

INDDRAGELSE AF BRUGERE, PÅRØRENDE OG PROFESSIONELLE TIL ADDRESSERING OG HÅNDTERING AF KOMPLEKSE PROBLEMSTILLINGER



Rehabiliteringskonferencen 2024 – Kolding
30 sept. 2024

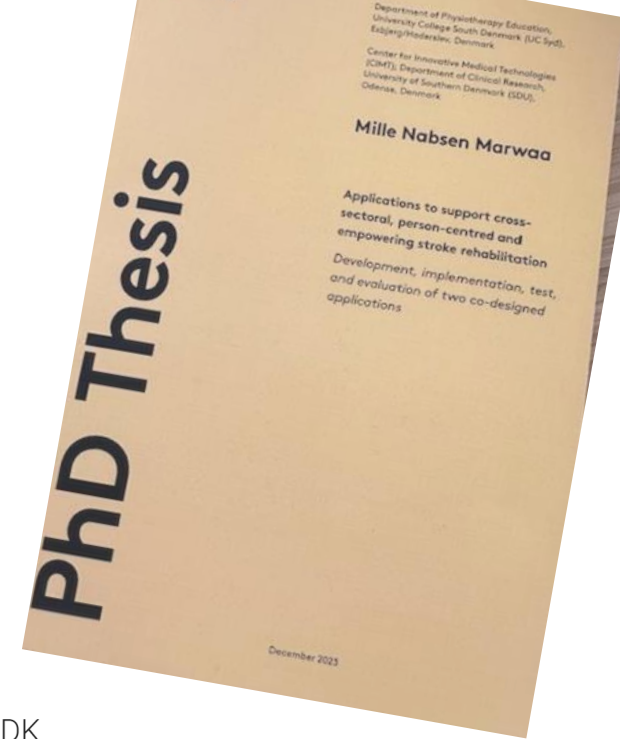


Genoptræn|DK

MedWare ApS Sundhed og motion

Alle

Føj til ønskelisten

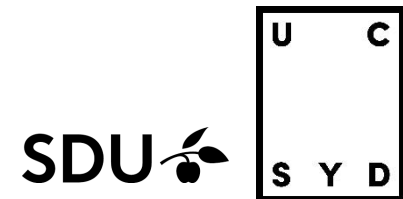


Mille Nabsen Marwaa

PhD, Cand. Scient. San, Lektor

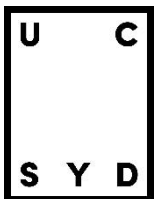
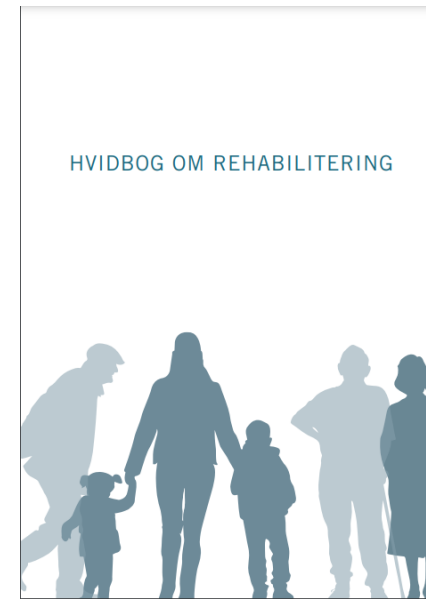
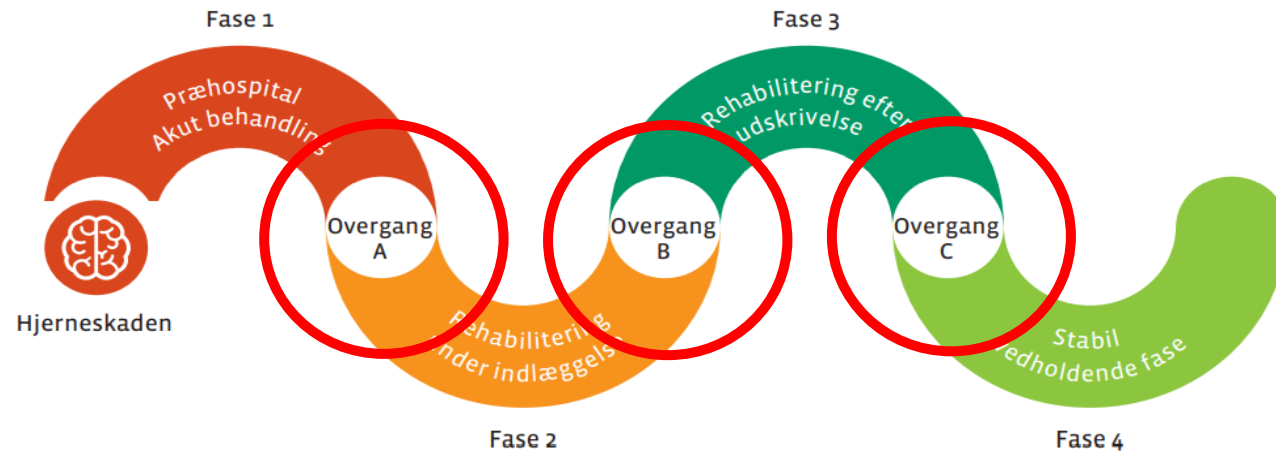
UC Syd, Fysioterapeutuddannelsen

mnma@ucsyd.dk



Komplekse (kendte) problemstillinger

- Usammenhængende/ukoordineret patientforløb
- Manglende person-centreret tilgang



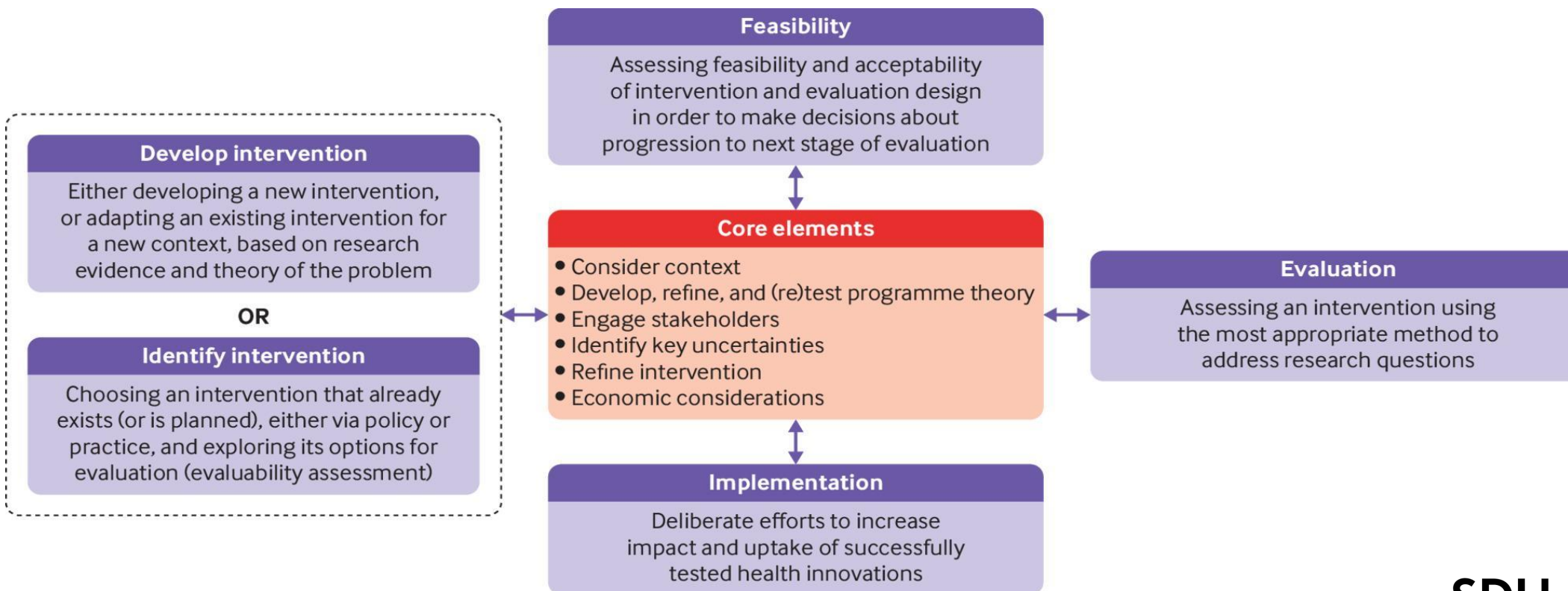
Medical Research Council (MRC)

- en ramme for at udvikle, teste og evaluere **komplekse** interventioner

Fase 1:
HVAD ER PROBLEMET?

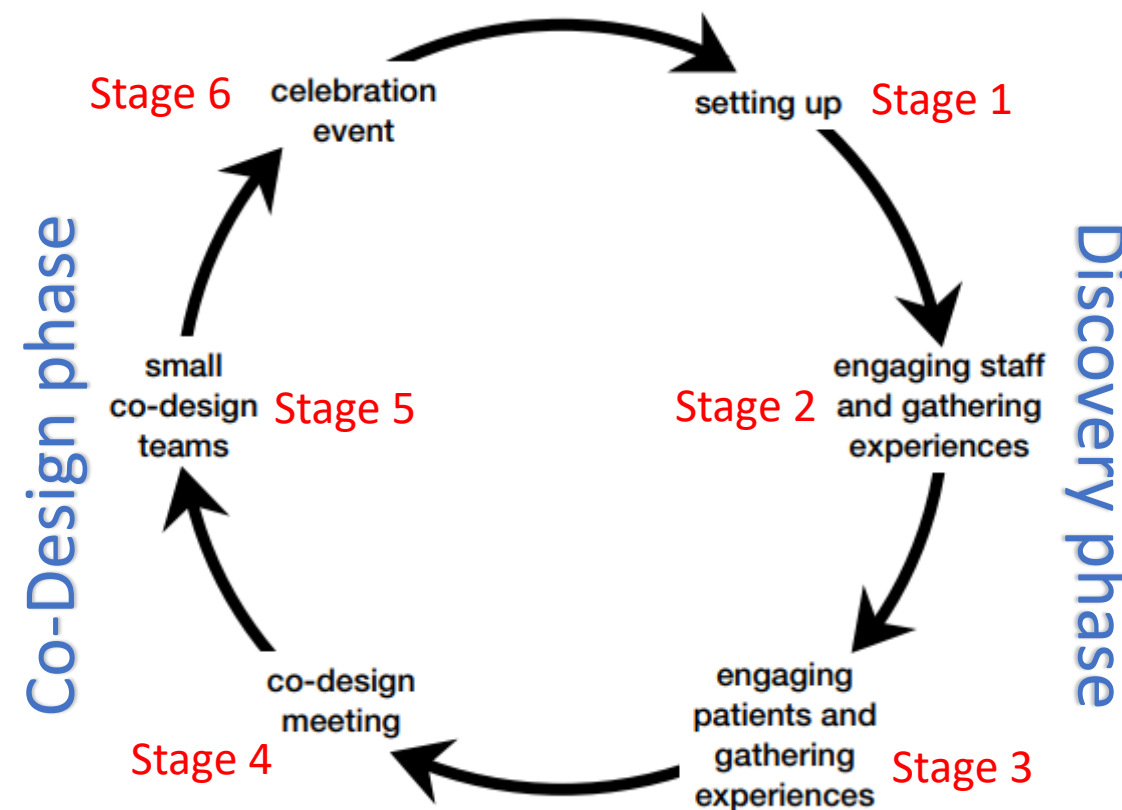
Fase 2:
Udvikle interventionen

Fase 3:
Implementere, teste, og
evaluere interventionen



Experience-Based Co-Design (EBCD)

- Ofte kvalitative data (observationer/interviews)
- Aktiv, engageret og ligeværdig rolle - gennem alle faser



Fase 1:
HVAD ER PROBLEMET?
Stakeholder experiences

EBCD

Discovery
phase

	EBCD phases	Activities	Purpose
Discovery phase	Stage 1 Setting up the project Region Syddanmark	Involving stroke rehabilitation settings: phase 1 hospitals (n=2) phase 2 hospitals (n=2) phase 3 municipalities (n=2)	Exploring experiences of stroke rehabilitation across sectors, identification of unmet needs and use of ICT in the rehabilitation process
	Stage 2+3 Engaging staff, stroke survivors and significant others and gathering experiences	Interviews (focus group and individual) stroke survivors (n=18) significant others (n=13) physiotherapist (n=4) occupational therapist (n=5)	
		Observations of rehabilitation settings (phase 1,2,3)	
		Scoping review App-solutions to support stroke rehabilitation	



Fase 1: HVAD ER PROBLEMET? Stakeholder experiences



Disability and Rehabilitation

ISSN: 0963-8288 (Print) 1464-5165 (Online) Journal homepage: <http://www.tandfonline.com/loi/idre20>

Experiences of using information and communication technology within the first year after stroke – a grounded theory study

Martha Gustavsson, Charlotte Ytterberg, Mille Nabsen Marwaa, Kerstin Tham & Susanne Guidetti



Disability and Rehabilitation

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Significant others' perspectives on person-centred information and communication technology in stroke rehabilitation – a grounded theory study

Mille Nabsen Marwaa, Charlotte Ytterberg & Susanne Guidetti



RESEARCH ARTICLE

Physiotherapists' and occupational therapists' perspectives on information and communication technology in stroke rehabilitation

Mille Nabsen Marwaa^{1*}, Hanne Kaae Kristensen², Susanne Guidetti³, Charlotte Ytterberg^{2,3,4}

> J Rehabil Med. 2022 Feb 17. doi: 10.2340/jrm.v54.452. Online ahead of print.

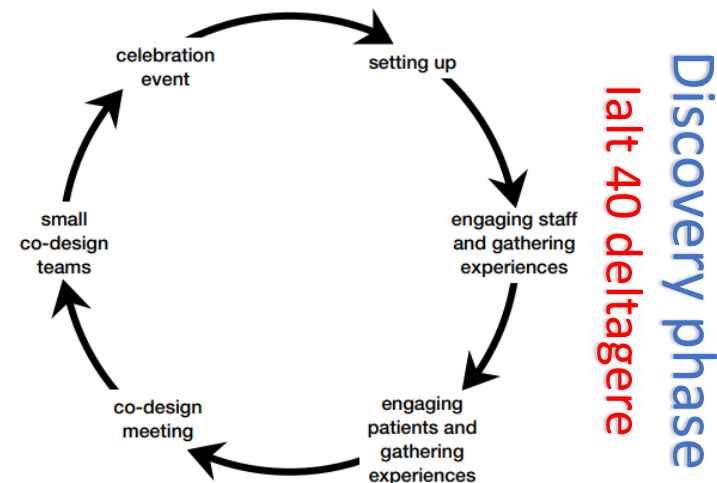
The use of mobile and web-based applications to support rehabilitation after stroke: a scoping review

Mille Nabsen Marwaa¹, Susanne Guidetti, Charlotte Ytterberg, Hanne Kaae Kristensen

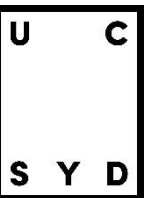
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PMID: 35174871 DOI: [10.2340/jrm.v54.452](https://doi.org/10.2340/jrm.v54.452)

Free article



SDU



Fase 1:
HVAD ER PROBLEMET?
Stakeholder experiences

Patient journey mapping – tværgående analyse ("emotional touchpoints")

Touchpoints (areas of improvement)	Acute care (inward). Typically, 1-3 days	Subacute care in specialized stroke units (inward). Typically, 1-4 weeks	Transition to home-rehabilitation	Home-rehabilitation. Typically, 1-3 months	Maintenance phase (end of rehabilitation)
Patient	Informations materiale (læse når tid/lyst/overskud) Plan, mål, aktiviteter Diagnose, symptomer, udfordringer Teste ICT evner (mobil)	Hvad er planen, mål, aktiviteter Brug for at teste ICT evner (mobil)	Brug for transparens	kan være overvældende Klarhed over deficits påvirkning på hverdagsliv Klare hverdagen Kunne betjene IKT(sikkerhed, aktivitet, social)	IKT adgang til de professionelle Nye spørgsmål Ligesindede (peers)
Pårørende	Informations materiale	Indblik I plan Terapeuter støtter daglige træning	Inddragelse Sammenhæng Mestre den nye rolle	Indblik I plan Terapeuter støtter daglige træning IKT skal kunne betjenes (sikkerhed, deltagelse I hverdagsliv)	Follow-up nødvendigt Delt ansvar/reducere belastning (træning, aktiviteter) Ligesindede (peers) støttegrupper
Terapeuter	Vurdering rehabilitering, målsætning IKT inddragelse når muligt Forflytninger guidelines (billeder/video) Lettere adgang til IKT I hverdagen Svært at følge med I IKT landskabet	Vurdering rehabilitering, målsætning Inddrage IKT og apps IKT skal være let og simpelt at bruge Inddrage pårørende	Dele information over sektor grænser (billeder/video) Forskellige IT systemer Færre dokumentations steder	Vurdering rehabilitering, målsætning Inddrage pårørende Træne IKT brug (til compensation) fx. kalender, reminders, diktere beskeder	Månedlig/3-månedlig follow-up (evt telefonisk) Ligesindede (peers) støttegrupper

↑ **Information**

↑ **Inddragelse**

↑ **Sammenhæng**

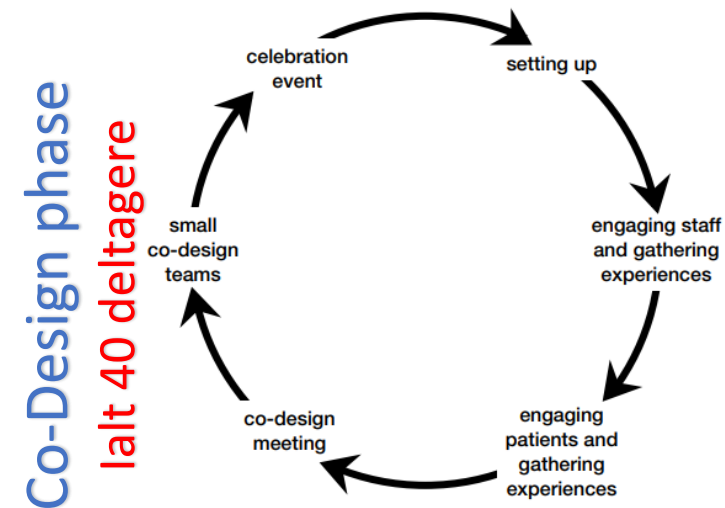
↑ **mobil -og app inddragelse**

Fase 2: Udvikle interventionen Stakeholder engagement and experiences

EBCD

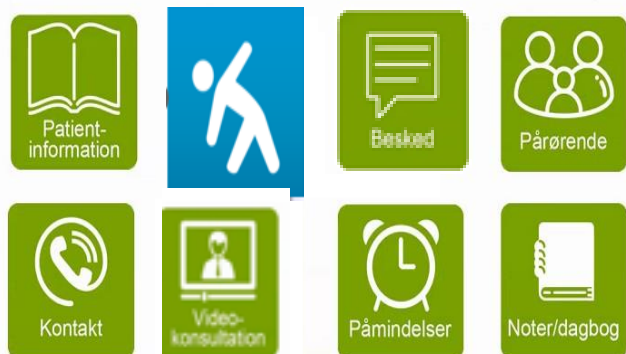
Co-Design
phase

Co-Design phase	Stage 4 Co-design meetings	Workshop 1 (Jylland) (n=14) stroke survivors (n=2) significant others (n=2) physiotherapist (n=3) (phase 1,2,3) occupational therapists (n=3) (phase 1,2,3) app developers (n=2) researchers (n=2)	Present emotional “Touchpoints” and the modules in “Mit Sygehus”. Additionally, to generate concrete ideas on the content of each module, to meet stakeholders’ needs and to prioritize the modules.
		Workshop 1 (Fyn) (n=11) stroke survivors (n=2) significant others (n=2) physiotherapist (n=2) (phase 2,3) occupational therapist (n=1) (phase 3) app developer (n=2) researcher (n=2)	



Stage 4 - fortsat

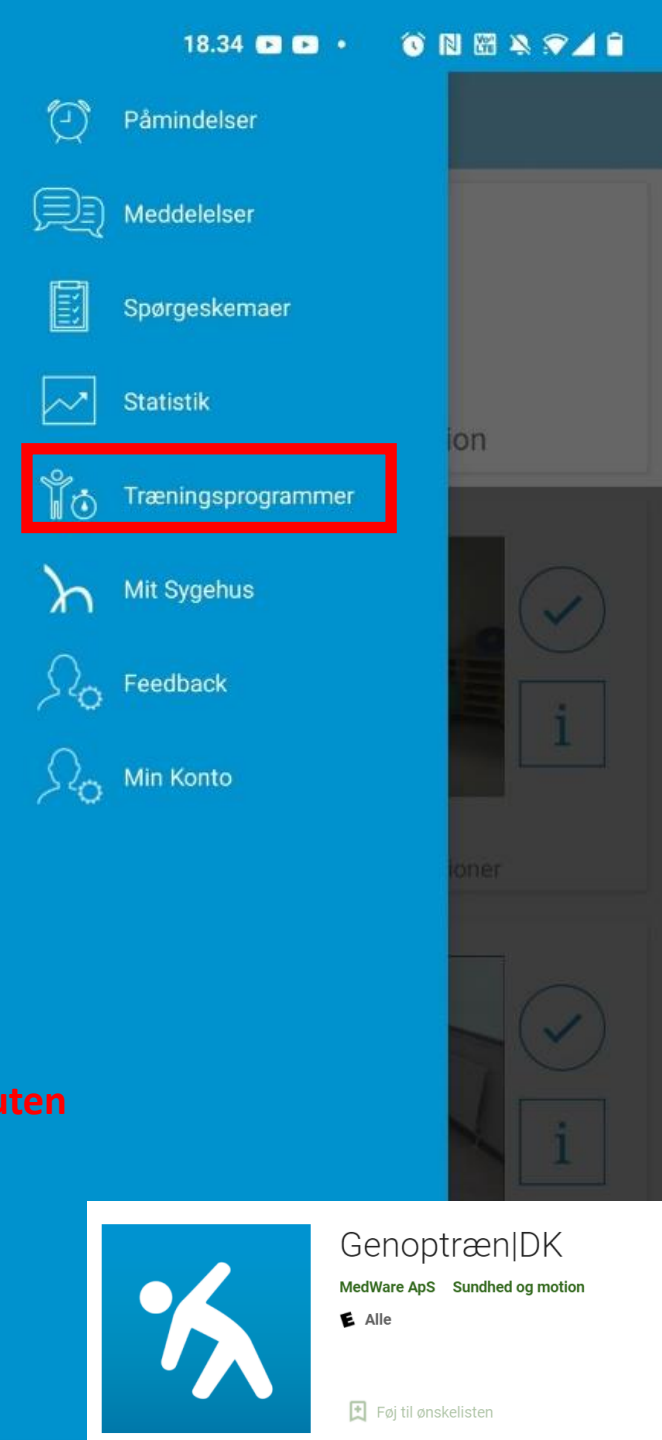
Hvad kan man i Mit Sygehus?



- **Det nye.....**
- Video-optage modul
 - Selvtræning
 - Forflytninger/lejringer/ADL
 - Status/oplevelsen af fremgang
 - → Dokumentation/kommunikation

Video kan suppleres med lyd/anvisninger fra terapeuten

Pårørende kan, med samtykke, få samme indsigt i indholdet



Over

Station 1

Information

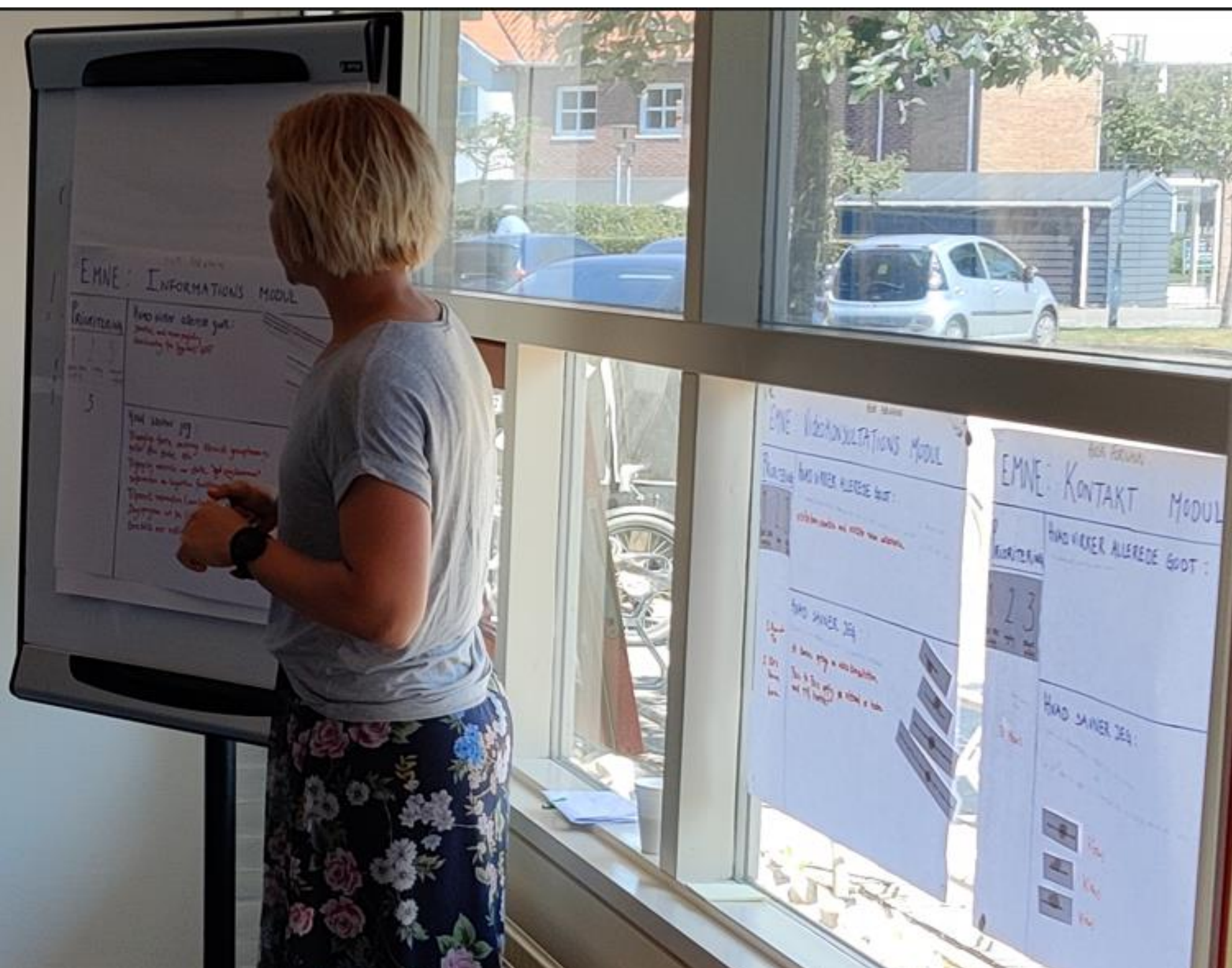
- Er det
- Hvem
- Hvad s
typiske
releva
- Pjecer
- Video,
- Hvad f
- Hvad e
- Optag
- Hvilke
- Dagsp
(under

Videokonsu

- Er det
- Møde
- Fx hje
- Møde

Kontakt mo

- Er det
- Afdeli
- Konta
- Terape
- Billede



sning)

mer og dit helbred.

Co-Design – “with” them (world-café-model)



Træningsprogram modul

- Hvad virker allerede godt:
 - Bruger allerede videofunktionen på borgerens telefon
 - Andre kan se hvordan borgeren skal hjælpes (Mogens, Gitte, Mari Anne, Lene)
 - Kan vise fremgang (Mogens, Gitte, Mari Anne, lene)

Table 4 Input on the content and prioritizing the modules

Modules discussed in workshops	Input on the content in the modules (n = 17)	Grade 1: not important	Grade 2: important	Grade 3: very important	Not reported
Knowledge module	Stroke information and treatment Information about cognitive deficits The rehabilitation process and phases The maintenance phase (phase 4) Support group/peers Daily appointment/programme Video/audio of the information			17	
Training module	Step-by-step guidance about transfers, daily activities—also as communication Personalized video recordings of exercises and progress Easily accessible Available when rehabilitation determines	1	5	10	1
Reminder function	Reminders to exercise and appointments Must be personalized	2	2	5	8
Chat module	Worried that it will escalate Who will answer the questions and when? How long is this option open?	5		1	11
Note/diary module		3			14
Contact module	Pictures of staff Contact information for all relevant departments and treating staff		1	7	9
Video consultation	Participation from other stakeholders (social worker, coordinator, significant others, therapists from other rehabilitation setting, etc.) Video consultation/follow-ups better than phone calls	2	7	7	1

tilgængelige efter slut af rehab (Henriette)

let (øvelseskatalog. Billeder fx rækkefølge i morgen ADL, billeder af

ning/lejringer

resultater (evt graf) 6MWT, Fugl Meyer, FIM

fx bad/øvre toilette med billeder/skrift

ræn ansigt

grupper (Lene)

der (Mari Ann, Lene)

ive set øvelserne (Birthe, pårørende)

af træningsprogram (Birthe, Poul, Stine)

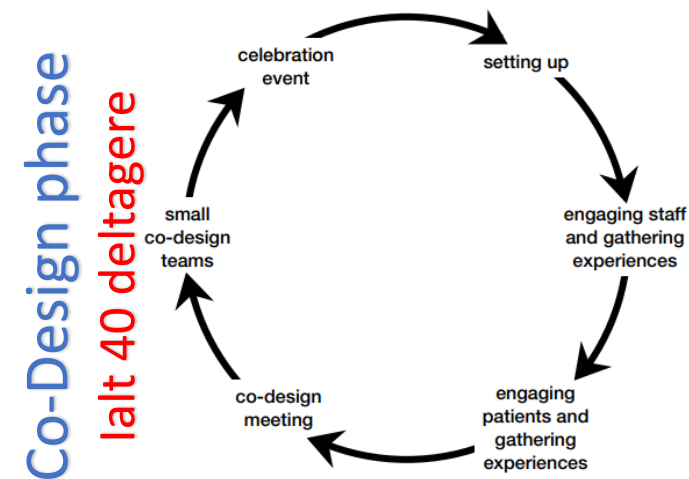
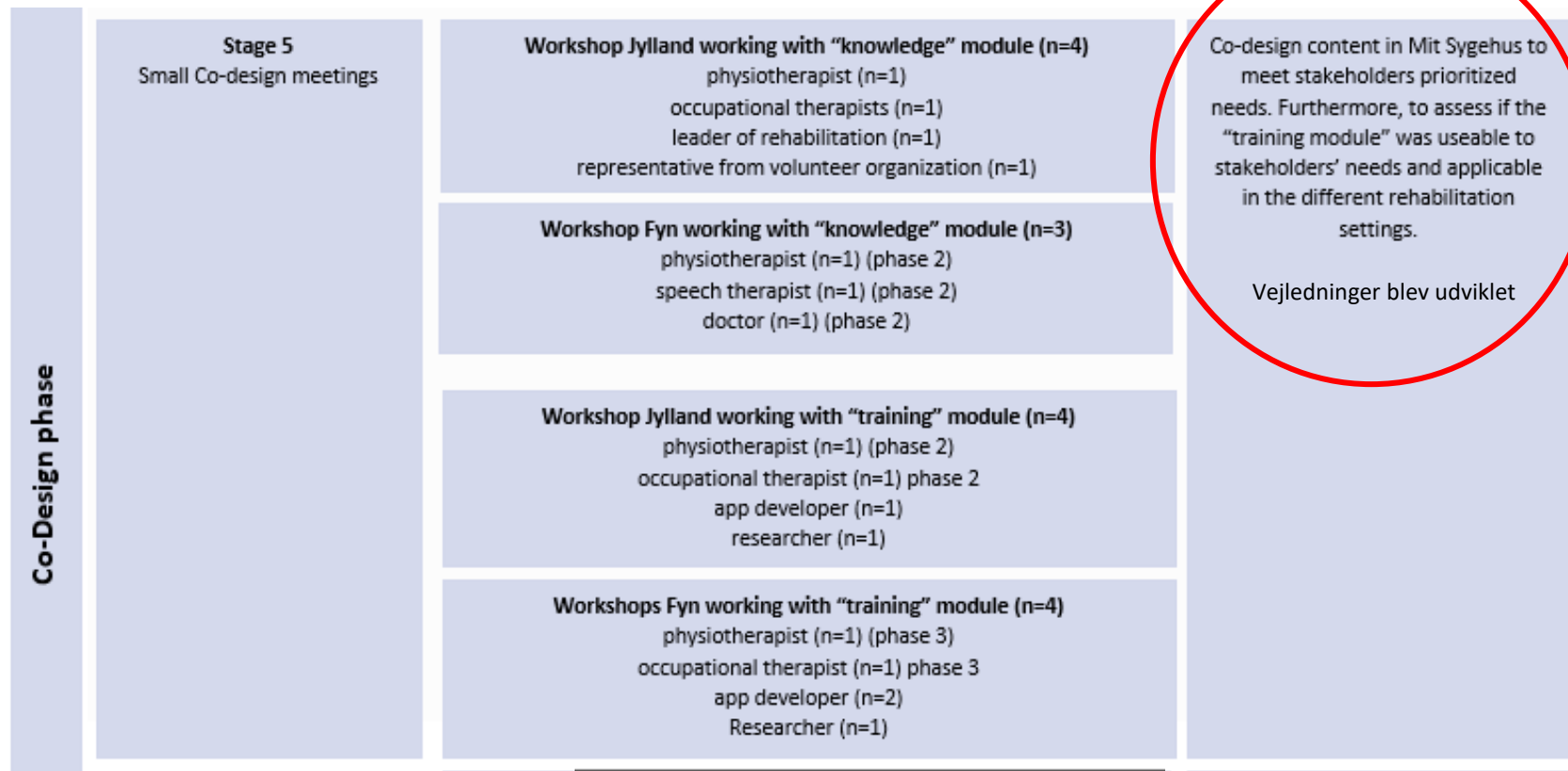
: (Poul, Birthe, Stine)

er der været på sygehuset (Stine)

og forflytninger som hjemmeplejen kan se (Stine)

EBCD

Co-Design phase



EBCD

Co-Design
phase

Co-Design phase

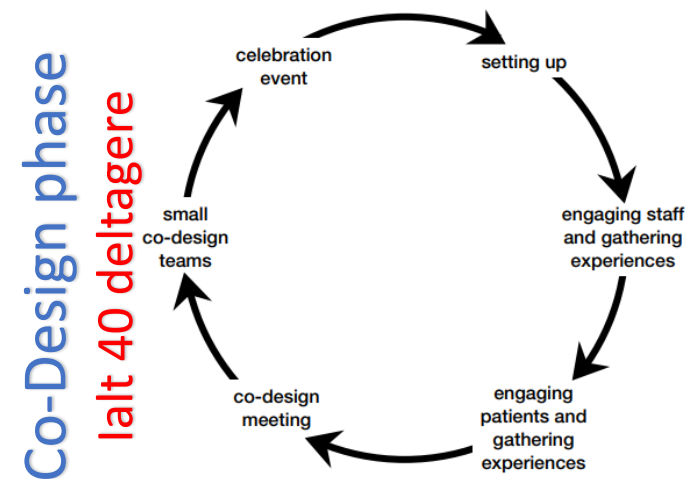
Stage 6
Celebration event

Workshop 2 (Jylland) (n=10)
physiotherapist (n=2) (phase 2,3)
occupational therapist (n=3) (phase 1,2,3)
representative from volunteer organization (n=1)
App developer (n=2) – one attended online
Researcher (n=2)

Workshop 2 (Fyn) (n=9)
stroke survivors (n=1)
significant others (n=1)
physiotherapist (n=1) (phase 3)
occupational therapist (n=2) (phase 1,3)
app developer (n=2)
researcher (n=2)

Workshop 2 (Fyn) (n=4) Online
physiotherapist (n=1) (phase 2)
occupational therapist (n=2) (phase 2)
app developer (n=1)
researcher (n=1)

Presentation of app solution and
“hands-on” test of all the content in
the app, as well as feedback on
written instructions to be used in
later a testing period



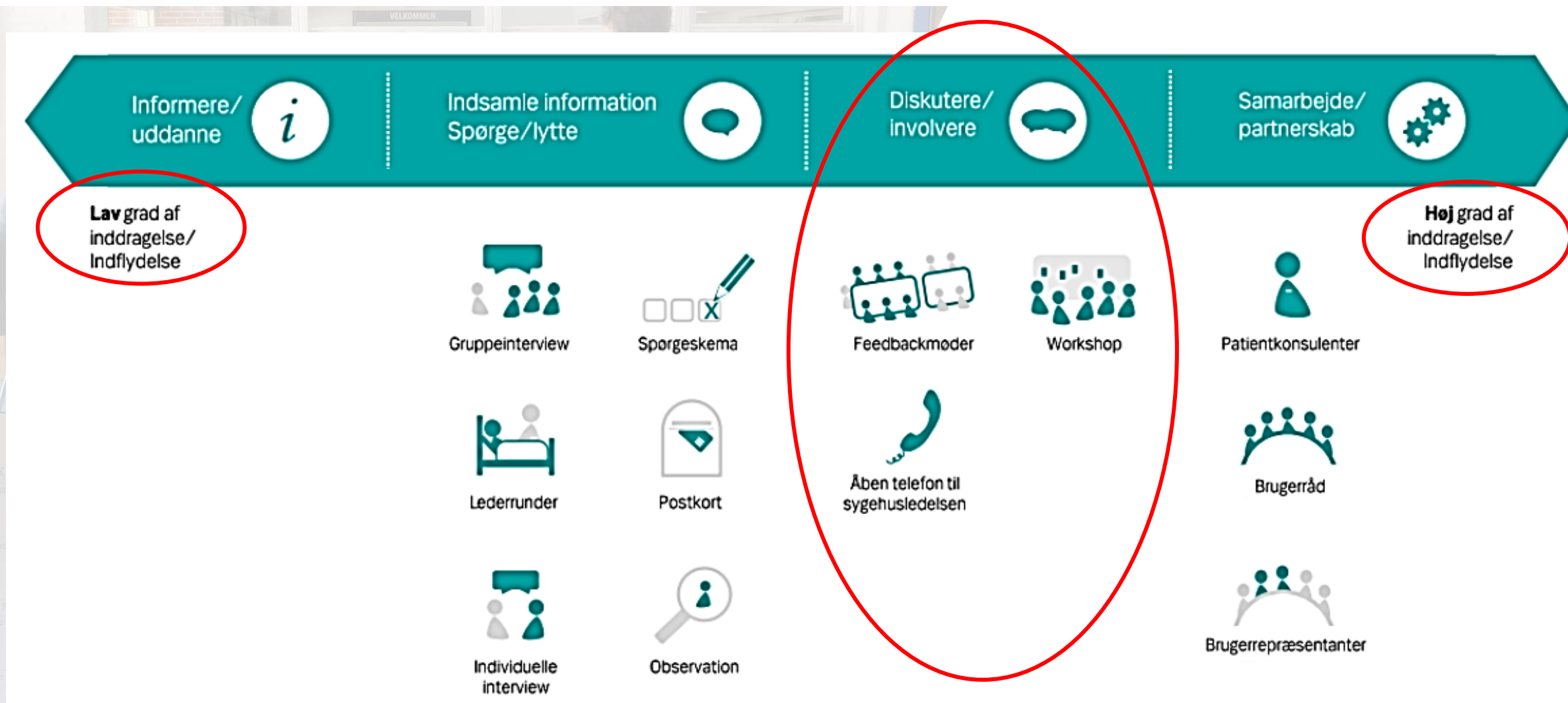
Using experience-based co-design to develop mobile/tablet applications to support a person-centred and empowering stroke rehabilitation

Mille Nabsen Marwaa^{1,2,3*}, Susanne Guidetti^{2,4}, Charlotte Ytterberg^{2,4,5*} and Hanne Kaae Kristensen³

EBCD – læring gennem processen

- **Hvad lærte vi og hvad anbefaler vi?**
 - Præsentere formål og ramme for workshops
 - Præsentation af ”emotional touchpoints” havde en validerende virkning
 - Opdele deltagerne i mindre (trygge) grupper
 - Planlægge aktiviteter som fordrer aktiv deltagelse fra alle
 - Workshops kræver facilitering
 - Opsummere fund fra hver workshop
 - Bede deltagerne give feedback på processen/workshop-deltagelsen
 - “Hands-on” i stage 6 faciliterede den efterfølgende implementering

Brugerinddragelse – “with” them



Patientinddragelsesguiden er udarbejdet i samarbejde med:

Acceptability of two mobile applications to support cross-sectoral, person-centred and empowering stroke rehabilitation – a process evaluation

Mille Nabsen Marwaa^{a,b} , Susanne Guidetti^{c,d} , Charlotte Ytterberg^{c,d,e}  and Hanne Kaae Kristensen^b 

Fase 3: Implementering, test og process- evaluering

10 patienter, 7 pårørende, 13 terapeuter,
3 app-udviklere

Stroke overleve, pårørendes og terapeuters
acceptability
Stakeholder experiences

*Hvad, hvorfor, hvornår, for hvem og
i hvilke kontekster virker interventionen?*



Marwaa, 2024: PhD thesis: Applications to support cross-sectoral, person-centred and empowering stroke rehabilitation: Development, implementation, test, and evaluation of two co-designed applications

Link til afhandlingen her: [PhD thesis - including three articles -dec2023.pdf \(sdu.dk\)](#)



FPR - Forskningscenter for Personcentreret Rehabilitering

