

0719

Determining the evidence for self-awareness interventions in patients with brain injuries: A systematic review

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Introduction:

Self-awareness is described as an understanding of one's strengths and limitations and the impact of that on one's occupational performance and every day functioning. Decreased self-awareness is one of the biggest obstacles to rehabilitation of a person with a brain injury, as it affects motivation and engagement in therapy. There is little research evidence to guide therapists in how to improve self-awareness in a person with a brain injury.

Objectives:

To summarise the evidence of self-awareness interventions, which involve a component of feedback, for people with a brain injury.

Description/Methods:

Results will be presented from a systematic review, involving all trials evaluating awareness interventions on human subjects over 18-years old with a brain injury.

Results:

There are various interventions involving feedback that are currently being used to improve self-awareness. There is some evidence regarding rehabilitation techniques such as video feedback of occupational performance and structured feedback in a group setting. However, there is currently no agreement regarding "best practice" for individuals with brain injuries.

Conclusion:

This review will offer suggestions on intervention methods that therapists can employ for people with a brain injury who have decreased self-awareness. Future research priorities will also be identified.

Contributions to the practice/evidence base of occupational therapy

The use of occupation to facilitate gains in self-awareness for individuals with brain injury is an emerging area of occupational therapy practice. The review will highlight techniques that can be used in conjunction with standard occupational therapy to facilitate self-awareness such as the use of video feedback, and present the research evidence to support them.