

Interdisciplinary teamwork

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Post-polio syndrome (PPS)

...new symptoms, mainly progressive muscle weakness, muscle atrophy, pain and fatigue – this can lead to limitations in the performance of personal care, mobility, household management, leisure activities and work

Post-polio syndrome (PPS)

...perceived participation can also be affected, and health-related quality of life as well as life satisfaction are reported to be lower compared with a normal population

Post-polio syndrome (PPS)

- Daily life becomes increasingly difficult and the new symptoms can be perceived as a second disability
- This emphasize the need for lifestyle changes and the use of adaptive strategies to manage the new problems

Post-polio syndrome (PPS)

People with PPS therefore benefit from being admitted to a **team** specialised in the condition and with the support of rehabilitation professionals go through a **process of change** leading to a better life

Interdisciplinary teamwork

Interdisciplinary **teamwork** is the cornerstone of all individualized, goal-oriented, comprehensive rehabilitation programmes and the success to improved functioning in all life-long disabilities!

Interdisciplinary teamwork

- What is interdisciplinary teamwork?
- What components are part of successful interdisciplinary teamwork
- How do persons with PPS experience the influence of a rehabilitation programme delivered by an interdisciplinary team?

Interdisciplinary team

- Professionals, the person and their family work in close collaboration to achieve the desired goals and optimal outcome
- Each team member contributes and together with the person decide on an action plan
- International development towards multi-professional interdisciplinary teams

Interdisciplinary team

- Because of the nature of the disability, a PPS team can comprise a physician, nurse, occupational therapist, physical therapist, social worker and psychologist
- Access to a variety of specialists:
 - Clinical neurophysiologist
 - Orthopaedic surgeon and orthotist
 - General medicine, urology etc.

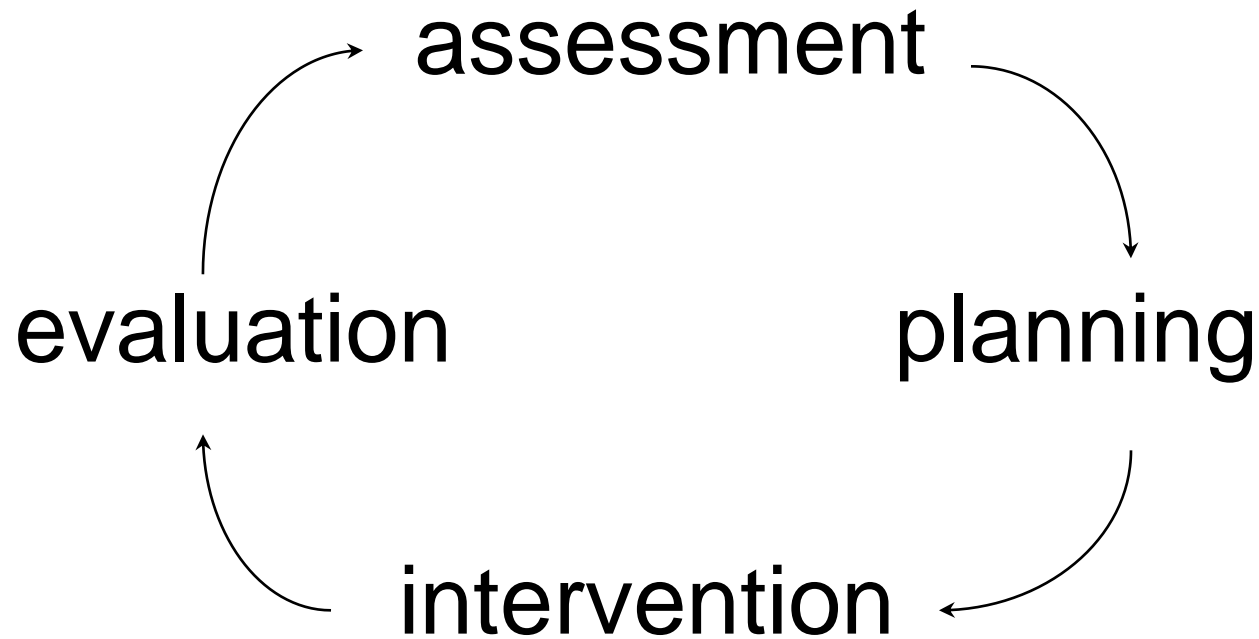
Interdisciplinary teamwork

The overall aim is to reduce the person's self-perceived disability by providing a variety of interventions and thereby maximize each person's physical, mental and social potential

Interdisciplinary teamwork

- Key components of interdisciplinary teamwork for people with life-long disabilities, such as PPS, are:
 - Coping
 - Empowerment
 - Education
 - Self-management

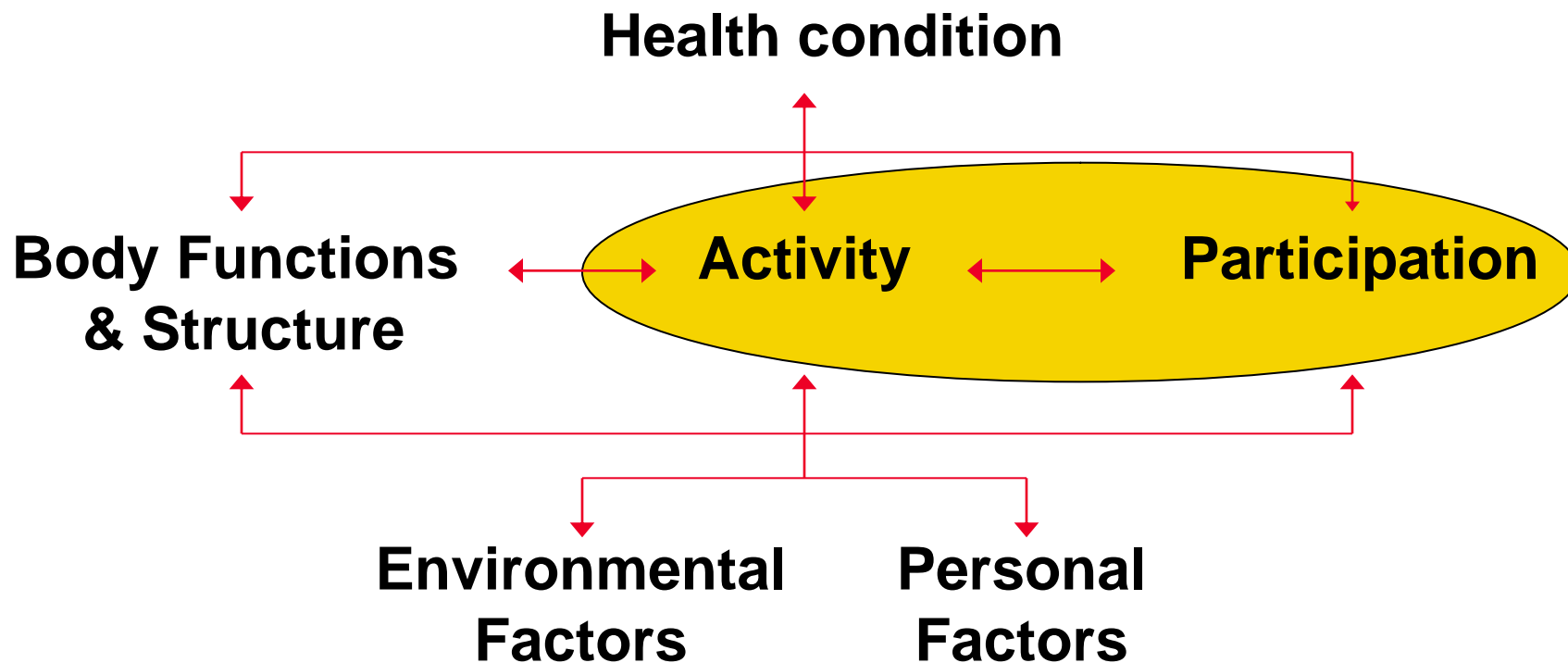
Rehabilitation cycle



Rehabilitation plan – structure

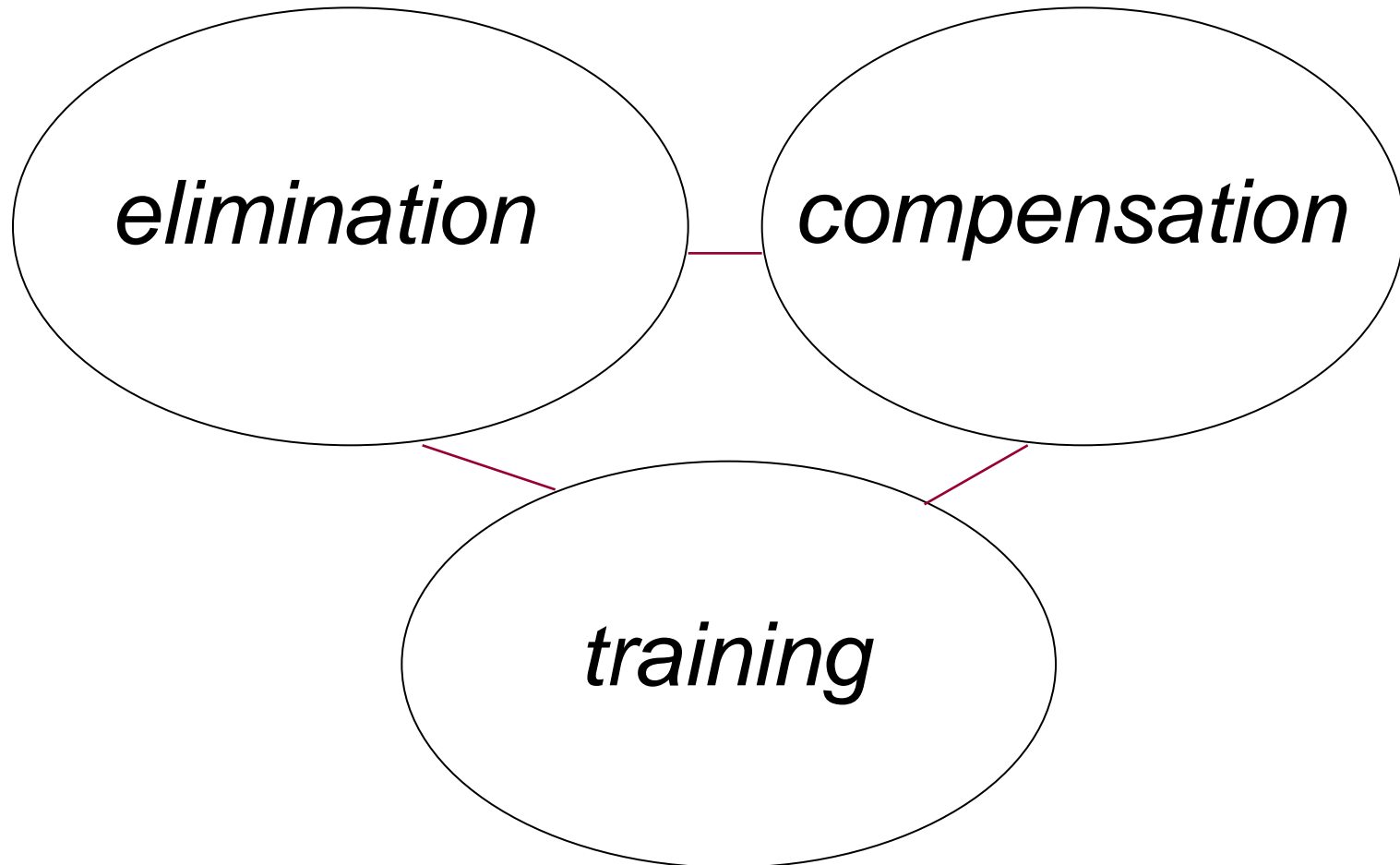
- Three parts
 - the assessments (focusing on the consequences of PPS)
 - the goals (focusing primarily on activity and participation) and the interventions
 - the continuation following the rehabilitation period (how to maintain achievements)

Rehabilitation plan – ICF



WHO International Classification of Functioning, Disability and Health (ICF)

Variety of interventions



Evaluation and outcome measures

- Generic outcome measures
- Disease specific outcome measures
- All aspects of ICF
- Evaluate:
 - Given interventions and improvements
 - Goal assessment and goal attainment

Qualitative research interviews

- 12 men and women (40 to 73 years of age)
- Had participated in an individualized, goal-oriented, comprehensive interdisciplinary rehabilitation programme
- Interviewed 9-18 months after discharge

Larsson Lund & Lexell. A positive turning point in life – How persons with late effects of polio experience the influence of an interdisciplinary rehabilitation programme. J Rehab Med, 2010; 42: 559–565.

Interdisciplinary rehabilitation...

- Followed the structure of an interdisciplinary rehabilitation programme:
 - Comprehensive assessment...
 - Reduction of self-perceived disability...
 - Education and self-management...
 - Writing their own rehabilitation plan...
 - The ICF-based rehabilitation plan focuses on goals related to 'activity' and 'participation'...
 - Long-term follow-up...

Qualitative research interviews

- Broad questions that covered the participants' experiences of living with PPS from the time before the rehabilitation programme, their expectations of the future and their experiences of the influence of the programme

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Qualitative research interviews

- Analysed with the constant comparative method of grounded theory
- Enables researchers to inductively uncover patterns of actions and processes present in the participants' experiences

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”A positive turning point in life”

The rehabilitation programme was a positive turning-point in life

Before rehabilitation

Being in a downward slope without control

- Not being the one I used to be
- Being unsure about the future
- Being afflicted with polio a second time

During rehabilitation

Being supported in a process of change in a positive direction

- Learning about late effects of polio and how to manage the difficulties
- Reflecting on the self
- Encountering others with late effects of polio provide awareness and hope
- Writing a rehabilitation plan contribute to increased awareness

After rehabilitation

Struggling with the process of change to master daily life

- Taking responsibility for the rehabilitation plan
- Struggling to establish new habits
- Struggling to redefine the self

At the time of the interview

Passing through the process of change to a different but good life

- Having a sense of control how to manage late effects of polio
- Having established new habits
- Accepting a life with late effects of polio
- Taking on a changed valued self
- Looking at the future with confidence

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Experiences of rehabilitation...

Persons with PPS can benefit from an individualized, goal-oriented, comprehensive interdisciplinary rehabilitation programme and experience positive changes in their management of daily activities and in their view of their late effects of polio, their future and their self

Interdisciplinary teamwork

- The cornerstone of all individualized, rehabilitation programmes
- Can support people with PPS to go through a process of change leading to a better life
- Good teams require time to work together!