

CPD Activity Evaluation

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Title of CPD Activity or Course

How to do Constraint Induced Movement Therapy (CIMT)

Start date of CPD Activity or Course

7th May 2018

End date of CPD Activity or Course

11th May 2018

Overview

Constraint Induced Movement Therapy (CIMT) is a treatment technique involving restraint of the less affected upper limb combined with task practice to promote upper limb function in the hemiplegic arm after stroke or brain injury. This one-day course is designed for OTs and Physios and will provide an update of the CIMT evidence base and facilitate the development of work place CIMT treatment protocols to enable participants to set up their own CIMT service.

Reasons for doing this CPD Activity or Course

To increase awareness of this therapeutic intervention and wish to explore, understand and start applying in my practice where appropriate.

Learning objectives

- Gain an understanding of predictors of upper limb recovery
- Revise current evidence regarding neuroplasticity
- Explore current evidence and critically evaluate protocols for constraint induced movement therapy (CIMT)
- Develop knowledge for the successful implementation of CIMT protocols into practice
- Gain practical skills and experience through participation in patient workshops
- Write a CIMT project plan to implement into own practice

Outcome measures

All learning objectives achieved, discussed with peer group and set up CIMT project group.

Key learning (content)

Gained understanding of key objectives in CIMT and confidence in identifying appropriate clients and implementing the approach.

Key learning (process)

Helpful mode of learning as tutors employed adult learning principles. Didn't just lecture but found out what we didn't know and helped progress from there. How to use tools and resources to implement CIMT.

Impact on practice

Have far greater understanding of evidence of benefits of CIMT, and profile of clients who could really benefit. Confident to implement CIMT with a client.

Benefit to you

Increased my knowledge, awareness and competence and confidence. Now feel keen to try it.

Benefits to service user

Improved prospects of fuller recovery post stroke, and greater functionality.

Benefits to the service

Enhance practice, greater client satisfaction, greater independence, reduced care demands.

Next steps

Promote greater awareness amongst peers, identify potential clients, further reading on topic, and find more evidence of the benefits of this therapy.