

# Home Exercise Videos and Therapeutic Low-Cost Alternatives for Pediatrics

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## Project Description & Sites

- The overall purpose of the project was to explore and create home exercise programs for children to instill greater independence as well as gain compliance to create an easier way for parents to follow through with HEPs that are sent home. Accomplished the purpose by creating HEP videos that are easily understood, quick to watch on YouTube, and all can be completed at home.
- Site- Hopebridge Autism Clinic in Kokomo, Indiana

## Mission & Vision Statements

- The mission of this doctoral capstone was to “create kid-friendly, resourceful home exercise program videos for parents of children who need occupational therapy.”
- The vision of this doctoral capstone project was to “provide education for parents to implement therapy into everyday activities for their children receiving occupational therapy to be applied within the context of the home environment.”

## Literature Review & Needs Assessment

- Evidenced throughout my research and literature review there was a need for gaining parental compliance with home exercise programs and the ways to provide education and HEPs to the families.
- Exploratory studies are warranted to determine if technology and video increase compliance and allow the children to be more independent with their HEPs and when they need to be completed.
- Needs Assessment was completed off site via phone conferences with expert mentor and via survey to Hopebridge therapy staff to gain further information, data, and usage regarding home exercise programs in the pediatric population.

## Future Implications for OT

- Paved the way for future research regarding format of HEPs for the pediatric population
- Promoted pediatric independence with HEPs using technology and easily to follow directions
- Provided parents cheaper options to implement into daily routine to follow through with OT interventions.
- Improved Quality of Life, increased independence in ADLs, and increased Physical Activity Recommendations



## Project Completion & Outcomes

- Learning Objective #1: Observed a variety of specialized pediatric occupational therapy treatment sessions to develop an in-depth knowledge of diagnoses in order to complete skilled individualized home exercise programs and obtain information of use and compliance.
- Outcome Measure #1: Varied knowledge base of 100 hours of pediatric occupational therapy.
- Learning Objective #2: Learned how to effectively communicate with primary caregivers of pediatrics for integration of research and low-cost alternatives on a variety of activities that can be incorporated within the context of the home environment.
- Outcome Measure #2: Gained experience, knowledge, and competence with parent education in HEPs and low-cost options/alternatives for future clients and families as measured by completion of HEP handouts.
- Learning Objective #3: Gained practical knowledge related to pediatric specific home exercise programming, the student will produce effective evidence-based pediatrics intervention videos.
- Outcome Measure #3: Created and implemented videos of HEP options in the context of the home environment.
- Learning Objective #4: Demonstrated the ability to publish an occupation-based YouTube channel or website.
- Outcome Measure #4: Documented various copyright options for HEP videos and other essential legal/business items through a comprehensive chart, in order to publish a successful occupation-based website or channel.

## Deliverables

- #1: Created 8 individualized home exercise programs for clients at the Hopebridge clinic. As well as completed 2 case study samples using specific children and their individualized HEPs .
- #2: Created and implemented HEP pamphlets/ sheets for parents to take home.
- #3: Created three HEP videos via YouTube channel “OT Cara C”
- #4: Completed a comprehensive checklist for application of legal/business items and provided website links for established YouTube channel and Google Docs via MyCred.

## Key References:

\*Full reference list and image reference list available upon request