INTRODUCTION & AIM
EmpowerSCI translated their in-person, multidisciplinary rehabilitation to a one-week telehabilitation program during the COVID-19 pandemic.

Research Questions:
1. What demographics, clinical factors, and goal types influenced within-individual change in self-efficacy and goal performance?
2. What program content and activities contributed most to participant goal achievement?

Implications: Inform the structure and outcomes of future EmpowerSCI telehabilitation programs.

METHODS
• Survey via phone/video chat before the program (baseline) and at a one month follow-up.
  • Empower Activity ranking
  • 5-point Likert scale related to goal performance “How well do you perform this activity?”
  • 10-point Likert scale related to self-efficacy “How confident are you in your ability to perform this activity?”
• Goal performance change from baseline to follow up
• Negative performance group (“N”)
• Positive performance group (“P”)
• Stable performance group (“S”)
• Goal type based on ICF domain did not seem to have a significant influence on goal performance or self-efficacy.
• Certain demographic and clinical factors may have had influence on goal performance and self-efficacy change during the EmpowerSCI rehabilitation program such as:
  • Severity of injury
  • Age
  • Years from DOI

RESULTS

Goal Achievement and Self-Efficacy Changes Following an Interdisciplinary Telerehabilitation Program

Douglas Whitty, BS, MSOT candidate, Christina Burke, DPT, and Hannah W. Mercier, PhD, OTR/L
School of Health Technology and Management, Stony Brook University

CONCLUSIONS

• Certain demographic and clinical factors may have had influence on goal performance and self-efficacy change during the EmpowerSCI rehabilitation program such as:
  • Severity of injury
  • Age
  • Years from DOI

• Goal type based on ICF domain did not seem to have a significant influence on a participant’s change in goal performance or self-efficacy.

• Empower activities may have not been equally useful towards goal achievement.

• Future programs may want to prioritize certain programs over others.

This study was supported by the School of Health Technology and Management Innovation Seed Grant

Contact for questions:
Douglas.Whitty@stonybrook.edu