

‘Getting through and getting on: Practice and feedback for stroke patients’

Date: 20th September

Venue: Royal Free Hospital

COURSE PROGRAMME

Programme:

9.00: Lecture - Structuring practice for patients

10.00: Learning exercise

10.30: Coffee break

11.00: Lecture - Feedback on motor performance

12.00: Attentional focus study and learning exercise

12.30: Fun learning quiz!

1.00 Finish

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COURSE OBJECTIVES

At the end of the course, the participants should be able to:

1. Describe some of the evidence investigating the use of repetitive practice of movements in patients with stroke.
2. Discuss the relative merits of massed or distributed, and whole or part practice in the facilitation of motor learning in patients with stroke.
3. Discuss the relative merits of blocked or random, and constant or varied practice in the facilitation of motor learning in patients with stroke.
4. Demonstrate an understanding of how dyad and group practice can be incorporated into stroke rehabilitation.
5. Describe several procedures to ensure self-monitored practice is completed with accuracy.
6. Distinguish between performance and learning, intrinsic and extrinsic feedback.
7. Discuss options for when to give feedback, including bandwidth, summary and delayed feedback.
8. Select appropriate feedback for different stages of skill acquisition.
9. List the advantages of using feedback with an internal or an external focus.
10. Consider allowing the learner to decide when feedback is given.
11. Apply the above information to a case study of a patient with stroke.

The following papers are useful pre-reading for the course:

McNevin N., Wulf G., Carlson C. 2000. Effects of attentional focus, self-control, and dyad training on motor learning: implications for physical rehabilitation. *Physical Therapy*, 80, 4, 373-385.

Hanlon R. E., 1996. Motor learning following unilateral stroke. *Archives of Physical Medicine and Rehabilitation*, 77, 811-815.

Talvitie U. 2000. Socio-affective characteristics and properties of extrinsic feedback in physiotherapy. *Physiotherapy Research International*, 5 (3), 173-188

Cirstea MC, Levin M. Improvement of arm movement patterns and endpoint control depends on type of feedback during practice in stroke survivors. *Neurorehabilitation and Neural Repair*. 2007;21(5):398-411.