A073 HSCI

Effectiveness of aquatic therapy on improving quality of life for geriatric individuals post-stroke

Abstract

Introductory Statement - The benefits of aquatic therapy are shown to decrease stress on the joints and allow for more mobility and less pain than on land. However, despite the documented benefits of aquatic therapy, there is a scarcity of research to support that this type of therapy is more beneficial when done alone, or in tandem with land-based therapy in improving perception on quality of life after treatment in geriatric patients post-stroke.

Purpose -The purpose of this mixed-method study is to determine whether an aquatic therapeutic intervention is beneficial and effective on improving quality of life in geriatric individuals post- stroke. Stroke is one of the leading causes of death and long-term disability in the elderly population residing in the United States.

Methods - Our design is a mixed-method study using a multi-dimensional self-report of the Stroke Impact Scale (quantitative), and an evaluation of individuals' personal confidence levels in functional performance using open-ended self-efficacy questions (qualitative). Participants who have completed aquatic therapy interventions will rate their personal confidence levels using the Stroke Impact Scale and open-ended questionnaire to determine their overall perceived benefits of using this type of medium in Occupational Therapy treatments. Participants will be stroke survivors aged 55 years and older and participation will be anonymous.

Contribution to Discipline - This research can be used by occupational therapists and other clinicians to better understand the deficits associated with stroke as it pertains to overall quality of life and to examine perceptions of whether an aquatic-based therapy is an effective intervention in alleviating some of the subsequent issues resulting from stroke.

Data/Findings - Data collection is in progress and will be collected and analyzed over the course of the 2022 Spring semester. We anticipate submitting this research to a peer reviewed journal.