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## 1. Project Title and Purpose

**Project Title:** Redevelopment of Neurorehabilitation: Assisting Recovery and Function in Everyday Life Following Brain Injury (Level 1)

**Project Purpose (clearly indicate the Recommendation number and wording from the Clinical Practice Guideline):**

## 2. Project Description:

The project redeveloped the *OBIA/Brock University Neurorehabilitation: Assisting Recovery and Function in Everyday Life Following Brain Injury (Level 1)* training program in order to educate participants on how to understand and apply the Ontario Neurotrauma Foundation (ONF) Clinical Practice Guidelines (CPGs) in their everyday practice with clients. All CPG recommendations that can be worked on in the community were the focus of the implementation activities with the exception of those related to Medical/Nursing Management, Spasticity, and Medications. The course was designed to provide students with the knowledge and strategies needed to successfully implement the CPGs into their neurorehabilitation practice using lectures and simulated activities (e.g., case studies, vignettes, content, group exercises).

### A. Methods:

Participants' awareness and knowledge of the INESSS-ONF Standards and CPG was evaluated prior to completion of the training program through a series of survey questions. The training program was delivered virtually over four days (2 days per week) and consisted of a series of lectures, case studies and guided small group exercises with the focus on development and implementation of neurorehabilitation plans. Participants were provided with a copy of the INESSS-ONF Standards and CPGs as part of their training materials and were encouraged to refer to them during small group exercises. Relevant INESSS-ONF Standards and CPGs were also explicitly highlighted at the start of each lecture and integrated with more details into the lecture material where appropriate.

### B. Data collection Tools:

Participants were asked to complete an evaluation survey at the end of the course, which included questions about the integration of the INESSS-ONF Standards and CPGs into the course material and their daily practice. Four to six months after completion of the training program participants will be sent a follow-up survey to assess if and/or how they have implemented the INESSS-ONF Standards and CPGs into their practice. A similar survey will also be sent to the supervisors within the workplace in order to evaluate the impact of the training course and level

of implementation of the INESSS-ONF Standards and CPGs in the workplace by the course participants. The feedback provided by the participants and/or supervisors will then be used to guide subsequent updates to the course materials.

**i. Tools to measure Clinical process**

**ii. Tools to measure Clinical outcome**

Note: This project focused on knowledge translation and dissemination of information about the INESSS-ONF Standards and CPGs and as such did not include measures specific to the *clinical* process or outcome.

**iii. Tools to measure Implementation process**

Participants were provided with access to the materials developed for the training course (e.g., lecture slides), which included a copy of the INESSS-ONF Standards and CPGs and links to the recommended resources (e.g., tools for assessment, Patient Handbook). The understanding of the material was assessed through participation in the small group activities and final examination. An evaluation survey was developed and used to assess the participants' views on the integration of the INESSS-ONF Standards and CPGs throughout the course material and consistency of their practice with the guidelines (i.e., implementations; see attached).

**iv. Tools to measure Implementation outcome**

One of the goals of the training course was to promote knowledge and understanding of the rationale underlining the principles outlined in the INESSS-ONF Standards and CPGs, and thereby increase the use and implementation of the guidelines. In order to measure practical impact of the training course all participants will be asked to complete a follow-up survey four to six months after the completion of the course. Any willing supervisors will also be asked to complete a short survey in order to assess any observable changes in the practice of the individuals and/or implementation of the guidelines with the workplace. *Note: Materials for the follow-up survey will be released after the distribution of the survey in order to ensure that none of the responses are influenced by accidental repeated exposure (i.e., to avoid participants accessing information online beforehand).*

**C. Findings (process and outcome):**

**Process:** Prior to their participation in the course, a majority of the participants were not aware of the INESSS-ONF Standards and CPG (76.6%), with 70.8% of these respondents residing in Ontario. Of those who were aware of the INESSS-ONF guidelines (23.4%), the majority were from Ontario (77.3%) and reported that the guidelines were available for reference at their workplace (54.5%). Five of these participants were from other provinces (i.e., QC, BC, AB, MB),

showing that the INESSS-ONF guidelines are implemented as a reference in some workplaces in other provinces. Most of the participants who did not have access to the guidelines at their workplace and were aware of them agreed having the INESSS-ONF guidelines easily accessible for reference would be useful (70.0%).

Following the course delivery, participants reported to be satisfied with the course (89.9%) and perceived the presented information to be appropriate for the audience (97.1%) and align well with the INESSS-ONF Standards and CPG (94.7%). Overall, participants also felt that the information provided has a positive effect on brain injury rehabilitation (99.3%) and supports their daily practice with the field (94.3%). The majority expected that there will be high demand for the implementation of the course concepts within their organization (90.7%). They also reported that the supporting materials (i.e., case studies, videos/vignettes) aided in increasing their comprehension of the material and supported learning (98.6% and 97.8%, respectively).

When asked specifically about the INESSS-ONF Standards and CPG, participants stated that the training course increased their knowledge about the guidelines (97.1%) and provided resources needed for effective implementation (95.7%). They reported that they would likely recommend the INESSS-ONF Standards and CPGs as a reference to their colleagues (92.1%) and use it for their own reference in the future (94.2%). Participants also felt that the course concepts and rehabilitation strategies were taught effectively and efficiently (96.4%) and were easy to implement into their practice (95.7%). Finally, the majority of respondents also reported that the training program increased the likelihood that they will be able to provide an improved quality of care by implementing evidence-based practices and that the course had a positive effect on the audience (97.1%).

*Note that to date the impact of the training course (i.e., intervention) at the organizational level has not been completed.*

#### D. Summary:

Overall, the training course was well received by the participants and increased participants' awareness of the INESSS-ONF Standards and CPG. Explicit links between the basic principles of brain injury care (e.g., medical interventions, trajectory of biochemical changes) and rehabilitation strategies (e.g., participate to learn) increased understanding of the rationale behind the recommendations presented in the INESSS-ONF Standards and CPG. This in turn facilitated participants' perception of their ability to implement the guidelines effectively.

Practical small group exercises utilizing case studies and videos of vignettes further supported learning and implementation of presented strategies. The long-term effectiveness and impact of the participation in the training course on the daily practice and/or organizational practices remains to be assessed (pending follow-up survey data collection).

#### E. Lessons Learned:

Provide rationale behind the INESSS-ONF Standards and CPGs and/or organizational practices to the staff/family members in order to increase effective implementation and, if necessary, adaptation (e.g., why the script for increased activity emphasizes independence for one client and strength for another).

Inform staff of available resources for reference (e.g., INESSS-ONF Standards and CPG) and make them easily accessible (e.g., hard copy in the staff room, bookmark in the web browser).

Engage in small group discussions and/or debriefings with other staff/RHPs and family regularly to promote effective implementation and individualization of the rehabilitation strategies for clients with brain injury.

### 3. Recommendations for next steps to support full sustainable implementation: (for your organization, for future implementation projects, for policy, for system organization)

Participants in the courses will continue to be provided with a copy of the INESSS-ONF Standards and CPG with the goal of increasing awareness and promoting this resource as a reference within the participants' organizations. Additionally, the certification courses offered collaboratively through OBIA and Brock University will continue to be updated regularly and will aim to make the links between the current INESSS-ONF Standards and CPG more explicit in order to promote awareness and effective implementation of evidence-based practices. Support materials (i.e., case studies, vignettes, supporting articles) will also be revised on regular bases to reflect changes in the field of rehabilitation science and explicitly promote evidence-based practice. *Further updates are pending the follow-up survey data collection.*

### 4. What has been done to ensure Sustainability:

The training course is offered annually and will continue to include materials that are integrated with the INESSS-ONF guidelines. *Further updates are pending the follow-up survey data collection.*

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