

Measuring the Outcomes of Therapeutic Listening® in Children With Learning and Developmental Disabilities

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Background

A practice-based evidence (PBE) approach was used to explore the outcomes of the Therapeutic Listening® technique. PBE examines how effective clinical practice is within the actual clinical context. PBE capitalizes on using customary procedures and measures to establish clinical outcomes. (Horn & Gassaway, 2010; Swisher, 2010).

Therapeutic Listening® (TL®) is a sound-based intervention broadly used by pediatric OTs as a complement to sensory integration interventions for children with sensory processing disorders.

Methods

Mixed methods pretest-posttest design for 13 children with learning or developmental disabilities listened to TL® Quickshifts selections 2x/day for 30 mins across 12 weeks.

Quantitative Measures:

Canadian Occupational Performance measure (COPM), Sensory Processing Measure (SPM), & Clinical Observation of Postural and Motor skills

Qualitative Data:

Gathered from weekly parent logs

Themes from COPM Goals with Parent Log Quotes

Self-Care

"Daily activities and routines are being done in a more timely manner and with limited prompts"

Sleep

"Not waking up at night; sound sleep"

Emotion & Behavior Regulation

"Regulated frustration...cried briefly...but slowed his breathing and moved on with cheerful attitude."

Social Skills & Communication

"Approaching children his own age and asks if they will be his friend"

School Participation

"More on task with school work... focused well to complete regular work plus extra work"

Play

"Better at sustaining play activities on his own, playing outside or in his room"

Sensory Processing

"Tolerated hair cut without sitting chest to chest on mother's lap... did not scream or hit or flinch. HUGE moment"

Motor and Posture

"Increase in desire for gross motor activities like bike riding"

Mean Change in COPM score (10 point scale)

Performance Satisfaction

+3.2 +3.3

+4.3 +5.5

+3.4 +3.2

+1.8 +1.9

+2 +2.5

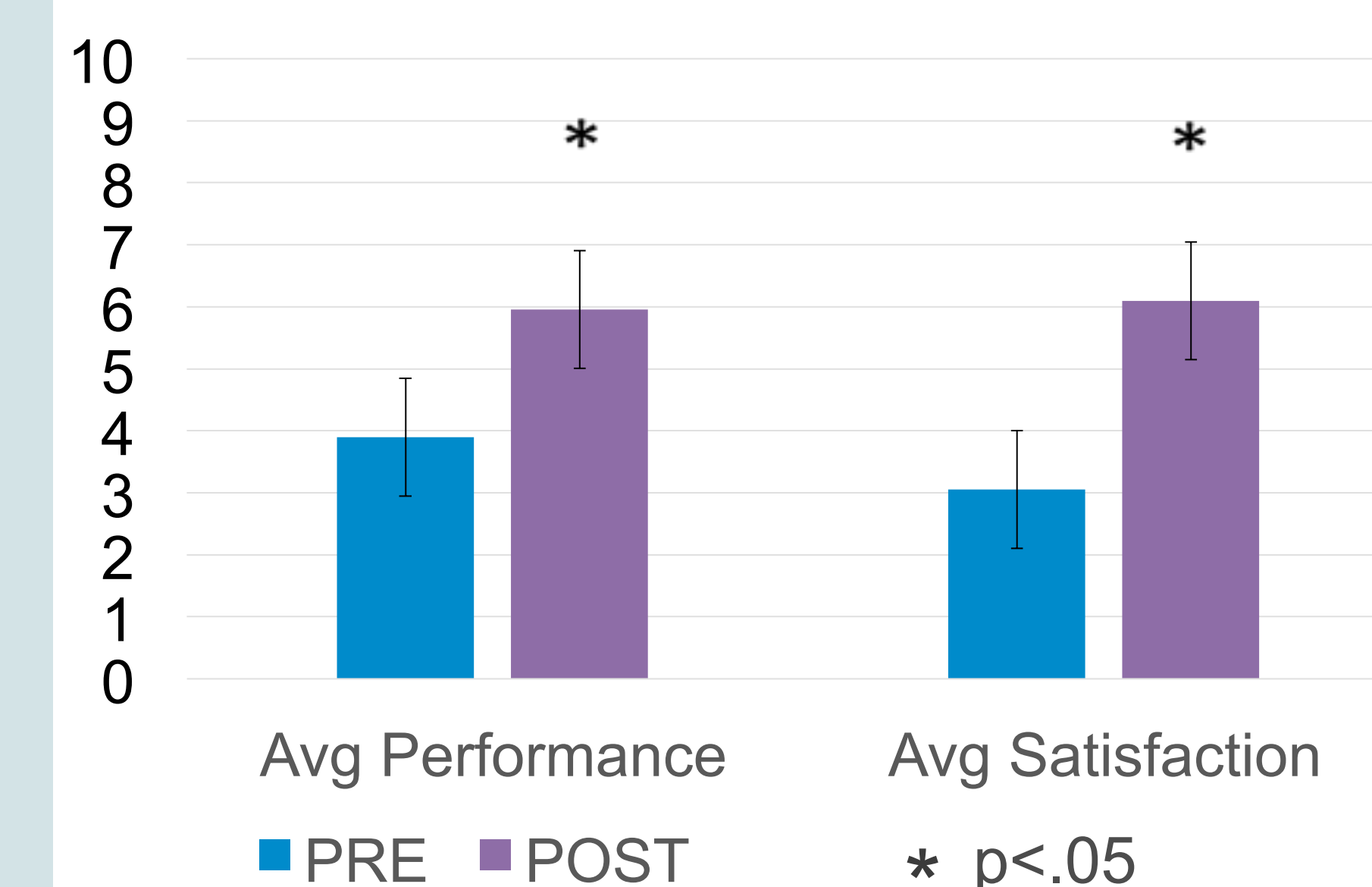
+2 +2

+2 +1.4

+3 +4.2

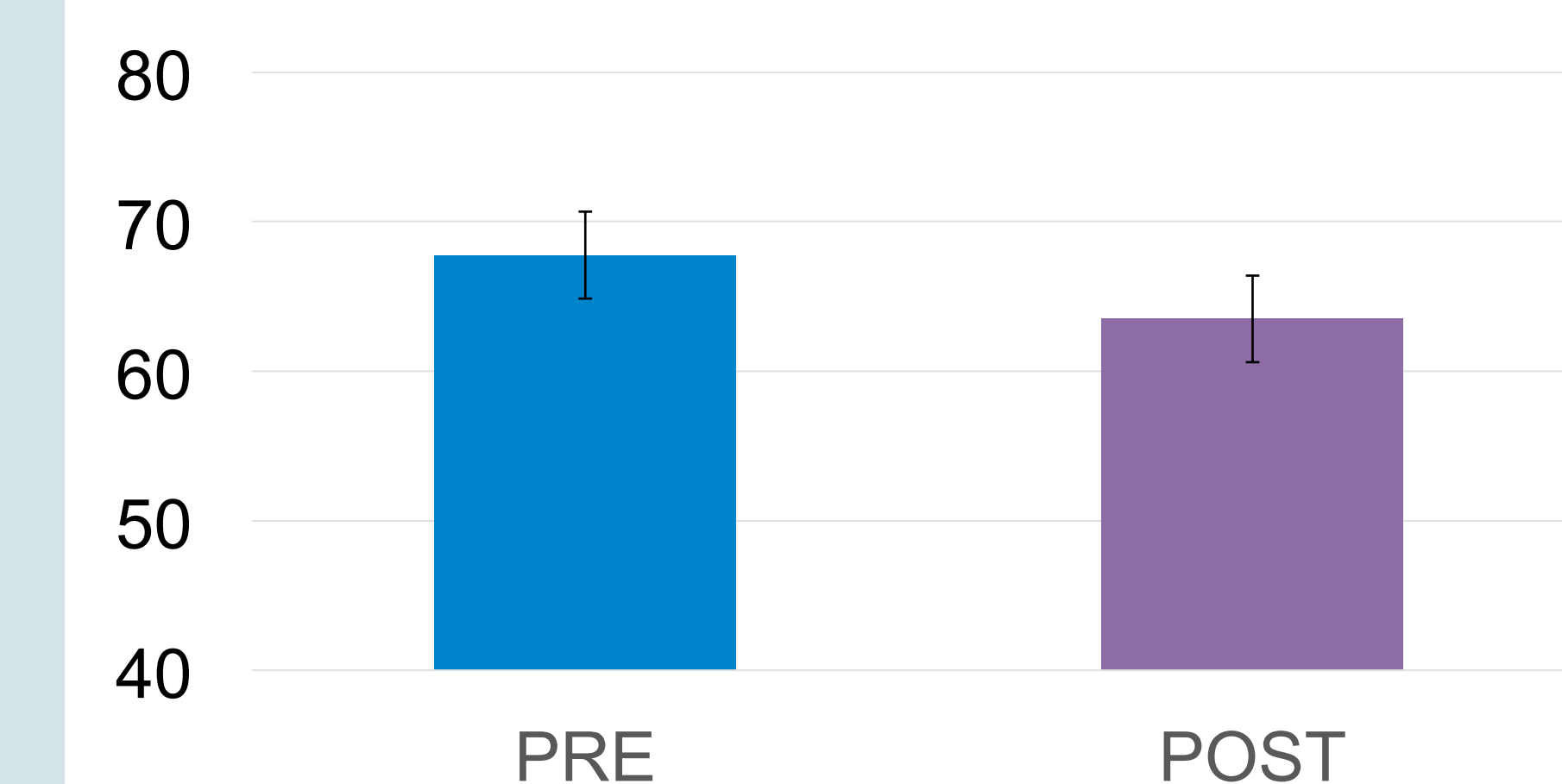
Clinical Measures Data

COPM

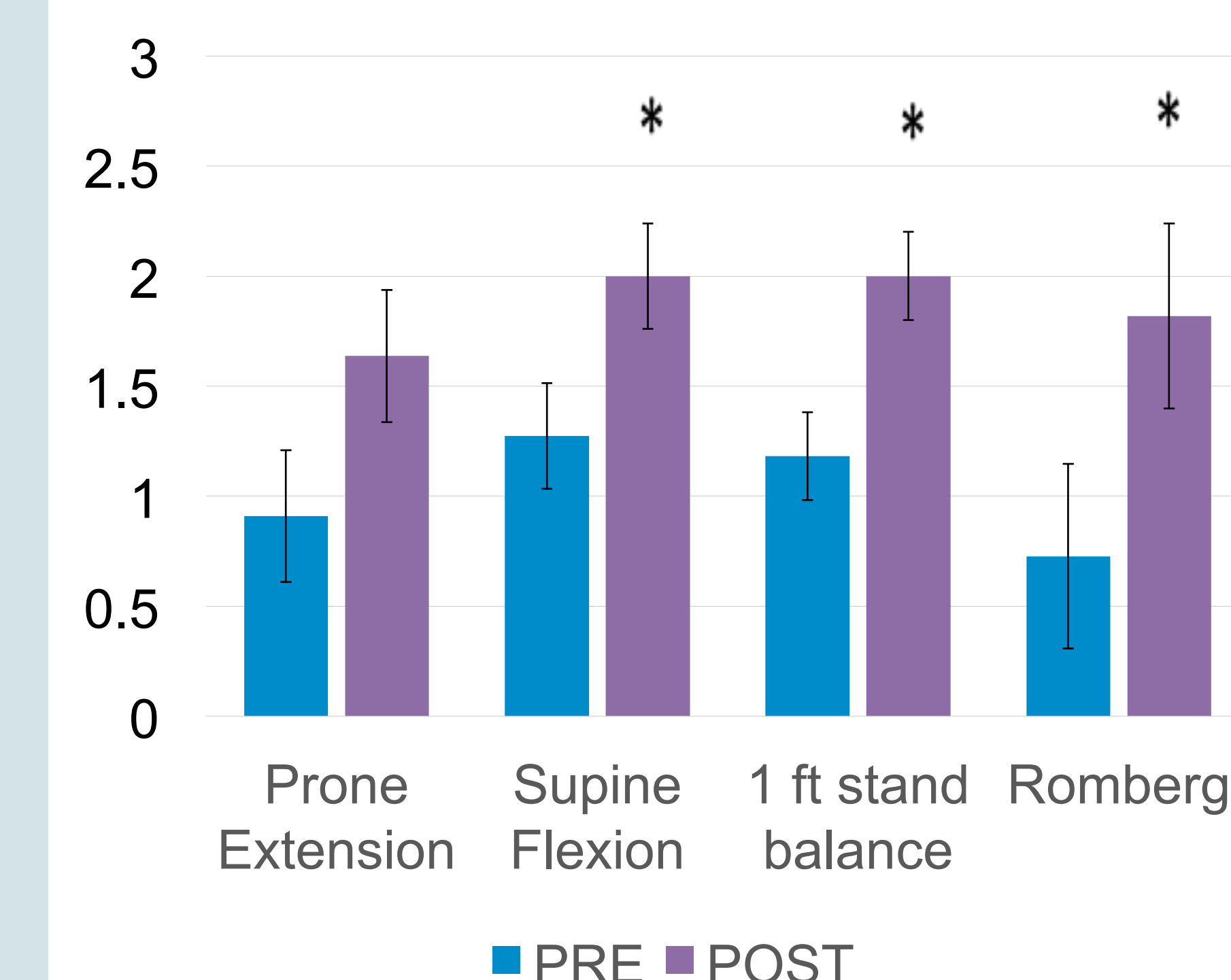


SPM

(reduction = improvement)



Clinical Observation



Key Results & Implications

- Complete data was collected from 13 children within 5 clinics across the US
- Programs were administered and documented by OTs who have advance training in TL®
- Goals and TL® treatment plans were individualized for each child
- Participants using TL® showed improvement in multiple areas of occupational performance
- Both qualitative reports and clinical outcome measures demonstrated improvement
- The COPM assessment was particularly sensitive to reported change
- The PBE approach was a powerful method for documenting clinical change within OT practice

Acknowledgements

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References

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