Evidence-based practice for children with Cerebral Palsy (CP)

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BACKGROUND

The demand for evidence-based medicine has been extended to rehabilitation interventions. This has led to a serious attempt to develop national rehabilitation guidelines that are based on evidence and can be used for further benchmarking evaluations.

THEORETICAL FRAMEWORK FOR IMPLEMENTING EVIDENCE INTO PRACTICE

What is already known on the topic? Systematic reviews
What is current practice? Systematic evaluation of national practice

Synthesis: Identification of need for change and further research

Needs of target group
Changes in clinical practice
Implementation of identified new interventions
Development of new methods
Changes in law and regulations

Increased knowledge

Correct persons receive effective interventions at optimal timing, and personal goals are respected
Continuous learning through education and benchmarking
Effective and just rehabilitation process within the country

MAIN RESULTS

• The systematic reviews showed that RCTs are feasible – valid only for short term focused interventions targeted on specific goals.
• The evidence on physio-, occupational and speech therapy interventions is only weak to moderate and of short term effect.
• Large variations in current practice and in the use of outcome measures were identified.
• The goals of rehabilitation were set more often to improve body function than activity identified.
• Valid and reliable outcome measures that are sensitive to measure change were identified by multiprofessional teams from two University Hospitals.
• A study to test the feasibility of the identified outcome measures in clinical practice is currently ongoing.

CONDUCTED IN COOPERATION WITH

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OBJECTIVES

The objective of this multiprofessional and multiorganizational project was
• to identify evidence on effectiveness of various therapeutic interventions for children with CP
• to compare the results with current practice
• to come to a consensus on valid outcome measures.

STEPS THAT HAVE BEEN TAKEN

Systematic reviews
• Are RCTs feasible?
• Systematic overview on reviews on PT and orthoses in children
• Systematic review on PT, OT, ST, NPS in children and adults
• What is the clinical applicability of RCTs and Reviews?

Systematic evaluation of current practice:
• Questionnaires to rehabilitation teams, service providers and families/children and adolescents
• Evaluation of practice with the help of clinical cases, focus group interviews and analysis of rehabilitation plans
• Evaluation of current law on rehabilitation process

Implementation: Multiprofessional cooperation
• Identification and consensus on the core set of valid and reliable outcome measures that are responsive to change
• Benchmarking studies to unify national clinical practice

SUMMARY

A flow of successive projects with common interest has led to a large multiorganizational, multiprofessional and transdisciplinary cooperation and
• improved knowledge on existing evidence, lack of evidence, problems in conducting rehabilitation research and problems in current practice
• critical thinking and common understanding on the ways to proceed
• implementation of evidence-based thinking into basic education, research and practice.

Respect for all parties and common goal to improve the use of existing resources have been the key motivators for participants in this study.

PUBLICATIONS ON THE PROJECT