

G Constant Therapy

Understanding how big data analyses can inform theories of rehabilitation

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Disclosure

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Aphasia rehabilitation- where do things stand?

Treatment works at the individual patient level and for specific impairments-

- Semantic feature analysis (SFA) (Boyle, 2004; Boyle & Coehlo, 1995; Coelho et al., 2000; Hashimoto & Frome, 2011; Kiran & Bassetto, 2008),
- Phonological component analysis (Leonard et al., 2008; van Hees et al., 2013; Wambaugh, 2003),
- Phonomotor therapy (Kendall et al., 2015),
- Verb network strengthening treatment (VNeST) (Edmonds et al., 2014a),
- Treatment of underlying forms (TUF) (Dickey & Thompson, 2007; Thompson et al., 2010a; Thompson et al., 2010b; Thompson & Shapiro, 2005),
- Orthographic impairment approaches (Beeson & Egnor, 2006; Kiran, 2005; Orjada & Beeson, 2005),
- Constraint induced language therapy (Breier et al., 2011; Maher et al., 2006; Pulvermuller et al., 2001),
- Melodic intonation therapy (MIT) (Hough, 2010; Morrow-Odom & Swann, 2013; Norton et al., 2009; van der Meulen et al., 2012), and
- Multimodal aphasia therapy (Boo & Rose, 2011; Rose & Douglas, 2008; Rose et al., 2013).

Moreover, many of these impairment-based approaches have been found to facilitate changes in functional communication skills (Berthier et al., 2009; Edmonds et al., 2014a; Hough, 2010; Kendall et al., 2015; Martins et al., 2013; Milman et al., 2014; Pulvermuller et al., 2001; van der Meulen et al., 2014; Wilssens et al., 2015).



What we don't yet know is-

When a patient walks into the clinic, can we accurately prescribe the right therapy and dosage for the patient and make some predictions about how much improvement he/she will show ?

Patient factors

Age

Lesion location Lesion size/volume Months post stroke Education Severity of impairment

Treatment factors

Amount/Intensity of therapy Optimal dosage Type of treatment Therapy setting (home, clinic)

Therapy Outcomes

Patient factors

Age 🗸

Lesion location Lesion size/volume Months post stroke√ Education Severity of impairmel√

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Therapy Outcomes

What can big data tell us?

Can large scale data be used to answer questions about the effectiveness of aphasia rehabilitation

Three questions:

- 1. How does therapy at home compare to therapy in the clinic?
- 2. How does severity of impairment influence outcomes?
- 3. What is the optimal dosage of treatment?

Patient factors					
Age	Treatment factors				
Lesion location	Amount/Intensity of therapy				
Lesion size/volume	Optimal dosage				
Months post stroke	Type of treatment				
Education	Therapy setting (home, clinic)				
Severity of impairment					







- 20,000 individuals with post-stroke aphasia who used Constant Therapy program (2013-2016)
- Retrospective analysis





Methods

COGNITIVE TASKS

LANGUAGE TASKS

ATTENTION	VISUO-SPATIAL PROCESSING	ANALYTICAL REASONING	MEMORY	quantitative Reasoning	ARITHMETIC	AUDITO COMF
Symbol Matching	Clock Math	Word Ordering	VISUAL	Word Problem	Addition	Audito Comma
Slapjack	Clock Reading	Picture Ordering	Face Matching	Currency Math	Subtraction	Voicem
Flanker	Symbol Matching	Instruction Sequencing	Word Matching	Clock Math	Multiplication	Spoken V Comprehe
Picture N- Back Memory	Map Reading	Map Reading	Picture Matching	Number Pattern	Division	Word ID
	Calendar		Picture N- Back Memory	Functional Math		PHONOLOG PROCESS
	Mențal Rotation		Pattern Recreation			Minimal F Same/E
	Pattern Recreation		Slapjack			Letter to S Matchin
			AUDITORY			Sound to L Matchin
ks aro	aroupo	dby	Environmental Sound Match			Spoke Sound
	groupe by orc	•	Sound Matching			Spoke Rhymi
in.			Auditory Command			Spoke Syllab
						Minimal I Written

auditory Comp	WORD RETRIEVAL	WRITING	READING	SPEAKING
Auditory Command	Syllable ID	Picture Spelling Completion	Odd One Out Semantic	Word Repetition
Voicemail	Sound ID	Word Spelling Completion	Category Matching	Word Imitation
Spoken Word Comprehension	Rhyming	Word Copy Completion	Feature Matching	Read Word Aloud
Word ID	Category Matching	Picture Spelling	Written Word Comp	Picture Naming
PHONOLOGICAL PROCESSING	Feature Matching	Word Spelling	Word ID	SENTENCE PLANNING
Minimal Pairs Same/Diff	Picture Naming	Word Copy	Category ID	Instruction Sequencing
Letter to Sound Matching	Spoken Word Comp		Short Reading	Active Sentence Completion
Sound to Letter Matching	Letter to Sound Matching		Long Reading Comp	Passive Sentence Completion
Spoken Sound	Sound to Letter Matching		Written Lexical Decision	
Spoken Rhyming			Active Sentence Completion	
Spoken Syllable			Passive Sentence Completion	
Minimal Pairs Written Cue			Functional Reading	
Minimal Pairs Spoken Cue			Inference Reading	
			Instruction Sequencing	

Constant Therapy's 70+ tasks are grouped by functional skill area and arranged by order of difficulty within that domain.

Methods







<u>Question #1</u>: How does therapy at home compare to therapy in the clinic?



- 1. How does therapy at home compare to therapy in the clinic?
 - 3652 patients
 - Clinic patients 1575 patients (Clinic-only users who only received therapy under the care of a clinician)
 - Home therapy patients 2077 patients (Home-only users with no clinician guidance)





How does therapy at home compare to therapy in the clinic?

- Effectiveness of therapy was represented by the number of calendar days patients spent between:
 - Struggling at a task (<60% accuracy) to
 - Mastering a task (>90% accuracy)
- Each therapy task was analyzed independently
- 46 out of 244 therapies have at least 20 Clinic-only and 20 Home-only users
- Patients who finished tasks in less than a day or who took more than 60 days to finish the task are not included





(F(1,7133) = 246.61, p < .001) where clinic users took a higher number of calendar days to reach 90% accuracy than home users



(F(1,7190) = 85.70, p < .001) where clinic users had a greater median numbers of days between sessions than home users



(F(1,7190) = 71.97, p < .001) where overall clinic users took fewer days of therapy to reach 90% accuracy than home users





(F(1,7190) = 13.31, p < .001) where clinic users completed more items per therapy day than home users



2017	August		CLINIC PATIENT				2017	August	_	HOME PATIENT			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02	03	04	05	06	31	01	02	03	04	05	06
	START THERAPY TASK					PRACTICE THERAPY TASK		START THERAPY TASK		PRACTICE THERAPYTASK			MASTER THERAPY TASK
07	08	09	10	11	12	13	07	08	09	10	11	12	13
					MASTER THERAPY TASK								
14	15	16	17	18	19	20	14	15	16	17	18	19	20
21	22	23	24	25	26	27	21	22	23	24	25	26	27
28	29	30	31	01	02	03	28	29	30	31	01	02	03
04	05	Notes:					04	05	Notes:				

•Main findings

•For patients who improve from 60-90%, both groups require a similar number of therapy sessions to achieve mastery

 Patients practicing only at home can master tasks in a shorter time than patients practicing only in the clinic.



•Main findings

- For patients who improve from 60-90%, both groups require a similar number of therapy sessions to achieve mastery
- •Patients practicing only at home can master tasks in a shorter time than patients practicing only in the clinic.

<u>Question #1</u>: How does therapy at home compare to therapy in the clinic?

<u>Question #2</u>: How does severity of impairment influence treatment outcomes?

<u>Question #3</u>: How does severity and dosage (amount of practice) influence treatment outcomes?



<u>Question #1</u>: How does therapy at home compare to therapy in the clinic?

<u>Question #2</u>: How does severity of impairment influence treatment outcomes?

<u>Question #3</u>: What is the optimal dosage for optimal treatment outcomes?

19

- In patients with acute aphasia, one randomized control trial showed that patients with mild aphasia improved more than patients with severe aphasia.
- Laska AC, Kahan T, Hellblom A, Murray V, von Arbin M. A randomized controlled trial on very early speech and language therapy in acute stroke patients with aphasia. Cerebrovasc Dis Extra 2011; 1(1):66-74

- Pedersen and colleagues showed that initial aphasia severity predicted language impairment in the chronic stage and was associated with poorer outcomes in the long term.
- Pedersen PM, Vinter K, Olsen TS. Aphasia after stroke: type, severity and prognosis. The Copenhagen aphasia study. Cerebrovasc Dis 2004;17(1):35-43
- One large-scale study examined overall stroke outcomes (not specifically language) and found that greater severity predicted a poorer outcome after rehabilitation.

van Bragt PJ, van Ginneken BT, Westendorp T, Heijenbrok-Kal MH, Wijffels MP, Ribbers GM. Predicting outcome in a postacute stroke rehabilitation programme. Int J Rehabil Res. 2014;37(2):110-117.



However, another study showed that at even severe patients with aphasia benefited from very early language therapy.

Godecke E, Hird K, Lalor EE, Rai T, Phillips MR Very early post stroke aphasia therapy: a pilot randomized controlled efficacy trial. Int J Stroke 2012;7(8):635-644

In a meta-analysis, Robey showed that acute patients with severe aphasia show substantial gains
after treatment but chronic patients with moderate and severe aphasia also show substantial gains
after rehabilitation.

Robey RR. A meta-analysis of clinical outcomes in the treatment of aphasia. Journal of Speech, Language and Hearing Research. 1998;41(1):172-187.

 In chronic aphasia, Persad and colleagues reviewed outcomes from rehabilitation centers that provide intensive comprehensive aphasia treatment and found both mild and severe chronic patients with aphasia to benefit from such treatment

Persad C, Wozniak L, Kostopoulos E. Retrospective analysis of outcomes from two intensive comprehensive aphasia programs. *Topics in Stroke Rehabilitation*. 2013;20(5):388-397.

Calculation of Severity of impairment







Patient factors	Treatu
Age	Treatr
Lesion location	Amou
Lesion size/volume	therap
Months post stroke	Optim
Education	Туре о
Severity of impairment	Thera clinic)

reatment factors

Amount/Intensity of therapy Optimal dosage Type of treatment Therapy setting (home, clinic)

Therapy Outcomes



Question # 2:

MEAN PATIENT AGE



Severe patients older (60.7 years) than less severe patients (59 years), though mean age = 60 years, Main effect of group: (F (1749)= 3.6, p <.001)

MEAN TIME (YRS) SINCE CONDITION



Severe patients slightly more chronic (2.3 years) than less severe patients (1.8 years), though all patients mostly chronic, Main effect of group: (F (1749)=7.7, p <.00001)





Analysis

- Based on an initial baseline assessment, a given task is assigned as long as its performance is less than 90% accuracy and below average latency.
- For each subject fitting the cohort selected, the accuracy and latency of the first and last 10 items are compared to determine improvement
- $_{\circ}$ To account for familiarity effects, the first 3 items patients did were ignored.
- 2-tailed Paired T-Tests were used to identify significant improvements in accuracy and latency. Due to the logarithmic distribution of the latency, log(latency) were compared to normalize the distribution



Question # 2:



1. More severe patients show more gains (F (5, 6942)= 477.1, p <.00001) than less severe patients.



2. The same effect is seen across different domains: Main effect of domain: (F (12, 6942)= 30.09, p <.00001) Main effect of severity: (F (5, 1694)= 336, p <.0001) Significant interaction: (F (60, 1694)= 2.4, p <.0001)



Patient factors		
Age	Treatment factors	
Lesion location	Amount/Intensity of	
Lesion size/volume	therapy	Therapy Outcomes
Nonths post stroke	Optimal dosage	
Education	Type of treatment	
Severity of impairment	Therapy setting (home, clinic)	



Calculation of Amount of Therapy

• Each item practiced = Trial = Teaching episode (Warren et al., 2007)

 Amount of therapy = Cumulative trials (completed task count) (independent of time/sessions)

 Intervention intensity = dose (number of trials), dose frequency (number of trials per day per week), intervention duration (in months) (Warren et al., 2007)

Jar	January 2013 February 2013 March 2013																			
		N TUE		тни	FRI	SAT			N TUE		тни	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5						1	2						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	2
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30
														31						
_							_													
	ril 20							ay 20							ne 20					
SUN	MON	N TUE	_		FRI	SAT	SUN	I MOI	N TUE	E WED				SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6				1	2	3	4		_					1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	1
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29

Completed Tasks	
13-23	Fewer
24-32	items
33-100	
101-500	
501-1000	
1001-99999	More items



Question # 2: How does severity and amount of treatment influence treatment outcomes?



1. With more practice, improvements are between 20-50 points for more severe patients, slightly less for less severe patients, (F, (25, 6904) = 24.5 p < .0001)

2. More severe patients can achieve high levels of accuracy (80% or higher) with increased practice; (F, (25, 1724) = 26.5, p <.0001)



SUMMARY

- 1. When therapy is standardized and individualized, both less severe and more severe patients improve
- 2. Patients with lower initial scores showed more improvements (20-50 points gains) than patients with higher initial scores
- 3. These improvements hold at the level of an individual task as well as across different language and cognitive domains
 - 4. Severe patients can achieve success on trained tasks, they need a lot of practice



Why are these results important?

Initial severity an important predictor of recovery; patients with milder aphasia show greater recovery than severe patients (Laska et al., 2001; Pedersen et al., 2004; Plowman et al., 2011) "All in all, the patient with the most impaired speech function may have the greatest potential recovery during rehabilitation." Laska et al., 2001

- While it is logical to assume that more intensive treatment results in greater outcomes:
- -- It has been demonstrated in chronic (Bhogal et al., 2003a; Bhogal, Teasell, & Speechley, 2003b; Cherney et al., 2008) and in acute patients with aphasia (Godecke et al., 2014),
- -- Other studies have questioned this premise (Bakheit et al., 2007; Dignam et al., 2015).
- These results suggest that severe patients can achieve success on trained tasks, they need a lot of practice

<u>Question #1</u>: How does therapy at home compare to therapy in the clinic?

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Question #3: What is the optimal dosage for optimal treatment outcomes?



Participants

- 2216 individuals with aphasia or stroke with reported deficits in language domains were included in the study
- Participants consented that their data be analyzed for research purposes
- Average age- 64 years
- 1313 patients in the acute stage (<6 months)
- 903 users in the chronic stage (>6 months)
- Participants used CT as much or as little as they desired

Progress through a skill area is represented by a numerical domain score indicating their demonstrated ability level in that skill area.

As a user demonstrates recovery by succeeding in exercises they previously struggled with, they are presented with more difficult exercises and their domain score increases.

SAMPLE DOMAIN: Auditory Memory

HEALTHY ADULTS (MTURK)

STROKE PERFORMANCE





Methods

SAMPLE DOMAIN: Auditory Memory



HEALTHY ADULTS (MTURK)

Analysis

Domain Name	Domains	# data points	# Patients
Analytical	1	15750	1795
Arithmetic	2	7624	961
Attention	3	13219	1663
Auditory Comprehension	4	17853	1888
Auditory Memory	5	17160	1863
Naming	6	15407	1719
Phonological Processing	7	12115	1419
Production	8	8415	1224
Quantitative	9	11648	1368
Reading	10	18094	1909
Sentence Planning	11	12481	1728
Visual Memory	12	15333	1691
Visuospatial	13	16693	1800
Writing	14	12153	1442

Varying # of patients and data points in each domain


Analysis approach

- Users were divided into one of seven groups based on how many average days per week they used CT over a 3-month period (i.e., from 0 times/week to 6 times/week).
- 50% of participants used CT 2 or more days per week.
- Compared the change in domain score over time to their baseline score.
- For each domain, analyze the relation between the rate of improvement and the dosage of therapy per week.
- A linear mixed model was generated for change from baseline domain score with fixed factors of average app usage & domain area and fixed effects of age, time since injury, & weeks used.
- The derived coefficients were compared across usage groups using paired Wald tests, revealing significant differences in the coefficients.

Results: Covariate effects of age and condition since













After 3 months, participants who practiced less than 1x per week showed significantly slower progress through domains compared to those who practiced greater than 3x/week













Results summary

- While all groups, on average showed improvement over time, participants who used CT greater than 3x/week showed higher rates of improvement than those that used the app 0-1x/week (p<0.001) across 11/14 domains.
- Rate of improvement significant 5x/6x times a week better than 1x/2x for most domains (Domains Analytical, Visuospatial, visual memory, sentence planning, reading, production, attention, arithmetic) (p<.05).
- For auditory comprehension, 4x times/week better than 1x, 2x, or 3x.
- Gains noted even after controlling for different age and time post-stroke.

Discussion

- According to the ASHA NOMS 2011 report, 78.1% of patients with stroke receive 2 or less sessions per week in the outpatient setting.
- This lower treatment dosage in the clinic is likely multifactorial including clinician time/schedule constraints, insurance reimbursement, and client fatigue (Harnish et al, 2014).
- After 3 months, participants who practiced less than 1x per week showed significantly slower progress through various skill domains compared to those who practiced greater than 3x/week (best outcomes 5x/6x per week) which reinforces the idea that increased treatment dosage results in better outcomes.
- Adds to increasing evidence of providing intensive, sustained therapy for stroke patients with aphasia, even in the chronic phase (Baumgartner et al., 2013; Carpenter & Cherney, 2016; Dignam et al., 2016;
- Next steps:
 - Identify whether different levels of severity influence the gains made with practice 4x times/week.







Small cohort analysis









Next Steps: Population analysis to predict recovery trajectory



Improvements shown by Constant Therapy users in Reading for 1 months



Next Steps: Population analysis to predict recovery trajectory



Improvements shown by Constant Therapy users in Reading for 3 months



Next Steps: Population analysis to predict recovery trajectory



Improvements shown by Constant Therapy users in Reading for 5 months



Closing the loop between the clinician and patient



(Constant Therapy

MY PATIENTS					Q Search p	atients
13 Total Patients 1 DISCHARGED LA		Tot	9,822 al Exercises Done 513 FROM LAST WEEK	lik	18,567 Total Home Exercises Done 1,451 FROM LAST WEEK	*
	🛚 8 On Track		2 Needs Attention		3 Not Started	
USERNAME 🔶	STATUS 👻	LAST ACTIVITY	↔ HOME EXERCISES	CLINIC EXERC		
Indr	On track	6 hours ago	3,861	144	4.9 days / wk	⊠
PC01	오 On track	9 hours ago	153,185	489	7 days / wk	≅
killi	오 On track	11 hours ago	2	102	1.8 days / wk	≥
langi	On track	12 hours age	230	309	1.6 days / wk	≥

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Stypical











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