

STUDY UPATES 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!

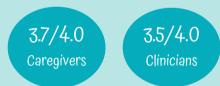


### First Look at Results



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

#### Average Satisfaction Scores



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

| Did you like:              | Caregivers<br>"Yes" | Clinicians<br>"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



for study website



