Goal attainment is achieved in patients with upper limb spasticity after treatment with botulinum toxin A and Occupational Therapy upper limb program in Kowloon Hospital

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Introduction
Upper limb spasticity is common among post-stroke patients. This brings difficulties to the patients when they return to the community.

Objectives
To describe the person-centered outcomes in the treatment of upper limb spasticity with botulinum toxin A and occupational therapy upper limb rehabilitation

Methodology
Observational, retrospective study. 26 adults with post-stroke upper limb spasticity treated with one or more sessions of botulinum toxin A and outpatient upper limb neuro-rehabilitation program. Achievement of the patient's primary goal after treatment using goal-attainment scaling (GAS) and Tardieu Scales.

Result
The most frequently injected muscles group was wrist flexors, followed by long finger flexors and elbow flexors. The most common treatment goals was body functions (including pain, active and passive range of movement). The mean (SD) GAS T-score from baseline was 37.3(+/-1.5), at 12 weeks was 50.8(+/-8.8;p<0.00), at 24weeks was 51.7(+/-9.8;p<0.00). Together with botulinum toxin injection and appropriate upper limb functional training in the selected patients, we demonstrated a clinically significant effect on goal attainment for the management of upper limb spasticity.