



HEIGHTEN

Home-based Early Intensive Hemiparesis Therapy: Engaging Nurture

STUDY UPDATES
JANUARY 2023



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 feasible and effective for achieving hand function goals and for improving use of the less preferred hand/arm.



2022 Milestones

- Research team formed with caregiver partners, occupational therapists, physicians, & researchers
- Research Ethics Board study approval in May 2022 (Calgary) and June 2022 (Edmonton)
- Website launched: <https://cumming.ucalgary.ca/research/cp-early-intervention>

Calgary Updates

- Site: Pediatric Community Rehabilitation
- Two Occupational Therapists and two Therapy Assistants are trained to deliver HEIGHTEN
- May 2022: Enrolment opened
- Target recruitment: 10 children within 1 year
- As of December 2022:



Edmonton Updates

- Site: Glenrose Rehabilitation Hospital
- Three Occupational Therapists and three Occupational Therapy Assistants are trained
- September 2022: Enrolment opened
- Target recruitment: 10 children within 1 year
- As of December 2022:

