PEER-HOMEcare

Pedagogy and Enriched Environment for Rehabilitation - Holistic, Optimised, Methodical, and Empathetic care

KEYWORDS

Home care, Enriched environment, Pedagogical intervention, Professional development, Patient-centred, Interdisciplinary,

DURATION

36 months

ABSTRACT

Enriching a persons home environment represents a potential cost-efficient and sustainable intervention to improve home care while reducing economical and personal resources. Home-based enriched environment (EE) has a large window in providing individuals with continuous cognitive and motor stimulation, critical for rehabilitation and functionality, even when the therapists are not present. Animal-based research provides high quality evidence that EE has a great potential in tackling some of the greatest issues of recent civilization and improve peoples life, such as stroke rehabilitation process, and movement control and functionality in children with developmental disorders. The linear translation of EE interventions from animals to humans however has shown promising but inconsistent results. EE interventions, especially in a patients home, are complex and nonlinear. EE is effective when is scaled to each unique persons needs and capacities and implemented with strategies to balance engagement with motor and cognitive activities and challenge to promote exploratory behavior. There is a need for guiding principles and models that can facilitate practitioners designing and implementing patient-centred EE solutions. This project will develop and test a person-centred unified approach to home-based EE, creating a set of intertwined pedagogical principles that can inform and support practitioners in their design and implementation of the home-based EE that best fits the needs and context of their patients. It will equip the workforce (therapists and nurses) and stakeholders (patients and their families) with new insights and competencies for a more equitable and sustainable home care. The expected outcomes of this project include a change in practitioners practice, promoting patients engagement with exploratory activities of daily living, which will ultimately result in enhanced rehabilitation process and slowing down of the aging process. An interdisciplinary team of world-leading experts in didactics and pedagogy, movement science, physio- and occupational-therapy, rehabilitation medicine, and neuroscience will work closely with relevant stakeholders to combine and synthesize pedagogical principles for coherently creating a universally valid set of EE principles that can be applied to a variety of domains and contexts. Framed within the Medical Research Council guidance on developing and evaluating complex interventions, this project will focus on developing (intervention development) and evaluating the short-term effects of the pedagogical framework, using a theory-based perspective. Short-term effects include acceptability, feasibility, engagement, relevance, and transferability to other settings. Iterative workshops with stakeholders, coupled with field data collection in different areas of application (pediatrics, non-traumatic brain injury, oncology, and geriatrics) and contexts (Norway, Sweden, Portugal, and Latvia) will be performed to develop the pedagogical framework. A theory of change, through which the pedagogical principles are expected to improve home care, will be defined and tested using gold-standard methods. The pedagogical framework will be then taught to practitioners and stakeholders,

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and their resulting home-based EE will be examined using a thorough process evaluation, to evaluate short-term effects, as well as exploring what works, for whom, and under which circumstances. Lastly, an on-line course will be created to disseminate the results and teach practitioners on the developed pedagogical framework. This project aims to provide a sustainable and equitable solution to the pressing issue of ensuring good quality home care for a growing number of citizens. The proposed intervention relies on knowledge creation and capacity building in the workforce, meeting the needs for reducing health care costs while simultaneously improving solutions for the future of health care.

PARTNERS

PI	Organization	Country
Rudd	Norges Idrettshøgskole	Norway
Bērziņa	Riga Stradin University	Latvia
Opheim	Sunnaas Hospital	Norway
Pacheco	University of Porto	Portugal
Sunnerhagen	The University of Gothenburg	Sweden

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