



**CONSORTIUM FOR CITIZENS
WITH DISABILITIES**

**EVIDENCE BASED REHABILITATION PROTOCOLS MAY PREVENT DISABILITY AND
SECONDARY DISABLING CONDITIONS**

A congressional briefing was held by the American Physical Therapy Association on “Advances in Rehabilitation Research”. Presenters at the forum were the Director of the National Institute of Child Health and Human Development, and rehabilitation researchers. A question and answer session followed the presentations.

Summary

There were approximately 12,000 pieces of research that were conducted with respect to health in 2008, many of which have implication for rehabilitation research. However, only on rare occasions is the research translated into clinical practice, replicated in the field, and then widely disseminated. One of the presenters developed a procedure that had application in clinical settings. The protocols were called “Care Call”, which was designed to improve communications between providers and patients. Two of the outcomes of the protocols were prevention of secondary disabling conditions of disability which were pressures from bed sores and depression, two medical clinical conditions. Both clinical conditions had significant improvements as a result of the “Care Call” intervention. However, the protocols had not been replicated in applied settings.

Disability Prevention Issues

Evidence based research in the field of rehabilitation is needed to prevent disability and secondary disabling conditions. The “Care Call” program has important significance for ameliorating and prevention of disability by addressing people with disability and populations who are at risk of disability. However, the “Care Call” program has not had substantial replications in applied settings. To enhance the value of this program, it should be replicated in applied settings and then widely disseminated. The applied research procedures are: “If you use these *protocols* (i.e. “Care Call”) with *personnel trained* in these ways, under these *conditions* (nursing homes) you will get these *results* (i.e. fewer “bed sores” and cases of depression) with this *population* (i.e. elderly people). The outcomes from these protocols are clinical. There is need for outcomes to be socially relevant and associated with independent living to ameliorate disability and secondary disabling conditions.

Activity

Extensive discussions were held with the developer of “Care Call” to determine practical applications through an evidence based model.

Principle

There should be effective evidence based models that have been replicated and widely disseminated to prevent and ameliorate disability.