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PromOTing Quality of Life for Individuals with Huntington's Disease

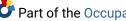
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PromOTing Quality of Life for Individuals with Huntington's Disease

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Presented in Partial Fulfillment of the Master of Science in Occupational Therapy degree at Thomas Jefferson University

Objectives of Presentation:

- Describe the symptoms of Huntington's disease and their impact on functional performance.
- Recognize the role of occupational therapy in improving quality of life for individuals with Huntington's disease.
- Discuss how occupational therapy interventions for individuals with Huntington's disease can be applied in a variety of settings.

Clinical Question:

What is the effectiveness of occupational therapy interventions in improving quality of life for individuals with Huntington's disease?

Methods for Review:

Databases Searched: Pubmed, Scopus, and CINAHL

Search Terms Utilized

- P: Huntington's Disease, neurodegenerative disease
- **I:** Occupational therapy, therapy, rehabilitation, adaptive equipment, compensatory strategies, environmental modifications, caregiver education, education, patient education, multidisciplinary, social support, coping
- **C:** N/A
- **O:** Quality of life, well being, health, function, participation, independence

Articles Reviewed

- Peer reviewed articles, published between 2000-2015, in national and international literature and focusing on adults ages 18 years and older, with outcomes related to quality of life were included.
- Initial search yielded 795 articles and after the screening process, 14 articles were critically analyzed.
- Articles utilized were levels I-V evidence.

Appraisal Process

- Level I-V Evidence: Evaluation of Quality of an Intervention Study (Law & MacDermid, 2014)
- Qualitative Articles: The Qualitative Review Form (Letts, Wilkins, Law, Stewart, Bosch, &Westmorland, 2007)

Results:

Based on the evidence gathered, the following themes were synthesized: multidisciplinary approach, exercise-based interventions, and leisure-based interventions.

Multidisciplinary Approach: defined by professional involvement and intervention approaches, such as: therapeutic exercises, cognitive and compensatory strategies, biomechanical techniques, occupation based, gardening, psychosocial support, and feeding

- 2/6 found statistically significant results on quality of life ^{17,24}
- 6/6 found clinically significant results 8, 17, 20, 21, 22, 24
- There is moderate evidence to support use of a multidisciplinary approach for improving QOL

Exercise-based Approach: included Community-based Exercise Program, Home-based Exercise Program and In-patient Exercise Program

- 5/9 found statistically significant results on quality of life ^{7, 11, 12, 17, 24}
- 9/9 found clinically significant results ^{6, 7, 8, 11, 12, 17, 18, 21, 24}
- There is strong evidence to support use of exercise-based interventions for improving QOL

Leisure-based Interventions: included gardening, Dance Dance Revolution, handheld games, walking, multisensory stimulation, art, and pottery

- 4/7 found statistically significant results on quality of life ^{1, 11, 12, 13}
- 6/7 found clinically significant results ^{1, 5, 11, 12, 13, 20}
- 1/7 found no effect ⁹
- There is moderate evidence to support use of leisure-based interventions for improving QOL

Implications:

Practice	Education	Research
-Maintenance is an achievable goal	-Highlight QOL as outcome measure -Facilitate collaboration amongst OTs and other professionals -Consider continuing education for professionals working with this population	-Implement studies in the U.S.
-Home exercise program delivered via direct-care		-Collect long term follow up data -Combine multidisciplinary and exercise
-Interventions should be motivating,		-Investigate effect of these interventions
occupation-based		on various stages of HD
-UHDRS may be a viable measure to use		Increase rigor of study (i.e. control group,
in practice		multi-site studies)

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^{**}Additional citation, not referenced in PowerPoint Presentation