

“mytherappy.co.uk”

Using Apps to support rehabilitation and recovery

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Today's session

- Introduce the concept of using Apps
- Explore a number of Apps
- To increase your confidence using different Apps
- Introduce you to where to find suitable Apps
- Demonstrate how to critique Apps
- Review the evidence base behind Apps

Who are we?

Ruth Siewruk

Neuro occupational therapist

Louise Holmes

Neuro Physiotherapist

Nicola Mathers

Speech & language therapist

Why us?

- 3 years + experience using Apps with Stroke survivors
- MDT approach working with current NHS restrictions
- Worked with Stroke Association, NHS England and other NHS trusts exploring Apps as a treatment tool
- Spoke at last years UKSF
- Articles in Professional Magazine e.g. OT News, Bulletin



Why use Apps?

- Patient demand
 - Modernisation of our “tool kit”
 - Lighter and easier to transport
 - Increased compliance
 - To supplement therapy
 - To improve communication
 - Less preparation needed
 - Easier to grade/score
-
- Not suitable for all
 - Needs to be used as part of functional programme









How do we use Apps with patients?

- Treatment tool with the therapist.
- Independent use by patients as part of home exercise programme.
- Provide advice on what apps to download to their own device.
- Acute Stroke Unit, Stroke Rehabilitation Unit, Early Supported Discharge and long term Rehab.

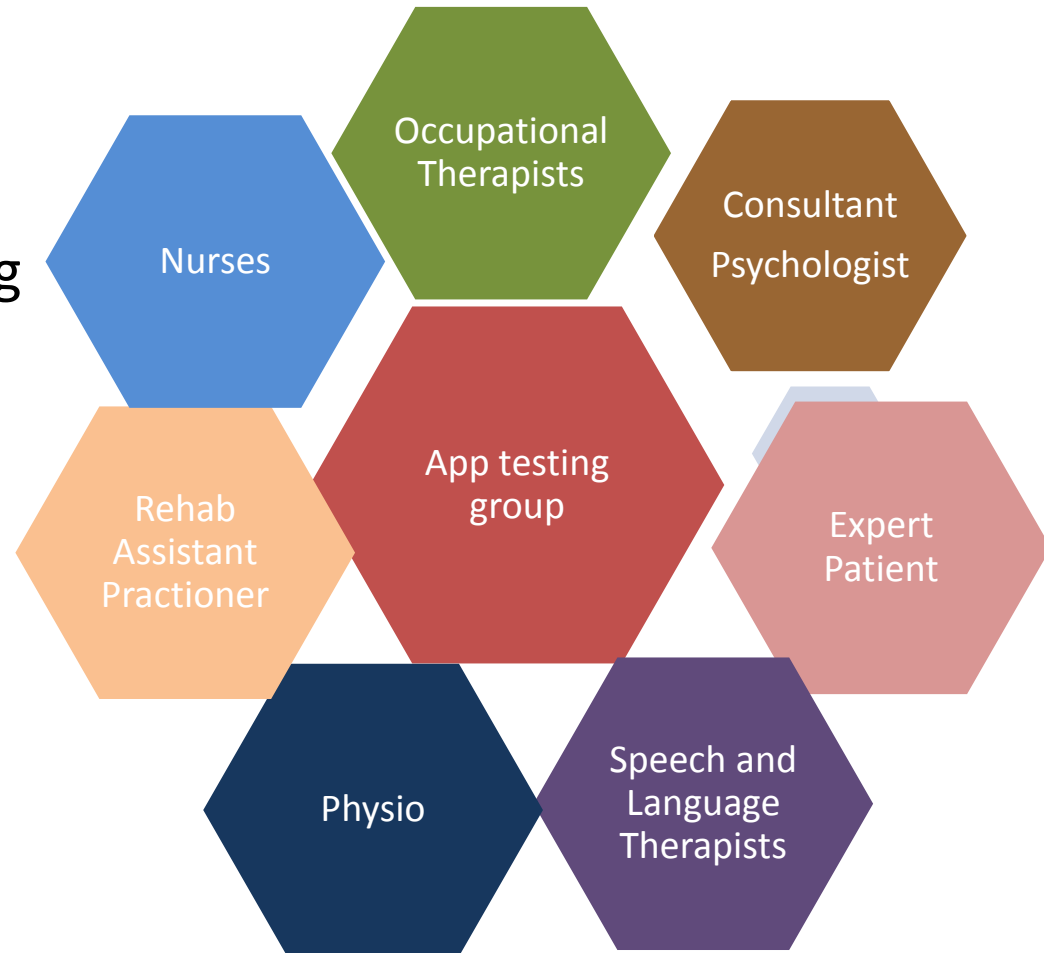


What areas do the Apps cover?

 <p>Thinking</p>	 <p>Arms and Fingers</p>	 <p>Vision</p>	 <p>Communication</p>
 <p>Doing Things</p>	 <p>My Mood</p>	 <p>Eating and Drinking</p>	 <p>Being Active</p>
 <p>Got questions</p>	 <p>Relaxing</p>	 <p>Memory</p>	

How do we know which Apps to use?

- App testing group
- New App criteria
- New app pathway & testing
- Feedback scores



Workshop activity 1

5 mins

Each table has different treatment areas (Cognition, Upper limb, Communication and Information).

Choose a treatment area and with the others on your table have a go at the Apps recommended for that treatment area.

Discuss the Pros and Cons.

Workshop activity 2

5 mins

As a table

Read the case study

Select an App which might be suitable clinically
reason what, why and how you would use it in a
treatment session.

Discuss what more traditional methods you might
have used to complete the same session and what
the differences are.

Workshop Activity 3

5 mins

As a table

Try the two Apps “Matches 2 and memory match from bubbimals” (they do a similar function)

Score them using the feedback form provided

Discuss what criteria and clinical reasoning you are using to critique each App (e.g. Age appropriate, ease of use).



Feedback from group work

Critiquing – What criteria did you use to critique the Apps?

Where to find Apps

- www.mytherappy.co.uk
- Word of mouth
- <http://apps.nhs.uk> (currently under maintenance)
- www.otswithapps.com
- www.tbistafftraining.info/SmartPhones/SmartPhones1.html
- Aphasia software finder
- Apps for AAC

Top Rated Apps

Welcome to My TherAppy - the app review website.

These apps have been trialled and tested by a team of NHS Stroke specialist clinicians and patients to aid recovery and rehabilitation post stroke or brain injury. These apps can be used alongside your current rehabilitation programme.

Listed below are the top rated apps across the website.



Jigsaw Box

Free



Primary Use:



Thinking



Free Flow

Free



Primary Use:



Thinking



Balloon Frenzy!

Free



Primary Use:



Arms and Fingers



Matches 2

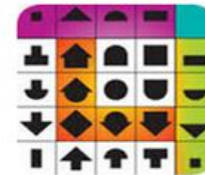
Free



Primary Use:



Memory



Matrix Game 3

Free



Primary Use:



Thinking



Precision

£1.49



Primary Use:



Arms and Fingers



Stroke Patient



Memorise



Clinician Rating

4.1 (5) ★★★★★

User Rating

4.2 (5) ★★★★★

Rate this App

Free

Medical Condition

Stroke & Brain Injury

Will help with

- Memory
- Thinking
- Arms and Fingers
- Vision

Description

Memorise is the fun way to improve your memory.

Memorise is a compelling game designed by Clinical Neuropsychologist Dr Jonathan Reed in conjunction with Mediakitchen.

Play is simple – you just have to copy the light sequence. It is surprisingly addictive.

The game has been developed to implicitly improve working memory.

See how high your working memory span is and play the game to improve it.


Suggest an App

If you have a suggestion for an app please tell us about it here

App Name:

Store URL:

Tell us a bit about why you are suggesting the app.
Please include any information about what you have found useful about the app.



Patient Feedback

“Fingers work quickly .. fun. Tells you how you’ve done you want to do better. Not scary.” (ESD patient)

“ Using the iPad was the most help.” (ESD patient)

“great for complex topics ..contextually and visually engaging. great tool” (Relative)

Staff feedback

“Benefits patients. Variety ... small enough to use in a range of areas.” Jemma Assistant Practitioner

“very successful, patients enjoy. Easy to use ... helps patients engage. Can see improvements.” Kirsty Support Worker

“Enhances communication therapy between sessions” Nicola
Speech and Language Therapists

Evidence

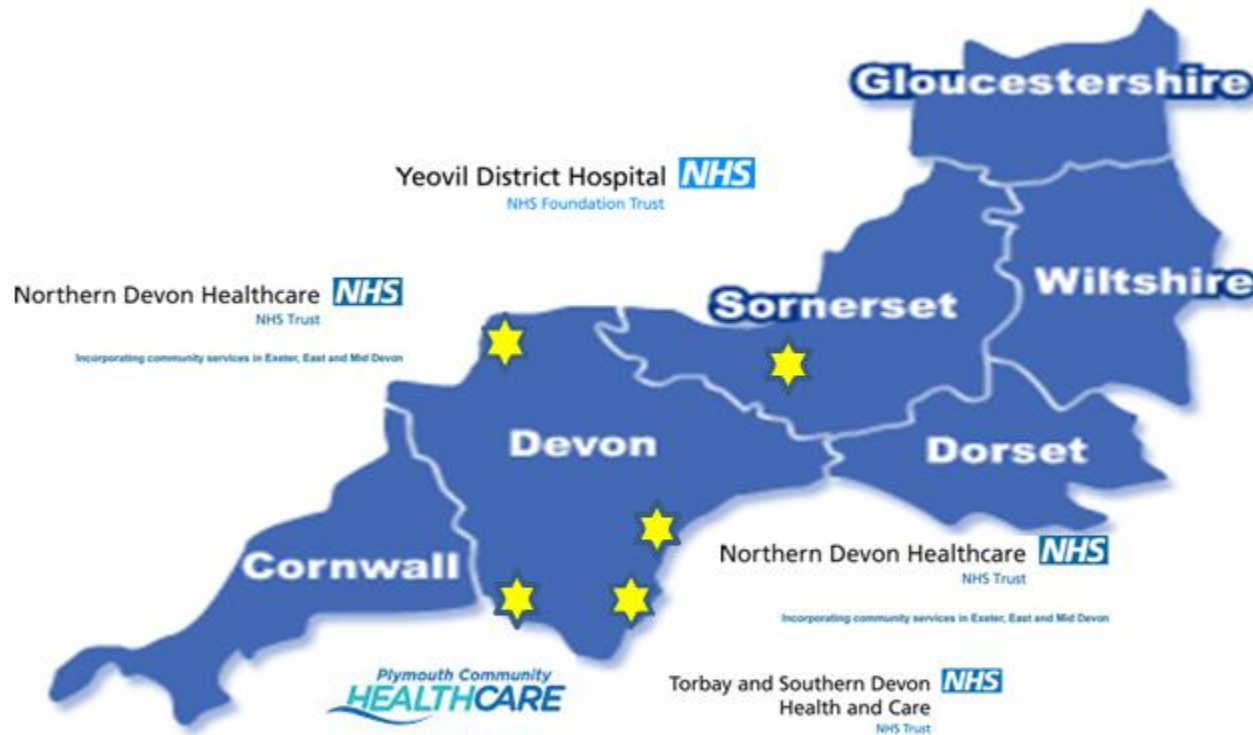
- None initially
- Some emerging evidence
- More Qualitative than Quantitative
- General trends are based on clinical experience

Support for Apps,
Apps appear to increase compliance,
The right App needs to be used,
Recognised need for further evidence.

What do you need to start using apps?

- A list of Apps that you think are suitable for your patients
- Ideally a proactive team and manager
- Tablets with Apps downloaded that you can leave with patients or patients that have their own tablets

The future



Any Questions?

Thank you

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Case Studies

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