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RACP Foundation Research Awards

FINAL REPORT

Project / Program Title		Use of enriched environment program – the 'Activity arcade' to improve patient activity in neurorehabilitation: a randomized controlled trial
Name		A/Prof Louisa Ng
Award Received		2015 AFRM Research Establishment Fellowship
Report Date		27 July 2018
Chief Investigator / Supervisor		Fary Khan
Administering Institution		The Royal Melbourne Hospital
Funding Period	Start Date:	1 January 2015
	Finish Date:	1 January 2016

PROJECT SUMMARY

This study investigated whether people with neurological conditions such as stroke benefit from having an "enriched environment" when they are undergoing rehabilitation in hospital. The enriched environment included an extra two hours of activities such as games, reading, music, painting and other activities. The study shows that the 52 people who received such an environment showed more improvements in their function than the people who didn't, suggesting that such an environment is beneficial.

PROJECT AIMS / OBJECTIVES

The aim of this study was to conduct a RCT over 12 months, with blinded care providers and outcome assessors to compare the effectiveness of an EE activities programme with usual activities provided in an inpatient publicly-funded neuro-rehabilitation unit. We hypothesized that participants in the EE programme would show significant improvement in self-efficacy/engagement, better self-management, and improved cognitive function compared with those performing usual activities only.

SIGNIFICANCE AND OUTCOMES

The findings are significant in that there is a paucity of research in this area and it is a step towards reviewing and optimising the clinical environment in which we treat our patients.

PUBLICATIONS / PRESENTATIONS
Khan F, Amatya B, Elmalik A, Lowe M, Ng L, Reid I, Galea M. An enriched environmental programme during inpatient neuro-rehabilitation: A randomised controlled trial. J Rehabil Med 2016; 48.