

CASE STUDIES PROGRAM



Narrative case studies are a valuable resource for sharing best practices among providers. They also illustrate important concepts and methods for new providers in training. If you encounter a training situation that may be a good case study topic and you are interested in developing one, please email clinicaled@interactivemetronome.com with your idea at the earliest possible point in the individual's IM training.

To be useful, every case study should include ALL of the following elements:

1. A brief description of the patient's history & diagnosis (i.e., 8 year old male with diagnosis of autism spectrum disorder at age 3)
2. Description of functional deficits in the areas of emotional, behavioral, social, cognitive, communicative, and motor functioning and settings in which they occur (i.e., home, school, work, etc)
3. Results of initial evaluation (i.e., tests administered, clinical observations, results of objective assessments, and interpretation of findings)
4. Results of initial IM assessment (pre-LFA, SF, Attend Over Time, including your behavioral observations)
5. Description of how IM settings and/or tasks were modified for the patient to achieve optimal outcomes (i.e., obstacles encountered along the way & how they were overcome)
6. Description of functional gains observed by you or reported by parents, caregivers, teachers, coworkers post-IM
7. Results of objective assessment post-IM & interpretation of clinical findings (include list of tests administered post-IM)
8. Results of post-IM assessment (post-LFA, SF, Attend Over Time, including your behavioral observations)

The [Example Case Study Write-Up](#) (page 2) can be used as a general guide for your finished Case Study.

To submit your case study idea, please email our Clinical Education Department via clinicaled@interactivemetronome.com. Accepted case studies will be awarded 30 IM hours (a \$300 value), or \$150 cash, or you can use your case studies toward obtaining an Advanced IM Designation (page 3).

We look forward to your participation.

EXAMPLE CASE STUDY WRITE UP

IM Helps Children with Cerebral Palsy

Valeri is a 12 year old who came to Focus Point Therapy specifically for Interactive Metronome treatment. Her personal goal was to wear a pair of blue jeans like all of the other children in her regular classroom. She couldn't manage the zipper or the snap due to poor bilateral hand strength and lack of control from Cerebral Palsy. She had an imbalance of tone between the right and left side of her body. She was very quiet and rarely spoke at home or in school. She was very sedentary, spending most of her time in her room. In addition, she didn't have friends; but, she had a very active younger brother. She needed help with self-care and hair maintenance. When she drank liquids, she lacked tongue control and often aspirated part of the liquid as she swallowed with large gulps. When the therapist was testing her on the IM pre-test she went from standing to nearly falling over because she lacked stationary standing balance and she possessed a very awkward gait.

In just 3 sessions Valeri was able to go from assisted IM exercises to doing them on her own. Using creative clinical techniques, she did hundreds of repetitions of the reciprocal foot movement on the sensor pad, sometimes missing the pad; but, continuing with determination. I received a call from her mother who stated that Valeri, for the first time, went to the refrigerator to pour herself a glass of juice without anyone assisting. She started to talk, not just a little, but all the time. At the first teacher conference, the teacher remarked that Valeri was participating and raising her hand to give answers. Her grades dramatically improved from her usual C level work up to A and B+ levels. In therapy when she needed a break, she would get on the suspended bolster swing and talk non-stop about planets and the solar system - her favorite interest. The next thing I noticed was her ability to swallow improved. She had better tongue control and she didn't aspirate, as had previously been the case. Her personality kept flourishing and she was full of never before revealed information. Her confidence was very evident and she...was wearing her first pair of blue jeans like all the rest of the kids, managing them independently.

Maureen E. Palmer, OTR, CIMT, is a certified Interactive Metronome provider and the Owner and Director of Focus Point Therapy, LLC. in Southfield, Michigan. Their web site is www.focuspointtherapy.com

IM CERTIFICATION REQUIREMENTS & DESIGNATIONS



Those qualified for certification as Interactive Metronome Providers include individuals who are licensed, degreed or certified in the healthcare, rehabilitation services, education, athletic training, performing arts instruction and other related disciplines.

IM CERTIFICATION DESIGNATIONS

IMC - Interactive Metronome Certified

IMC Providers are professionals who have successfully completed their IM certification to administer IM training in both individual and group modes (group mode requires the ownership of more than one IM Station).

Advanced Designations:

RIMC

Interactive Metronome assigns the Registered Interactive Metronome Certified (RIMC) provider designation when he/she has been a provider for a minimum of 6 months and submits 5 case studies (following protocol) with corresponding IM files.

Status is contingent upon verification of the aforementioned requirements and the acceptance of case studies submitted.

MIMC

Interactive Metronome assigns the Master Interactive Metronome Certified (MIMC) provider designation when he/she has been a provider for a minimum 1 year and submits 10 case studies (following protocol) with corresponding IM files.

Status is contingent upon verification of the aforementioned requirement and the acceptance of case studies submitted.