



Multimedia Caregiver Education Program for Fine Motor Skills

Monica Pham, OTD/S

Faculty Mentor: Dr. Diana Gantman Kraversky, OTD, MS, OTR/L, AP

Site Mentors: Dr. Baily Zobel, MS, OTD, OTR/L; Melinda Ly, MSOT, OTRL/L



SITE DESCRIPTION

Speech, Language and Educational Associates (SLEA) is an outpatient therapy clinic founded in 1983 and currently providing services at five locations within Los Angeles County.

Services offered include occupational therapy (OT), speech therapy, behavior intervention, educational therapy, and child development.

Mission Statement: "multidisciplinary team of educators and therapists working together with families to enhance the lives of individuals with special needs..."

Population:

- Children and adults with special needs and disabilities
- 85-95% of clients receiving OT services are under the age of 10 years old

IDENTIFIED NEEDS

1. Educational material and resources for caregiver training
2. Increase ease of access to resources
3. Increased time and finding for caregiver training

LITERATURE REVIEW

1. Developmental Cascades – The Importance of Fine Motor Skills (Choi et al., Deghan et al., 2017; Strooband et al., 2020)

- Fine motor development sets the foundation for a child's independence seen in the early stages of life
- 10-24% of young children experience fine motor delays.
- Fine motor skills leads to increased learning opportunities for children to interact with people and their environment

2. Shift Towards Multimedia Caregiver Education (Bellon-Harn et al., 2020; McMahon, S.E., 2013; Morris et al., 2020; Vismara et al., 2020)

- Creating effective tools in a simple language leads to effective parent education
- Online programs and multimedia platforms increase accessibility, are cost effective, and increase parent's feelings of self-worth and empowerment

3. Promoting Caregiver Involvement in Therapy Services (Medina-Mirapeix et al., 2017; Morris et al., 2020)

- Caregiver are a child's first teachers, nurturers, and advocates
- Access to quality parenting programs and caregiving knowledge are strong predictors of successful development
- Justification of intervention treatments demonstrated increased parent involvement and adherence to home exercise programs.

LEARNING OBJECTIVES

Learning Objective 1

Developed a multimedia caregiver education program to promote caregiver implementation of therapeutic fine motor activities in the natural environment and generalization and transfer of skills

Learning Objective 2

Improved interprofessional skills and provided an in-service to OT therapy staff at SLEA

Learning Objective 3

Carried out an evaluation of the program to determine the effectiveness to address the site's needs.

PROJECT DESCRIPTION

Purpose: Increase caregiver's knowledge, improve generalization, and transfer of skills gained during intervention for children with special needs

Approach: Developing various media modalities of educational materials and delivering them across a wide range of online platforms.

PROGRAM DESCRIPTION

- Educational presentation videos lasting 20-25 minutes elaborating on topics pertaining to fine motor to increase caregiver knowledge and understanding
- Demonstration videos of home activities lasting 90 seconds to empower caregiver involvement and carryover into natural environments
- Corresponding digital handouts with pictures and instructions
- Program resources were made available via SLEA's YouTube channel and Instagram to increase outreach to families and ease of accessibility to educational tools

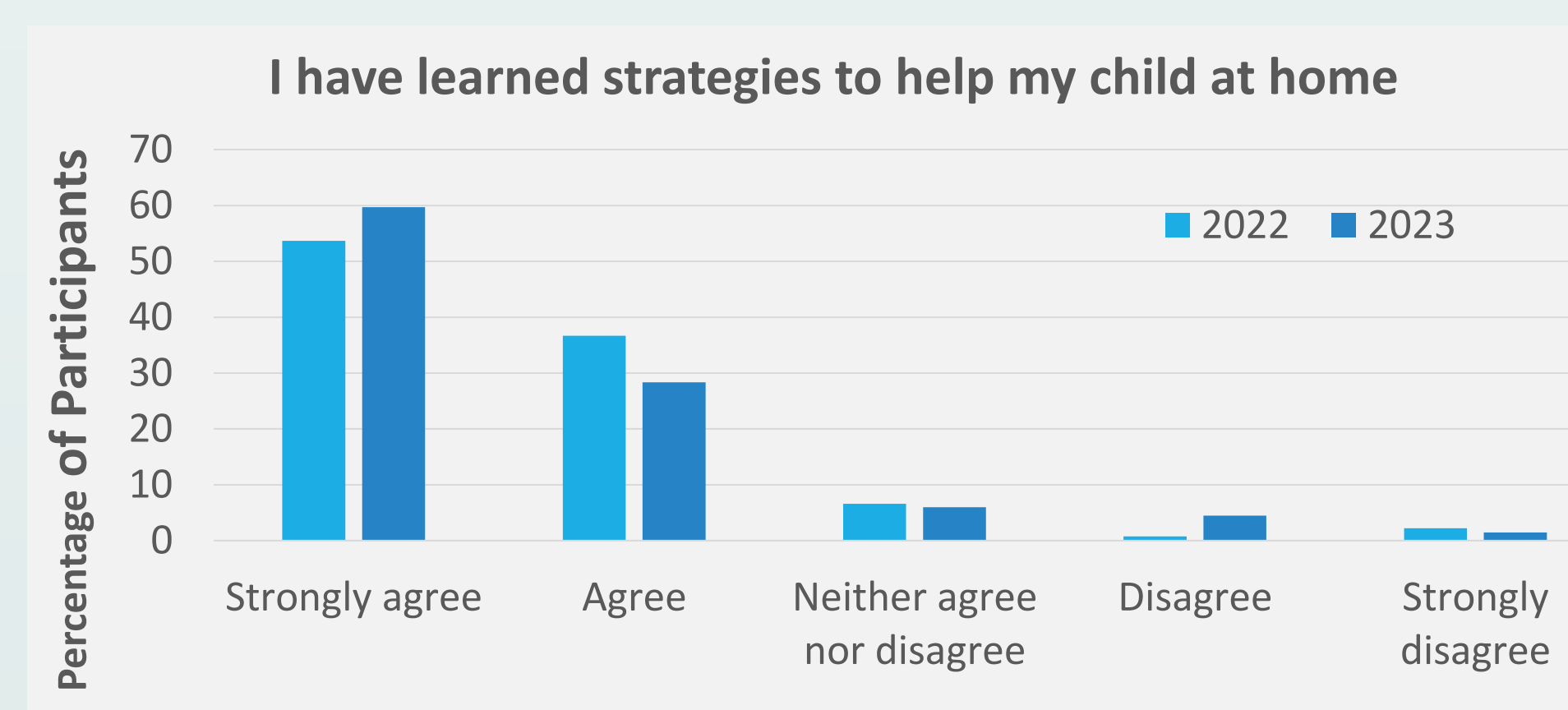
Program Topics

- 1 • Early Development in Children Leading to Fine Motor Functions: Part 1
- 2 • Early Development in Children Leading to Fine Motor Functions: Part 2
- 3 • Self-Care Skills and Fine Motor Functions: Child Development
- 4 • Learning Through the Senses: Fine Motor Development
- 5 • Sensory Play with Hands and Association with Food
- 6 • Handwriting Development in Children

PROJECT OUTCOMES

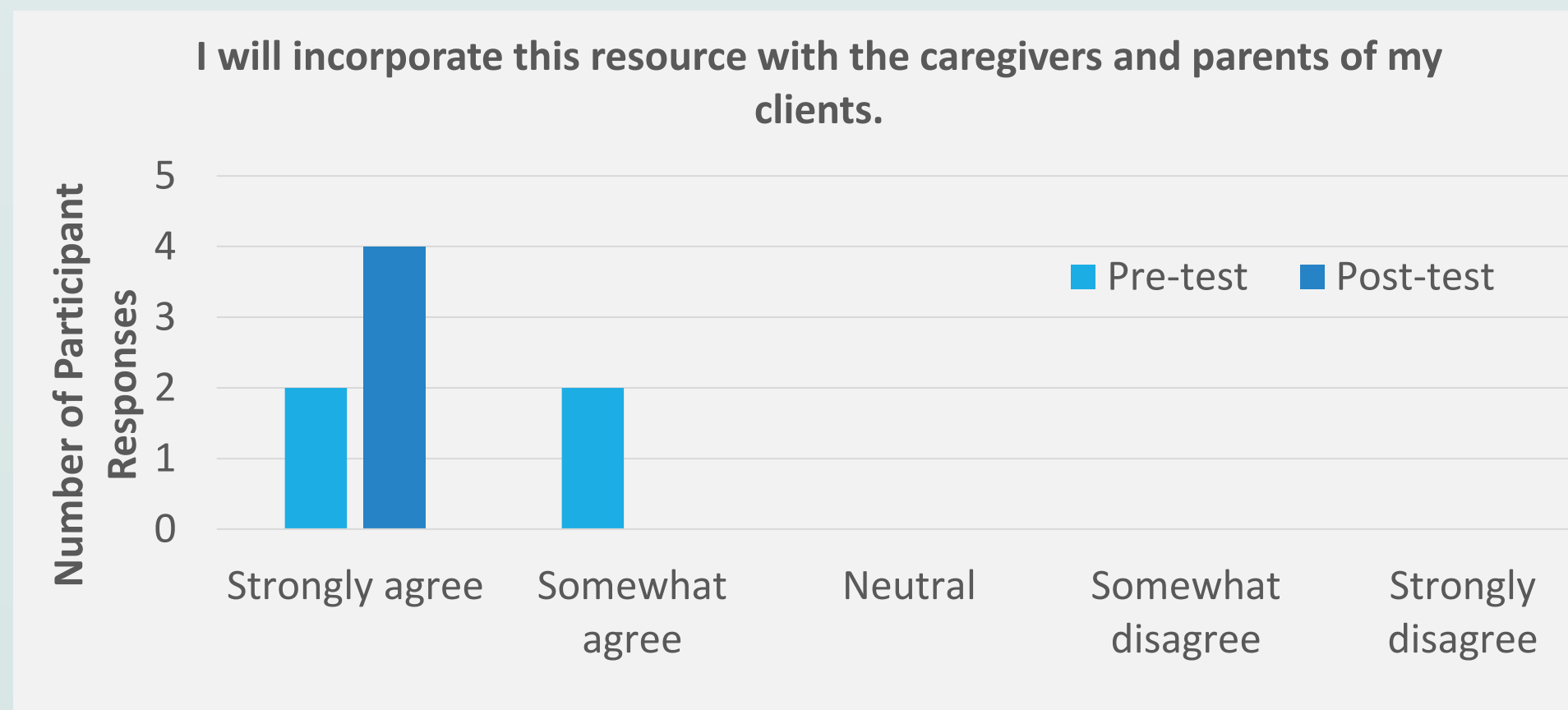
Annual Parent Satisfaction Surveys

- Majority of parents reported learning strategies to help child at home, understanding of what is worked on in therapy, and overall satisfaction with care and services



Occupational Therapy Staff In-Service

- 100% of staff reported high levels of understanding, knowledge of access, and likelihood of incorporating program with families

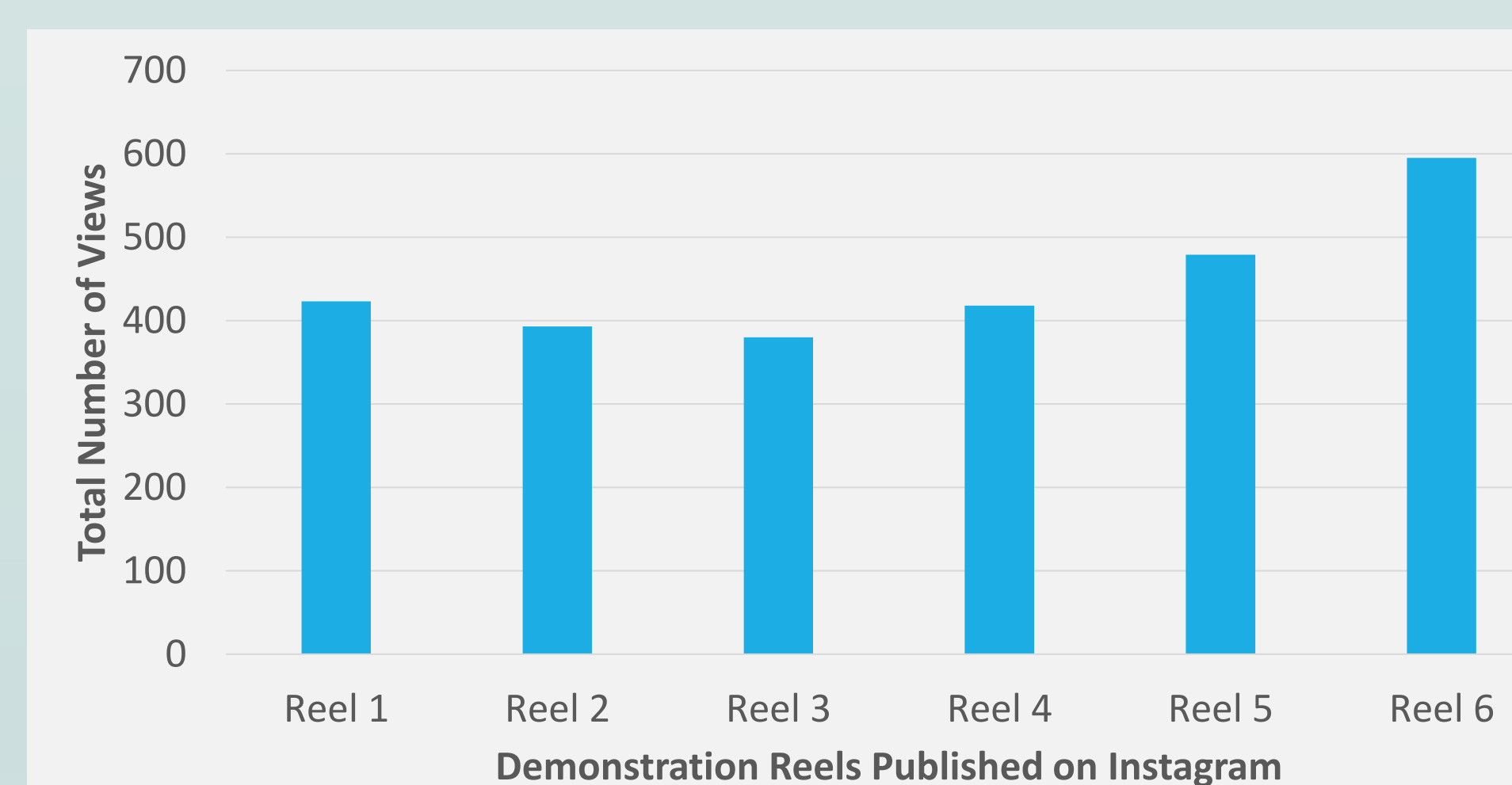


Consumer Engagement Across SLEA Social Media

- Positive trend of consumer views on educational videos and demonstration reels

YouTube: 253 views across six presentation videos and six demonstration reels

Instagram: 2,688 views across six activity demonstration reels



SCHOLARLY DELIVERABLES

- Caregiver Educational Video Curriculum
- Digital Fine Motor Home Exercise Program Bank
- In-service on the Use of "Multimedia Caregiver Education for Fine Motor Skills"
- Resource Guide for SLEA OT Staff

DISCUSSION AND IMPLICATIONS

- The project sought to appeal to the diverse learning styles of families and increase caregiver knowledge through the use of multimedia educational tools in an effort to improve generalization and transfer of therapeutic gains into children's natural environments.
- Findings support an overall positive impact on caregiver satisfaction, learning, and understanding however further evaluation is needed for validation.
- Multimedia resources appear favorable as a method of connecting with the community and decreasing the gap between service provision and caregiver carryover.
- The field of OT may benefit from expanding and utilizing multimedia to address various population concerns and needs.

FUTURE DIRECTIONS

- Use of standardized assessments to validate and measure the direct relationship of multimedia programs on caregiver generalization and transfer of skills.
- Allow for more time of participant recruitment for control and increase sample size
- Increasing accessibility through website and other available media platforms
- Potential to lead in-person group and create opportunities for open discussions between families and service providers

ACKNOWLEDGEMENTS

A tremendous thank you to Dr. Leizerovich and Dr. Gantman for your support throughout this journey. Deepest gratitude to Dr. Zobel, Melinda, and the staff at SLEA for their guidance and encouragement in seeing to the completion and success of this project.

REFERENCES

Scan QR code for a list of references

