

# MANA Study: Meaning, Agency & Nurturing Autonomy with Occupational Performance Coaching (OPC)

**hrc**nz

**30**  
YEARS  
of  
LIFE-CHANGING  
RESEARCH

## A cluster RCT

UNIVERSITY  
of  
**OTAGO**



*Te Whare Wānanga o Otāgo*

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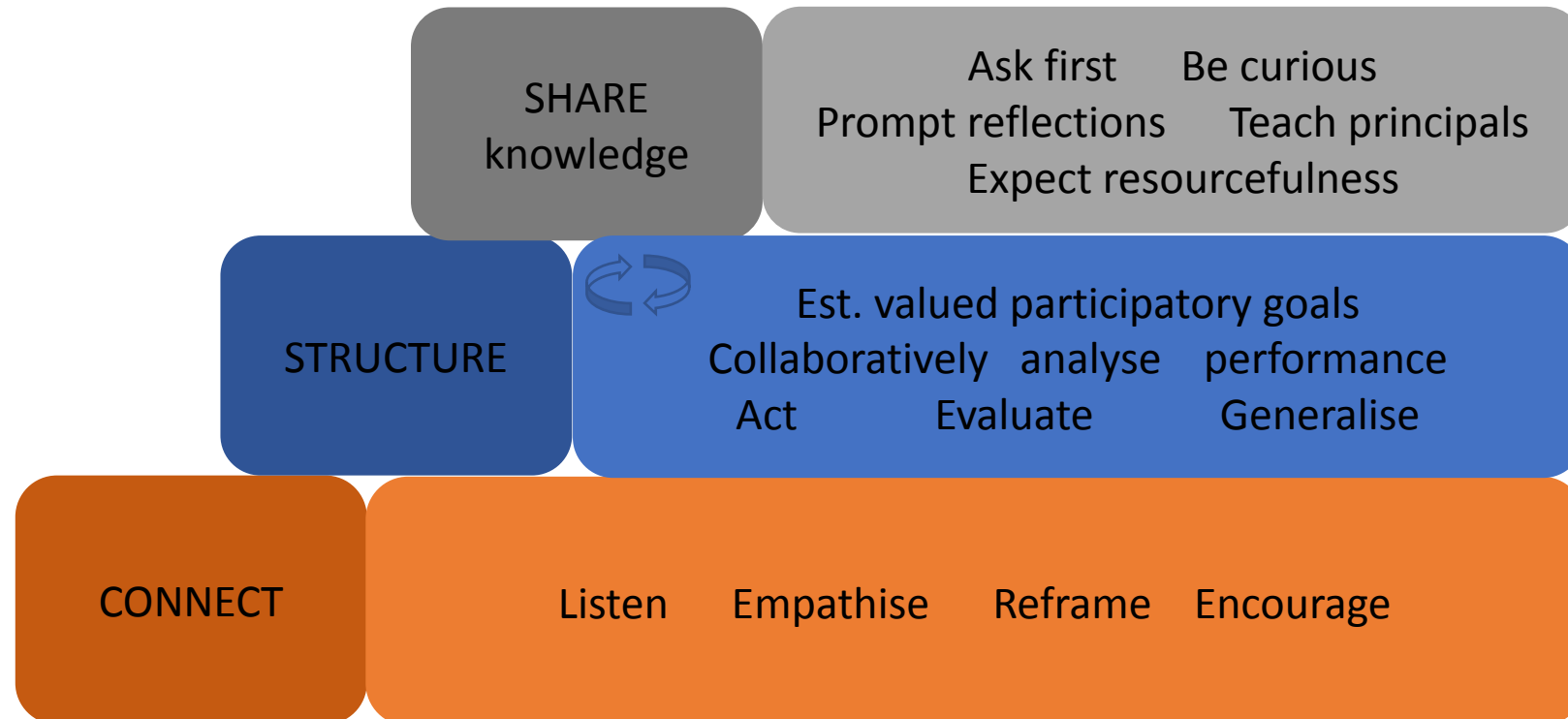
***Excellence in inter-professional postgraduate education***



# WHAT is Occupational Performance Coaching (OPC)



# OPC: Therapist enabling actions

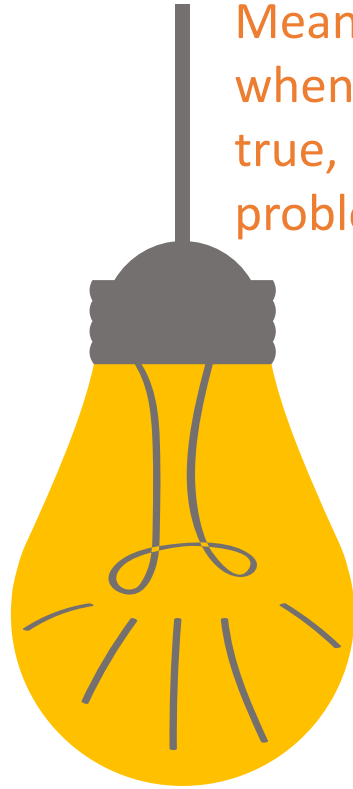


# OPC: 5 Threshold Concepts

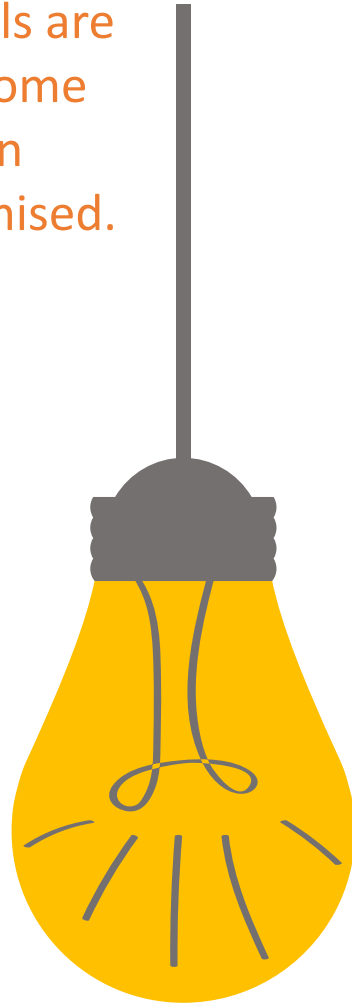
High trust partnerships are critical to coaching success



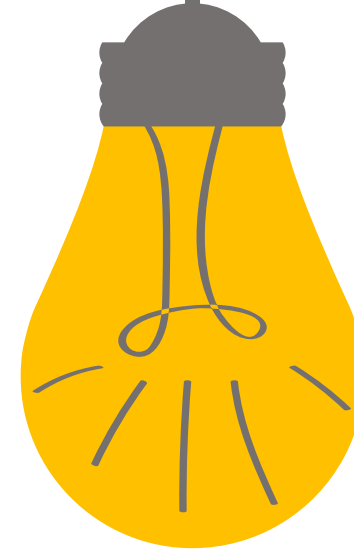
Meaningful goals are when dreams come true, rather than problems minimised.



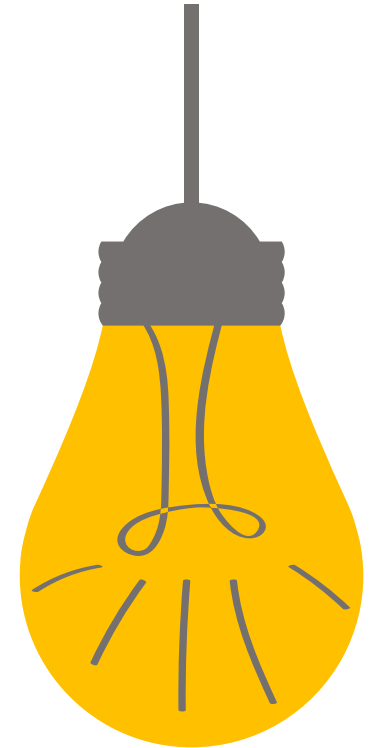
Enabling strategies can arise from anywhere. Impairments seldom inform solutions.



Clients, not practitioners are the agents of change



Expertise lies in how we engage with people not what we know about them

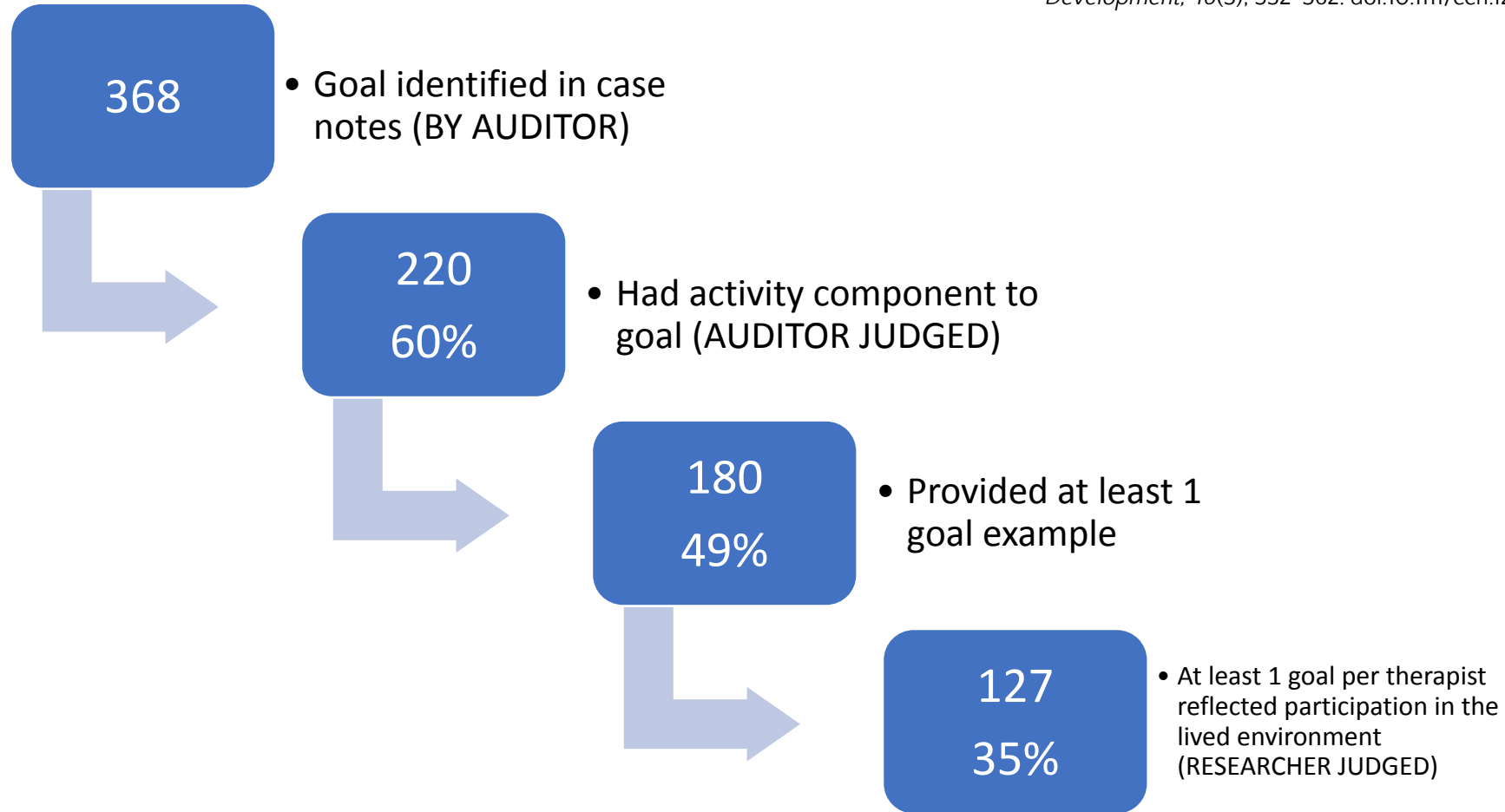


WHY interventions  
like OPC are needed  
in NZ.



# WHY: Goals Audit NZ 2017. 5 Paediatric Services

Graham, F., Timothy, E., Williman, J., & Levack, W. (2020). Participation-focused practices in paediatric rehabilitation for children with neurodisability in New Zealand: An observational study using MAPI audit tool. *Child: Care, Health and Development*, 46(5), 552-562. doi:10.1111/cch.12789



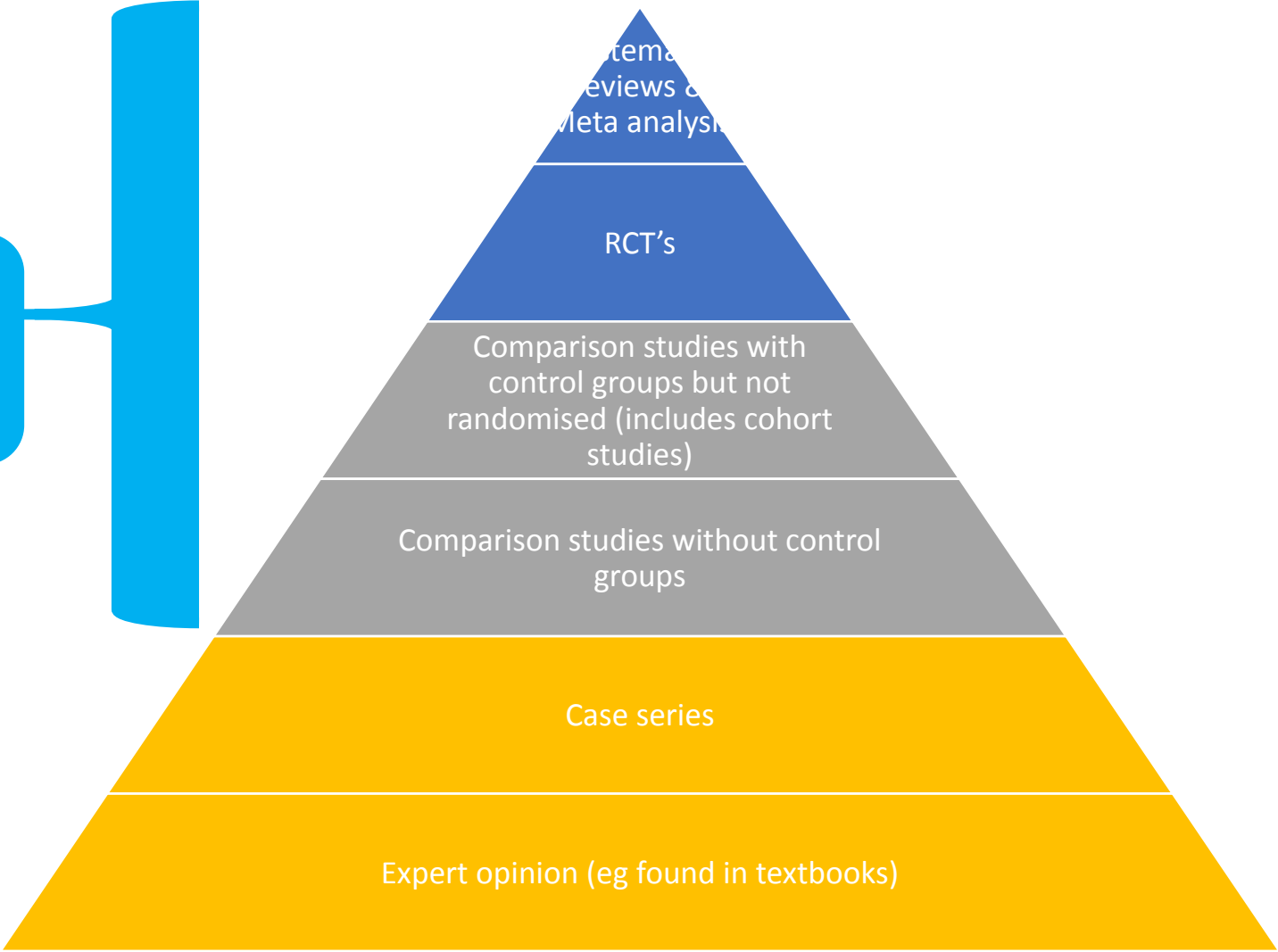
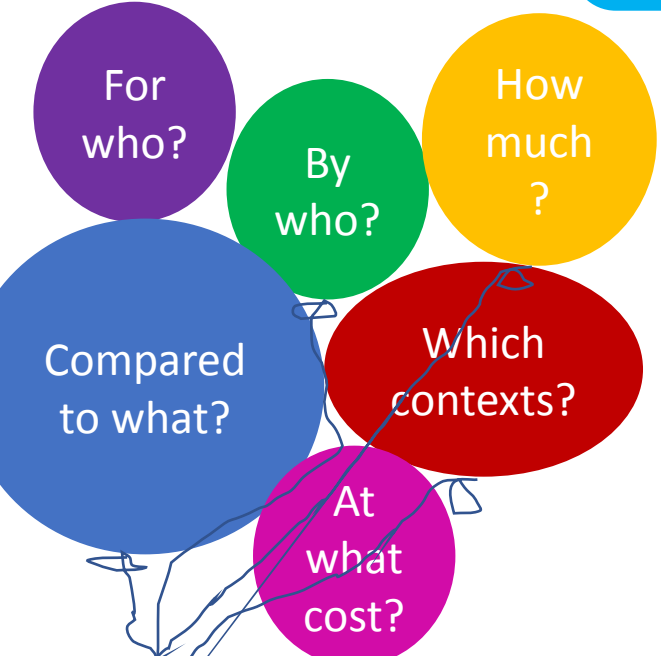
Specific training and implementation strategies are needed to align goal setting practice with best practice & therapists valuing of goals.

# Evidence to date on Coaching & OPC



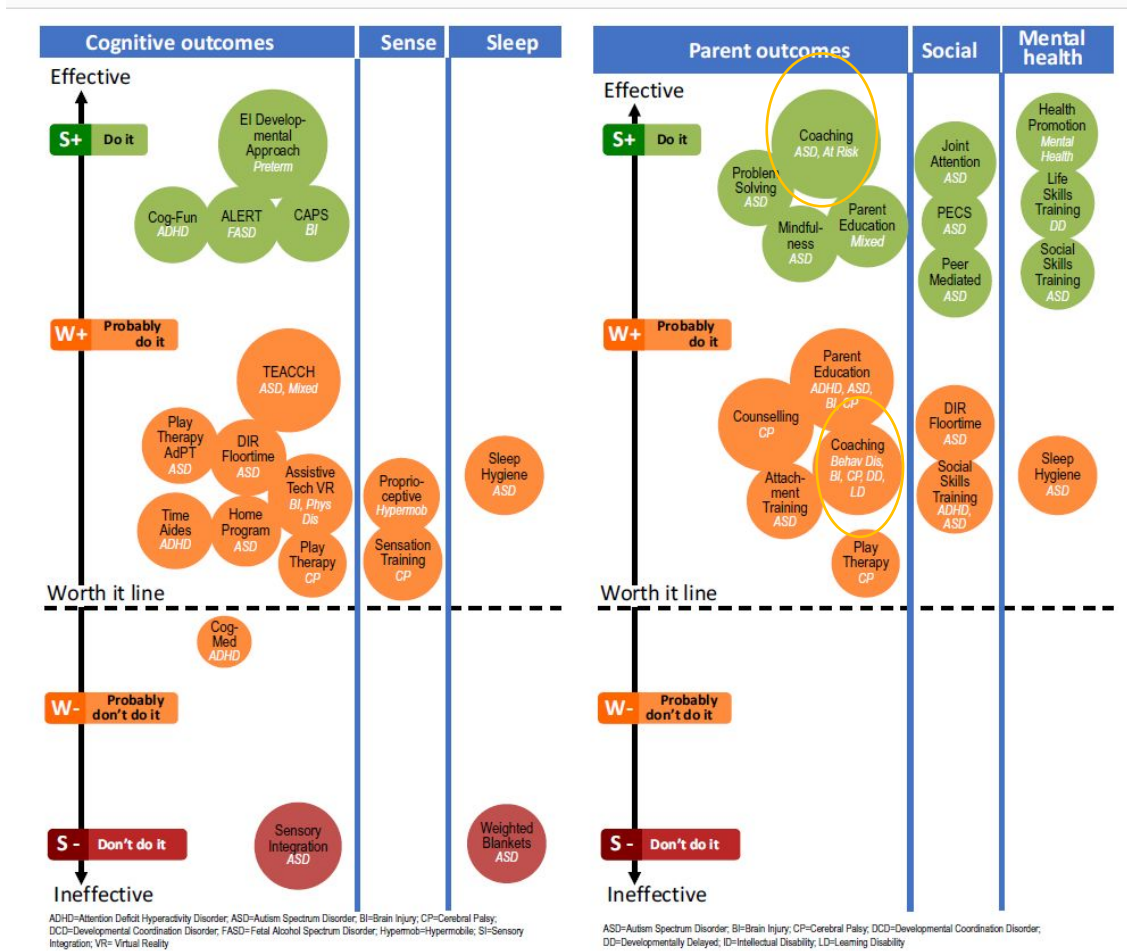
# Hierarchy of designs for questions about *effectiveness*

OPC Research on *Effectiveness*





# Balance of evidence on coaching NDD



P-population  
 I-intervention  
 C-comparison  
 O-outcome

Novak, I., & Honan, I. (2019).  
 Effectiveness of paediatric  
 occupational therapy for children  
 with disabilities: A systematic review.  
*Australian Occupational Therapy  
 Journal.*

# MANA Study Design

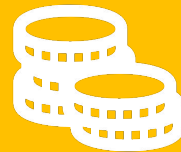


Single-blind, 2-arm parallel group, cluster RCT of OPC compared to usual care (clustering at the level of the therapist).

Subgroup analysis for Māori



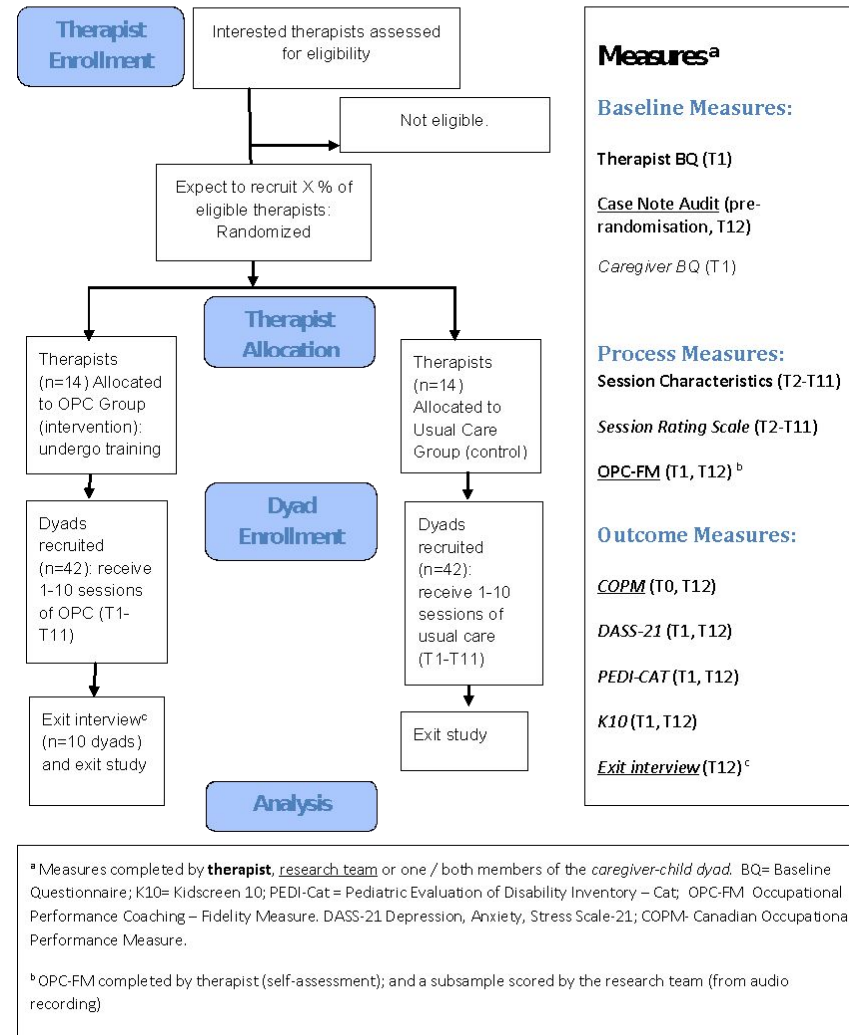
Post-intervention interviews examining caregivers' experience of OPC in relation to cultural values and expectations



Economic analysis of cost-effectiveness

RQ: Do **children with neurodisability (ages 2-18) and their caregivers** have better **health and wellbeing** after OP-coaching compared to **usual care** when delivered in existing service delivery contexts?

## CONSORT FlowChart



RQ: do **children with neurodisability (ages 2-18) and their caregivers** have better **health and wellbeing** after OP-coaching compared to **usual care** when delivered in existing service delivery contexts?

## Design issues typical of rehabilitation

### ❑ **Heterogenous populations**

- ❑ ND includes any health condition impacting developing neuro system
- ❑ Caregivers describes a role not a health population

### ❑ **Blinding limited**

- ❑ All outcome measures are self-report
- ❑ Impossible to blind intervention therapists

### ❑ **Comparison opaque**

- ❑ Usual care paed rehab in NZ is diverse and NOT best practice

# Design strategies to mitigate issues

- **Heterogeneity**

- Subgroup analysis by age and health condition

- **Maximising statistical power**

- Randomise recruited therapists to OPC training or post-study training
  - N=14 therapists each enrolling 6 consecutive cases (n=84 child/caregiver dyads)
  - Allows for 20% tx contamination of control group and 15% lost to follow up

- **Blinding where possible**

- Patients blind to group allocation but not intervention phase
- Minimise patient-recruitment bias by therapists: enrol consecutive cases

- **Measuring usual care**

- Pre randomisation case note audit all therapists pre and post measuring dosage, frequency, format and OPC fidelity....> *drift likely*
- ? A recruitment barrier due to privacy concerns

# Criticisms raised by reviewers

- Insufficient blinding
- Is this measuring the intervention or the training in the intervention?
- Underpowered for secondary analysis for Māori
- Should be compared to best-practice usual care rather than actual usual care.

# MANA Study Progress to date





# Overview of Therapist Activities

## 01 A Bit About Me

Complete a one-time questionnaire about my professional experience. **5 mins.**

02

## Case-note Audit

Find 6 recent closed cases that meet the 3 study criteria. Send us a copy of the last 5 entries using the ipad we provide. Repeat at end of study. **5 mins per case.**

03

## Therapists Randomised: OPC NOW v OPC Later training

OPC NOW GROUP: Take part in OPC training-live, small group, online. **24 hours over 4 weeks.**

04

## **BOTH GROUPS** **Aim: 3-4 Families**

Invite each current and new case that meets the 5 study criteria to the study. Aiming for **1+ Māori** **5 min max per case.**

05

## At Each Session

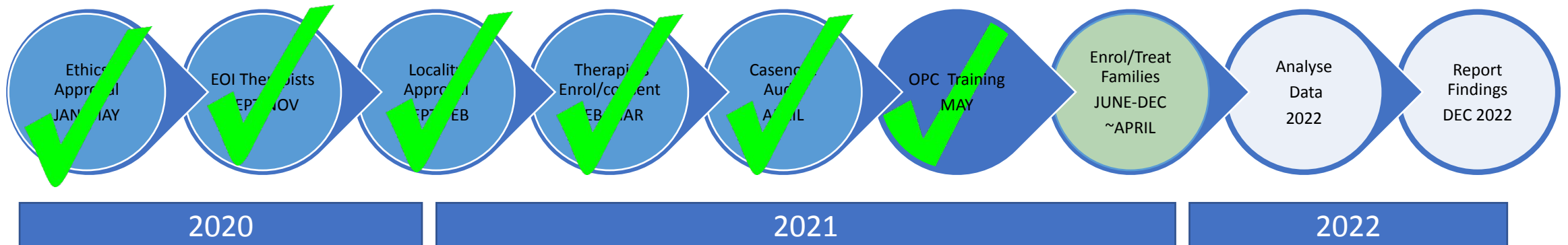
- Audio record each session (with consent)
- Enter brief session data online **5 min max.**
- @close of case repeat casenote audit

↓  
Usual Care Group: Take part in OPC training-live, small group, online. **24 hours over 4 weeks.**



When

# MANA study timeline: OPC Group



# Rehabilitation Teaching and Research Unit (RTRU)



W E L L I N G T O N

## Upcoming Distance-based postgraduate courses:

- Service Evaluation and Innovation Design. Starts July 2021
- Work Rehabilitation Starts July 2021
- Personal & Psychological Factors in Rehabilitation
- Musculoskeletal Rehabilitation Starts July 2021
- Rehabilitation with Older Adults
- Rehabilitation with Children & Families

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