

FACULTÉ DE MÉDECINE ET DES SCIENCES DE LA SANTÉ




**COULD COACHING INTERVENTIONS BE DELIVERED THROUGH TELE-REHABILITATION TO SUPPORT FAMILIES OF CHILDREN WITH DISABILITIES?**

 <https://canchild.ca/>


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FACULTÉ DE MÉDECINE ET DES SCIENCES DE LA SANTÉ



**ARE COACHING INTERVENTIONS EFFECTIVE WHEN DELIVERED THROUGH TELE-REHABILITATION TO SUPPORT FAMILIES OF CHILDREN WITH DISABILITIES?**

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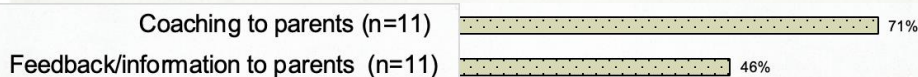
## EVIDENCE FOR COACHING IN PEDS REHAB?

- Variety of practices
  - More than 'training'
  - Coaching to parents or children
  - To different populations
- Effective
  - For diverse outcomes
    - E.g. academic performance and motor functioning

## EVIDENCE FOR PEDS TELEREHABILITATION?

- Systematic review of rehab RCTs for 0-12 y.o
  - Variety of practices
  - Seems effective for a variety of populations and outcomes (few on physical disabilities)
  - Some practices lead to greater percentage of outcomes improvement

E.g. Interactions styles with parents



## AIM

- 1) to critically analyse ~~if, and~~ how coaching intervention could be **effectively** delivered through tele-rehabilitation

What reported online coaching look like?  
How were therapists trained to deliver online coaching?

## METHODS

- Comparing articles classified as using coaching or info/feedback in the systematic review according to different ideas somehow related to 'coaching'
- Exploring the type of training provided to therapists delivering the online intervention

## RESULTS – ONLINE COACHING

- All articles provided evidence of ‘support’
  - Varieties of practices
- Few provided evidence of families leading conversations, collaborative goal setting and open discussion
  - All but one were classified as coaching
- None focus on problem-solving around families priorities, included a care coordinator or key worker role

## RESULTS – TRAINING THERAPISTS

- Contribute to greater outcomes improvement (66% vs 53%)
- More centred on the intervention protocol
- Few mentioned mentor support and fidelity assessment

## LEARNINGS AND MOVING FORWARD

- Tele-rehabilitation could be used to deliver (cost?) effective coaching interventions.
- Online coaching needs to be better defined to ease its implementation and evaluation.

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