

1000 reps a day

A one day workshop on strategies to increase amounts of practice in rehabilitation



Delivered by StrokeEd as face to face or online workshops



Presenters*

**Simone
Dorsch**



Simone is a physiotherapy clinician, researcher and educator. She has 20+ years experience in stroke, brain injury and aged care rehabilitation. Simone is a lecturer at the Australian Catholic University in North Sydney.

Research and publications: Simone has published many peer reviewed journal articles. Her research focuses on the relationship between loss of strength and activity limitations and strategies to increase practice intensity in rehabilitation and improve outcomes.

**Karl
Schurr**



Karl is a physiotherapy clinician, researcher and educator. He has over 30+ years experience in stroke, brain injury and aged care rehabilitation in Australia and the UK.

Research and publications: Karl has published many peer reviewed journal articles and been awarded over \$1 million in research funding. His research focuses on methods to increase exercise intensity, dosage, and evaluating the effectiveness of rehabilitation interventions for stroke survivors and older people.

**Kate
Scrivener**



Kate is a physiotherapy clinician, researcher and educator. She has 15+ years experience in stroke, brain injury and aged care rehabilitation. Kate is a lecturer at Macquarie University in Sydney, Australia and a clinician in private practice.

Research and publications: Kate has published many peer reviewed journal articles. Her research focuses on measurement and dosage of rehabilitation practice, and strategies to increase practice outside of therapy including group sessions and weekend semi-supervised practice.

**Annie
McCluskey**



Annie is an occupational therapist, a health services researcher and educator. She has 30+ years' experience in stroke and brain injury rehabilitation, in Australia and the UK.

Annie has provided private occupational therapy and stroke rehabilitation services for over 20 years, consultations and mentoring for graduates. She is also an honorary senior lecturer at the University of Sydney, and Adjunct Associate Professor at James Cook University.

Research and publications: Annie has published over 70 peer reviewed journal articles and been awarded over \$4 million in competitive grant funding. Her research focusses on: translating evidence into practice particularly in stroke rehabilitation; adult handwriting and upper limb retraining; improving community participation and outdoor mobility; sexuality and intimacy after stroke.

Annie is co-developer of 'OTseeker', a free evidence database for occupational therapists (www.otseeker.com)

*this workshop can be run with one or two presenters

Target Audience

The target audience is:

- Health professionals working in neurological, orthopaedic or aged care rehabilitation including inpatient, outpatient and community settings (public or privately funded).
- Physiotherapists, occupational therapists, speech pathologists, allied health assistants, exercise physiologists and nursing professionals.

Learning Outcomes

At the completion of this course learners should be able to:

- Outline the evidence for a dose-response relationship between amount of practice and outcomes
- Describe strategies to increase patient motivation and empowerment
- Describe effective instructions and feedback during practice
- Describe strategies to set up the environment for safe and effective semi-supervised practice
- Describe strategies to increase attendance and participation in classes
- Outline the evidence for and describe strategies to increase carer involvement in practice
- Outline the evidence for increasing adherence to independent exercise programmes
- Discuss and implement strategies to increase amounts of practice in your workplace

Content

How much is enough practice?

- The evidence for a dose-response relationship between amount of practice and outcomes

Changing motivation:

- Meaningful assessments
- How to increase patient motivation and involvement in practice
- Changing environments
- Changing behaviour

Semi-supervised practice:

- Structuring the environment for safe semi-supervised practice
- Structuring the environment for effective semi-supervised practice
- Using workstations to increase practice
- Using devices to increase practice
- Evidence for involving carers in patient practice
- Strategies for involving carers in patient practice

One to one practice:

- Optimal amount and frequency of instructions
- Internal and external focus of instructions
- Optimal type, amount and frequency of feedback
- Structuring the environment to drive practice

Independent practice:

- Evidence for improving adherence to home exercise/ independent exercise programme

Timetable

8.30	Practice – how much is required?	Lecture
9.30	Changing motivation	Lecture
10.30	Morning tea	
10.45	Semi-supervised practice <ul style="list-style-type: none"> • Environment set-up • Classes • Workstations/devices • Carers 	Lecture Small group work
12.30	Lunch	
1.15	Semi-supervised practice cont....	Small group work
2.45	Afternoon tea	
3.00	Structuring one to one practice	Video - discussion
3.30	Independent practice <ul style="list-style-type: none"> • Evidence for improving adherence 	Lecture
4.00	Your plan <ul style="list-style-type: none"> • Strategies to increase practice in your workplace 	Small group session
4.20	Discussion and Summary	Large group discussion
4.30	Close	

To register or for more information

To register for an upcoming workshop
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For more information about StrokeEd
<http://strokeed.com/>

For more information about the workshop
<http://strokeed.com/about-workshops/1000-reps-day/>