

# Raising awareness and knowledge of the neurobehavioural approach to rehabilitation using “rehab mantras”: A follow-up evaluation

Sara D S Ramos, Jan McIntosh-Brown, Natalia Masztalerz & Rudi Coetzer

[sara.dasilvaramos@thedtgroup.org](mailto:sara.dasilvaramos@thedtgroup.org)



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## Background and objectives

### A three-part problem:

#### 1 Neurobehavioural rehabilitation

A complex clinical approach... (Wood & Worthington, 2001; Coetzer & Ramos, 2022)



#### 2 The gap between research and practice

17-years!... (Davis et al., 2003; Morris et al., 2011)



#### 3 Promoting change in dynamic environments

As challenging as solving a murder mystery... (Michie et al., 2011)

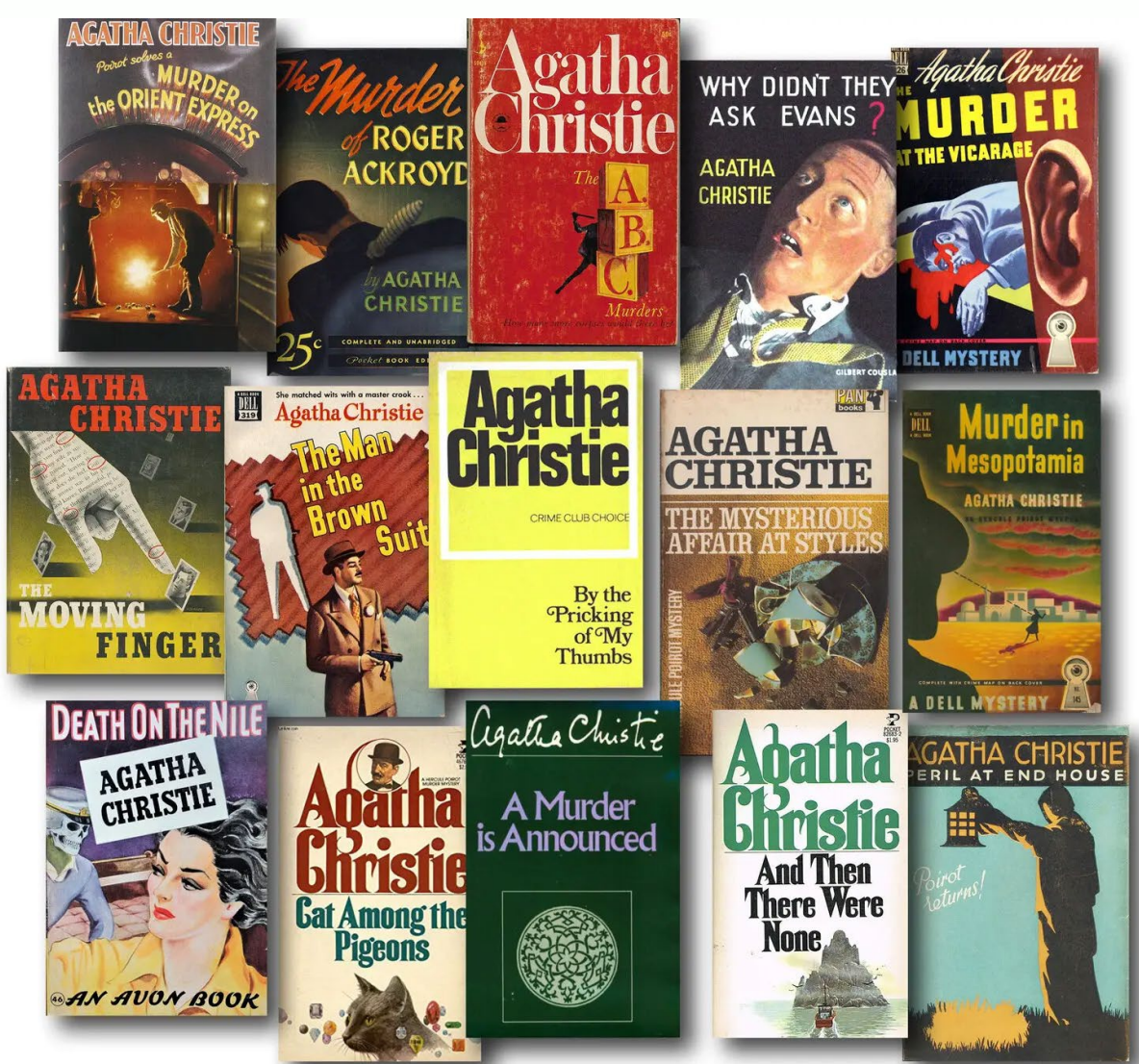


Image source: [www.nytimes.com/2020/10/25/books/best-agatha-christie-books-murder-mystery.html](http://www.nytimes.com/2020/10/25/books/best-agatha-christie-books-murder-mystery.html)

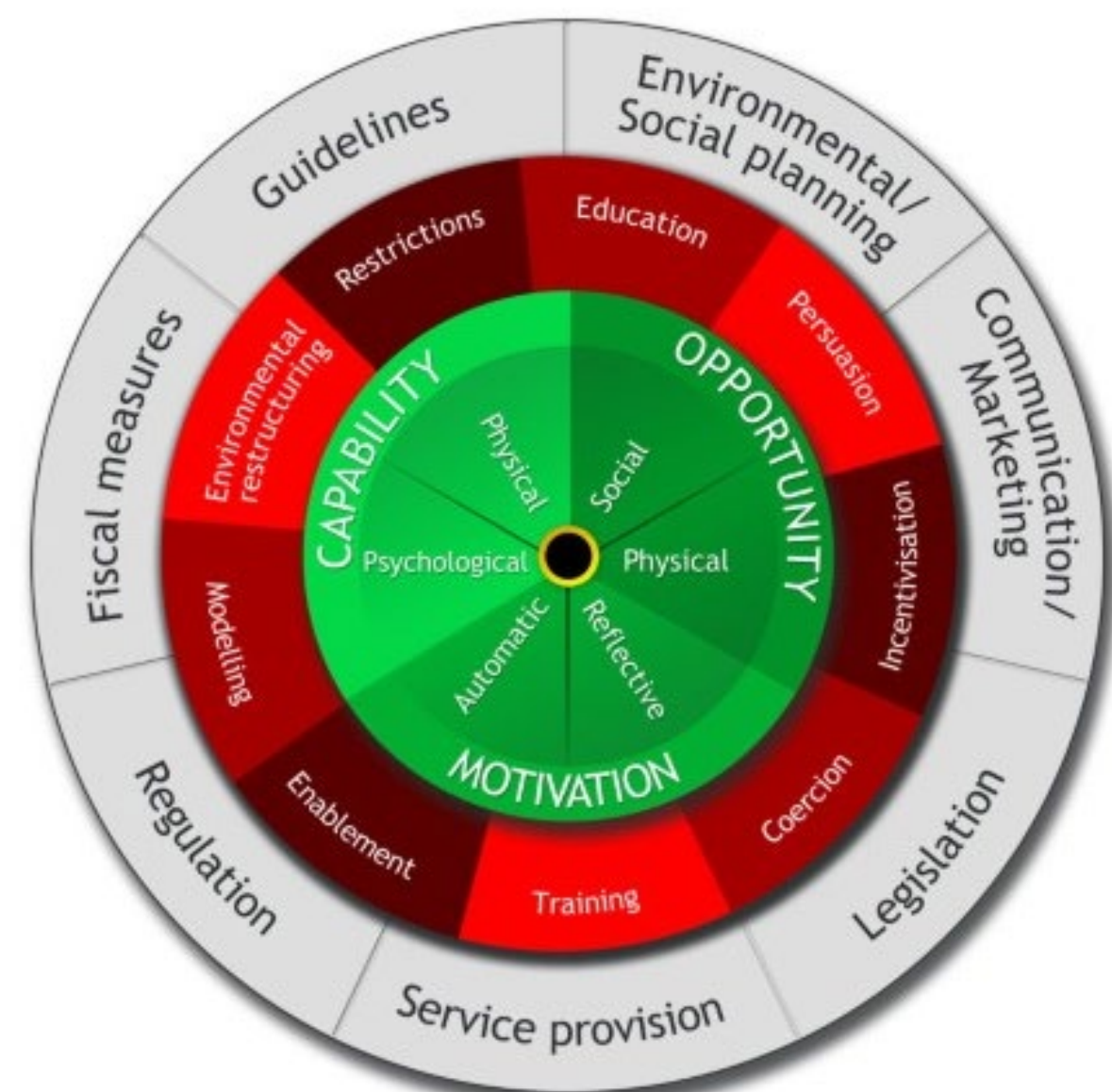


Image source: Michie et al (2011)

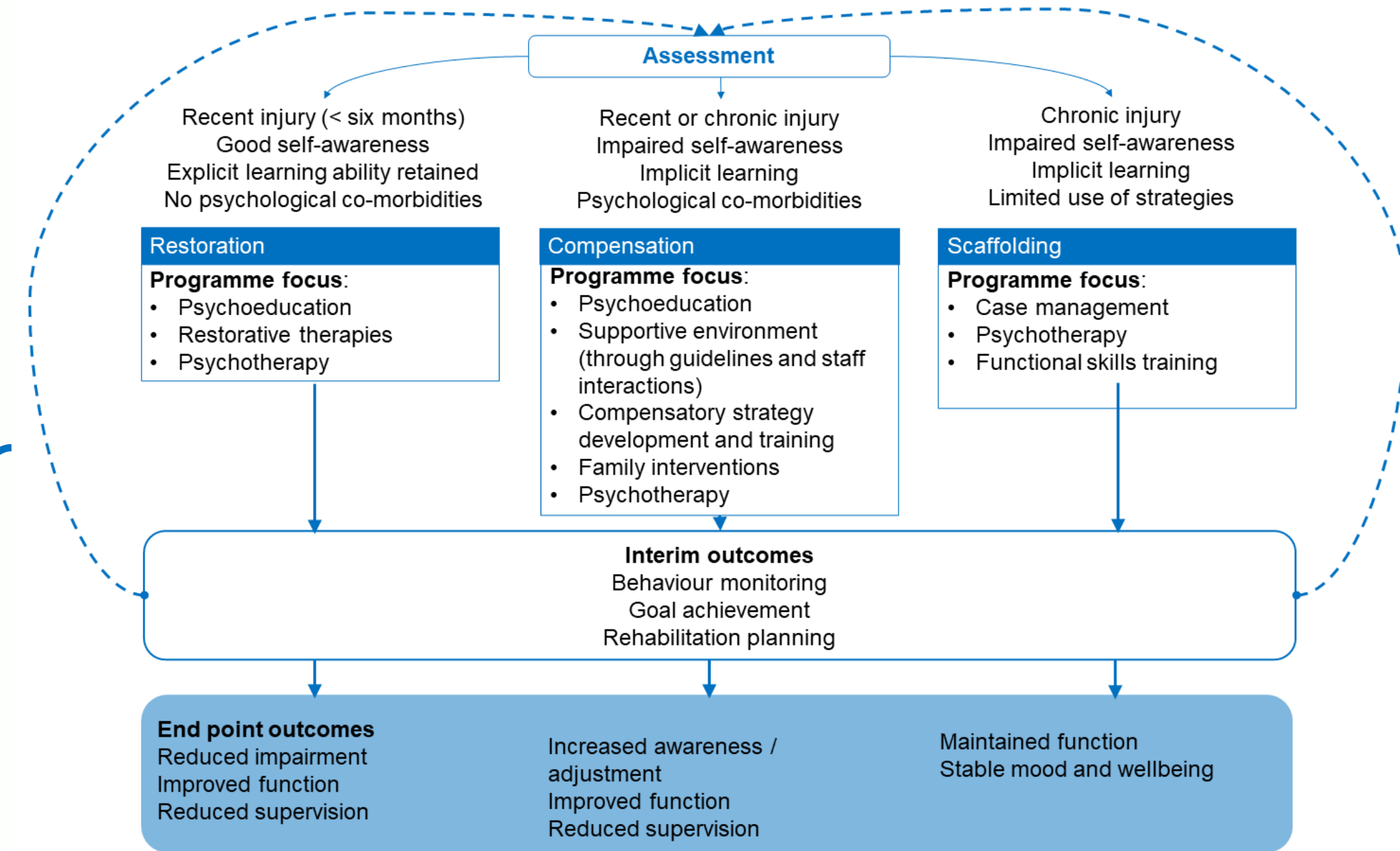


Image source: Coetzer & Ramos (2022)

## Questions:

- Can we describe a complex model in simple messages?...
- ... And can that influence practice?



Image source: freepik.com

## Method

N = 63

### Knowledge Quiz

#### Participants

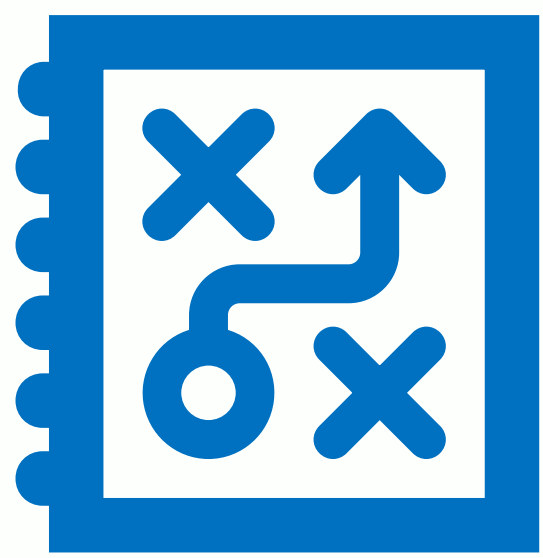
- 38 staff + 25 members of the public

#### Materials

- Forced choice questionnaire
- Why do you think we say “Every interaction is rehab?”

#### Measures

- Response accuracy (% correct)
- Total quiz score (% correct)
- Favourite mantra (% selected)



N = 10

### Interviews

#### Participants

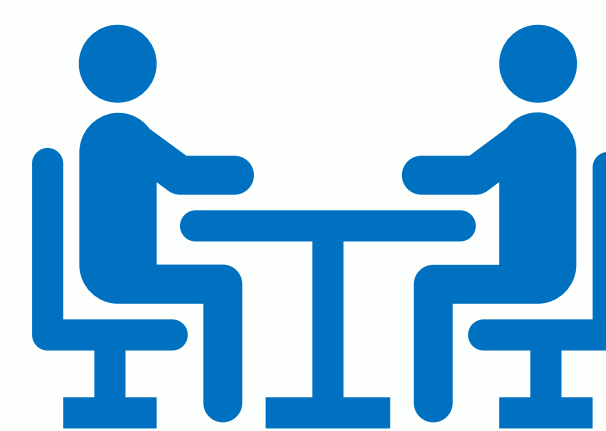
- 10 staff selected at random from mailing list

#### Materials

- 5-minute interview via Microsoft Teams
  - What can you tell me about the rehab mantras?
  - Did they help you understand how we do rehab?
  - Were they useful in your practice?

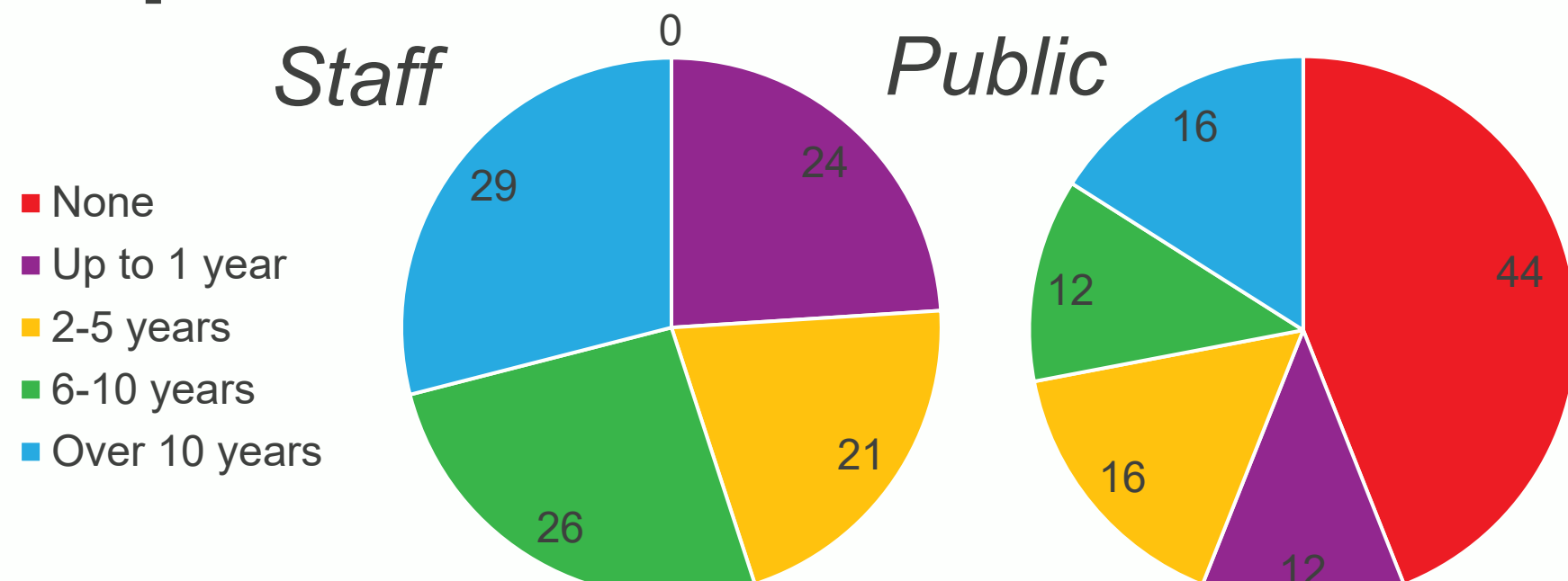
#### Measures

- Thematic analysis (traditional + ChatGPT)

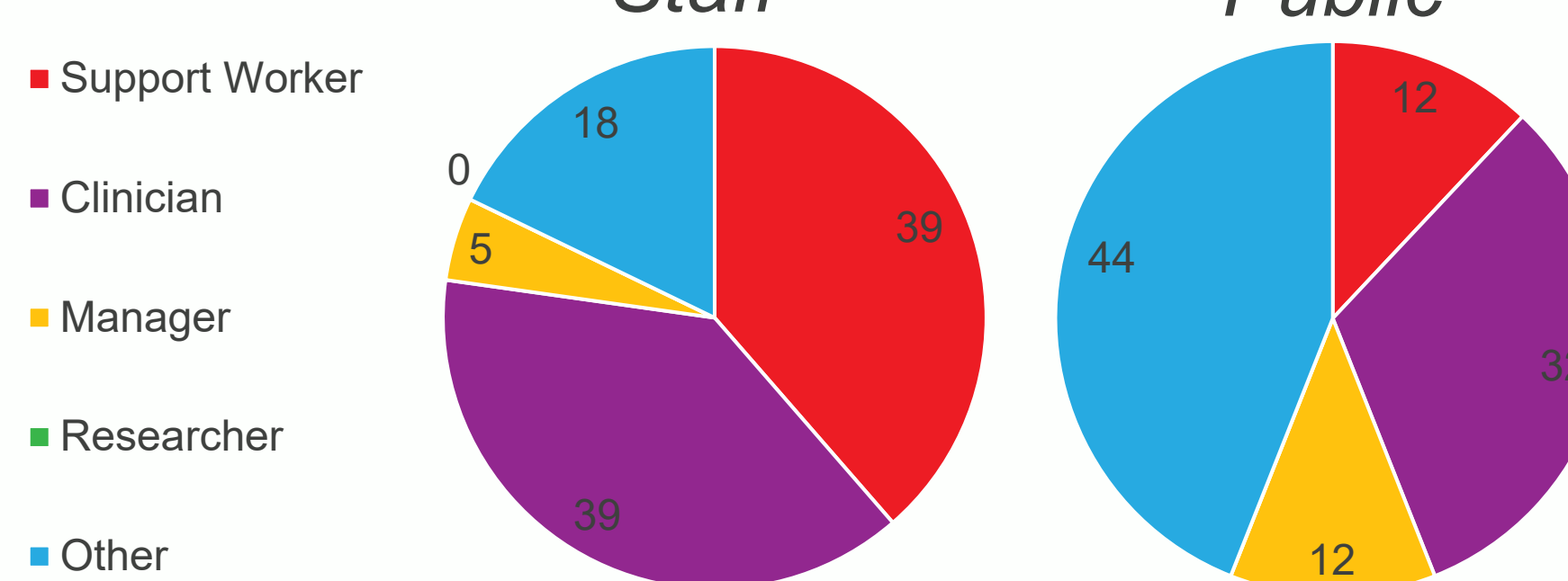


## Results

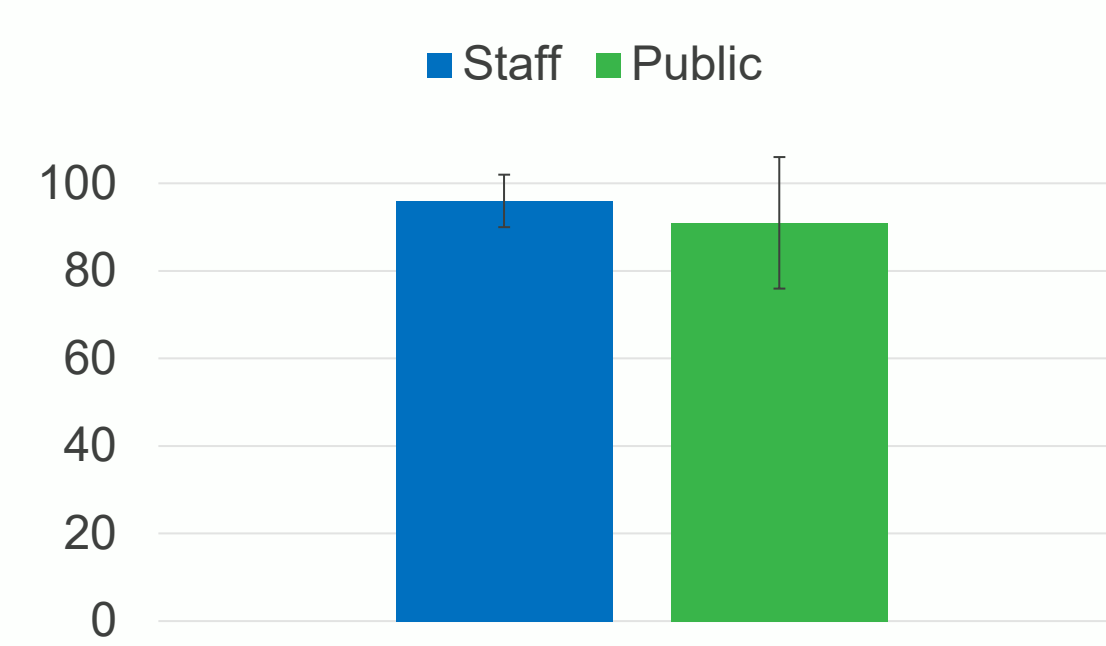
### Experience in ABI rehabilitation



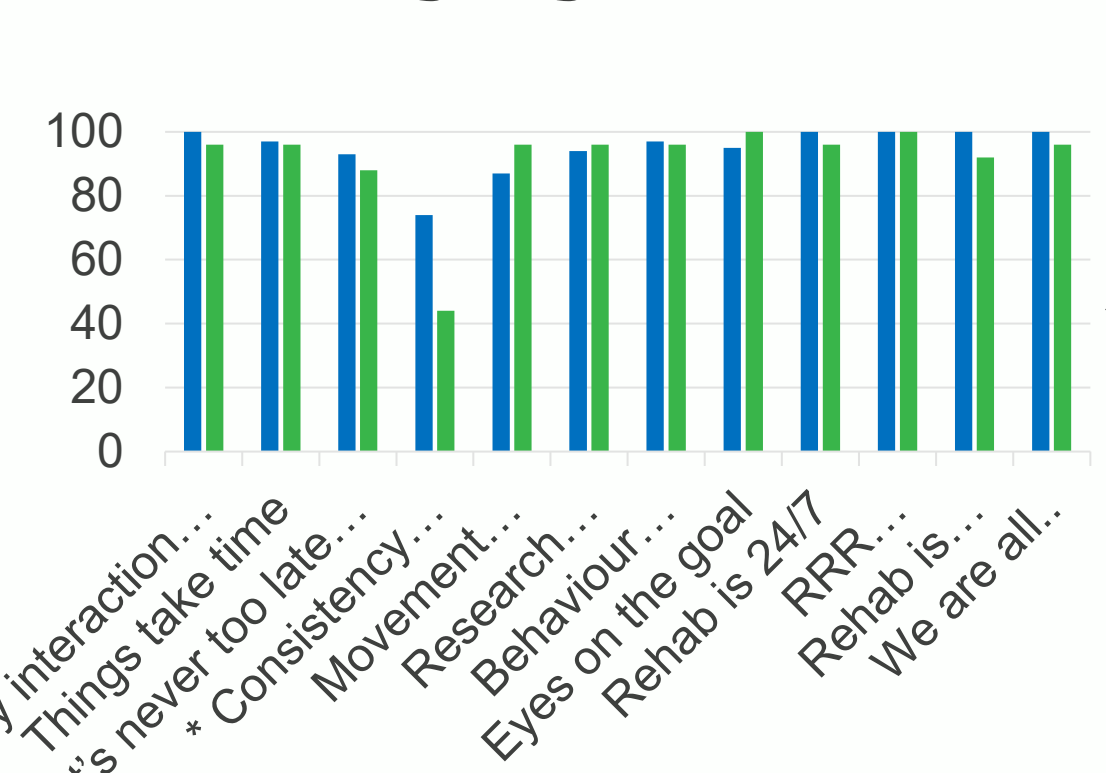
### Job role



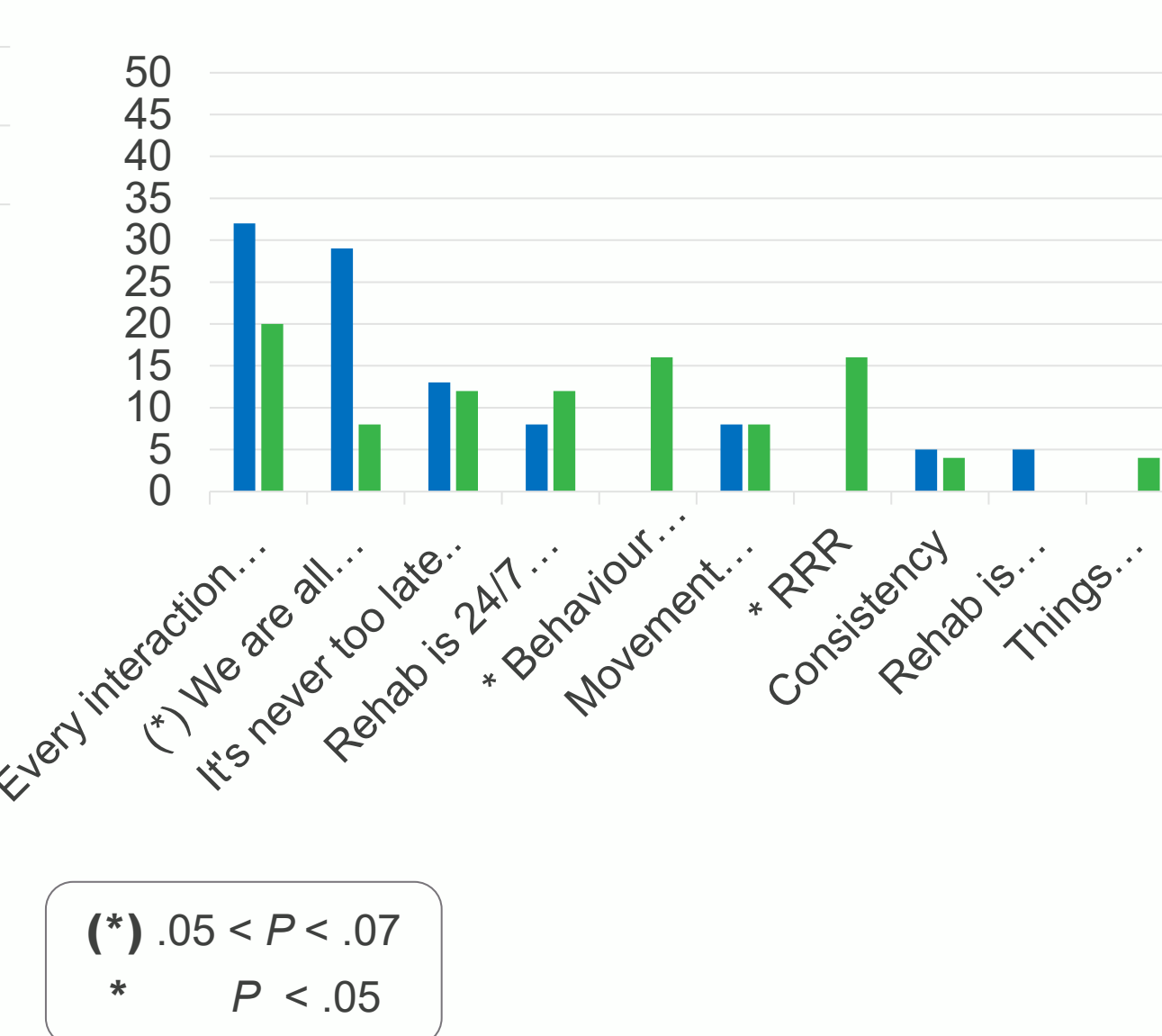
### Total Quiz Score



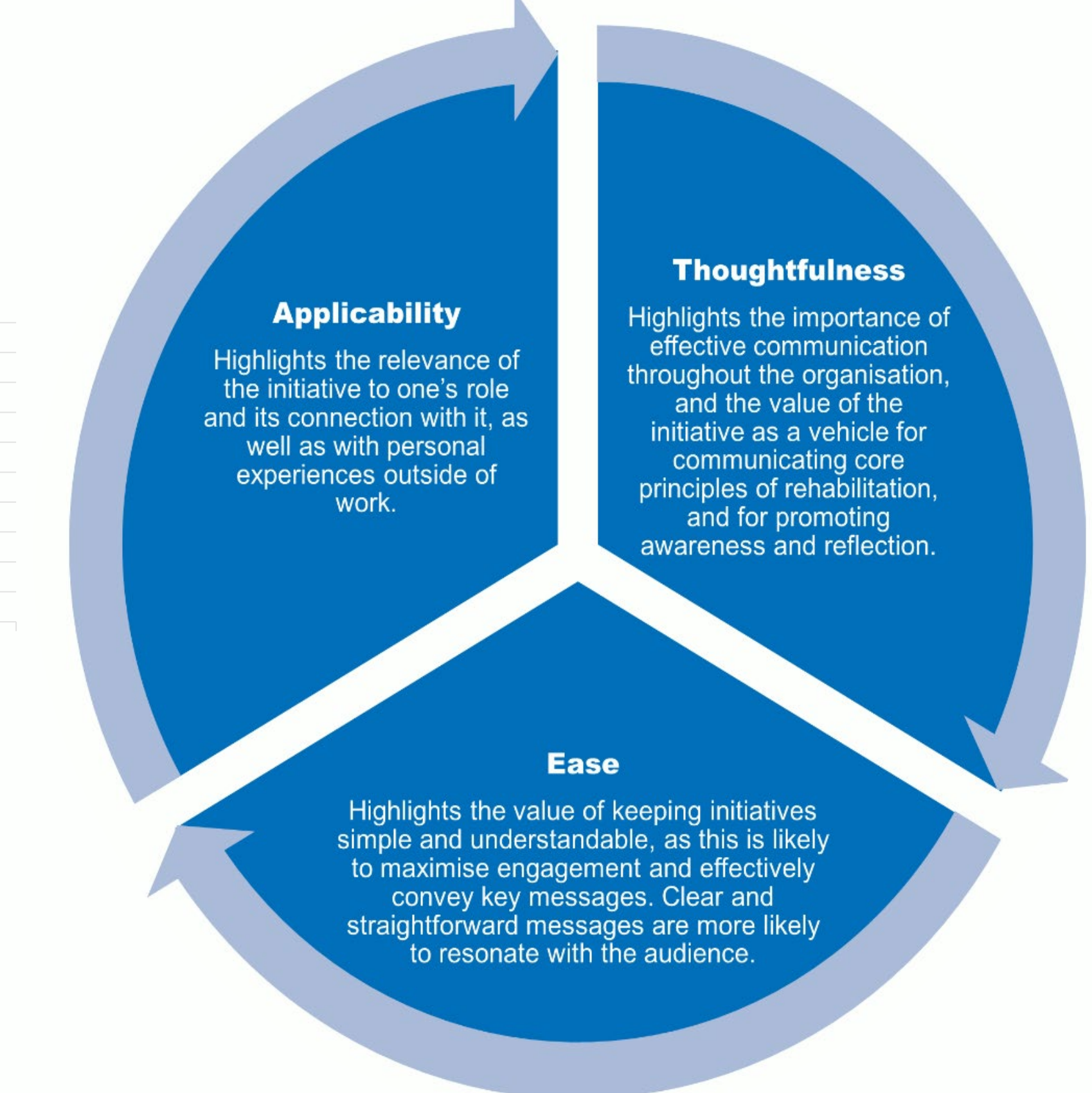
### Accuracy by Mantra



### Favourite Mantra



### Themes



## Conclusions

- Limited differences between staff and the public:
  - Consistency leads to success (not explained by experience, or role)
  - “Team spirit” mantra preferred by staff | Mantras grounded on positive behaviour support and developmental psychology preferred by the public.
- Themes validate value of describing complexity in simple messages, but limited impact on practice to date.

## References

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## Limitations and future directions

- Quiz questions may have been too easy, leading to limited sensitivity to detect an impact.
- Room for improvement in terms of increasing visibility and applicability within the organisation.
- Limited change in day-to-day practice, but some improvements on aspects of Capability, Opportunity and Motivation (Miche et al., 2011).

## Acknowledgements

We would like to thank everyone involved in the Rehab Mantras initiative in any capacity.

