

## WINTER 2025 UPDATES

The INTERPLAY study aims to support implementation of hand therapy for young children with cerebral palsy. We have now finished data collection for our four study phases:



### IDENTIFY BARRIERS & FACILITATORS

Phase One used a survey to identify barriers & facilitators to early intensive hand therapy.



### SELECT STRATEGIES

Phase Two used survey results to select appropriate implementation strategies.



### EXPLAIN & EVALUATE

Phase Three used interviews to explain and evaluate Phase One & Two findings.



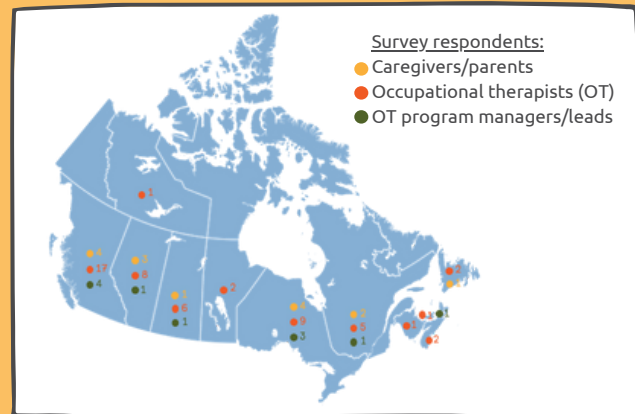
### REFINE STRATEGIES

Phase Four used a co-design session to refine & prioritize the implementation strategies.

## PHASE ONE

The INTERPLAY survey closed in January 2024. Questions asked about barriers & facilitators to early intensive hand therapy for young children with cerebral palsy. We received replies across Canada from:

- 15 Parents/Caregivers
- 54 Occupational therapists (OTs)
- 11 OT program managers/leads



## PHASE TWO

In Spring 2024, our research team identified 21 ways (strategies) to support facilitators and/or address barriers.

Click or scan the QR code to read more about how we identified strategies:



## PHASE THREE

From June to September 2024, we conducted interviews to learn more about Phase One barriers & facilitators and Phase Two strategies. We learned from: 9 parents, 10 OTs, and 6 OT program leads.

## PHASE FOUR

In November 2024, we used a co-design session to refine and prioritize 11 strategies from Phase Three. Participants included 4 parents, 4 OTs, and 4 OT program leads from across Canada. They created actionable descriptions for each strategy and then ranked the strategy list.

## STRATEGIES

In 2025, we will create and share strategies that are feasible for our team to complete.  
In priority order, the 11 strategies are:

1. **Develop a therapy roadmap** from early identification, therapist referral, to therapy content.
2. **Raise awareness** of early hand therapy amongst families and clinicians providing care to young children.
3. **Create a therapy guide** that is evidence-based for occupational therapists (OTs) and includes educational materials for families.
4. **Support occupational therapists** to offer early hand therapy with training and mentorship.
5. **Support families** to deliver home-based therapy by sharing clear expectations, a standard session plan, checking in, and offering virtual options.
6. **Communicate** openly to support information sharing and partnership building between caregivers and OTs.
7. **Allocate funding** from public health care to support delivery of early intensive hand therapy.
8. **Make materials available** to families, including an effective constraint, toys, and seating.
9. **Offer peer support** programs for children and families.
10. **Individualize** therapy for each child and family, while maintaining an intervention structure.
11. **Evaluate** therapy and program delivery often, with a focus on observable gains.

## WHAT'S NEXT?

Interested in study updates? Curious about helping create strategies?  
Click the icon to email us at [INTERPLAY.study@ucalgary.ca](mailto:INTERPLAY.study@ucalgary.ca)



CONTACT US

## THANK YOU!

The INTERPLAY study is possible because of your interest and participation, and the efforts of our national team of parents, occupational therapists, team leads, researchers, and physicians.



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