

## STUDY UPDATES JANUARY TO JUNE 2024

### HEIGHTEN Study Overview

HEIGHTEN involves home-based upper limb therapy for babies and toddlers who have a less preferred hand/arm. Each child's caregiver delivers therapy, supported by weekly visits with their therapy team. Participants complete:



The study is investigating whether the therapy is effective for achieving hand function goals and acceptable to families and clinicians.



### Study Completion

- The final assessment was completed in April 2024.
- A first look at results is shared here. More to follow!

28 children  
screened

20  
enrolled

18 completed  
2 withdrawn

### First Look at Results



- Goal performance and satisfaction scores significantly improved and were maintained 8 weeks after therapy.

### Average Satisfaction Scores

3.7/4.0  
Caregivers

3.5/4.0  
Clinicians

0: Not at all satisfied  
1: Small extent  
2: Moderate extent  
3: Large extent  
4: Very large extent

Did you like:	Caregivers "Yes"	Clinicians "Yes"
Once per week sessions?	84%	89%
Hybrid delivery?	95%	100%
18 week program?	84%	68%
30-minutes daily practice?	89%	95%

### Are you interested in helping to improve HEIGHTEN?

- We'd love to hear your ideas!
- Your input will help make sure the program and resources (website, manual) are useful for future families and clinicians. Your time will be compensated.
- We are also updating photos & videos, and welcome contributions.
- Contact Alicia if you might be interested or have questions: [alicia.hilderley@ahs.ca](mailto:alicia.hilderley@ahs.ca)



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