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Leslie Yap

University of St. Augustine for Health Sciences, l.yap@usa.edu

Monica Watford

University of St. Augustine for Health Sciences, mwatford@usa.edu

Lisa Griggs-Stapleton

University of St. Augustine for Health Sciences, lstapleton@usa.edu

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Brain Injury Clubhouse Model and Perceived Impact on Occupational Performance

Leslie Yap, OTS; Lisa Griggs-Stapleton, PhD, OTR; Monica Watford, PhD, OTR

BACKGROUND

It is estimated that each year 69 million individuals suffer a TBI worldwide (Dewan et al., 2019). Insurance coverage is a major factor in determining the rehabilitation services an individual receives (Zarshenas et al., 2019). The brain injury Clubhouse model works to bridge the gap between medical rehabilitation and the return to life and community-based occupations (Brain Injury Network of Dallas [BIND], n.d.).

PROBLEM

There is a gap in qualitative literature relating to the brain injury Clubhouse model and the impacts on occupational performance.

PURPOSE

To understand, from the perspective of TBI survivors, how participation at a brain injury Clubhouse impacts their ability to engage in meaningful, daily occupations

Project Objectives:

- Observe and participate in Clubhouse programming
- Recruit study participants and conduct semi-structured interviews
- Transcribe & analyze data
- Present study findings to site

METHODS

Qualitative Research Design

IRB approval obtained 1/19/2022

Weeks 1 – 10: Observing and participating in BIND programming

Week 11: Recruitment email sent out by BIND staff to members that met inclusion/exclusion criteria

Weeks 12 – 14: Conducted informed consent and interview meetings

Weeks 14 – 17: Transcribed and analyzed data

Week 17: Presented findings to site

Data Analysis:

To analyze the data gathered from the interviews, the student researcher used thematic analysis. The goal is to capture important, patterned meaning and responses from the data as it relates to the research questions (Braun & Clarke, 2006).

Phases of Thematic Analysis: (Braun & Clarke, 2006)

1. Familiarize yourself with the data – repeated reading and immersion in data including the transcription process
2. Generate initial codes – organizing data into meaningful groups
3. Search for themes – analyze codes to form into potential themes
4. Review themes – refining themes
5. Define and name themes – writing an analysis of each theme, identify if there are sub-themes
6. Produce the report – writing up thematic analysis, including data extracts

FINDINGS

Participants

5 BIND Members Participated

- Ages ranged from 33-65
- Years since TBI ranged from 3-29
- Years of BIND membership ranged from 2-11

Inclusion Criteria:

- History of TBI
- Age 18-65
- Current member of BIND
- Has attended BIND for at least 3 weeks

Exclusion Criteria:

- Age <18 or >65 years old
- Has a legal guardian that would need to consent on their behalf

Interviews

- Semi-structured, one-on-one interviews
- Conducted and recorded via Zoom
- Interview times ranged from 19-50 minutes

Theoretical Framework:

Person-Environment-Occupation-Performance Model by Christiansen & Baum (2005)

Theme: Person Factors

- Confidence
- Internal motivation
- Outlook

Theme: Environmental Factors

- Community
- External motivation
- Relationships

Theme: Occupations

- New occupations
- Routines
- Caregiver help
- Sleep/rest

Theme: Occupational Performance

- Increased participation
- Compensatory strategies
- Improved performance skills

Limitations

- Number of participants
- One data analyst
- Sample from one site

FUTURE RESEARCH

- Quantitative longitudinal study of occupational performance
- Caregiver perspectives on member occupational performance

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