

Reflective Log

Date created: **1st May 2018**

Date printed: **12th May 2018**

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Activity

Training course: How to do Constraint Induced Movement Therapy (CIMT).

What?

I attended a Training course on CIMT, something which I previously knew little about. I have not seen this practiced in my OT experience so found it very interesting. I met others who work nearby who I may be able to learn with and discuss improvements/difficulties. The resource book from the course will be great for helping me to implement CIMT into practice.

So What?

Having felt daunted by the prospect of learning something new and the challenge of changes to my practice, I became more motivated throughout the training day. The facilitators were fantastic at leading us through the process in a way that made me feel at ease and comfortable with the challenges. I now feel keen to practice what I have learned and raise awareness in my department and in my service. The tools and resources give me confidence that I will be able to assess clients for CIMT and develop records to implement a programme.

Benefits to the Service User

The benefits to the Service User could be great, if my colleagues and other professionals involved are keen to move ahead with this. If a Service User were to follow a CIMT programme, I believe they would gain greater independence, would need less care and treatment and would be more motivated to try things for themselves. There is a good evidence base and client success stories to support this intervention. This will help in talking to my clients about its potential benefits for them.

Service Benefits

The service would also benefit if awareness was raised and staff worked together to offer CIMT regularly to appropriate clients. There could be a lower care demand and therefore may free up resources to be used elsewhere. As a multi professional intervention, it could support team working and potentially reduce repetition in service provision.

Now What?

I feel motivated to make changes into my practice, and to begin to facilitate learning surrounding this subject within my team. I will push for greater awareness of CIMT, for other OTs and physios to attend CIMT training, and for students to read up on the subject

as they study. I will implement a CIMT programme with suitable clients on my individual case load and evaluate it.

Actions

To introduce subject of CIMT to colleagues and students. Encourage colleagues to attend CIMT training. Begin a CIMT practice with current service user where relevant.

Evidence

Course certificate

Reflective log/evaluation

Client feedback