



# Is Play Based Group Therapy an Effective Intervention in Paediatric Burns Rehabilitation?

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## Background:

With increasing and diversifying healthcare needs coupled with limited resource growth there is a need to review existing service delivery methods to identify innovative and efficient ways to deliver the same health outcomes for our consumers. As family-centred practitioners, our focus throughout this project was to ensure a strong partnership between our consumers, the evidence, clinician expertise.



## Healthcare Professional Objectives:

- Review the efficacy and feasibility of an Occupational Therapy play based group therapy program (PBGTP) in paediatric burn rehabilitation
- Improve health consumers health related quality of life<sup>2</sup> and functional outcomes through timely intervention
- Improve efficiency of therapist resources through provision of group therapy

## Conclusion:

Despite there currently being limited evidence supporting play based group therapy in burns rehabilitation, health consumer feedback warrants further investigation. Stage 2 will involve implementation and evaluation (i.e. Cost effectiveness and consumer satisfaction) of a pilot PBGTP, including development of assessment forms and outcome measures.

## Evidence:

- Burn injuries affect activity participation of children<sup>1</sup>
- Participation in desired activities increases quality of life<sup>1</sup>
- Psychosocial groups are beneficial in reducing stress and symptom severity<sup>5</sup>
- Purposeful activity based on playing can reduce pain<sup>3</sup> and improve hand function<sup>4</sup>
- Children experience increased enjoyment with formal activities<sup>1</sup>

## Health Consumer Feedback:

- N=16:
- **62.5%** (10/16) of children had reduced occupational performance due to the burn injury
  - **75%** (12/16) parents believe it would be beneficial to participate in a play based group therapy program (PBGTP)
  - **93.75%** (15/16) feel a PBGTP would allow their child to share experiences with other children

## References:

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