



STROKE NETWORK  
of Southeastern Ontario

## Promotion and measurement of Rehab Intensity: a research program

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*Brag and Steal – Regional and Provincial Rehabilitation Intensity Update*  
*Southeastern Ontario Stroke Best Practice Symposium*  
*Implementing Rehabilitation Intensity Inpatient Rehabilitation*

## Planning Rehab Intensity Research

- Stroke recovery as a Motor Learning Challenge
  - How do individuals re-learn to walk after stroke?
- **Increased practice = Better motor learning**
- Research focus related to Rehab Intensity
  - Strategies to increase amount of walking practice
  - Measurement of amount of walking specific practice and time spent with therapists

## Increasing opportunities for walking practice in inpatient setting

### **Promoting practice outside of formal therapy**

- Independent Mobility and Physical Activity Training (**IMPACT**) program
- Therapist as 'Coach'
- Engaging patients in goal setting, practice negotiation, self-monitoring and practice
- Pilot study: Average 38 (12.2) min/day additional walking-related practice
- Next step: Multicentre study

## Using technology to measure and promote Rehab Intensity

- Wearable activity monitoring devices
  - 'Fitbit®' type devices measure and provide feedback
  - Impact of device and location (waist, wrist, ankle) on accuracy in patients with stroke
- 'Automated' tracking of therapist-patient interactions using Smart phone and NFC 'tags'

## Stroke Rehab Research Survey

Survey of OT and PT clinicians in SEO Stroke Network

**1. Setting research priorities**

*What kind of research would be the most helpful to you and your patients?*

**2. Developing research partnerships**

*Are you interested in participating/collaborating on stroke rehab research?*

***COMING SOON!!***



## Contact for more information:

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