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Prevention strategies through multiple methods and engaging everyday activities

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[Health in Everyday Life among people with neurological Disorders \(HELD\) – Susanne Guidetti's research group | Karolinska Institutet](#)



Am K, Guidetti S. Experiences of using mobile phones in everyday
ns with stroke and their families in Uganda – a qualitative study. *Disabil Rehabil* 2016;39(5):438-449



**A technological
landscape in
change**

The complicated
technology is not
always the best
solution

Digital technology
with preventive and
rehabilitative
interventions

Developed also
together with the
persons, relatives,
personnel in regional
and municipal care
and social care.





Realistic goal setting

**Use the potential of
engaging occupations**

**Reducing risk
and incorporating
healthy lifestyle
habits**

**Health literacy, group
dynamics, and mobile
technology**

**Routines and activity
patterns**

'Make my day' – an occupation-focused, digital stroke prevention programme

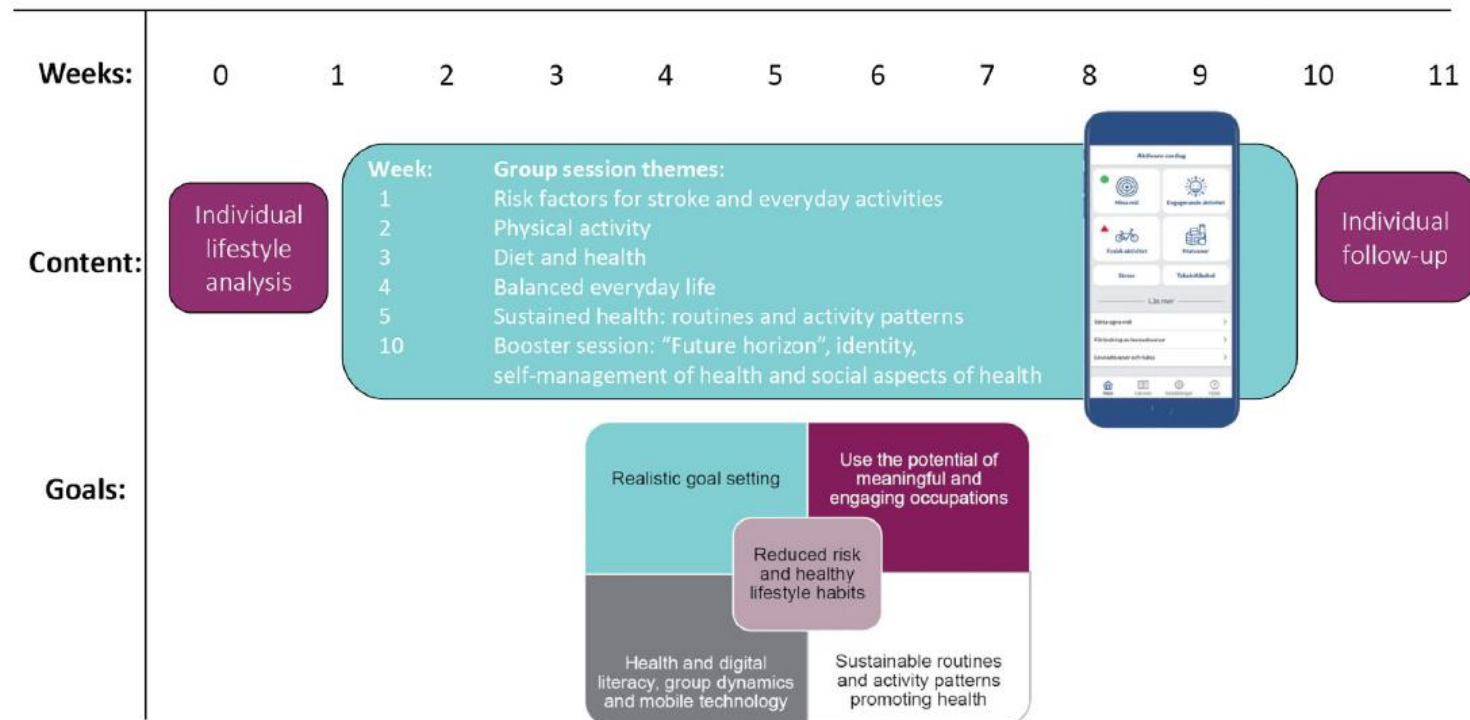


Figure 1. Flowchart of the occupation-focussed, digital stroke prevention programme 'Make my day'.

F@ce 2.0 –A mobile phone–supported and family/ person–centred rehabilitation after stroke



Online preparation workshops (SW)



IRL (UG)

Principles of the F@ce intervention:

8 –week intervention **aiming** to increase functioning in daily activities for persons living with the consequences of stroke, and participation in everyday life for persons with stroke and their family members.

- a problem-solving strategy (Target-Plan-Perform-Prove)
- COPM is used to formulate three targets (goals) in daily activities
- each activity will be practiced together with the OT and family members
- different strategies will be used, as finding new ways to performance, modifying the environmental demands.
- family members will be informed about target activities and the planned strategies for reaching the targets.



The use of the mobile phone in the implementation of F@ce



The participants practice the target activities in their home environment supported by mobile phone calls and SMS.

- SMS containing the three targets daily, in the morning.
- Morning message reminds the participants to perform the activities
- Evening- with or without support from a family member, rate on a five-point rating scale their own performance of the three target activities.

F@ce – intervention

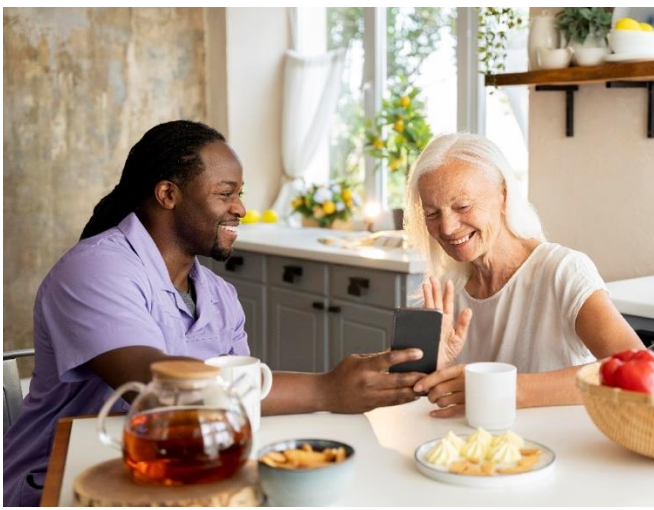


My goals

1. Order food online
2. Walk in the park 50 m
3. Prepare pancakes

How did it go today?

1. To order food online?
- Answering by grading 1-5



Experiences of stroke survivors

Setting personally relevant goals requires a trusting relationship

SMSs as a tool for person-centred rehabilitation

Collaboration with the team is essential for resuming daily activities

A trust built on listening and understanding

The interplay needed to set relevant goals

The potential for support in using a mobile phone

The need for support in using a mobile phone

Creating strategies for resuming everyday life

The need of having the team present in the home

The challenge of continuing to resume daily activities on your own



Setting personally relevant goals requires a trusting relationship

"she has managed to motivate me and helped me....(.) Positive feedback and positive vibrations that have made me feel that training has been fun" (male, 48)



SMSs as a tool

"But if I hadn't had the text messages, I wouldn't have done it to the same extent as I did. Now I have sort of fallen back a bit." (male, 48)

"well this is a form of contact that comes at least, that they show me that they are out there somewhere" (female, 77).



Collaboration with the team is essential for resuming daily activities

"Eh when you have them here you get things done (.) to do the training and develop it and (.) You always want to impress the teacher" (male 78).



Experiences of family members



A change in roles affecting activities and relationships

New roles leading to a change in activity

F@ce as a support for resuming activities

The importance of receiving and giving support in a time of distress

Being the one in need of support

Giving support as a natural part of the relationship

Involvement sparked by information- and communication technology

Engagement through the SMS component

Involvement leading to a wish for future development of the intervention



"...and then she also sort of turned to us children and grandchildren and showed [the ICT part of the intervention] and thinks it's exciting"
Sara, daughter



... thanks to the SMSs this follow-up that happens that is done..." *Christos, son*

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Lessens learnt



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Thanks to the funding agencies to made this happens

- The Swedish Research Council
- The Research School in Health Care science. KI
- The Swedish Stroke Association of Sweden

FORTE:

Swedish Research Council for
Health, Working Life and Welfare