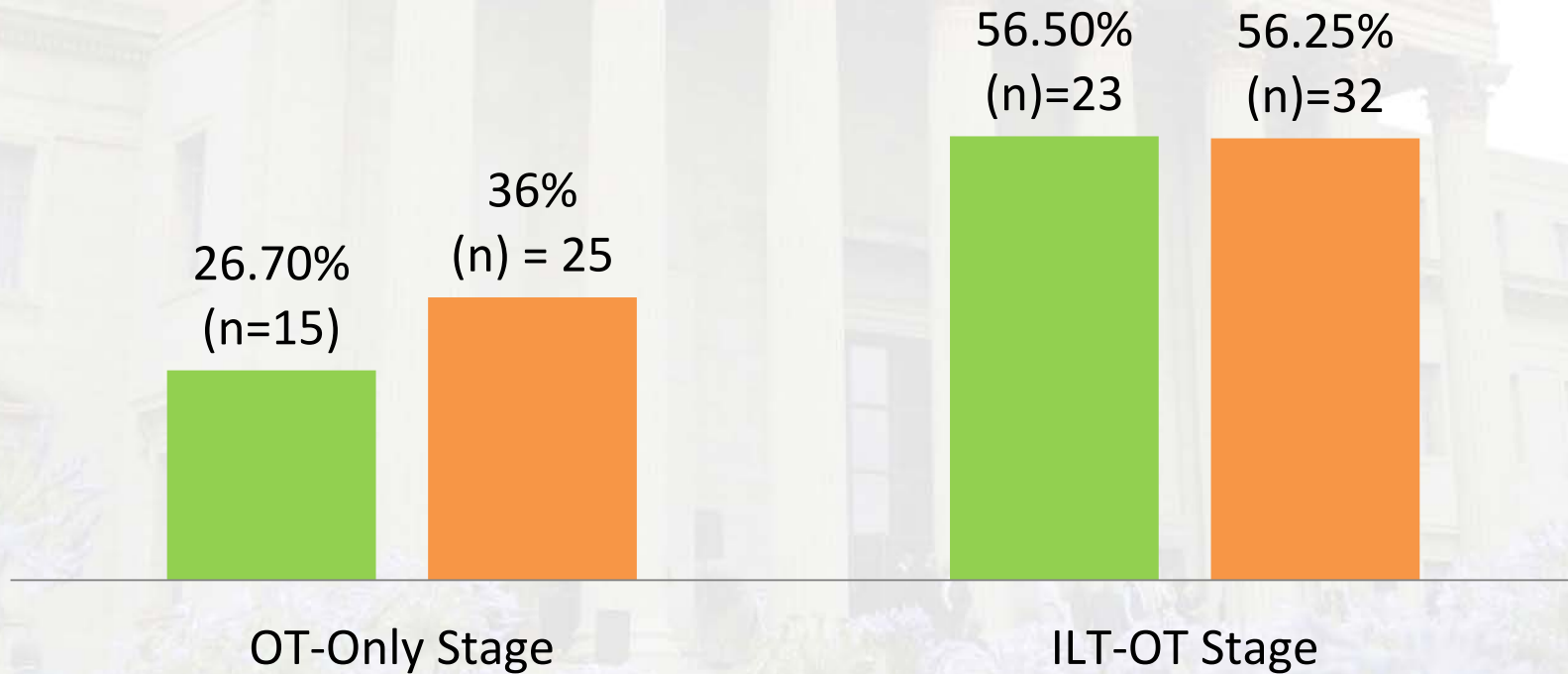
Discussion of Results

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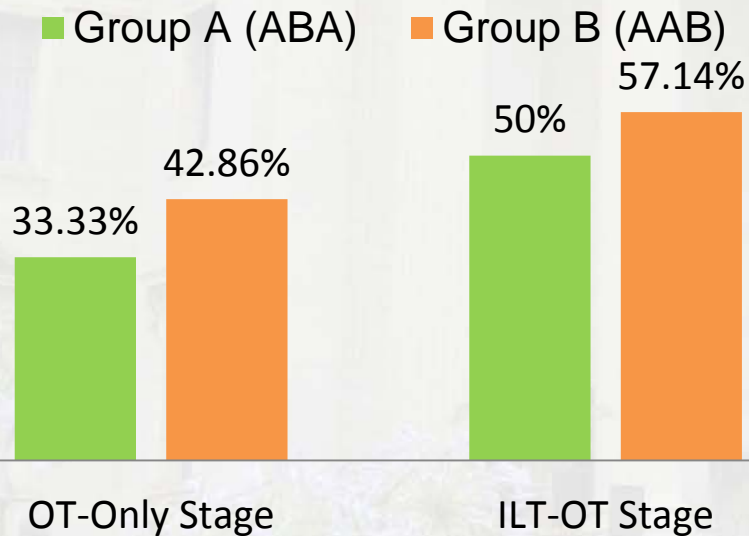
Q1: Does an ILT home programme support OT outcomes?

■ Group A (ABA) ■ Group B (AAB)

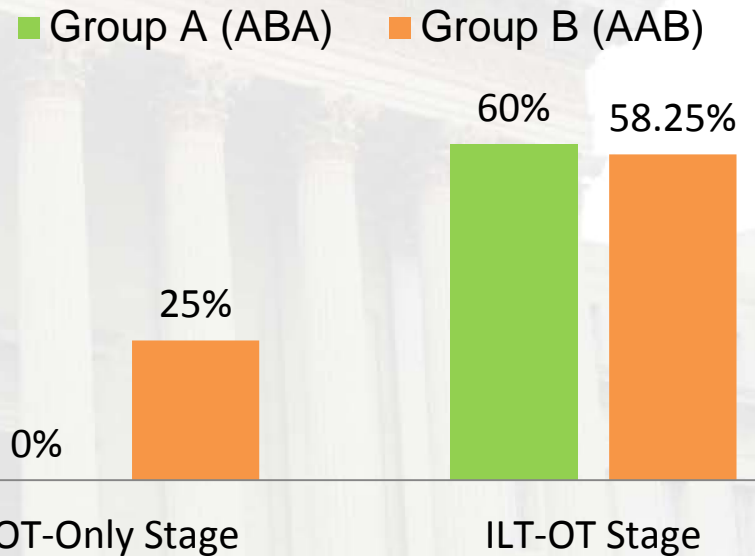


Q2: Where does this change happen?

Sensory Modulation



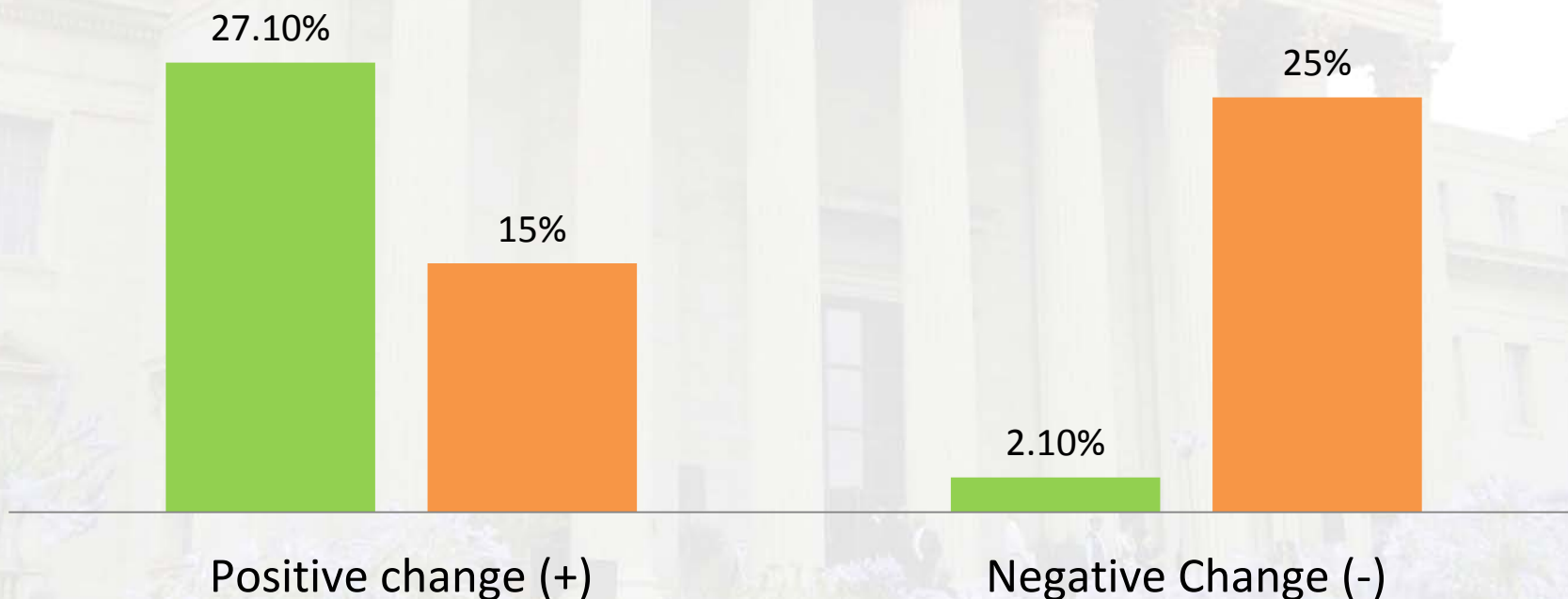
Sensory Discrimination



Q3: When should we prescribe?

First Phase

- Group A (ABA) First phase (n)= 48 ILT-OT Stage
- Group B (AAB) First Phase (n) = 60 OT-Only Stage



A word of caution

- Problems encountered along the way:
 - Research design – the pitfalls of the RCT
 - Small, heterogenous sample
 - Using standardized assessments – sensitivity for measuring change?
 - Measuring the characteristics of the home programme
 - experience/perceptions/diaries/ease of use



Conclusion: Positive Trends

- Structured home programme supports OT outcomes
 - Sensory discrimination
 - Sensory modulation
- Timing is NB
 - Immediate implementation may be beneficial
- ? Characteristics of the home programme
- ? Experience of the home programme



Conclusion: Lessons Learnt

- Trying to prove effectiveness
 - Do we know what to measure?
 - How do we measure change in OT?
 - Do we have sensitive enough/appropriate tools?

Exploratory research

Vs

Outcomes research

Vs

RCTs



Thank you!

