

**An evidence-based occupational therapy in-home intervention for veterans with Traumatic Brain Injury: Veteran-identified problems, collaboratively generated intervention strategies, and impact on occupational performance**

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In the USA, more than 20 percent of soldiers suffer war-related Traumatic brain injury (TBI), resulting in physical, cognitive, and psychological symptoms; inhibiting occupational performance and compromising quality of life for veterans and their families. The *Veterans' In-home Program* (VIP), an innovative occupational therapy intervention, tested in a randomized controlled trial, reduced difficulty in managing TBI-related problems and improved community integration compared to control participants. Through secondary analysis, we sought to examine the intervention group (N=38) in more depth. Our objectives were to describe the (1) scope of veteran-generated occupational performance problems and (2) types of strategies identified during intervention; and to determine effect of VIP on (3) veteran readiness to change behavior and (4) occupational performance.

Methods included content analysis of problems and strategies and comparison of veteran readiness scores and occupational performance ratings from baseline to 4 months using paired t-tests.

Results showed veteran-identified problems (N=168) spanned seven areas of occupation, centering on instrumental ADLs and social participation (n=93; 55%). Intervention strategies (N=154) coded into 13 categories, reflecting two approaches: *establishing* occupations and routines (4 categories) and *modifying* environment, task, and object (9 categories). Veteran readiness to implement strategies [ $t(33) = 6.093, p < .0001$ ] was significantly higher at follow-up. Finally, veterans rated their performance [ $t(32) = 13.30, p < .00010$ ] and satisfaction with performance [ $t(32) = 11.13, p < .00010$ ] in identified problems significantly higher at follow-up.

In conclusion, home-based interventions that target client-generated problems and strategies using modifying approaches have important benefits for veterans with TBI.