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Perspective of Filipino Rehabilitation Students on Interprofessional Education (IPE) Course

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Abstract: The study's objective was to describe the students' perceptions on the IPE course implemented by the University of Santo Tomas College of Rehabilitation Sciences (UST-CRS) during the Academic Year of 2020-2021. This phenomenological study utilized focus group discussion via Zoom involving undergraduate rehabilitation sciences students (occupational therapy, physical therapy, speech-language pathology, and sports sciences) who completed the IPE course of UST-CRS. Reflections from the portfolios were used for data triangulation. Transcripts were analyzed using thematic analysis through NVivo following Braun and Clarke's guidelines. Four main themes emerged upon analysis: (1) IPE resulted to different learning experiences; (2) IPE learning was affected by some enablers; (3) IPE learning was affected by some barriers; and (4) Future IPE course implementation can be improved. Each theme had corresponding subthemes that further elaborated specific course components

and relevant experiences of the participants. Overall, the students have recognized the importance of IPE as it promoted communication among students of different departments; led to their understanding of the roles and responsibilities in the health team, and ultimately, an appreciation of collaboration. These positive perceptions resonate well with other international studies on IPE. The initial IPE course conducted by the UST-CRS was able to provide students with various and essential learning experiences that were affected by some intrinsic and extrinsic factors. Furthermore, students perceived that future IPE course implementation can be further improved through some recommendations. These findings are vital to be explored and considered by the different stakeholders of the institution in terms of policy development, curriculum review and future IPE program development and implementation.

Keywords: *interprofessional education, rehabilitation sciences students, perception, program evaluation, health education*

Occupational Balance Among Undergraduate Occupational Therapy Students of the University of Santo Tomas during the COVID-19 Pandemic

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Abstract: Occupational Balance (OB) is defined as a subjective experience of having the right amount and variation in one's occupational pattern complex and multidimensional concept often used in the field of occupational therapy (OT). The significance and impact of OB on health, participation, life satisfaction and quality of life have long been recognized and conducted in several research studies; however, limited studies have explored OB in different populations and contexts. The aim of the study is to determine the occupational balance of undergraduate occupational therapy (OT) students at the University of Santo Tomas (UST) during the COVID-19 pandemic. This is a descriptive observational cross-sectional study using a record review methodology. We used data from the Student Life Survey from OT students of the University of Santo Tomas during A.Y. 2021-2022, which utilized an electronic version of the Occupational Balance Questionnaire-11 (Cronbach's $\alpha = 0.86$). Demographic characteristics of the sample were summarized using descriptive statistics. Group differences in OB scores were computed using non-parametric tests. To determine OB thresholds, a split-half median technique was used. Data from $n = 205$ undergraduate OT students were analyzed. The average age was 20.62 ± 1.36 years. The mean overall score was 12.99 ± 5.12 (12.29-13.70). A median OB score of $mdn = 13$ was used (high OB = 112; low OB = 93). There was a significant difference ($p < 0.00$) in OB scores among the high (16.61 ± 3.30) and low (8.63 ± 3.15) groups using the Mann-Whitney U test. We found no significant group differences in OB across year levels based on the Kruskal-Wallis Test ($p = 0.06$). This is the first known occupational balance study among Filipino undergraduate OT students. Overall, the mean OB was seemingly low during the second year of the pandemic, when classes were still mainly online. Using the split-half median technique to determine high and low OB groups was useful and found significant differences in OB scores. Understanding OB among university OT students

may be helpful in promoting their health and participation. The results of this study may inform university policies and programs promoting a healthy mix of activities to support the multi-dimensional occupations of university students.

Keywords: occupational balance, occupational therapy, students, COVID-19, pandemic

A Graduate Tracer Study on the employment outcomes of the UST-CRS BS Physical Therapy Batches 2016-2021 for quality assurance: A Descriptive Study

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Abstract: Physical Therapy began in the 1800s and has since developed into a considerable healthcare discipline worldwide, including in the Philippines. The University of Santo Tomas-College of Rehabilitation Sciences (UST-CRS) first offered a bachelor's degree in Physical Therapy in 1974. However, despite the number of published tracer studies on graduates in the Philippines, literature is still lacking in the field of Physical Therapy. There needs to be more information and data regarding the current status of the UST-CRS graduates. Hence, this study aims to determine the current state of the BS Physical Therapy graduates of the UST-CRS from 2016-2021 by providing insights into the quality assurance of graduates. The study utilizes a descriptive quantitative research design. The data collection is done using modified survey questionnaires distributed online, adapted from the GTS-Q developed by the Commission on Higher Education (CHED) and the College of Rehabilitation Sciences-Alumni Association, Inc. (CRS-AAI) Membership Form. Surveys are disseminated to all participants of the target population, with a target response rate of at least 70%. Data summarized from the survey are tabulated and compiled to include the participants' demographics, educational background, training/advanced studies after

graduation, and employment data. Descriptive statistics were used to characterize the participants in the study.

Keywords: *Physical Therapy, Tracer study, Graduates*

Students' Perceptions and Experiences of an Online Wellbeing Program: A Phenomenological Study

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Abstract: The study aims to explore the experiences of the students from the UST-CRS who participated in the online wellbeing program. It will focus on identifying the perceptions and experiences of the participants regarding the online wellbeing program. A phenomenological qualitative design will be utilized in the study to determine the perceptions and experiences of the participants. Purposive sampling will be used to recruit undergraduate students from UST-CRS ages 18 to 22 years, who have participated in the Online Wellbeing Program. Eligible students who have completed the pre and post-test forms from the quantitative counterpart of this study will be included. A sample size of 8-10 participants is adequate to conduct a focus group discussion (FGD), the primary tool of this study. Semi-structured, in-depth questions will be used during the FGD which will be conducted through Zoom or Google Meets. The transcripts will be analyzed using thematic analysis via the NVivo Version 12 software. The research will abide by the COREQ guidelines for appraisal and validity. Students who are officially enrolled undergraduate students of the UST-CRS ages 18 to 22 years who are currently in their first and second term (A.Y. 2022-2023) studying the program of Bachelor of Science in Physical Therapy (PT), Occupational Therapy (OT), Speech Language Pathology (SLP), or Sports Science (SPS) and have participated in the six-week Online Wellbeing Program. The

experiences and perceptions of the students from the UST-CRS who participated in the online wellbeing program will be explored and identified in this study. Certain cultural, social, and academic factors in the local setting will also be recognized during the span of the program. The data gathered during the FGD will undergo thematic analysis to generate themes that will allow the researchers to analyze and report patterns in relation to the participants' experiences and perceptions of the wellbeing program. Through this study, university students will gain more awareness about the benefits of engaging in a wellbeing program. Future researchers of wellbeing programs may also use this study as a reference to guide them in constructing an improved version of the program. The outcome of this study may promote incorporating online wellbeing programs into the University of Santo Tomas curriculum. Stakeholders of the academic institution may benefit from the results of the study through the improved psychological and physical wellbeing of the UST-CRS students.

Keywords: *wellbeing, wellbeing program, rehabilitation sciences, student, experience, virtual, online, phenomenological study*

Perception and Experiences of Older Adults on an Arnis-Based Exercise Program: A Phenomenological Qualitative Study

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Abstract: The objective of this study is to gather the perceptions of those who participated in a previous research entitled, "Arnis-based Exercise Program for Balance Control in Community-Dwelling Older Adults: A Pilot Randomized Controlled Trial" regarding the enablers and barriers, safety, and relevance of the exercise program. Furthermore, the researchers aim to gather in-depth descriptions of the participants' experiences during the course of the program

and to uncover their motivations to create a qualitative study that describes the overall potential for implementation of the program in the eyes of its users. This phenomenological qualitative study will utilize purposive sampling in participant selection. The study will conduct Semi-structured Interviews (SSI) to collect and gather data. After data collection, the researchers will manually transcribe the responses and translate them into codes and themes— using Braun & Clarke thematic analysis as well as the NVivo qualitative analysis software. The study will utilize the purposive sampling method for recruitment, the sample would come from the pilot study entitled: Arnis-based Exercise Program for Balance Control in Community-Dwelling Older Adults: A Pilot Randomized Controlled Trial. The participants include healthy Filipino community-dwelling older adults aged 60 years or above from a partner community of the University of Santo Tomas (UST), who are then selected based on the following inclusion criteria. However, the study will exclude older adults possessing the following criteria. The study gathered 10 participants to obtain data on the effectiveness of an online Arnis-based program which the researchers will study further by focusing on the participants' perspectives and points of view. Considering that the participants are vulnerable and have already participated in a research study, only individuals with a voluntarily signed consent form by the participant and co-signed by a legally authorized representative will be permitted to participate in the study. The researchers will emphasize to all participants their right to decline participation and withdraw at any point during the study. This qualitative study would obtain the perceptions, experiences, and motivations of the participants regarding the arnis-based exercise program. The findings of this research will provide novel insight into the experiences and perceptions of the older adults who participated in an arnis-based exercise program. The information gathered will help improve the program for the balance control of geriatric population residing in Binangonan, Rizal. Thorough analysis of the participants' feedback and its translation into codes and themes would help future researchers make the program more acceptable as an alternative exercise for balance control. In addition, the program can also be implemented

in the communities thus, benefiting older adults in achieving a more healthy and active lifestyle. It can also be used as a basis or reference for them in creating a new or related study about the same topic.

Keywords: *perceptions OR perspectives, arnis-based exercise program, older adults*

Quality of Life Among Filipino Families of Children with Disabilities: A Descriptive Study

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Abstract: Considering the importance of social support to Children with Disabilities (CWDs) during recovery, the study aims to describe the family quality of life (FQOL) among Tagalog-speaking Filipino families of CWDs. The study is a cross-sectional quantitative descriptive study in which one hundred family members of CWDs will be recruited and asked to answer the Beach Center Family Quality of Life Scale (BCFQOLS) Tagalog version. The BCFQOLS is a 25-item survey that measures the family's insights into their satisfaction with different aspects of FQOL through a five-point Likert scale. Collected data from the survey will be tallied on a Microsoft Excel spreadsheet. The BCFQOLS Tagalog version scores will be computed based on the recommended scoring procedures of the BCFQOLS Scoring Key. Data will be analyzed and summarized using descriptive statistics. Utilizing the measures of central tendency to analyze ordinal data statistically will help to describe the FQOL of Tagalog-speaking Filipino families of CWDs accurately. This protocol is undergoing the process of review of the ethics review committee. The targeted sample size is one hundred (100) participants who are family members of CWDs, must be 18 and above yrs. old, able to speak or understand the Tagalog language, and reside with the child in the Greater Metro Manila Area. They must have a minimum educational attainment of primary school. They must also have access to a device that allows

them to participate in answering the survey form (e.g., laptop, mobile phone, tablet, or desktop). The participants are recruited through convenience sampling via recruitment posters through social media. The expected results will describe the FQOL of Tagalog-speaking Filipino families of CWDs. The BCFQOL Scale will provide relevant data on Filipino Families' QOL with crucial data on five categories: Family Interaction, Parenting, Emotional Wellbeing, Physical/Material Well-being, and Disability-Related Support. The hypothesized findings will provide perspectives on how rehabilitation might contribute to more ideal scores. Family involvement is capable of influencing rehabilitation outcomes. The family plays a vital role in ensuring the translation of care at home for CWDs. However, this responsibility usually poses a great threat to the unit's overall well-being. Determining the family's perceived satisfaction in terms of quality of life is necessary to provide family-centered assessments and interventions. Although studies about FQOL have emerged considerably in the last decade, there is still a need to explore its significance in the Philippine context. With this, the findings of this study will provide a contextualized understanding of the impact of disability on Tagalog-speaking Filipino families of CWDs. This study will enable rehabilitation professionals to evaluate and develop interventions that specifically cater to the needs of Filipino families of CWDs in order to promote quality of life.

Keywords: *family quality of life, children, disability*

Effectiveness of Parent Coaching in Improving the Social Participation of Children with Autism Spectrum Disorder: A Systematic Review

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Abstract: The study aimed to provide evidence regarding the effectiveness of parent coaching in improving the social participation of children

with ASD. A comprehensive systematic search was conducted in five databases (October, 2022) wherein randomized trials investigating the effectiveness of parent coaching versus usual care in improving the social participation of children with ASD were included. The protocol of the study was registered in PROSPERO with the registration number CRD42022373096. Three members of the team extracted the data, while two members assessed the risk-of-bias using Version 2 of the Cochrane risk-of-bias tool. The GRADEpro was also used to assess certainty of evidence. Seven articles were included in the review. Included studies had a wide range of participants (with a confirmed diagnosis of ASD with a mean age of 44 months ranged between 21 months to 11 years) and variations in intervention protocol (parent training program, CPMT, JASPER, PACT and others) frequency of sessions (6 months or 12 months ranging from 1-hour to 3-hours), and outcome measures (ADOS-G, MCDI, MEHRIT, measure of joint engagement, and other social participation measures). All articles studying the effect of parent-mediated intervention found that there is a significant improvement in ADOS-G SC socio-communication skills. There are also significant effects on the child's joint engagement skills, play diversity, play level, and generalization to the classroom. Children with ASD have significantly greater gains in social interaction skills in the initiation of joint attention and involvement. All of which provide evidence of parent coaching in improving the aspect of social participation of children with ASD. Five articles showed low risk-of-bias. GRADEpro also revealed low and very low overall certainty evidence. Parent coaching is effective in improving the social participation of children with ASD. Occupational therapists may consider integrating coaching as a core intervention strategy in their practice. However, further studies may be conducted to further strengthen its level of evidence.

Keywords: *Systematic Review, Parent Coaching, Social participation, Autism Spectrum Disorder*