

PROJECT DESCRIPTION

Identified the effects of Rock Steady Boxing on occupational participation and functional activities of daily living in individuals with Parkinson's disease.

Rock Steady Boxing is a nonprofit organization giving people with Parkinson's disease hope by improving quality of life through a non-contact boxing-based curriculum. The mission of Rock Steady Boxing is to empower people with Parkinson's disease to fight back.

Observed and participated in Rock Steady Boxing classes at the Parkview Huntington Family YMCA to develop an advanced skillset and knowledge base working with individuals with Parkinson's disease.

Completed a needs assessment to determine and gain an understanding of the current needs of individuals with Parkinson's disease and created a home program to address the needs.

REVIEW OF LITERATURE

In the United States, approximately one million people live with Parkinson's disease and 60,000 individuals are diagnosed annually (Parkinson's Foundation, n.d.). Individuals with Parkinson's disease are encouraged to seek community-based programs and coping mechanisms to improve quality of life. Foster, Bedekar, & Tickle-Degnen (2014) studied the effectiveness of occupational therapy-related interventions on individuals with Parkinson's disease and found social interaction and support as motivators to participate in interventions, regardless of the content of the groups. Boxing inspired training for individuals with Parkinson's disease, such as Rock Steady Boxing, resulted in immediate and long-term improvements in balance, mobility, endurance, and quality of life (Combs et al., 2013). Research on incorporating boxing into community-based exercise programs found significant improvements in the six-minute walk test, TUG test, dual-task TUG test, and gait velocity (Uhrbrand, Stenager, Pederson, & Dalgas, 2015). Occupational therapy practitioners should encourage individuals with Parkinson's disease to engage in complex, multimodal forms of exercise with an interpersonal component, such as Rock Steady Boxing, to improve occupational participation and performance.

MISSION + VISION STATEMENTS

MISSION

To improve occupational performance and quality of life in individuals with Parkinson's disease through social support and sustained engagement in occupational therapy intervention.

VISION

To improve the lives and independence of individuals with Parkinson's disease and their caregivers until there is a cure.

DELIVERABLES

1. Rock Steady Boxing coach's certification certificate
2. Handout of intervention strategies for individuals with Parkinson's disease
3. Needs assessment addressing the effects of Rock Steady Boxing on individuals with Parkinson's disease

PROJECT COMPLETION + OUTCOMES

1. Completed certification in one intervention pertaining to the treatment of individuals with Parkinson's disease.
2. Identified a minimum of ten intervention strategies pertaining to the improvement of underlying impairments affecting occupational performance and functional activities of daily living in individuals with Parkinson's disease.
3. Completed a minimum of 100 hours observing, assessing, and interacting with individuals with Parkinson's disease.



FIGHTING BACK AGAINST PARKINSON'S

FUTURE IMPLICATIONS FOR OT

Occupational therapy's role in fighting Parkinson's disease:

1. Occupational therapy practitioners should encourage individuals with Parkinson's disease to engage in meaningful forms of exercise for sustained engagement.
2. Social support in the form of group exercise can encourage social participation and improve quality of life in individuals with Parkinson's disease.
3. Further research is necessary to investigate the effects of Rock Steady Boxing on the functional limitations associated with Parkinson's disease.

KEY REFERERNCES

Full reference list available upon request.

