

3 Practical Takeaways



Another reason for evidence-supported interventions: They're Cost-Effective!

From the article: "What is the threshold dose of upper limb training for children with cerebral palsy to improve function? A systematic review." Jackman, M., Lannin, N., Galea, C., Sakzewski, L., Miller, L., & Novak, I. (2020). Australian occupational therapy journal, 67(3), 269-280.

This systematic review of randomized controlled trials found that...

- 1 Not cost-effective at all: Non-functional interventions**
 - Non-functional interventions did not lead to success
- 2 Better: Interventions that include the practice of tasks & movements that may or may not contribute to the goal**
 - Cost of service needed to achieve goals: AU\$6,755
 - Took ~4x as long as Goal-directed interventions to achieve goals
- 3 Most cost-effective: Goal-directed interventions**
 - Cost of service needed to achieve goals: AU\$1,595
 - Took 10 therapy hours to achieve goals; less time burden for family/caregiver

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