

Feb 8th, 8:00 AM - 12:30 PM

From Their Perspective: A Qualitative Analysis of Stroke Survivor's Motivation to Participate in Rehabilitation

Katie Tinsley
Old Dominion University

Rachel Johnson
Old Dominion University

Follow this and additional works at: <https://digitalcommons.odu.edu/undergradsymposium>



Part of the [Other Analytical, Diagnostic and Therapeutic Techniques and Equipment Commons](#), [Other Rehabilitation and Therapy Commons](#), and the [Speech Pathology and Audiology Commons](#)

Tinsley, Katie and Johnson, Rachel, "From Their Perspective: A Qualitative Analysis of Stroke Survivor's Motivation to Participate in Rehabilitation" (2020). *Undergraduate Research Symposium*. 36.
<https://digitalcommons.odu.edu/undergradsymposium/2020/postersession/36>

This Poster is brought to you for free and open access by the Student Works at ODU Digital Commons. It has been accepted for inclusion in Undergraduate Research Symposium by an authorized administrator of ODU Digital Commons. For more information, please contact digitalcommons@odu.edu.

From their perspective: A thematic analysis of stroke survivor's motivation needs and barriers to participation during rehabilitation

Katie Tinsley and Dr. Rachel Johnson



OLD DOMINION UNIVERSITY

INTRODUCTION

- Motivation is a predictor of rehabilitation potential.
- Clinicians judge rehabilitation potential based on experiential knowledge (Burton et al., 2015; Winstein et al., 2016).
- Clinician's determine a patient's motivation based on the patient's demeanor and compliance with therapy to determine a patient's motivation (Maclean, Pound, Wolfe, & Rudd, 2002).



Much of what we know about motivation is grounded in theory and adopted from related disciplines.

Aims: This study sought to obtain an in-depth understanding of the stroke survivor's perspective of barriers and motivation to participate in rehabilitation.

RESEARCH QUESTION

- Do stroke survivors report the same motivation needs to participate in rehabilitation as those reported in the literature?

METHODS

Qualitative study using a semi-structured interview in focus groups.

	P1	P2	P3	P4	P5	P6
Age	59	49	45	80	65	54
Gender	Female	Female	Female	Female	Male	Female
Education	14	12	20	12	18	14+
Race	Black	Black	Caucasian	Black	Black	Asian
Years post onset	3	4	2	2	7	3
	Brain	LH		LH	LH	RH
Diagnosis	tumors	stroke	LH stroke	stroke	stroke	stroke

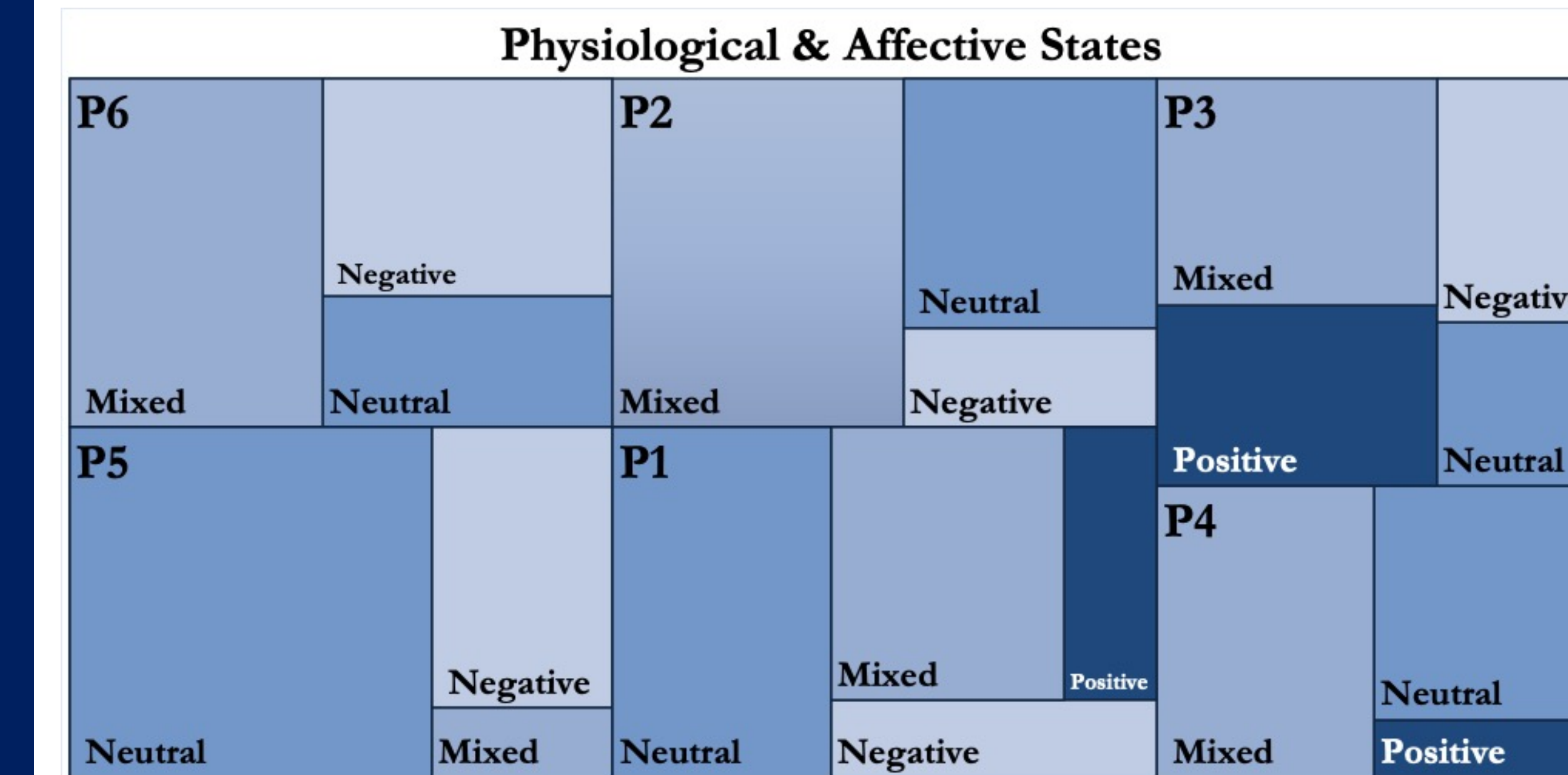
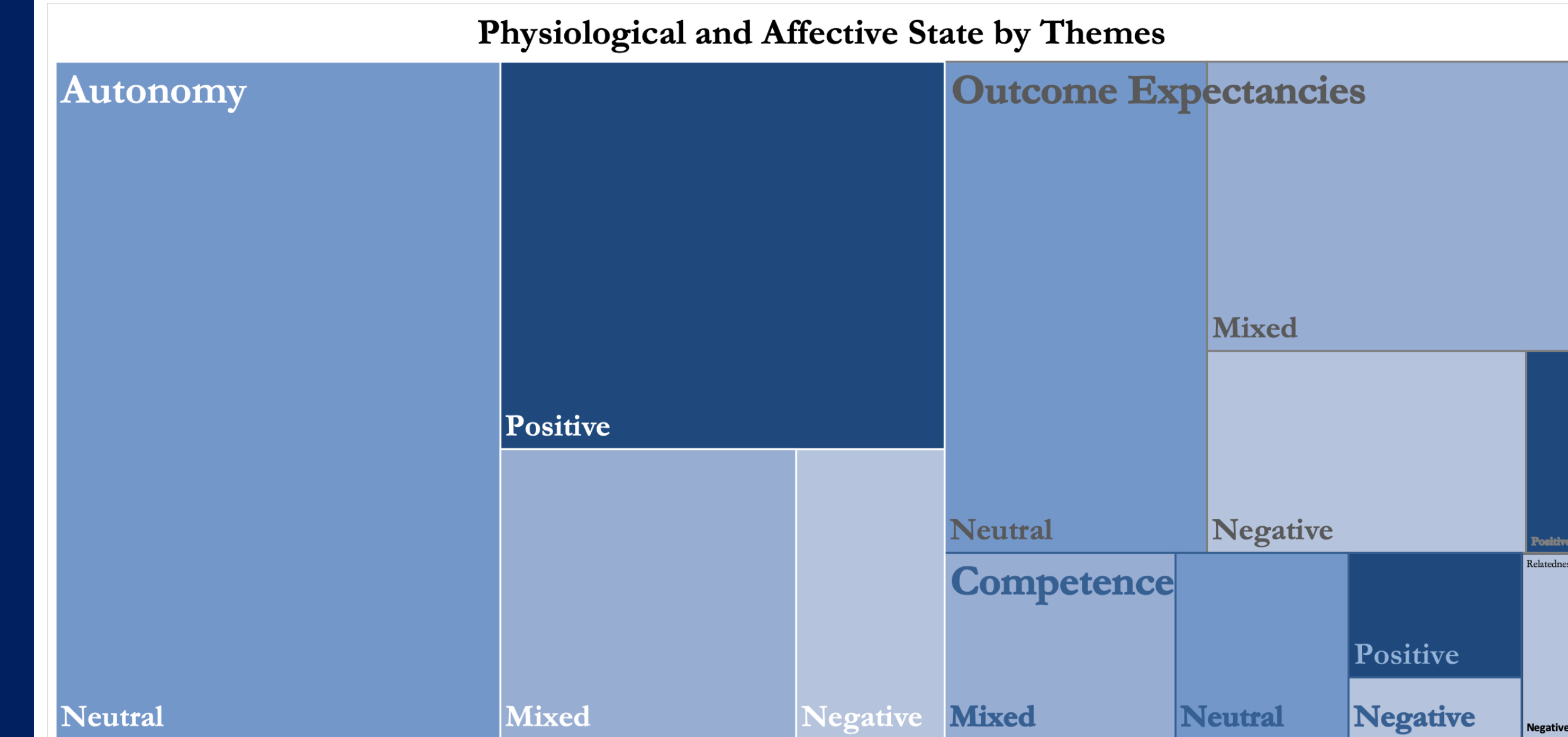
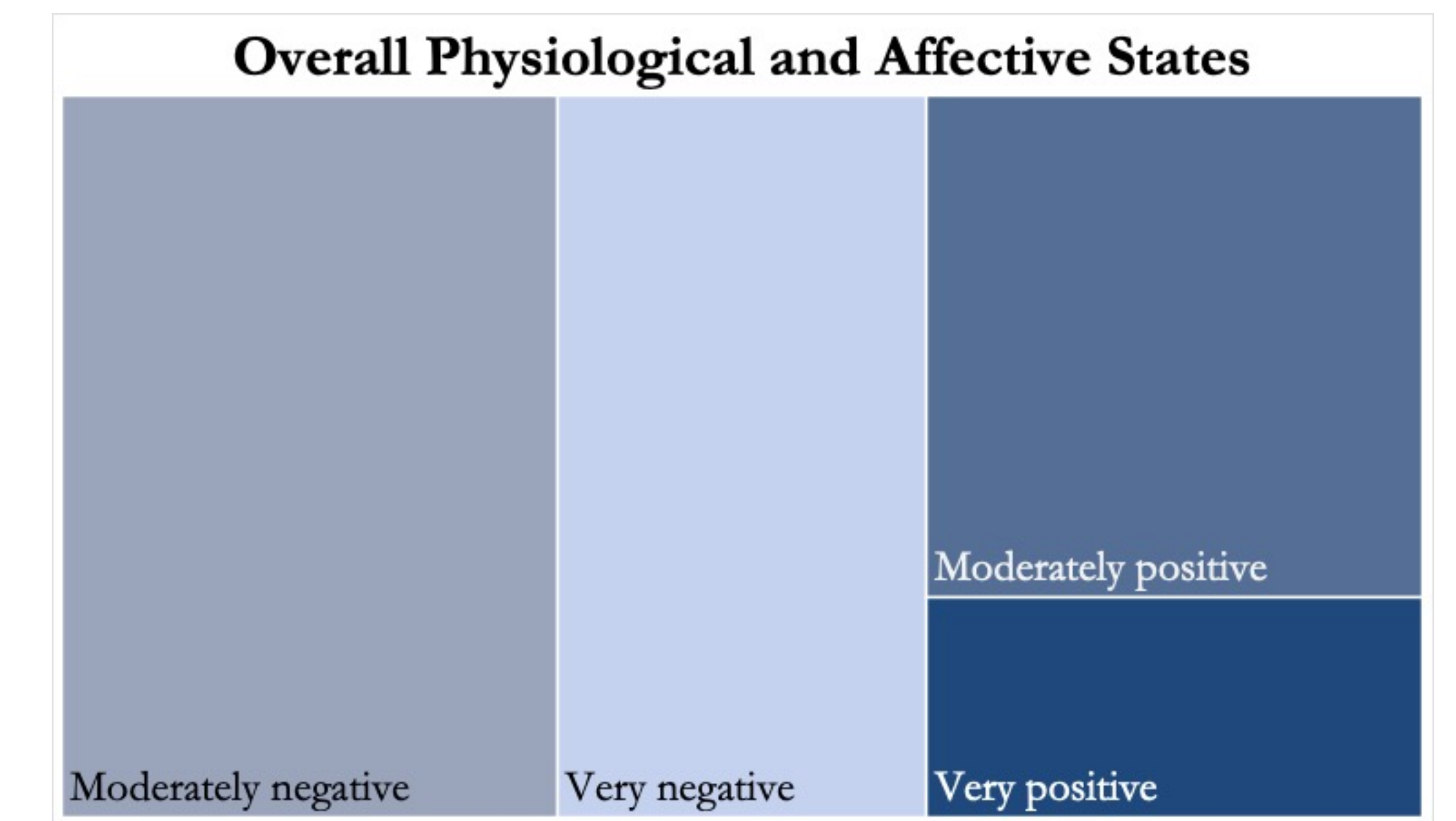
- Audio & videotaped recordings were transcribed verbatim in Nvivo.
- Thematic data analysis followed the steps described by Braun and Clarke (2006).

Interview Questions

- In the initial stages of your therapy, did you feel included in making decisions about your care?
- Do you feel you make (are included in) decisions for or about yourself now?
- Did the SLP provide opportunities for you to make decisions related to therapy? (i.e. activity, topics)
- Did you participate in the development of your treatment plan (did the SLP ask what you wanted to work on)?
- How well do you feel you understood the purpose of the activities/task(s) completed during therapy?
- Do you feel the activities completed in therapy were a reflection of what you hoped to achieve from therapy?
- Did anyone talk to you about your diagnosis and expected recovery?
- Was there anything the speech-language pathologists (SLP) did to make you feel independent?
- What do you wish the SLP would have done different?
- What could your spouse have done to help you gain (more) independence (quicker)?

Autonomy, Competence, and Outcome Expectancies were the shared motivation constituents during rehabilitation.

RESULTS



DISCUSSION

Although preliminary, the initial thematic analysis reveals specific motivation constructs shared across all participants. To our knowledge, there is no other study reporting motivation from the stroke survivor's perception using a focus group study design. While most of the participants in this study were independent in their communication, their reflection of the rehabilitation experiences included interactions with speech therapy. The forthcoming outcomes from this study are promising to contribute meaningful patient-reported motivational needs to improve the reliability of predicting rehabilitation potential.

Acknowledgements

Special thanks to the team members, Meredith Laverdure, Ashtyn Jeter, Sophia Richie, Rachel Isom

References

- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology, 3*(2), 77-101. doi:10.1191/1478088706qp0630a
- Burton, C. R., Horne, M., Woodward-Nutt, K., Bowen, A., & Tyrrell, P. (2015). What is rehabilitation potential? Development of a theoretical model through the accounts of healthcare professionals working in stroke rehabilitation services. *Disabil Rehabil, 37*(21), 1955-1960. doi:10.3109/09638288.2014.991454
- Deci, E. L., & Ryan, R. M. (2008). Self-determination theory: A macrotheory of human motivation, development, and health. *Canadian Psychology/Psychologie canadienne, 49*(3), 182-185. doi:10.1037/a0012801
- Maclean, N., Pound, P., Wolfe, C., & Rudd, A. (2002). The concept of patient motivation: A qualitative analysis of stroke professionals' attitudes. *Stroke, 33*(2), 444-448. Retrieved from https://www.ncbi.nlm.nih.gov/pubmed/11823650
- Morris, J. H., Oliver, T., Kroll, T., Joice, S., & Williams, B. (2017). Physical activity participation in community dwelling stroke survivors: synergy and dissonance between motivation and capability. A qualitative study. *Physiotherapy, 103*(3), 311-321. doi:10.1016/j.physio.2016.05.001
- Scobbie, L., Wyke, S., & Dixon, D. (2009). Identifying and applying psychological theory to setting and achieving rehabilitation goals. *Clin Rehabil, 23*(4), 321-333. doi:10.1177/0269215509102981
- Winstein, C. J., Stein, J., Arena, R., Bates, B., Chorney, L. R., Cramer, S. C., . . . Zorowitz, R. D. (2016). Guidelines for Adult Stroke Rehabilitation and Recovery: A Guideline for Healthcare Professionals From the American Heart Association/American Stroke Association. *Stroke, 47*(6), e98-e169. doi:10.1161/STR.0000000000000098

