UKSF abstract: The ReTrain trial: Evaluating intervention fidelity via video analysis of the independently getting up off the floor (IGO) technique

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Introduction: ReTrain is a pilot randomised controlled trial of a community-based physical rehabilitation programme for stroke survivors, based on the Action for Rehabilitation from Neurological Injury (ARNI) approach (http://arni.uk.com/). The focus on functional mobility includes teaching IGO, a technique designed to compensate for hemiparesis, allowing stroke survivors to get up off the floor independently of others, furniture or aids. We examined the supervised execution of IGO to understand whether trainers taught IGO with fidelity to the ReTrain manual, whether participants were adhering to trainer guidance, and to what extent the technique could be safely altered.

Methods: Videos of seventeen participants performing IGO at early, middle and late stages of the programme were compared to the manualised IGO technique. A visual qualitative analysis was used by two raters.

Results: The majority of participants (n=11/17; 64%) achieved independent safe practice of IGO; there was low incidence of risk of injury (6.8%) observed, and raters agreed that the IGO standard technique was being used. Deviations from the standard technique were made to accommodate for non-stroke related co-morbidities.

Conclusion: IGO can be successfully and safely practiced by stroke survivors including those with hemiparesis. Trainers should be aware of co-morbidities that may impede completion of IGO and be prepared to modify teaching to accommodate individual need. Findings from this small scale pilot will be used to further define the ReTrain manual and inform funding applications for a future definitive trial.