Effectiveness of the Bridge/Adapt Program on Functional Skill Generalization After Acquired Brain Injury

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Date of Award
5-2016

Document Type
Master's Thesis (Public Access)

Degree Name
Master's of Occupational Therapy

Department
Occupational Therapy

Department or Program Chair
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First Reader
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Abstract
This study explored the effectiveness of the Bridge/Adapt program for generalizing increased cognition to functional skills. Three participants, identified as having significant cognitive impairments as measured by the Cognistat assessment, participated in the Bridge/Adapt program, an eight-week program that includes both remedial and compensatory components. The remedial component used was a computer-based cognitive rehabilitation program called Parrot Software. Past studies have proven computer-based cognitive rehabilitation to be effective in increasing overall cognition. The Bridge/Adapt module is the compensatory component that utilized a variety of strategies and everyday tasks to facilitate the generalization of improved cognition to functional performance. A homework component was also implemented for participants to incorporate the strategies learned in the Bridge/Adapt program to their own meaningful occupations. This study utilized a pretest posttest design using the medication box assessment to measure functional performance. Results of the medication box assessment indicated that one of the three participants demonstrated generalization of skills from improved cognition to functional performance. Future research should include re-evaluating the Bridge/Adapt modules and the medication box assessment. Recommendations to improve future implementation are provided to increase likelihood of generalization.

Comments
To read more about Bridge/Adapt please read Bridge/Adapt: A Systematic Cognitive Rehabilitation Curriculum

Recommended Citation
Li, Janice S.; Lopez, Diana; Cheung, Eugene; and Talamantez, Angela, "Effectiveness of the Bridge/Adapt Program on Functional Skill Generalization After Acquired Brain Injury" (2016). Master's Theses and Capstone Projects. Paper 195.
http://scholar.dominican.edu/masters-theses/195