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How does transitioning from in-patient rehabilitation impact stroke survivors' self-efficacy?: A mixed-methods study

Abstract

In 2011, Korpershoek et al. concluded that self-efficacy is a vital part of a stroke survivor's motivation to participate in the intervention process. Their experiences after transitioning from acute rehabilitation to home-based therapy can lead to a decrease in their perceived physical abilities which ultimately negatively impacts their self-efficacy and adherence to treatment. Stroke survivor self-efficacy, particularly those who recently transitioned from intense in-patient rehab to mild home health occupational therapy, should be considered a significant client factor during discharge and re-evaluation. The purpose of conducting this study is to examine how discharge from acute in-patient rehabilitation into home health occupational therapy services impacts the self-efficacy of stroke survivors with hemiplegia. The goal of our research is to bring new insights into why occupational therapists should assess and implement self-efficacy-related interventions to improve quality of life and increase functional participation in hemiplegic stroke survivors that are transitioning from an inpatient rehab setting into home health services.

This will be a mixed methods study that utilizes a questionnaire administered through Qualtrics, consisting of 4 open-response questions and 16 Likert-scale questions. Our survey, the Post-Transition Self-Efficacy Questionnaire (PTSEQ), contains questions that focus on functional mobility and ADLs, thought processes, quality of life, and social support. There are a total of 20 questions with each category having four Likert-scale questions (rated as 1 = not confident, 3 = somewhat confident, 5 = extremely confident) and one open-response question. The open questions have no character limit and will be interpreted and compared by the researchers. Data collection is in progress and results will be included in the final presentation.