

Inspiring change: Using an innovative interdisciplinary framework to uncover the fine print of OT treatments by systematically describing interventions and enhancing professional reasoning

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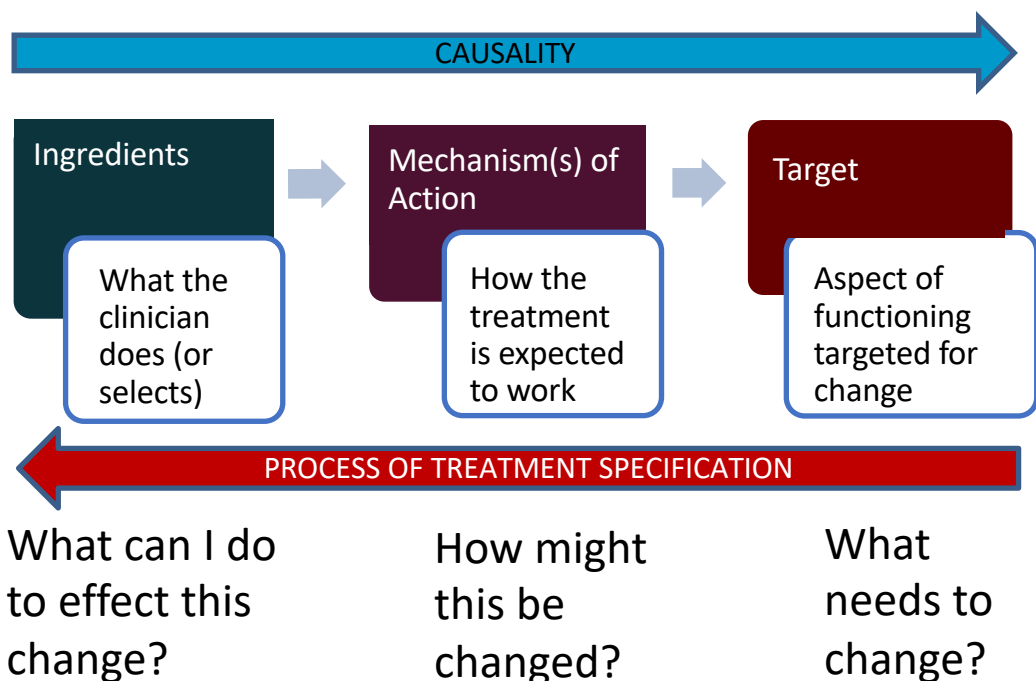
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\*Presenters have nothing to disclose

## Learning Objectives

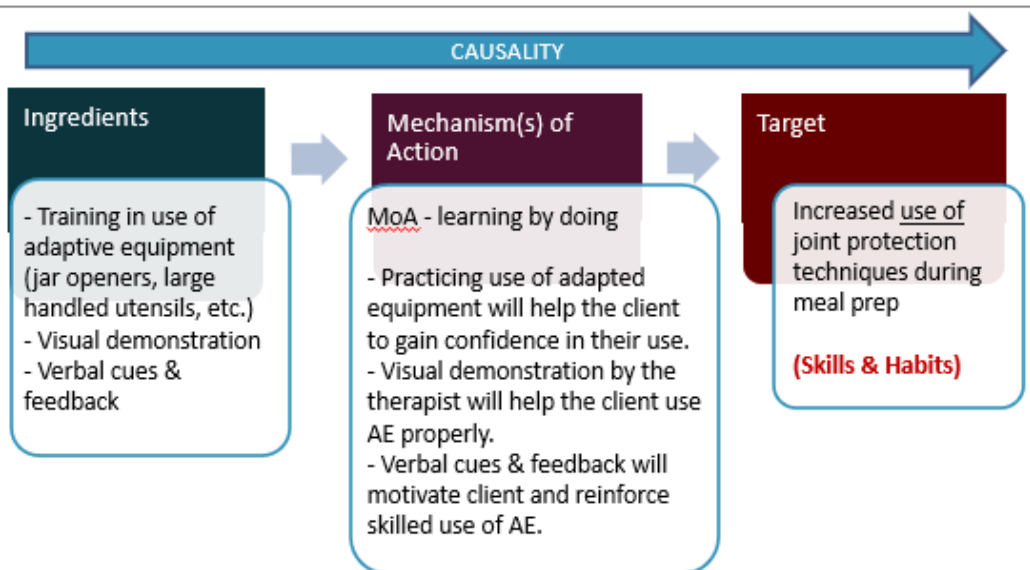
1. Describe components of the Rehabilitation Treatment Specification System (RTSS).
2. Demonstrate how the RTSS can promote specification of evidence-based treatments, including theoretical rationales for therapeutic change.
3. Disseminate RTSS scoping review results and its impact on professional reasoning.

# Rehabilitation Treatment Specification (RTSS)



The RTSS informs clinical reasoning by prompting the above questions and reasoning; see example below of how goals can be linked to treatment specification.

OT Treatment Goal: Client will prepare hot meal with min cues in rehab kitchen to use joint protection techniques and the strongest, largest joints available within 2 weeks.



# Scoping Review of RTSS in Rehab\*

N = 71 articles



## To what extent is the RTSS applied in rehabilitation?

- 79% (n=56) cited 3-part structure (i.e., ingredients, mechanisms of action, targets)

## Who is applying the RTSS most frequently?

- Speech-language pathologists (SLPs) are #1 (51%, n =36)
- PTs are #5 (14%, n=10); OTs are #6 (11%, n=8)

## To which condition is the RTSS most often applied?

- #1: brain injury (n=14), #2: voice/vocal disorders (n=12), and #3: aphasia (n=7)

\*Katz, L. W., Asiello, J. D., Packel, A., Gopaul, U., Levine, H. G., Fasoli, S. E., . . . Tierney-Hendricks, C. (2025). Applying the Rehabilitation Treatment Specification System in Rehabilitation: A Scoping Review. *Archives of Physical Medicine and Rehabilitation*.

<https://doi.org/https://doi.org/10.1016/j.apmr.2025.11.031>

## **Free RTSS Resources**

1. Katz et al. (2025) Scoping Review

<https://bit.ly/4qGCms6>



2. ACRM Rehabilitation Treatment Specification Networking Group (manual, webinars, meetings)

