Communicative Quality of Life for Stroke Survivors with Aphasia who participated in an Intensive Aphasia Program (ICAP)

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Communicative Quality of Life for Stroke Survivors with Aphasia who Participated in an Intensive Aphasia Program (ICAP)

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**BACKGROUND & SIGNIFICANCE**

**Aphasia** is an acquired language disorder stemming from stroke in the language dominant hemisphere.

The Impact of Aphasia on Quality of Life

- People with aphasia (PWA) are at risk of becoming depressed and isolated (Northcott et al. 2018)
- Aphasia impacts social aspects of living and limits participation in daily activities and life’s roles (Hilari & Byng, 2009)
- Language functioning, functional communication abilities, emotional and social health, and psychological well-being significantly influence overall quality of life (Crain et al., 2003)

Intensive Comprehensive Aphasia Programs (ICAPS)

(Rose, et al., 2013)

An ICAP is a service delivery model for stroke survivors. The criteria for an ICAP are:
- Holistic service delivery model that targets impairment, activity, and participation domains of the WHO-IFC model (WHO, 2001) relative to language and functional communication
- ICAPs include a minimum of 3 hours of therapy per day for 2 weeks
- ICAPs include individual and group treatment
- ICAPs include a cohort of participants
- The multifaceted nature of ICAP leads to higher chance of improving quality of life

**METHODS**

Participants

Eight stroke survivors with chronic aphasia. Medically stable.

<table>
<thead>
<tr>
<th>ID</th>
<th>Age</th>
<th>Sex</th>
<th>Time Since Stroke (months)</th>
<th>Occupation</th>
<th>Aphasia Type &amp; Severity</th>
<th>ALA Pre-Treatment Score (152 pts possible)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PWA 016</td>
<td>76</td>
<td>M</td>
<td>51</td>
<td>Health Physician</td>
<td>Nonfluent Moderate</td>
<td>96</td>
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<td>PWA 022</td>
<td>74</td>
<td>M</td>
<td>27</td>
<td>Auto Parts</td>
<td>Global Profound</td>
<td>DNT</td>
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<tr>
<td>PWA 026</td>
<td>72</td>
<td>M</td>
<td>33</td>
<td>USAF</td>
<td>Nonfluent Severe</td>
<td>79</td>
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<tr>
<td>PWA 027</td>
<td>73</td>
<td>F</td>
<td>22</td>
<td>Clinical Psychologist</td>
<td>Nonfluent Profound</td>
<td>DNT</td>
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<tr>
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<td>F</td>
<td>26</td>
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<td>74</td>
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<tr>
<td>PWA 031</td>
<td>63</td>
<td>M</td>
<td>23</td>
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<td>Anomic Moderate</td>
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<tr>
<td>PWA 032</td>
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<td>F</td>
<td>31</td>
<td>Telecomm/Army</td>
<td>Anomic Mild</td>
<td>115</td>
</tr>
<tr>
<td>PWA 033</td>
<td>76</td>
<td>M</td>
<td>16</td>
<td>Sales</td>
<td>Fluent Severe</td>
<td>109</td>
</tr>
</tbody>
</table>

Procedures

- Research design: retrospective qualitative analysis of outcome measures
- **Assessment of Living with Aphasia** (ALA) measured aphasia-related quality of life (pre-treatment)
- The **Communicative Participation Item Bank** (CPIB) measured communicative participation (pre- & post-treatment)

Treatment

- PWAs participated in a four week ICAP at UM during the summer of 2018
- 4.5 hours/day, 4 days/week, 4 weeks of treatment
- Weekly outings, education, individual, group, and technology-based therapies targeted improved language and psychosocial well-being
- The UM ICAP is unique because of its interprofessional collaboration between speech-language pathologists and family counselors

**RESULTS**

![CPIB Outcomes](chart)

- 5/6 participants increased scores on CPIB, indicating improved communicative participation
- 1/6 participants decreased scores on CPIB, indicating reduced communicative participation

**DISCUSSION/IMPACT**

- Preliminary evidence suggests that the UM ICAP has the potential to improve communicative participation
- Aphasia severity may influence treatment-related performance as measured by the CPIB
- Improved communicative participation has the potential to influence aphasia-related quality of life
- Quality of life measures like the ALA are not sensitive enough to detect change during a short treatment period (i.e., four weeks)
- Future studies should examine quality of life using the ALA at one month, three months, and six months post-ICAP to assess the impact of an ICAP on quality of life

**RESEARCH QUESTION**

Does communicative participation improve for stroke survivors with aphasia after participating in an ICAP?