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Caregiver Outcomes in the Context of Telehealth and In-Person Applications of an Intensive Comprehension Aphasia Program

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BACKGROUND & SIGNIFICANCE

BACKGROUND

- **Aphasia:** is a language disorder typically caused by stroke or brain injury to the language center of the brain.
- **ICAP (Intensive Comprehensive Aphasia Program):** A high intensity, holistic treatment program for people with aphasia and their caregivers
- **Telehealth:** A modality of treatment using video conferencing to provide rehabilitative services

SIGNIFICANCE

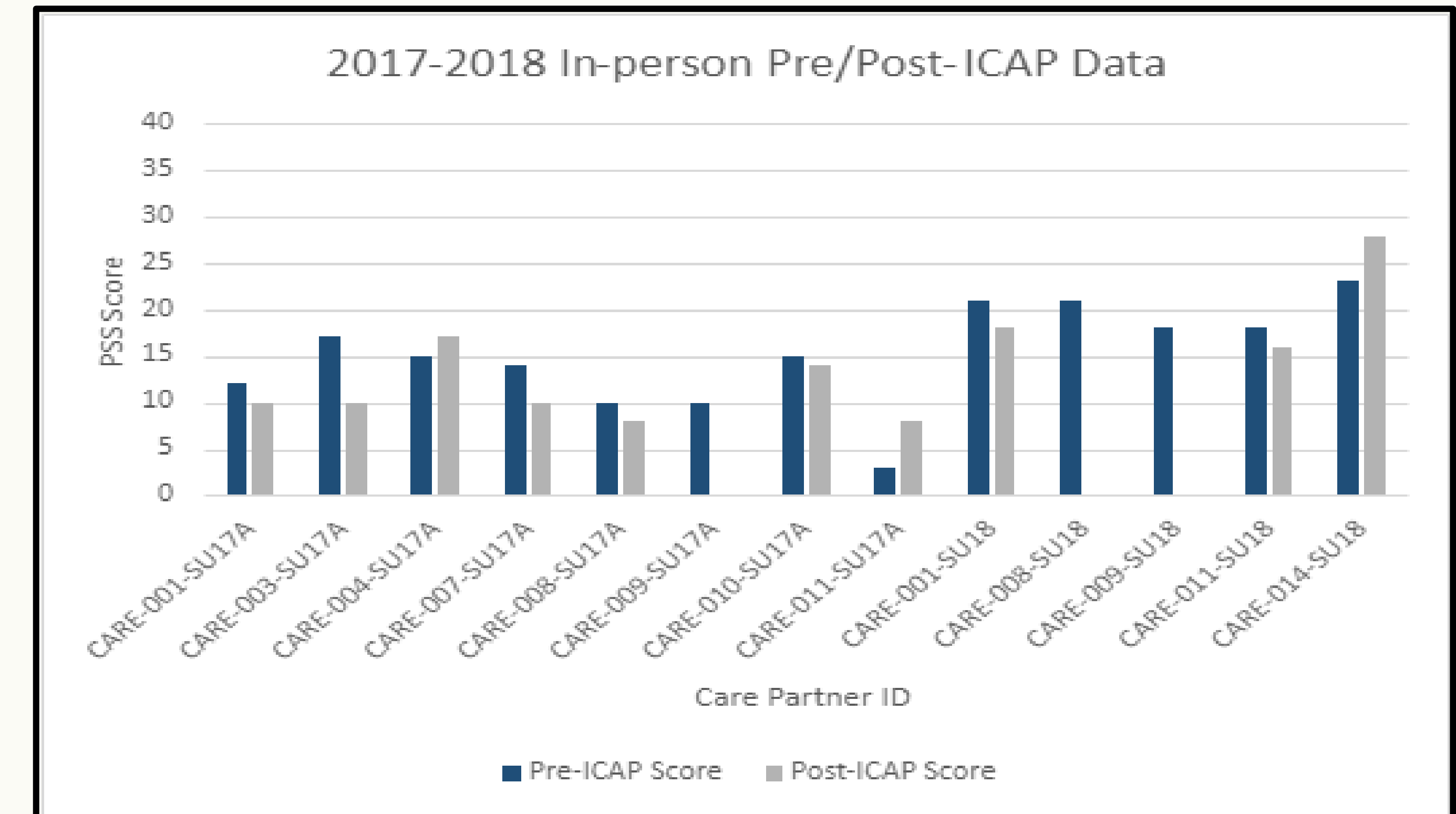
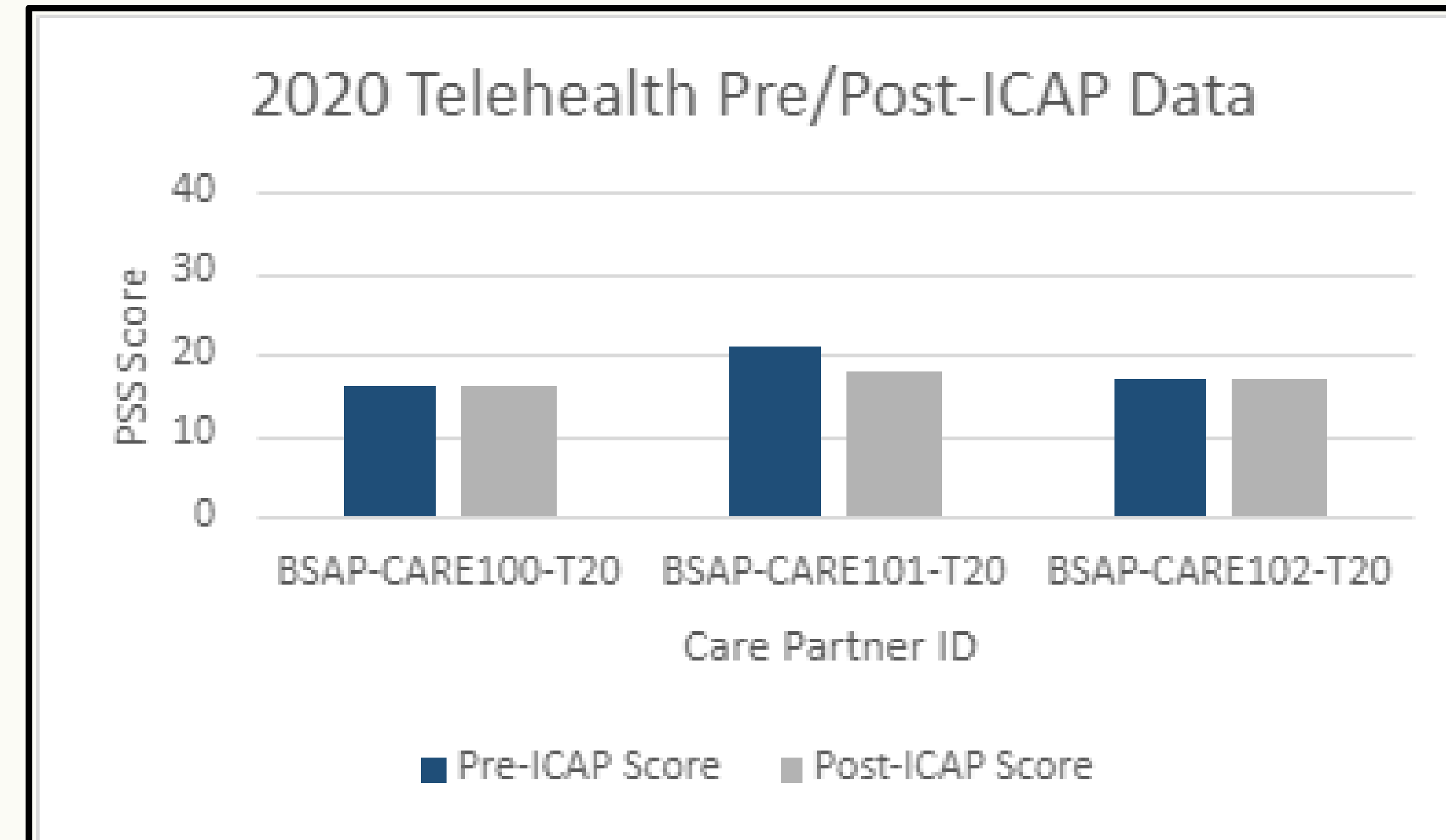
- Family caregivers frequently experience third-party disability including high levels of stress and isolation (**Grawburg et al., 2013, Off et al., 2019**)

PURPOSE

To explore perceived stress for caregivers of stroke survivors with aphasia who participated in telehealth and in-person delivery methods of high-intensity short duration stroke rehabilitation program, as measured by the Perceived Stress Scale (**PSS: Cohen et al., 1983**)

METHODS

- Data from two in-person ICAPs and one telehealth ICAP were collected
- Research Design: Retrospective quantitative analysis of pre- and post-ICAP scores for in-person & telehealth iterations were reviewed
- UM Family Caregiver Program: (1) Two 90-minute sessions of group counseling with a licensed family counselor & graduate students per week of the program; and (2) One (90 minute) psychoeducation and communication strategy training with a speech-language pathologist and graduate student clinicians
- The Perceived Stress Scale (PSS) was administered pre- and post-ICAP
- The PSS is used to measure psychological stress in individuals; A lower PSS score equates to a reduction in perceived stress



Caregiver ID and Session	Caregiver Gender	Caregiver Role	PSS Pre-Score (Max Score=40) 40-27= High Stress 26-14= Medium 13-0= Low	PSS Post- Score (Max Score=40) 40-27= High Stress 26-14= Medium 13-0= Low
CARE-001-SU17A	Female	Spouse	12 Low	10 Low
CARE-003-SU17A	Male	Spouse	17 Medium	10 Low
CARE-004-SU17A	Female	Spouse	15 Medium	17 Medium
CARE-007-SU17A	Female	Daughter	14 Medium	10 Low
CARE-008-SU17A	Female	Spouse	10 Low	8 Low
CARE-009-SU17A	Female	Spouse	10 Low	Not Reported
CARE-010-SU17A	Male	Spouse	15 Medium	14 Medium
CARE-011-SU17A	Female	Spouse	3 Low	8 Low
CARE-001-SU18	Female	Spouse	21 Medium	18 Medium
CARE-008-SU18	Female	Spouse	21 Medium	0 Low
CARE-009-SU18	Male	Spouse	18 Medium	Not reported
CARE-011-SU18	Male	Spouse	18 Medium	16 Medium
CARE-014-SU18	Female	Spouse	23 Medium	28 High
CARE-T100-SU20	Female	Spouse	16 Medium	16 Medium
CARE-T101-SU20	Female	Spouse	21 Medium	18 Medium
CARE-T102-SU20	Female	Spouse	17 Medium	17 Medium

Grawburg, M., Howe, T., Worrall, L., Scarinci, N. (2013). Third party disability in family members of people with aphasia: A systematic review. *Disability and Rehabilitation*, 35(16), 1324-1341.

Off, C.A., Griffin, J.R., Murray, K.W., & Millman, L. Interprofessional Caregiver Education, Training, and Wellness in the Context of a Cohort Model for Aphasia Rehabilitation *Top Language Disorders*, 39(1), 5-28.

Cohen, S., Kamarck, T., & Mermelstein, R. (1983). Perceived Stress Scale. APA PsycTests.

RESULTS

In-person & Telehealth Compliance

- Pre-ICAP in-person n=13
- Post-ICAP in-person n=12
- Pre-ICAP telehealth n=3
- Post-ICAP telehealth n=3

In-Person & Telehealth PSS Scores

- Pre-ICAP in-person score average= 14.07
- Post-ICAP in-person score average= 12.08
- Pre-ICAP telehealth score average= 18.00
- Post-ICAP telehealth score average= 17.00

CONCLUSIONS & IMPLICATIONS

- Caregivers should be included in the treatment team
- Technology may have an effect on caregiver compliance for research
- Telehealth administration & the ongoing pandemic may have an effect on caregiver data for 2020
- Education and support for caregivers should be reviewed and updated
- More research regarding caregiver wellbeing and inclusion is needed