

May 23, 2022



# STROKE SPECIAL INTEREST GROUP

Academy of Neurologic Physical Therapy

## In this newsletter...

- Student Corner Video Series: OPTIMAL Theory of Motor Learning #1
- Nominate someone for an ANPT Award (including SIG awards)
- Stroke SIG NPTE/NCS Test Prep Questions: **Question 1 review and video rationale now posted!**

## Student Corner Video Series: OPTIMAL Theory Of Motor Learning Discussions

In a two-part video series, Dr. Wendy Romney and DPT student Mary Claire Hemmer discuss the OPTIMAL theory of motor learning (OPTIMAL: **O**ptimizing **P**erformance **T**hrough **I**ntrinsic **M**otivation and **A**ttention for **L**earning).

In [video 1](#), Dr. Romney and Mary Claire discuss the background evidence for the OPTIMAL theory and the components of Autonomy, Enhanced Expectancy, and External Focus, including examples for therapists of how to change your cueing from internal to external.

*Thank you to Dr. Romney and Mary Claire for this excellent clinical resource!*

The image shows a video player interface. On the left, the title "Enhanced Expectancies" is displayed in orange text above an illustration of a hand holding a stopwatch. On the right, a teal background contains a list of four bullet points, each representing a cue from a video. A large white play button is centered over the text. In the top right corner, there is a small video feed of Dr. Wendy Romney.

**Enhanced Expectancies**

- "I think you will be able to make it to the window."
- "I have seen people with your condition do this before."
- "Yesterday you walked 50 feet. I know you can do 60 feet today."
- "You did this in 30 seconds last time. I think you can do it in under 25 seconds now."

Wendy Romney

## Nominate Someone for an Academy of Neurologic PT Award!



[Nomination Link](#)

The Academy of Neurologic Physical Therapy Awards Committee is seeking individuals to be nominated for the 2023 ANPT Awards. This year there are ten individual awards all with nomination deadlines of [August 1, 2022](#).

### **AWARD DESCRIPTIONS**

#### **SIG Awards**

##### **SIG Service Award**

Purpose: To acknowledge a member of a particular SIG who goes above and beyond through volunteer contributions to the SIG and its efforts.

##### **SIG Research Award**

Purpose: To recognize a member of a particular SIG who has demonstrate exemplary contributions to the body of research representative of the population the SIG serves.

#### **Academy Awards**

##### **Service to the Academy Award**

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy whose contributions to the Academy have been of exceptional value.

##### **Excellence in Neurologic Research Award**

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy who has demonstrated continuing excellence in research related to neurologic physical therapy science, theory, practice, or education.

##### **Excellence in Neurologic Education Award**

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy who is a gifted and creative educator. The awardee spends a majority of their time in an academic setting but continues to treat patients and develop strategies for intervention that directly affect patient care.

##### **PT Clinical Excellence in Neurologic Physical Therapy Award**

Purpose: To acknowledge and honor a physical therapist member of the Academy of Neurologic Physical Therapy whose major professional involvement and contributions are currently with the practice of neurologic physical therapy.

##### **PTA Clinical Excellence in Neurologic Physical Therapy Award**

Purpose: To acknowledge and honor a physical therapist assistant who is a member of the Academy of Neurologic Physical Therapy whose major professional involvement

and contributions are currently with the practice of neurologic physical therapy.

### **Outstanding Clinical Innovator in Neurologic Physical Therapy Award**

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy who translated recent evidence or emerging practice/business strategies into a program, initiative, or service to benefit patients/clients with neurologic impairment. The awardee should be individuals who led or co-led the implementation of this innovation and participated in monitoring its outcomes to measure its impact as well as success on the greater physical therapy community.

### **Outstanding Advocacy in Neurologic Physical Therapy Award**

Purpose: To acknowledge and honor a member of the Academy of Neurologic Physical Therapy who is an advocate for the neurologic physical therapy profession and/or neurologic populations.

### **Early Career Professional Award**

Purpose: To support new professionals who are members of the APTA Academy of Neurologic Physical Therapy and show potential to make lasting contributions to the Academy of Neurologic Physical Therapy, by providing them financial assistance to attend CSM.

**CSM Abstract: Early Career Scientist Award** – After submitting your abstract through the CSM portal complete the form on the application page to be considered for this award.

Please take the time to nominate a deserving colleague! For more information and nomination forms [click here](#).

**Prepping for the NPTE or NCS? Check out our Stroke Test Prep Questions - Answer #1 Video Now Posted!**



**STROKE SIG**  
**STUDENT INFO**  
Academy of Neurologic Physical Therapy

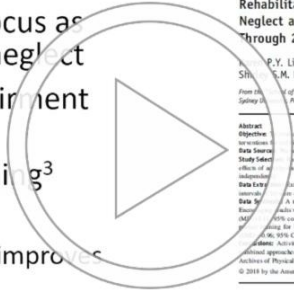
The [Stroke SIG Student Corner](#) team is putting together a series of test questions to help future takers of the National Physical Therapy Examination (NPTE) and Neurologic Clinical Specialist exam.

Test your stroke knowledge by visiting the [Stroke Corner website](#) (questions are at the bottom). New questions are posted around the first of the month.

This month's answer review video is now posted! Dr. Michelle Sawtelle reviews the evidence-based rationale behind the correct answer for the homonymous hemianopsia question.

# Article 1<sup>2</sup>

- Visual pathway damage<sup>2</sup>
- Similar rehabilitation focus as with unilateral spatial neglect
- Activity-based vs. Impairment reduction
- Benefits of visual scanning<sup>3</sup>
- Outcomes:
  - Activity-based training improves visual outcomes & ADL performance
  - Non-activity-based training improves ADL performance



Archives of Physical Medicine and Rehabilitation  
period. homepage: www.aphm.org  
Archives of Physical Medicine and Rehabilitation 2019;100(9):79

REVIEW ARTICLE (META-ANALYSIS)

A Systematic Review and Meta-Analysis of Rehabilitative Interventions for Unilateral Spatial Neglect and Hemianopia Poststroke From 2006 Through 2016

Shih-Pei Y. Liu, Ph.D.,<sup>1,2</sup> Jessica Hanly, MOT,<sup>3</sup> Paul Fahey, MMedStat,<sup>4,5</sup> M. Fong, Ph.D.,<sup>6</sup> Rosalind Bye, Ph.D.<sup>7</sup>

From the <sup>1</sup>School of Science and Health, Western Sydney University, Parrish, Australia; <sup>2</sup>Neurological Health Research Institute, Western Sydney University, Parrish, Australia; and <sup>3</sup>School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Hong Kong.

**Objective:** To examine the effectiveness of activity-based, nonactivity-based, and combined activity- and nonactivity-based rehabilitative interventions in their processing with unilateral spatial neglect (USN) and hemianopia.

**Design:** Systematic review and meta-analysis. The databases searched included CINAHL, Cochrane Library, EMBASE, MEDLINE, and PubMed from 2006 to 2016.

**Study Setting:** Randomized controlled trials (RCTs) with a focus of or more on the Physiotherapy Evidence Database. Studies that examined the effects of activity-based and nonactivity-based rehabilitative interventions for people with USN or hemianopia. Two reviewers selected studies for inclusion.

**Study Size:** Data from the published RCTs. Mean difference (MD) or standardized mean difference (SMD), and 95% confidence intervals (CIs) were calculated. Heterogeneity was assessed using the  $I^2$  statistic.

**Results:** A total of 20 RCTs for USN and 5 for hemianopia, involving 204 and 206 stroke participants respectively, were identified. Evidence was based on relative to activity-based interventions for visual scanning training and compensatory training for hemianopia (MD, 0.15; 95% CI, 0.04 to 0.26;  $P=0.003$ ,  $I^2=23.8%$  on visual outcomes), and significant outcomes and results were found for USN (SMD=0.40, 95% CI, 0.18 to 0.62;  $P=0.001$ ,  $I^2=89.3%$ ) on functional performance in activities of daily living, MD, 0.08; 95% CI, 0.03 to 0.13;  $P=0.001$ ,  $I^2=89.3%$  on walking.

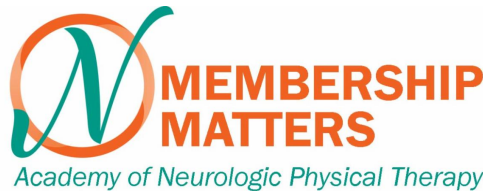
**Conclusion:** Activity-based interventions are effective and commonly used in the treatment of USN and hemianopia. Nonactivity-based and combined approaches for both impairments have not been defined, because more studies are required for substantial conclusions to be drawn.

Archives of Physical Medicine and Rehabilitation 2019;100(9):79  
© 2019 by the American Congress of Rehabilitation Medicine

Unilateral spatial neglect (USN) and hemianopia are debilitating impairments for people poststroke or brain injury, occurring in up to 52% and between 25% and 70% of cases respectively.<sup>1</sup> USN is a deficit of attention and is described as the inability to report, respond, or attend to sensory or visual stimuli when it appears on the side opposite to the lesion.<sup>2</sup> Hemianopia is described as the partial loss of the visual field in both eyes, arising when there is damage to the visual pathway.<sup>3</sup> Partial limb losses are the most common cause where USN and hemianopia coexist.<sup>4</sup> Both impairments are strong indicators of poor outcomes in relation to functional performance or impaired ability to live socially, and emotional implications of functioning. The conditions affect body part restrictions to activity and energy, identification for a specific, and it necessitates an approach to intervention programs. But, led to a

0003-0005/19/100(9):79-87  
https://doi.org/10.1016/j.apmr.2019.03.017

VISIT THE STROKE SIG ONLINE!



Academy of Neurologic Physical Therapy  
info@neuropt.org | www.neuropt.org

ANPT Social Media



Academy of Neurologic Physical Therapy | 1935 County Road B2 W Ste 165, American Physical Therapy Association, Roseville, MN 55113

[Unsubscribe info@neuropt.org](mailto:info@neuropt.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [info@neuropt.org](mailto:info@neuropt.org) powered by



Try email marketing for free today!

