

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.dasilvamos@brainkind.org

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... (Miche et al., 2011)

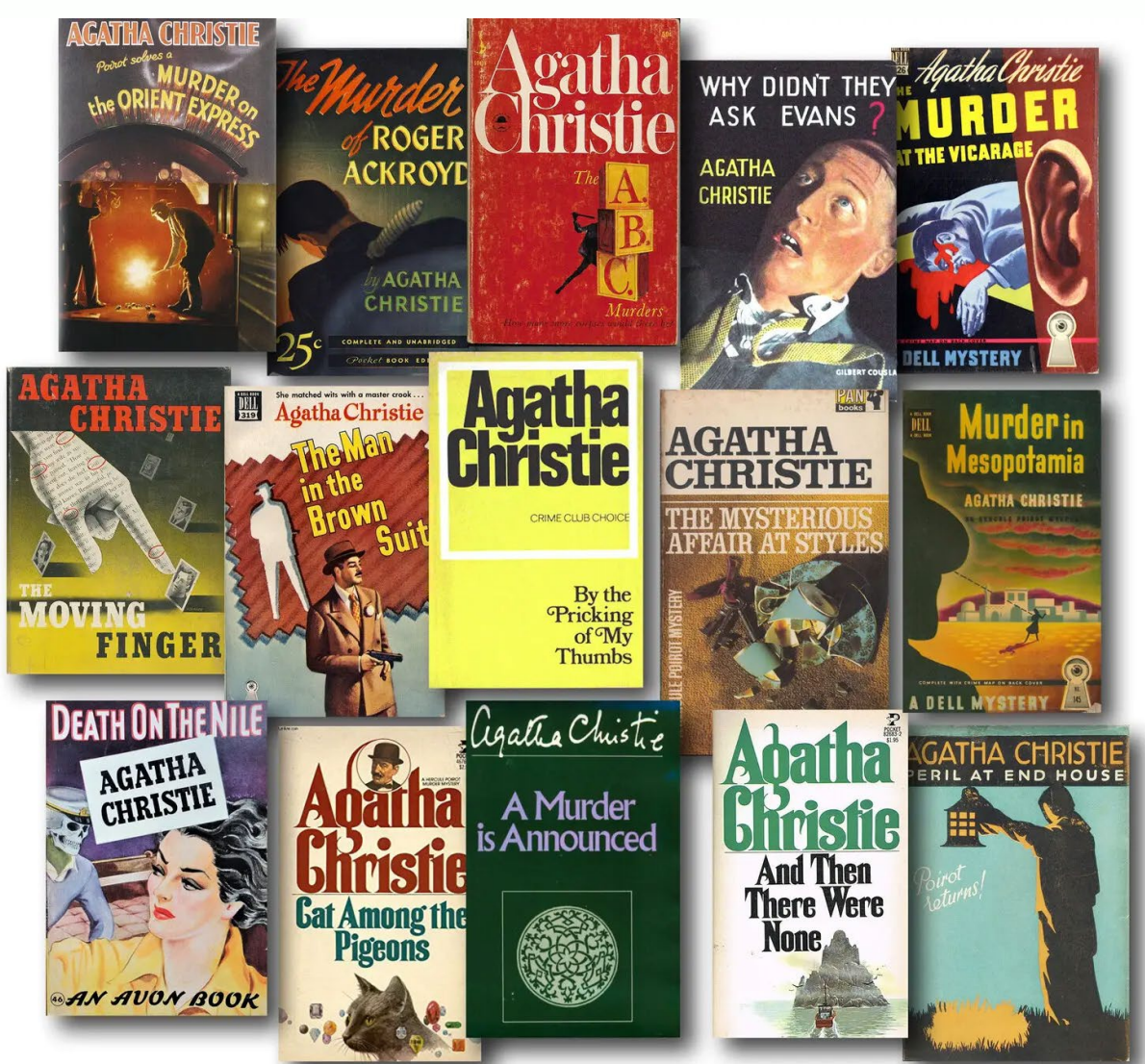


Image source: www.nytimes.com/2020/10/25/books/best-agatha-christie-books-murder-mystery.html

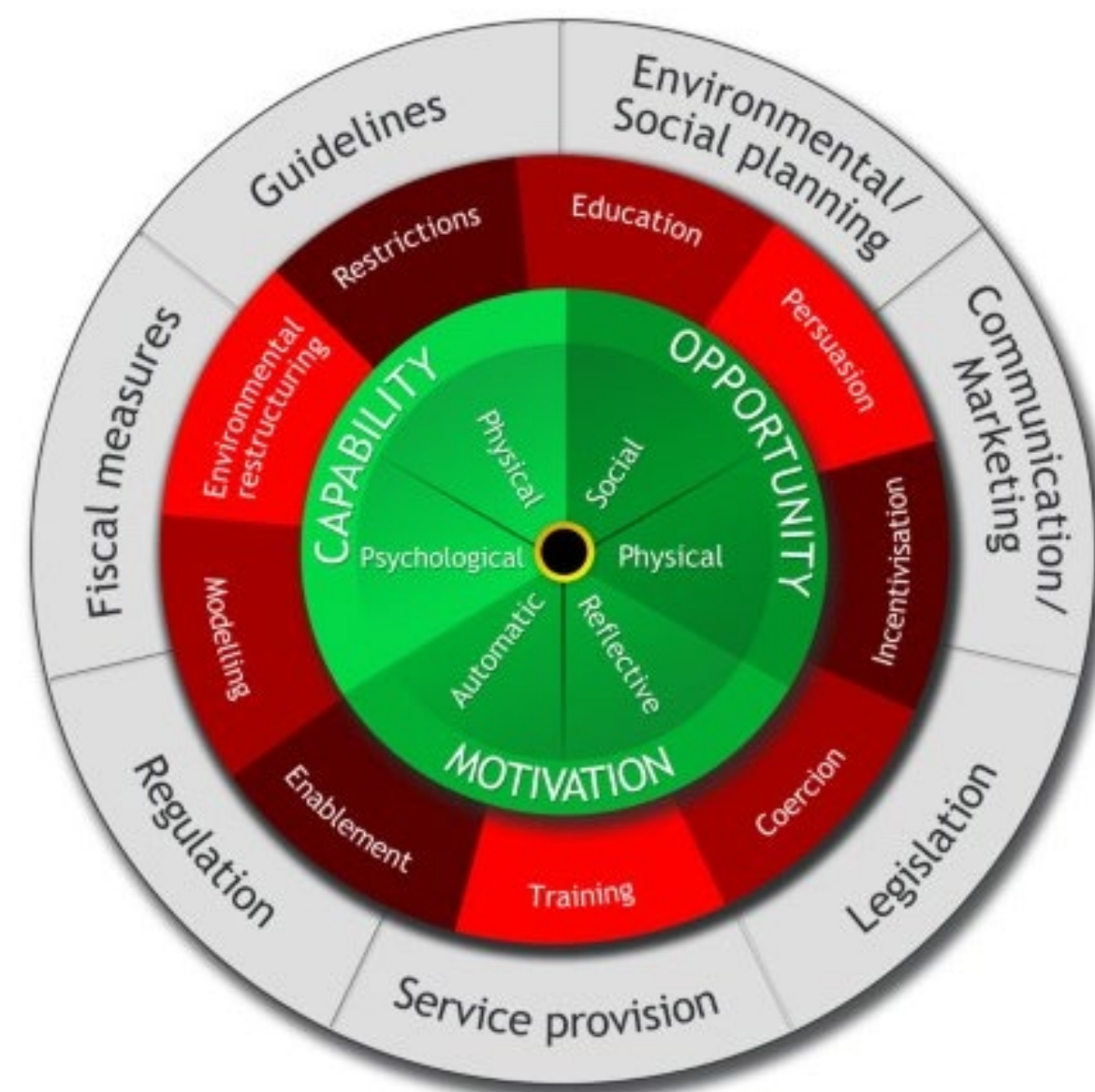


Image source: Michie et al (2011)

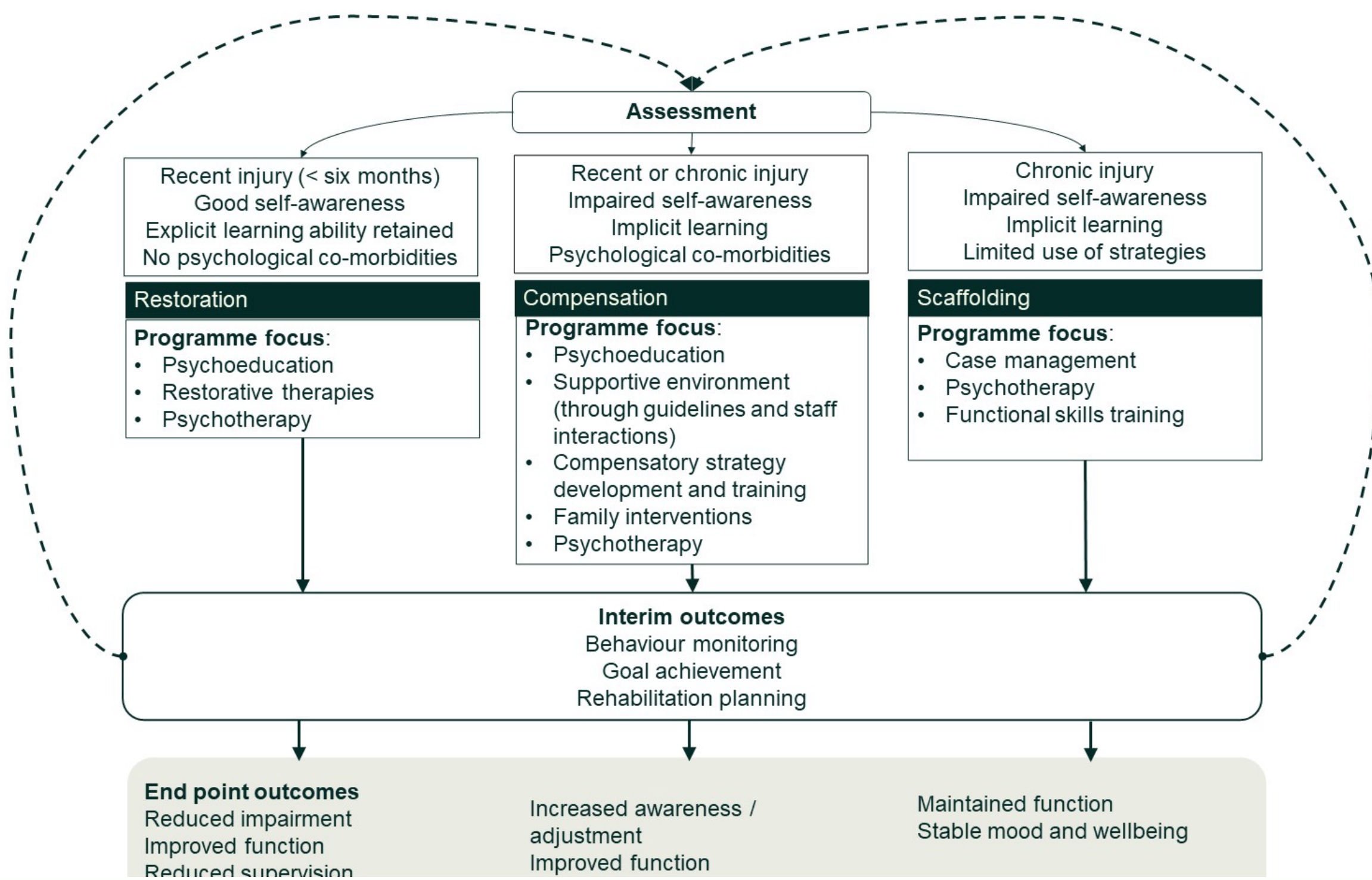


Image source: Coetzer & Ramos (2022)

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

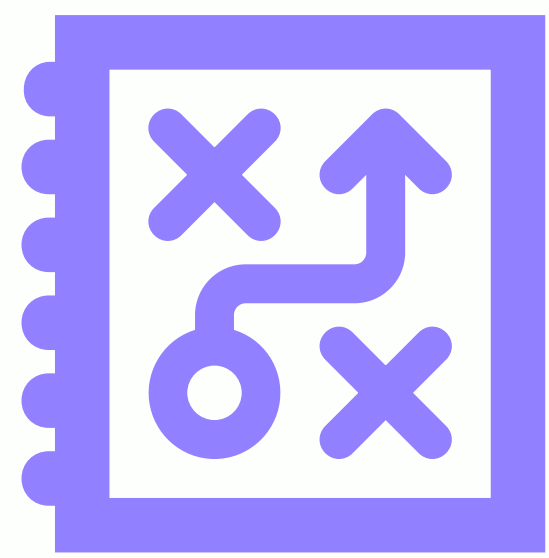
- 38 staff + 25 members of the public

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

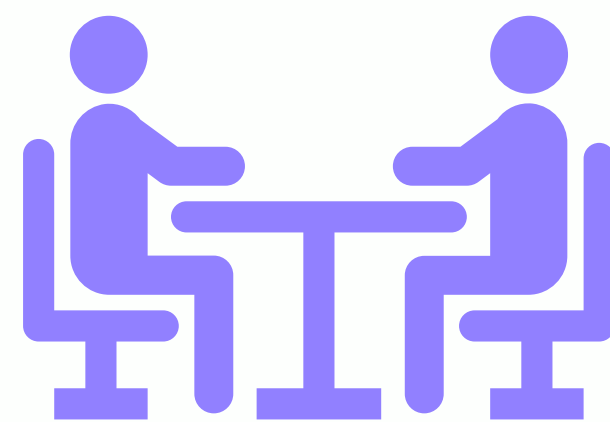
- 10 staff selected at random from mailing list

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

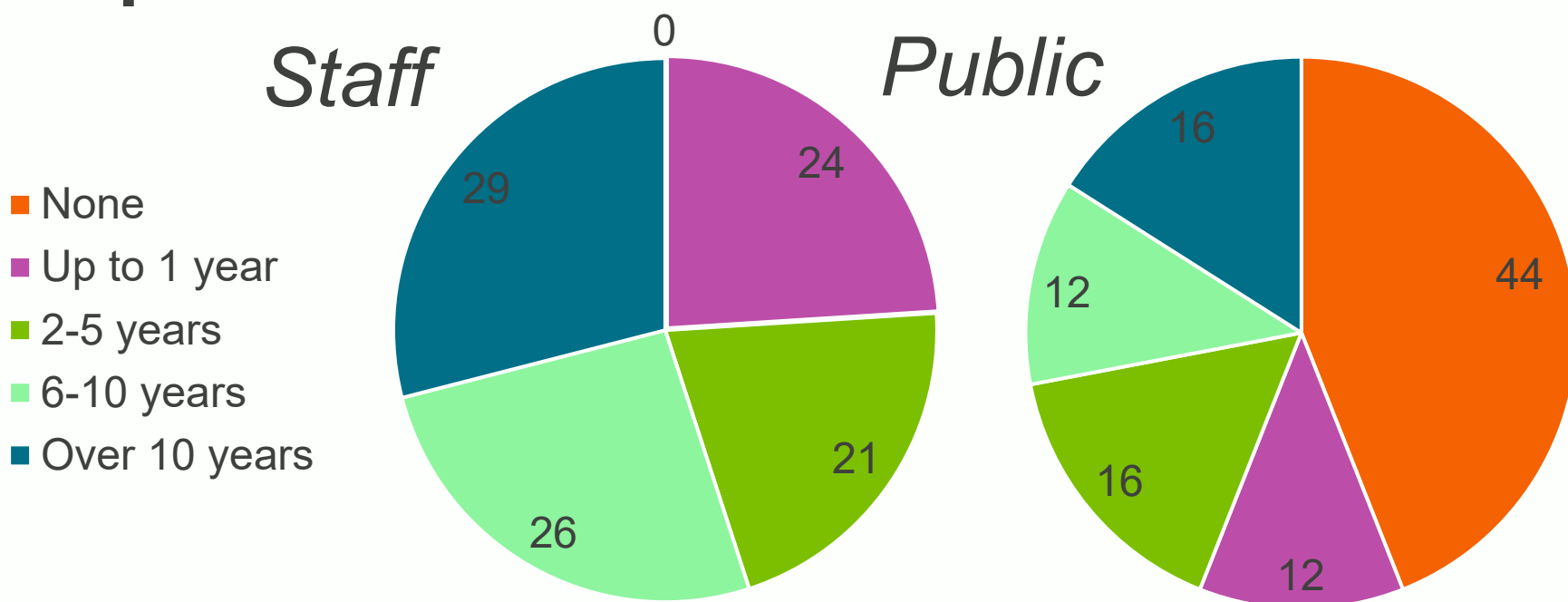
- Thematic analysis (traditional + ChatGPT)



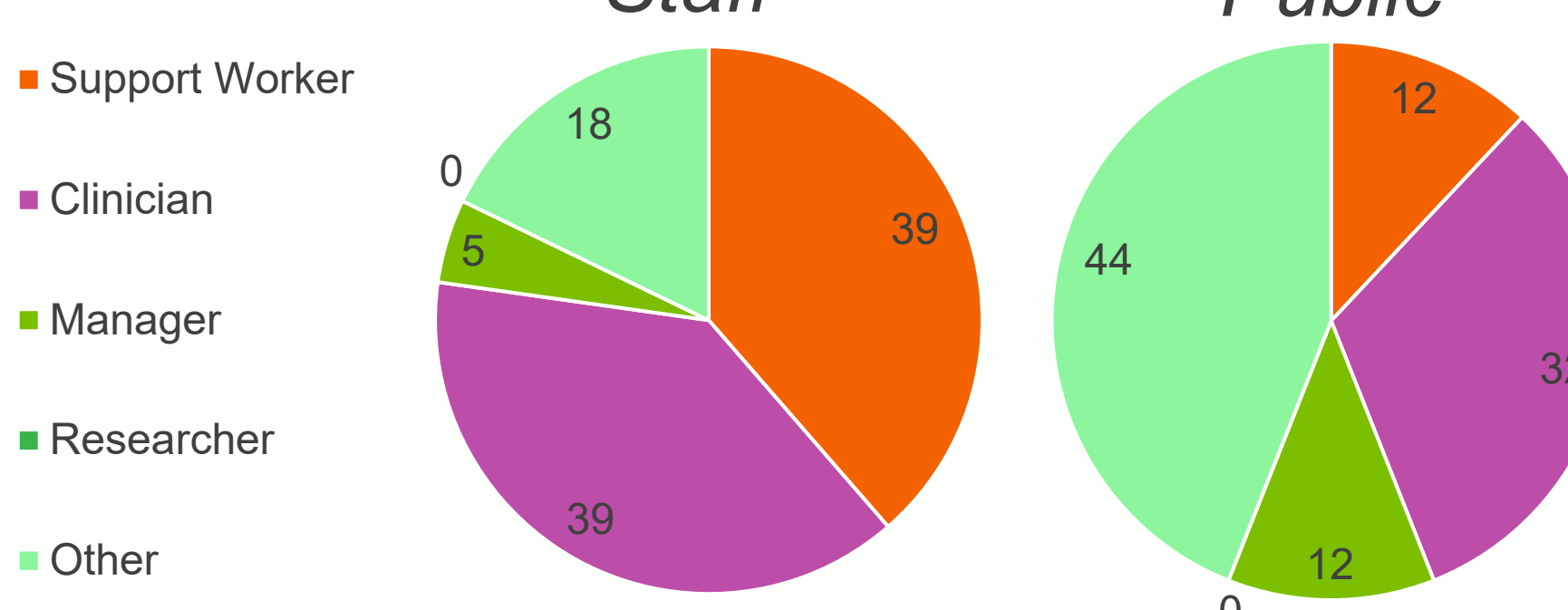
+

Results

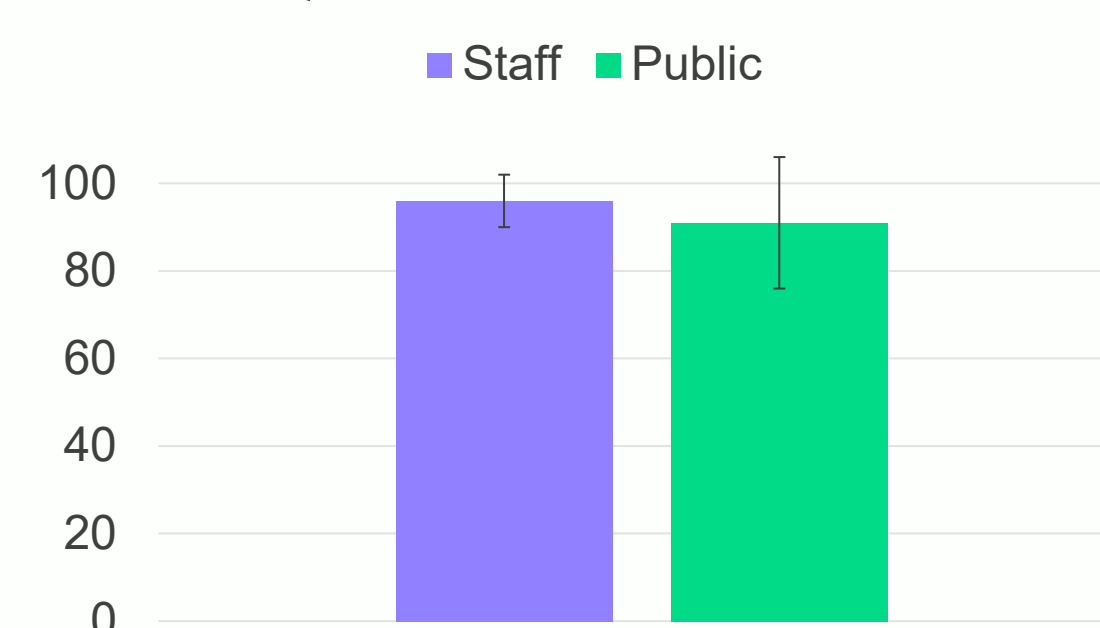
Experience in ABI rehabilitation



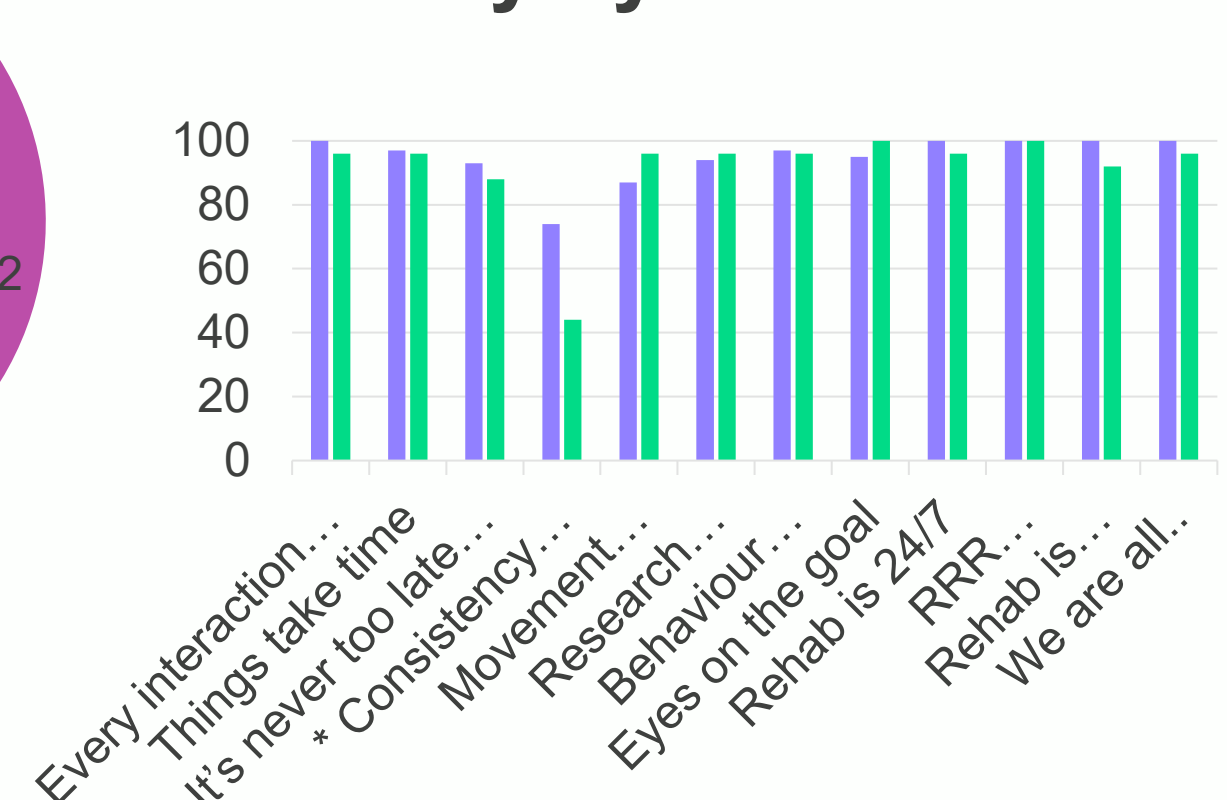
Job role



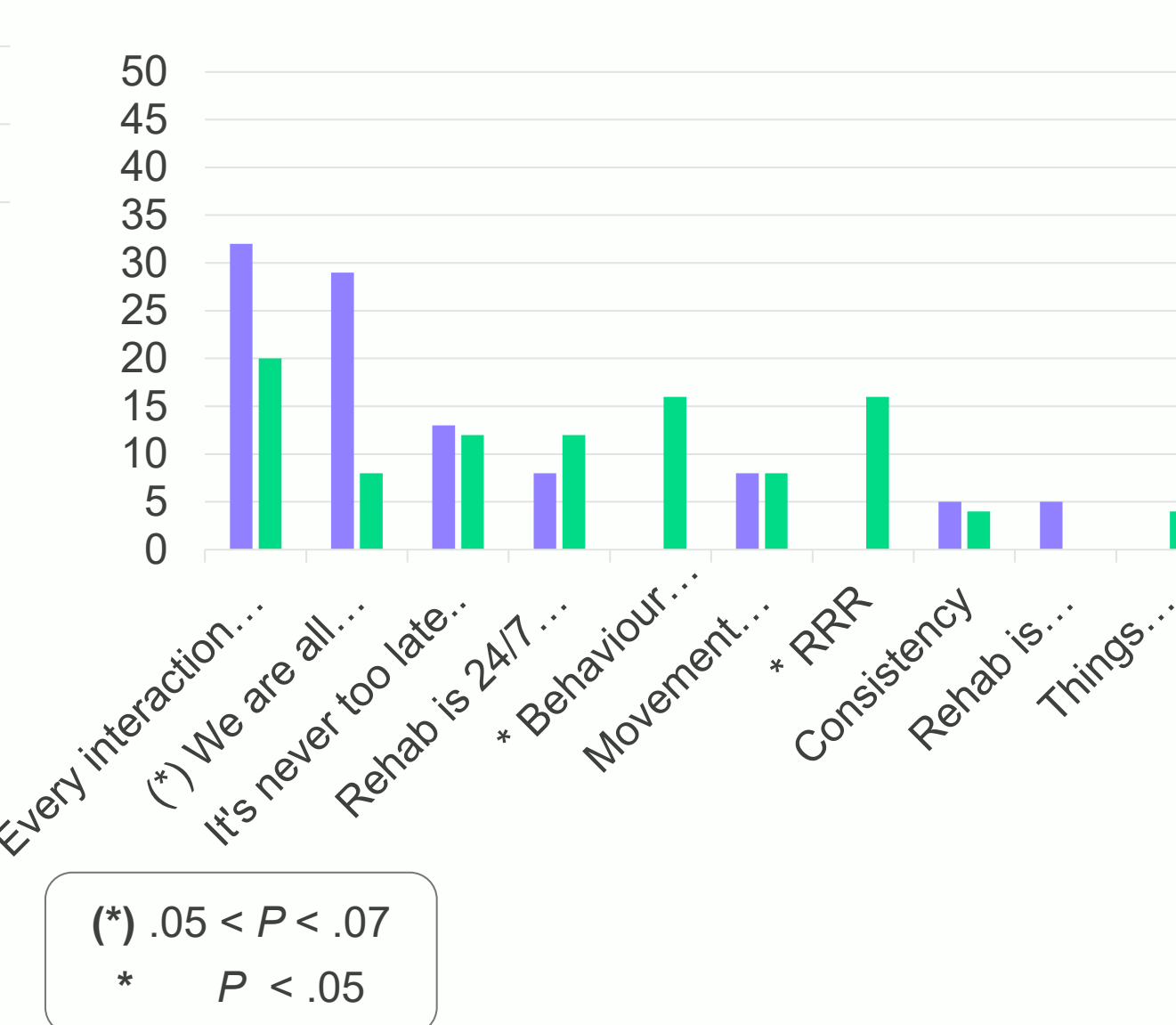
Total Quiz Score



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

- Coetzer, & Ramos (2022). A neurobehavioral therapy approach to the rehabilitation and support of persons with brain injury: Practice-based evidence from a UK charitable rehabilitation provider. *Frontiers in Rehabilitation Sciences*, 3, 150.
- Davis, et al. (2003). The case for knowledge translation: shortening the journey from evidence to effect. *BMJ*, 327(7405), 33-35.
- Michie, et al. (2011). The behaviour change wheel: a new method for characterising and designing behaviour change interventions. *Implementation Science*, 6(1), 1-12.
- Morris, Z. S., Wooding, S., & Grant, J. (2011). The answer is 17 years, what is the question: understanding time lags in translational research. *Journal of the Royal Society of Medicine*, 104(12), 510-520.
- Wood & Worthington (2001) Neurobehavioural rehabilitation: a conceptual paradigm. In R. LI. Wood & T. M. McMillan (Eds.) *Neurobehavioural Disability and Social Handicap Following Traumatic Brain Injury*. Hove: Psychology Press.

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.