

*Two day continuous workshop on Quality of life & the World Health Organisation's International Classification of Functioning, Disability and Health
Madeline Cruice PhD*

<http://www.city.ac.uk/lcs/biographies/mcruice.html>

8 & 9 June 2007

Day 1

Quality of life

This workshop will explore participants' understanding of quality of life as it relates to adult clients in clinical practice. It will give a balanced view of quality of life, from a wide range of literature in different fields. Participants will gain a solid theoretical grounding in the concept of quality of life, as well as a practical understanding and opportunity to look at quality of life questionnaires and judge them for themselves.

It will cover the following topics:

- **Myths and assumptions** about quality of life
- Range of **definitions** in the literature (general, health, WHO, ageing)
- Different conceptualisations of quality of life, including overall quality of life, **health-related quality of life (HRQoL)**, and **wellbeing** (including life satisfaction, and positive and negative affect)
- **Recent developments** in the concept (dynamic concept; importance and satisfaction values)
- A review of the findings of both **quantitative** and **qualitative** research studies
- **Predictors** of quality of life
- **Principles in measuring** quality of life
- **Problematic issues in measurement**, including relevance, language (barriers to completing questionnaire), using proxy respondents, cognition, and measuring change
- **Comparison of different questionnaires** measuring quality of life

Participants will be encouraged to participate in interactive activities, such as describing and rating their own quality of life, and completing questionnaires. They will be able to compare their own thoughts with data provided from aphasic and non-aphasic older men and women.

Participants will be provided with data from at least three real people with aphasia, including responses to structured interview questions, and scores on three HRQoL and wellbeing questionnaires. They will contrast this with data from non-aphasic cases.

Participants will have opportunities in small groups to view and discuss a range of quality of life questionnaires: Short Form 36 Health Survey, Dartmouth Coop Charts, Psychological Wellbeing Scale (called How I Feel About Myself), Affect Balance Scale, Burden of Stroke Scale and relevant scales for communication impaired respondents, Stroke and Aphasia Quality of Life Scale 39, Stroke Specific Quality of Life, and more. Most of these quality of life measures are not designed for specific populations, and can apply to many different clinical groups.

Day 2

World Health Organisation International Classification of Functioning, Disability and Health (ICF)

This workshop will explore participants' understanding of the ICF as a framework for clinical practice. It will aim to present a critiqued opinion of the ICF, reporting both the strengths that it lends to SLT practice, as well as the limitations.

It will cover the following topics:

- **Historical development** of the ICF from the initial ICIDH through ICIDH-2 to current format (this reflects the changes in thinking around health and disability, and changes in international SLT practice)
- General discussion of **the ICF conceptual framework**, including terminology of the components of the ICF*
- **A review of the SLT literature** of how people have used the ICF to understand their clients
- **Practical application** of the ICF to the following: considering client **case history** interviewing, rationale and choice for **assessments**, setting **goals** for treatment, and **treatment** targets and **evaluation (outcomes)**

The majority of the workshop will focus on **aphasia** as the cases are of people with aphasia. However, **hearing impairment** and **dementia** will be also discussed as much literature has been published in this area in relation to the ICF. There will be a small mention of **head injury**/ traumatic brain injury.

Initial assessment information profiles on at least three real cases of people with aphasia will be provided to participants for the workshop. Participants will have the opportunity to work through and compare these very different cases, and consider how elements of the ICF work together. Data will be provided on the following areas: personal information; language functioning; hearing and vision (basic screens only); naming functioning; functional communication ability; communicative activities; social network; social activities; depression/emotional health; health-related quality of life and psychological wellbeing. Participants will also be able to view and discuss the assessments that were used with these cases.

Upon finishing this workshop, participants should also feel that they are up to date with the current research literature around the WHO IC, and have a select few supplementary reading materials (published papers) that they may consult further.

* Please note: The actual detailed coding or classification system of the ICF will *not* be discussed, except to suggest that it is useful information to develop case history questions from (practical application only will be considered).