

Appendix: Home Program Survey Questionnaire

Dear Occupational Therapy Colleague,

I am leading a study to determine current practices of Occupational Therapists working with children and young people with cerebral palsy. Specifically, I am interested in understanding the nature of home programmes. This survey is designed to gather information on current occupational therapy practices in prescribing, carrying out, and managing a home programme for a child or young person with cerebral palsy. To determine the overall response rate and frequency of home programme practice, **even if you do not use home programmes** for children and young people with cerebral palsy, I would be grateful if you could indicate this by clicking 'No' to question 1 below; you will then be directed to a part of the survey where you are asked to complete one further quick question about this. However, if you do treat children and young people with cerebral palsy using home programmes, please consider filling out this survey which takes 8 minutes to complete. This survey is completely anonymous and no identifying information will be collected. **To complete the survey, simply click on 'Yes' to the question 1 below** which will take you to the consent form.

Thank you for your consideration. I look forward to receiving your response.

Sincerely,

1. Do you prescribe home programmes for children and young people with cerebral palsy?
 - ☐ Yes – Continue to consent page.
 - ☐ No- Go to final page (link to page)

Consent Form for the Online Survey

Project title: Home Programmes for Children and Young People with Cerebral Palsy study

Researcher's name –

I confirm that I have read the information sheet attached to the email inviting me to take part in the study and understand the purpose of the research project and my involvement in it. I understand and agree to take part.

I understand that whilst information gained during the study may be published, I will not be identified and my personal results will remain confidential.

I understand that data will be stored in the strictest of confidence and will only be reported in an anonymised form. Electronic copies of the data will be stored on the secure server in a location that is password protected and only accessible to the researcher.

I understand that I may contact the researcher if I require further information about the research, and that I may contact the Research Ethics Co-ordinator, if I wish to make a complaint relating to my involvement in the research.

☐

Yes I agree to carry out the survey (link to survey:

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No I don't agree (link to "Thank you for taking the time to consider this study").

BACKGROUND: These next few questions are about you as an Occupational Therapist

2. How many years have you been practised as an Occupational Therapist?

- ☐ 0-5 years
- ☐ 6-10 years
- ☐ 11-15 years
- ☐ 15-20 years
- ☐ Over 20 years

3. Who is your employer? (*Demographic data*)

- ☐ Self employed
- ☐ NHS
- ☐ Charity
- ☐ Community based
- ☐ Education
- ☐ Voluntary agency
- ☐ Social services
- ☐ Other _____

**HOME PROGRAMMES: The next questions are specifically about home programmes
for children with cerebral palsy**

4. Which classifications of cerebral palsy do you use home programmes for? (select all that apply)

- ☐ Children with quadriplegia
- ☐ Children with diplegia
- ☐ Children with hemiplegia
- ☐ Other : If you selected other please specify: _____

5. Choose the option for each statement that best fits your opinion. There are no right or wrong answers.

Home Programme Statements	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I prescribe home programmes for all the children I see with cerebral palsy, regardless of classification	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prescribe home programmes because consistency of therapeutic approach is important	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually prescribe a home programme because it helps children meet goals that cannot be met with the limited amount of one-to-one therapy allotted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Home programmes reinforce carryover of therapy activities into the child's environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Home programmes allow for greater participation in the child's natural environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Do the following interventions/theory/methods influence your home programmes for children and/or young people with cerebral palsy?

Intervention/Theory Method/ Assessment	Never	Rarely (about 20% of the time)	Sometimes (less than half the time)	Often (more than half of the time)	Usually (about 80% of the time)
An occupational therapy model of practice					
Action observation therapy					
Active range of motion					
Bimanual performance outcome measure/s					
Bimanual training					
Bobath therapy					
Coaching					
Cognitive orientation to					

daily occupational performance (CO-OP)					
Constraint induced movement therapy					
Electronic games/apps					
Environmental adaptation					
Environmental assessments					
Fine motor activities (such as handwriting)					
Gross motor classification system					
Log books (to measure how much home programme practice parents do at home)					
Manual Assessment classification system					
Modified constraint induced movement therapy					
Motor function outcome measures or assessments					
Participation measures or assessments					

Splinting					
Uni-manual outcome measure/s					
Whole or partial activities of daily living tasks					

If you use anything else, or have any comments to make regarding the interventions, theory and methods shown in the table above, or the type (s) of classification of children with cerebral palsy you use them with, or the type of splint you use, please do so here: _____

7. What do you think about your home programmes ? Please rate how strongly you agree or disagree with the following statements.

Home Programme Design & Support Provided	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
They are effective					
I am confident designing and using them					
They need to be designed in the home environment					
They can be designed in the home or school environment					
I am satisfied with the amount of support I am able to provide					

to parents carrying out a home programme					
I am satisfied with how often I use home programmes					
They need to be written with photographs of the child doing the activities.					
Parents need to be involved in the design of the programme					
The chosen activities should be functional and where possible embedded into the child's routine					
Activities should be demonstrated to the parent with an explanation of how to do them					
I am satisfied with how I model ways to grade the activities so that they are at the just right challenge					
I am satisfied with the amount of parents training I am able to provide to parents carrying out					

a home programme					
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If you would like to make any other comments, please do so

here: _____

8. What is your experience of goal setting when using home programmes?

Method of Goal Measurement	Usually (about 80% of the time)	Often (more than half of the time)	Sometimes (less than half the time)	Rarely (about 20% of the time)	Never
The Canadian Occupational Performance Measure is used					
Goals are set collaboratively with the parents					
Goals are set collaboratively with the child					
Goal Attainment Scaling					

(GAS) is used					
The Perceived Efficacy of Goal Setting Measure is used					
Goals are written separately from the family					
Goals are measured objectively prior to starting the programme					
Goals are measured at a specified time after carrying out <i>the programme</i>					
Goals are occupationally focused					
The outcomes are evaluated together with the family					
The goals are reviewed					

regularly					
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If you have any comments to make about your experience of using goals with home programmes, or use any other goal setting measure (s), please describe here: _____

Barriers and enablers

9. How much time, on average, do you recommend that a home programme is carried out?

10. When you do you advise parents to carry out a home programme? _____

11. Are there any barriers that have an impact on your use of home programmes?

Yes ☐ No ☐

11 a. If you answered 'yes' please select the relevant barriers:

	Yes	No
Time		
Skills		
Knowledge of specific methods		
Training		
Support		
Other		

If you selected 'other' please comment here: _____

12) Are there any factors that enable you to use home programmes? If so please comment here: _____

13) Please make any suggestion for the type and content of professional development/educational solutions you think would improve the design and use of your home programmes for children and young people with cerebral palsy

here _____

14. What do you feel is beneficial about prescribing home programmes for children with cerebral palsy? _____

15. What guides your professional/clinical reasoning when deciding the content for a home programme for children with cerebral palsy?

ONLY ANSWER QUESTION 16 IF YOU SELECTED 'NO' TO QUESTION 1:

16. Please indicate any reason (s) below for why you may not be using home programmes for children with cerebral palsy. Your input would be greatly appreciated. (Please describe)

- ☐ I work in an academic setting
- ☐ I do not work regularly with children with cerebral palsy to use home programmes
- ☐ Clients are unable to participate in a home programme because of the treatment setting
- ☐ Home programmes are not the main focus of intervention
- ☐ There are issues with client or caregiver compliance and follow through
- ☐ I'm retired
- ☐ Time constraints
- ☐ Support
- ☐ Knowledge of specific methods

☐ Other

If you selected 'other' please specify, your input is greatly appreciated. _____