

Occupational therapy for persons living with chronic conditions – Process and Outcomes Evaluation of the ABLE program

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Background

Persons living with chronic conditions often have decreased ability to perform Activities of Daily Living (ADL) tasks, stressing a need to develop and evaluate intervention programs addressing decreased ADL ability. Guided by the British Medical Research Council's guidance (MRC) on how to develop and evaluate complex interventions, the program "A Better everyday Life" (ABLE), a home-based intervention program, was developed and feasibility tested. The current phase concerns a full-scale evaluation of the ABLE program, including evaluation of effectiveness and processes. An external researcher conducts a parallel evaluation of cost-effectiveness.

Aim

- 1) Investigate the effectiveness of the ABLE program compared to usual care, in persons living with chronic conditions
- 2) Investigate under what circumstances, for whom, why and how the program enhances the ADL ability in persons living with chronic conditions
- 3) Investigate the cost-effectiveness of the ABLE program, compared with usual care

Method

The design involves a randomized controlled trial with an internal pilot. Eighty home dwelling persons living with chronic conditions, experiencing problems performing ADL, are randomized to either intervention (ABLE) or control (usual care).

Co-primary outcomes are self-reported ADL ability measured using ADL-Questionnaire (ADL-Q) and observed ADL motor ability measured using Assessment of Motor and Process Skills (AMPS). Secondary outcomes are perceived satisfaction with ADL task performance and observed ADL process ability. Data is collected at baseline, post intervention and six months after baseline. Process evaluation data is collected using registration forms and semi-structured qualitative interviews.

The economic evaluation will be performed from a health care sector perspective with 6 months follow-up.

Project status

Data collection is initiated and will carry on during 2020.

A protocol paper for evaluation of the ABLE program is in progress. The protocol represents the foundation of a transparent evaluation.

Updated: 26-03-2020