Restoring Roles:
Improving Participation in Meaningful Life Roles Following Spinal Cord Injury
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Objectives of Presentation:
1. Discuss current evidence involving barriers and supports to participation to meaningful life roles following spinal cord injury.
2. Identify and describe the role of occupational therapy in increasing participation in meaningful life roles following spinal cord injury.
3. Apply identified evidence-based interventions into daily clinical practice to promote best practice in rehabilitation settings.

PICO: What interventions within the scope of occupational therapy practice improve adults’ participation in meaningful life roles following spinal cord injury?

Methods
Databases: PubMed, CINAHL, Scopus
Inclusion Criteria: Adults 18-64, spinal cord injury, peer-reviewed, English language, published within the past 10 years (2007-2017), parenting, sex/sexual functions, relationships, childcare, marriage, leisure participation, work/return to school
Exclusion Criteria: Pediatrics, geriatrics, interventions outside the scope of occupational therapy practice, veterans
Search Results: The PRISMA diagram was used, identified 2952 articles with database search, after duplicates and screen for eligibility, 13 articles included in systematic review
Appraisal of Articles: Quantitative Review Forms (Law et al., 1998) & Qualitative Review Forms (Lette et al., 2007)

Results:

Overview of Themes

<table>
<thead>
<tr>
<th>Theme</th>
<th>Resources (n=7)</th>
<th>Intervention Approaches (n=5)</th>
<th>Modifications (n=3)</th>
<th>Self-Efficacy Supports (n=6)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subtheme(s)</td>
<td>Community Resources (n=3)</td>
<td>Mentorship/ Counseling (n=4)</td>
<td>Client Driven (n=3)</td>
<td>Group-Based (n=2)</td>
</tr>
<tr>
<td>Interventions or Positive Lived Experiences</td>
<td>- Community outings/referrals - Promoting access to community resources</td>
<td>- Group-based peer mentorship - Geographically-based mentor in community - Telephone-based mentorship</td>
<td>- Home interventions with client defined goals - Community outings with client-directed goals</td>
<td>- CBT strategies - Psycho-educational model with caregiver</td>
</tr>
</tbody>
</table>

Strength of Evidence

Limited | Moderate | Insufficient | Moderate

Implications:
Clinical: Know your community, implement interventions proven to be effective, focus on stage of life and what roles occur at each stage
Research: Conduct higher level of research with greater sample sizes, provide effective evidence based interventions, develop role-specific protocols that are replicable, identify standardized outcome measures for role attainment
Education: Identify and address interventions for return to meaningful life roles in OT school curriculum, educate interdisciplinary teams on OT’s role, complete continuing education courses on SCI and roles, provide education on appropriate assessment tools & develop more pointed tools to address role attainment

For additional questions or to require more information, please contact Brenna Whalen, OTS: BBW002@Jefferson.edu


