

Recreation Therapy Stroke Protocol Series

“There are more than 400,000 Canadians living with long-term disability from stroke, and this number will almost double in the next 20 years. The effects range from mild to severe disability, and can be obviously physical limitations or more subtle such as memory changes. Recovery can take months or years, even for milder strokes, and many people never fully recover.”

2017, Heart & Stroke¹

This first of its kind document is a result of the hard work of various Recreation Therapy and Stroke professionals including individuals from the Recreation Therapy Stroke Professionals Network of the Southwestern Ontario Stroke Network, Georgian College, St. Thomas Elgin General Hospital, Woodstock General Hospital, and the Chatham-Kent Health Alliance.

The need for evidence based recreation therapy has increased as the needs of our clients are becoming continually complex. Evidence based practice (EBP) across professions is known to improve quality of care, provide continuity of care, improve health outcomes, as well as, act as a cost savings measure. EBP provides an opportunity for Recreation Therapists to provide their clients with interventions that are rooted in research. These protocols should be used together with the therapeutic process, and our professional standards of practice.

This document is a compilation of student work from the Georgian College Therapeutic Recreation Post Graduate program which has been vetted by Faculty and professional Recreation Therapists currently working in the field. All of the program protocols were created by the student authors and include research evidence to justify their validity. As always, it is up to you as the Recreation Therapist to use these and other protocols as a tool to create positive change for your individual clients. These protocols, coupled with further research and your clinical judgment should align your clients well for success in their health goals.

This is a living document that will continue to grow and evolve. The committee plans to invite Recreation Therapists on an annual basis, to submit evidence based protocols for consideration for inclusion in this valuable resource. This invitation will occur every February to coincide with both Therapeutic Recreation Awareness Month and Heart and Stroke Month.

We encourage you provide us with feedback or suggestions for protocols for inclusion in future editions of this publication. Feedback can be by emailing swosn@lhsc.on.ca .

¹Heart and Stroke. (2017). Stroke Report. Retrieved from <https://www.heartandstroke.ca>

Program Protocol – Wii Games – The Family Feud Version

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Program Title: Wii Games - The Family Feud Version

Statement of Purpose:

- To provide patients with a chance for social growth through discussion, playing in teams and accomplishing the task. As well as cognitive stimulation, drawing on already stored knowledge to answer the questions

Program Description:

- Occur twice within a 4-week period (one month), this program will provide participants with another chance for social interaction, building on former relationships and making new ones with those that attend. In addition, working on their cognitive skills, by recalling knowledge they have stored away, to answer a variety of questions. This stimulates their memory and working away from those moments of confusion

Client Needs Program Will Address:

- Enhance social interaction
- Enhance cognitive skills through memory recall
- Decrease confusion

Selection/Referral Criteria:

- Participants must be living in inpatient unit recovering from stroke
- Participants must be able to understand and speak English

Contradicted Criteria:

- Participants suffer from aphasia
- Participants are unable to cognitively follow the game

Program Outcomes (goals):

- Enhance social interaction
- Enhance cognitive skills through memory recall
- Decrease confusion
- Provide clients with opportunity to build relationships and create connections with other individuals who have suffered a stroke

Content and Process:

Content	Process
INTRO.	-ask patient of their history with game Family Feud, have they watched the show? Was it something they enjoyed doing? -discuss the Family Feud in further detail, going through the steps of the game show itself.
GAME.	-Split patients into two teams "Famillys", therefore the game is played by all patients. -If there isn't enough for two teams adapt the game making the patients one "Family" playing against the Wii. -Follow along as the Family Feud game asks the questions -Give each patient a chance to answer the question, calling on them individually, with enough time to answer before moving on. -If there is no answer given open it up to the whole team, for a chance to answer. -Proceed till "Family Feud" comes to an end as the game show would
DISCUSSION	-Encourage group discussion about the answers (especially during the multiple answers round) -Ask what they might do if they were actually on "Family Feud"? -Ask them which family member would they want on the show with them? Ask patients if they enjoyed this game, and if they would like to do it again? Change the time? On a more regular basis?

Staff Requirements and Responsibilities:

- Gather patients and bring them to the lounge area
- Explain the program and facilitate as a leader of each team (RT, RT asst., student, volunteer are all capable of this role)
- All staff: first aid and CPR certified

Program Evaluation:

- Group discussion sessions with open-ended questions asking for feedback on the program

Research:

Alankus, G., Lazar, A., May, M., & Kelleher, C. (2010). Towards customizable games for stroke rehabilitation. *Proceedings of the SIGCHI Conference on Human Factors in Computing Systems* 2113-2122.

- Playing games helps stroke patients socialize, as well as adds a cognitive challenge that can help stroke patients further develop and enhance cognitive skills

Thomson, K., Pollock, A., Bugge, C., & Brady, M. (2014). Commercial gaming devices for stroke upper limb rehabilitation: a systematic review. *International Journal of Stroke*, 9(4), 479-488.

- Commercial gaming encourages repetition of arm movement and provides high intensity upper limb practice

RT Signature and Date:

Appendices:

Acknowledgements

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