



LUCAS

Links United for Coma Awakenings through Sport

PILOT ACTIONS

Country: SPAIN

**Organization: SEAS and
DEPENDENTIAS**



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1. PARTICIPANTS RECRUITED

	<p>N. <i>(Everyone involved even if they have not attended all lessons)</i></p>	<p>Age <i>(age group)</i></p>	<p>Characteristics</p>	<p>N. of which had done motor / physical / sporting activity before acquiring disability</p>
<p>People with disability (TBI or SCI)</p>	<p>10</p>	<p>Adults</p>	<p>USER 1</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: congenital brain damage, seven years ago. ❖ Effect: cognitive and physical. ❖ Other useful information: a motorcycle accident, a car invested him from behind (strong fracture in both legs). <p>USER 2</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: ictus, two years ago. ❖ Effect: cognitive and communicative (the person understands but he cannot express anything, he just says the monosyllable "no"). ❖ Other useful information: early retirement. The person had a high position as an oil engineer. <p>USER 3</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: medical malpractice. The person was operated on for a goiter and suffered a hypoxia, five years ago. ❖ Effect: physical (balance when walking) and high emotional impact. ❖ Other useful information: the person was a primary school teacher, as a result of their negligence the person had to stop working. <p>USER 4</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: car accident, eight years ago. ❖ Effect: cognitive and behavioural. ❖ Other useful information: the person was in the back seat of the car, he was not wearing the seat belt and he had a strong head injury. <p>USER 5</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: the person got a stroke, one year ago. ❖ Effect: physical left hemiplegia and language area damage. ❖ Other useful information: he worked as a transporter. The ictus happened one night when 	<p>4</p>

N. (Everyone involved even if they have not attended all lessons)	Age (age group)	Characteristics	N. of which had done motor / physical / sporting activity before acquiring disability
		<p>he was sleeping.</p> <p>USER 6</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: the person got a stroke, one year ago. ❖ Effect: physical right hemiplegia. ❖ Other useful information: the person had breast cancer four years ago. She currently suffers frequent epileptic seizures. <p>USER 7</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: the person had an ictus, two years ago. ❖ Effect: left hemiplegia. ❖ Other useful information: - <p>USER 8</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: the person had a car accident, five years ago. ❖ Effect: physical, cognitive, behavioural and language area damage. ❖ Other useful information: the person was in a coma for years, until he woke up. This person has been one of the best neurological advances in the association so far. <p>USER 9</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: the person had an ictus, nine years ago. ❖ Effect: left hemiplegia, visual and cognitive impairment. ❖ Other Information: the person has had a progressive loss of vision. <p>USER 10</p> <ul style="list-style-type: none"> ❖ Injury and time since injury: the person has a congenital brain damage. ❖ Effect: physical, sensory (visual), cognitive and behavioural. ❖ Other useful information: the person has severe brain damage from birth. <p>All users have mild, moderate, and severe acquired brain injury. They have been in coma for a period of time (some more than others). They have had a very</p>	

N. (Everyone involved even if they have not attended all lessons)	Age (age group)	Characteristics	N. of which had done motor / physical / sporting activity before acquiring disability
		<p>satisfactory result, and they have achieved a very high level of autonomy since they have suffered the acquired brain injury.</p> <p>The acquired brain injuries of some users have been caused by: a stroke (mostly), which have caused them a lot of stress, anxiety or social and work inactivity; other users due to the head trauma, especially from automobile or motorcycle accidents; and finally others due to the hypoxia (medical malpractice), etc.</p>	
Caregivers	7	<p>USER 1 ❖ The person suffers from many physical ailments (arthritis).</p> <p>USER 2 ❖ The person has a very good health.</p> <p>USER 3 ❖ The person has a very good health.</p> <p>USER 4 ❖ The person recently had a breast cancer, she suffers from back pain and she has overcome a great depression.</p> <p>USER 5 ❖ The person has a very good health.</p> <p>USER 6 ❖ The person has a very good health.</p> <p>USER 7 ❖ The person has a very good health.</p> <p>USER 8 ❖ The person has a very good health.</p> <p>USER 9 ❖ The person has a very good health.</p> <p>USER 10 ❖ The person has a very good health.</p>	5

2. OPERATORS INVOLVED (who has worked to implement the methodology: TECHNICAL = who conducted the lessons)

For:	Educational qualification	Specific training	Professional experience
People with disability (TBI or SCI)	Degree in Physiotherapy	Course of "Functional Pilates adapted for Physiotherapists".	Neurological physiotherapist, covering the field of neurological physiotherapy in adults and children, as well as trauma rehabilitation. Sports instructor of tennis and Pilates.
Caregivers	Degree in Physiotherapy	The physiotherapy has more than ten years of experience working with people with disabilities in the association.	Neurological physiotherapist, covering the field of neurological physiotherapy in adults and children, as well as trauma rehabilitation.

3. OTHER PROFESSIONALS INVOLVED IN THE PROJECT AND HOW (add rows, if necessary)

For:	Educational qualification	Job	Role in the project
People with disability (TBI or SCI)	Social worker	Social Technician. Project coordinator. The social worker has professional sports competences.	She has done: <ul style="list-style-type: none"> ❖ To select families to participate. ❖ To schedule activities, places and equipment. ❖ To contact the participants (call for activities and confirmation of attendance).
Caregivers	Social worker	Social Technician. Project coordinator. The Social worker has professional sports competences.	She has done: <ul style="list-style-type: none"> ❖ To select families to participate. ❖ To schedule activities, places and equipment. ❖ To contact the participants (call for activities and confirmation of attendance).

4. VOLUNTEERS INVOLVED IN THE PROJECT AND HOW

N. volunteers	Role in the project
3	Volunteers have supported and assisted people with acquired brain injury. All of them have professional sports competences.

5. PERIOD OF IMPLEMENTATION (from - to)

For:	N. of weeks (overall duration)	N. sessions per week	Average % of participants rate
People with disability (TBI or SCI)	24 weeks	2	90%
Caregivers	24 weeks	2	50%
All together	24 weeks	2	60%

6. ORGANIZATION OF THE ACTIVITY SESSIONS (includes LESSON)

For:	Welcome time (yes/no)	Duration of the lesson	Closing time - greetings (yes/no)
		Options envisaged:	
People with disability (TBI or SCI)	YES	<ol style="list-style-type: none"> 60 minutes people with disabilities /60 min caregivers + 30 min all together 15 min all together + 60 minutes people with disabilities /60 min caregivers +15 min all together 	YES
Caregivers	YES	<i>a)60 minutes people with disabilities /60 min caregivers + 30 min all together</i>	YES
All together	YES		YES

7. PLACE OF EXECUTION OF THE LESSONS (gyms / environments / outside ...)

For:	Please describe the place (gym, park, pitch, etc) in which the activity was carried out
People with disability (TBI or SCI)	Gym of ADACEMA. The realization of sessions has been taking place in the gym at the Headquarters ADACEMA, more appropriate for their space and adaptability regarding the implementation of activities with users (patients and their families and / or caregivers) place: spacious, lighted and equipped.
Caregivers	Gym of ADACEMA. The realization of sessions has been taking place in the gym at the Headquarters ADACEMA, more appropriate for their space and adaptability regarding the implementation of activities with users (patients and their families and / or caregivers) place: spacious, lighted and equipped.
All together	Gym of ADACEMA.

8. PERFORMED PROGRAM (type of activity)

For:	Physical activity / motor activity (indicate whether with aids)	SPORT (sportive disciplines done by participants - indicate whether with aids)
<p>People with disability (TBI or SCI) [Please provide information about the organized activities: individual or group activity, adapted sport]</p>	<p>Pilates</p> <p>1. Warm. The first session begins with a duration of 20 minutes, where users perform different relaxation techniques, including different types of breathing that helps them to relax, to leave the mind blank and to concentrate on the activity that follows.</p> <p>2. Pilates exercises. Postural exercises accessible and adapted to the capacity of each user, in which some have needed the help of volunteers who have participated to facilitate the implementation and realization of postural exercises. This activity lasted forty minutes.</p> <p>These activities were carried out adapting them to the physical and psychological conditions of each user. Every benefit has a different degree of involvement to be patient with acquired brain injury in mild or moderate degree of affectation.</p>	
<p>Caregivers [Please provide information about the organized activities: individual or group activity, adapted sport]</p>	<p>Pilates</p> <p>1. Warm. The first session begins with a twenty-minute session, where family members / caregivers develop different relaxation techniques, including different types of breaths that help them relax, leave their mind blank, and focus on the activity that follows.</p> <p>2. Pilates exercises. A series of postural exercises are carried out with the help, if necessary volunteers. This activity lasted forty minutes.</p>	
<p>All together [Please provide information about the organized activities: individual or group activity, adapted sport]</p>	<p>1. Interaction between the family caregiver and the patient, they made a circuit through group dynamics. Various materials have been used for the development of more complex exercises such as the use of neurological balls, theraband, among others ...</p>	

9. ARISEN CRITICAL POINTS AND SOLUTIONS

For:	CRITICAL POINTS ARISEN	SOLUTIONS FOUND
<p>People with disability (TBI or SCI)</p>	<p>Regarding the questionnaires, the users have said that these forms are very long. They have needed help from the professionals because they did not understand some sentences from the questionnaires.</p>	<p>Some additional support has been required from instructors. The reasons for the importance of completing the questionnaires have been explained, being finally filled with success.</p>

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Caregivers	Regarding the questionnaires, the users have said that these forms are very long. They have needed help from the professionals because they did not understand some sentences from the questionnaires.	Some additional support has been required from instructors. The reasons for the importance of completing the questionnaires have been explained, being finally filled with success.
All together	In general, there have not been critical points.	N/A
Operators	Experience and knowledge of the professionals is critical to Ensure Appropriate Implementation.	Awareness of the importance of doing well the action pilot.

10. ADDED VALUE OF THE WHOLE EXPERIENCE THAT YOU HAVE RECORDED (please describe)

For:	<i>Description</i>
People with disability (TBI or SCI)	It adapts to the pathology of the person, in times and difficulty of the exercise.
Caregivers	Pilates has helped caregivers overcome the feeling of frustration.
All together	It has favored the encounter, the communication, the confidence and the affection between the members of the family.
Operators	Professionals involved in the workshop, got satisfactory results and they improved their experience with these individuals.

11. NOT PREDICTABLE ACHIEVED RESULTS – (please describe)

For:	<i>Description</i>
People with disability (TBI or SCI)	-
Caregivers	-
All together	-
Operators	-

12. PLEASE DESCRIBE THE ACHIEVED RESULTS (please describe)

For:	<i>Description</i>
People with disability (TBI or SCI)	<p>In some users it has been perceived:</p> <ul style="list-style-type: none"> ❖ The satisfaction of seeing the users involved in the workshop. ❖ They have improved the perception of quality of life and psychophysical well-being. ❖ They have improved the muscle tone and strengthening of the weak areas.

For:	<i>Description</i>
	<ul style="list-style-type: none"> ❖ They have improved the coordination of movement and balance. ❖ They have improved the self-esteem. ❖ It has promoted the socialization with people in similar conditions.
Caregivers	<p>In some caregivers it has been perceived:</p> <ul style="list-style-type: none"> ❖ The satisfaction of seeing users and their relatives involved in the workshop. ❖ Some caregivers have reduced the physical and emotional burden of assistance. ❖ Improvement of the perception of quality of life. ❖ Some caregivers have increased social activity and the support network.
All together	<p>It have improved the quality of the relationship between people who awakened from a coma and their caregiver(s) and/or family member(s).</p>
Operators	<p>Regarding the operators, it has been observed:</p> <ul style="list-style-type: none"> ❖ The experience of the staff is more specialized (mainly physiotherapist) ❖ Social workers more aware of the potential of sports. ❖ Instructors with more experience on the needs and requirements of these individuals and their families.

