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Abigail LeClair

University of Montana, Missoula, al119782@umconnect.umt.edu

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LeClair, Abigail, "Communicative Quality of Life for Stroke Survivors with Aphasia who participated in an Intensive Aphasia Program (ICAP)" (2019). *University of Montana Conference on Undergraduate Research (UMCUR)*. 25.

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



Abigail LeClair, Speech, Language, & Hearing Sciences, University of Montana
Mentors: Catherine Off & Jenna Griffin

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 (Cruice 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

RESEARCH QUESTION

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

METHODS

Participants

Eight stroke survivors with chronic aphasia. Medically stable.

ID	Age	Sex	Time Since Stroke (months)	Occupation	Aphasia Type & Severity	ALA Pre-Treatment Score (152 pts possible)
PWA 016	76	M	51	Health Physician	Nonfluent Moderate	96
PWA 022	74	M	27	Auto Parts	Global Profound	DNT
PWA 026	72	M	33	USAF	Nonfluent Severe	79
PWA 027	73	F	22	Clinical Psychologist	Nonfluent Profound	DNT
PWA 030	64	F	26	Attorney	Nonfluent Severe	74
PWA 031	63	M	23	Counseling	Anomic Moderate	128
PWA 032	65	F	31	Telecomm/Army	Anomic Mild	115
PWA 033	76	M	16	Sales	Fluent Severe	109

Procedures

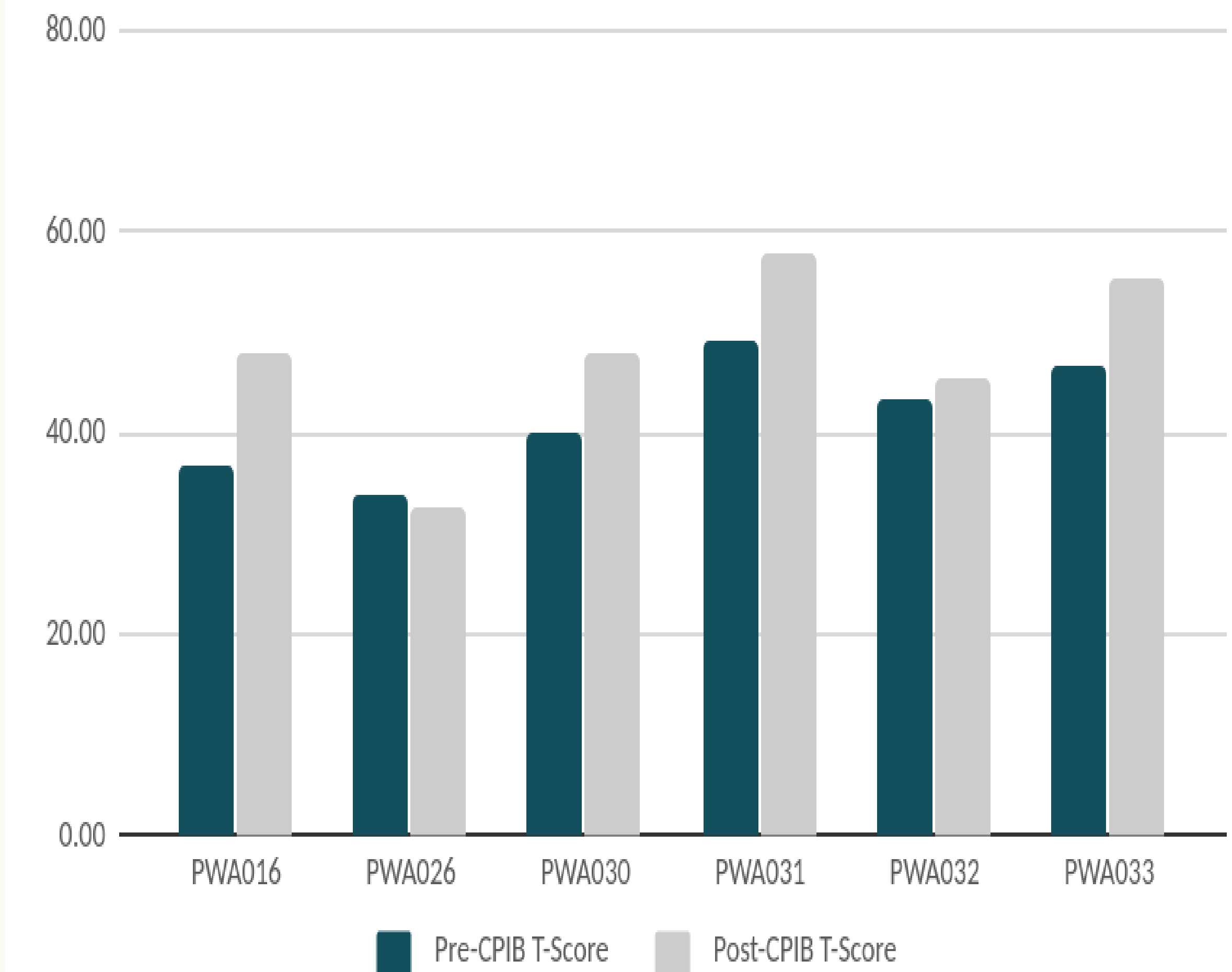
- Research design: retrospective qualitative analysis of outcome measures
- *Assessment of Living with Aphasia* (ALA) measured aphasia-related quality of life (pre-treatment)
- The *Communicative Participation Item Bank* (CPIB) measured communicative participation (pre- & post-treatment)

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



- 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