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Experiences of F@ce intervention program post-stroke

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Research group

- A sub-study within the F@ce research project in Sweden and Uganda
- *“Health in everyday life for people with neurological disorders”* (**HELD**) research group, Karolinska Institutet





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Experiences of F@ce – a team-based, person-centred intervention supported by information and communication technology for rehabilitation after a stroke

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Background

- Stroke is a leading cause of disability worldwide
- Post-stroke, participation in daily activities in various areas can be remarkably restricted impacting individuals' well-being and quality of life
- Need for person-centred interventions to enable participation in daily life



Aim

This study explored the experience of participation in F@ce, a team-based, person-centred intervention program supported by information and communication technology, among persons with stroke, their significant others, and the rehabilitation team members.

Methods

- Qualitative design
- 22 participants who participated in the F@ce intervention:
 - The persons with stroke (n=10)
 - Significant others (n=6)
 - Rehabilitation team members (n=6)
- In-depth interviews: individual and focus groups
- Thematic content analysis



F@ce intervention



Aims to enhance **participation in daily life**

Applies an **occupational perspective**

Applies a **person-centred approach**

Applies a **team-based approach**

Applies **digitalisation** as an innovative way

Principles of the F@ce intervention

An 8-week, person-centred intervention aiming to increase participation in daily life post stroke



- Individualised goal-setting (3 activity targets using COPM)
- Problem-solving strategy (Target–Plan–Perform–Prove)
- Practice of activities with OT/PT in real-life contexts
- Adaptation of strategies and environments to support performance
- SMS reminders to support engagement and reflection

Findings

- The F@ce intervention program was experienced by all participants as:
 - Relevant
 - Effective
 - Satisfying
 - Reduced restrictions on participation in daily activities
 - Improved recovery during post-stroke rehabilitation

Setting activity-based goals

- Motivating and supportive in post-stroke rehabilitation
- Helping clients stay actively involved in their recovery
- A collaborative process with the rehabilitation team
- Tailored to personal needs and daily life challenges
- Fostered a sense of ownership and meaningful participation in daily activities

“The best thing is that you [I] have listed these different things [goals] that you [I] should practice.” (Client, male, 68 years old)

Managing digital technology

- Most clients found the SMS-based technology manageable and supportive after an initial adjustment period, despite minor technical issues and occasional challenges with scoring or access.
- Over time, familiarity increased confidence, though some expressed a need for clearer instructions and greater system flexibility.

“At first, I felt a bit of guilt about doing this and that. However, after a few attempts, it became easier. It was just a few steps at a time.” (Client, female, 72 years old)

Collaboration and communication with the team

- Clients experienced strong, supportive collaboration and clear communication with the rehabilitation team, fostering trust, safety, and engagement in their recovery.

“I feel very satisfied; indeed, I’m very happy with the rehabilitation, the team, and everything.” (Client, female, 44 years old)

- Significant others had limited interaction with the team, as the person-centred approach emphasised the clients' needs and experiences within the program
- Effective teamwork and flexibility were viewed as essential for successfully implementing the intervention (Team members).

Involvement of significant others

- Significant others valued their role in the rehabilitation process but often experienced limited involvement, expressing a desire for greater engagement and structured support.
- Their participation was seen as important for both client recovery and family well-being.

“...Perhaps he could have made more progress than he has now... I believe it would be beneficial to have a joint session for that.” (Significant other, female, 70 years old)

Conclusion

- The study highlights the strengths of F@ce intervention program, noting that it is:
 - Evidence-based
 - Activity-based
 - Tailored in a person-centred manner
- to align with clients' needs, priorities, and preferences in daily life



Implication for rehabilitation

- ICT-based rehabilitation can enhance post-stroke recovery and daily participation
- Tailored, person-centred support is essential to meet individual needs
- Involving significant others can strengthen motivation and long-term outcomes
- Collaborative approaches improve recovery and satisfaction



Thank you for listening



If you're interested contact me:



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