

# Understanding how big data analyses can inform theories of rehabilitation

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## Disclosure

Co-founder of Constant Therapy (now- The Learning Corporation), ownership stock

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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



Age 🗸

Lesion location

Lesion size/volume

Months post stroke✓

Education

Severity of impairme ✓

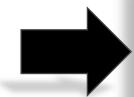
#### Treatment factors

Amount/Intensity of therapy

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Therapy setting (home, clinic)



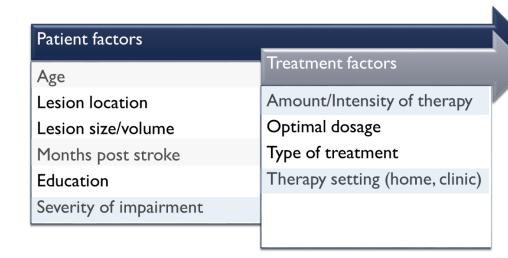
**Therapy Outcomes** 

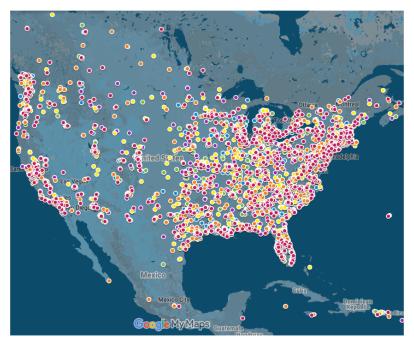
### What can big data tell us?

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

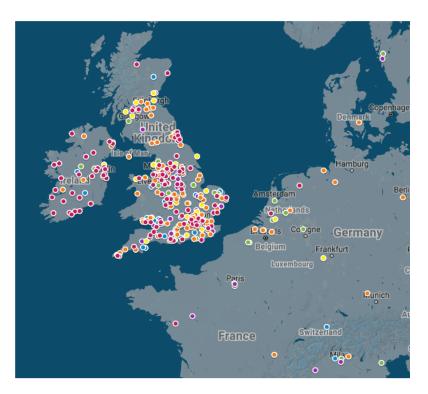
#### Three questions:

- 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?

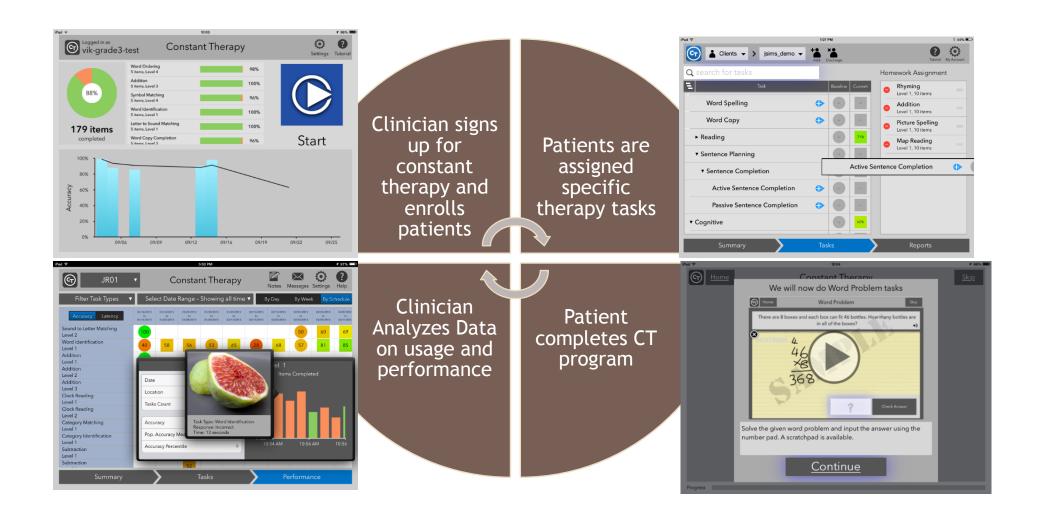








- ➤ 20,000 individuals with post-stroke aphasia who used Constant Therapy program (2013-2016)
- > Retrospective analysis



## Methods

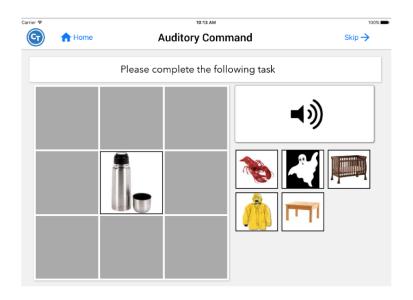
### **COGNITIVE TASKS**

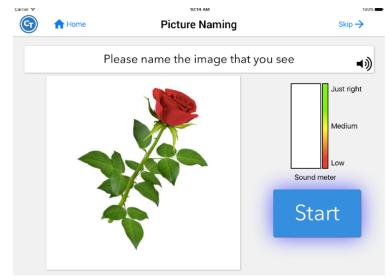
### **LANGUAGE TASKS**

MCUIOUS								
	ATTENTION	VISUO-SPATIAL PROCESSING	ANALYTICAL REASONING	MEMORY	QUANTITATIVE REASONING	ARITHMETIC		
	Symbol Matching	Clock Math	Word Ordering	VISUAL	Word Problem	Addition		
	Slapjack	Clock Reading	Picture Ordering	Face Matching	Currency Math	Subtraction		
	Flanker	Symbol Matching	Instruction Sequencing	Word Matching	Clock Math	Multiplication		
	Picture N- Back Memory	Map Reading	Map Reading	Picture Matching	Number Pattern	Division		
		Calendar		Picture N- Back Memory	Functional Math			
		Mental Rotation		Pattern Recreation				
		Pattern Recreation		Slapjack				
	AUDITORY							
Constant Therapy's 70+ ta	Environmental Sound Match							
functional skill area and a	Sound Matching							
difficulty within that dom	Auditory Command							

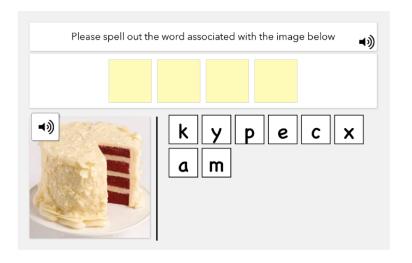
**AUDITORY** WORD WRITING READING **SPEAKING** RETRIEVAL COMP Word Picture Spelling Auditory Odd One Out Syllable ID Completion Repetition Semantic Command **Word Spelling** Category Word Sound ID Voicemail Matching Completion **Imitation** Spoken Word Feature **Read Word** Word Copy Rhyming Comprehension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

## Methods





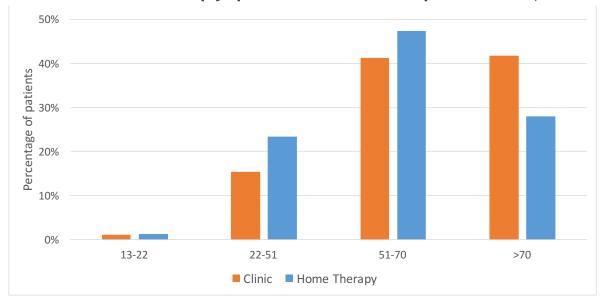


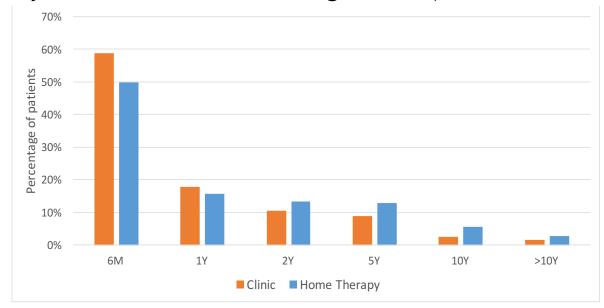


Question #1: How does therapy at home compare to therapy in the clinic?

#### 1. How does therapy at home compare to therapy in the clinic?

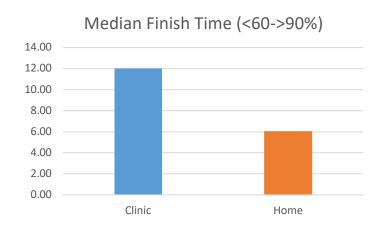
- 3652 patients
- Clinic patients 1575 patients (Clinic-only users who only received therapy under the care of a clinician)
- Home therapy patients 2077 patients (Home-only users with no clinician guidance)



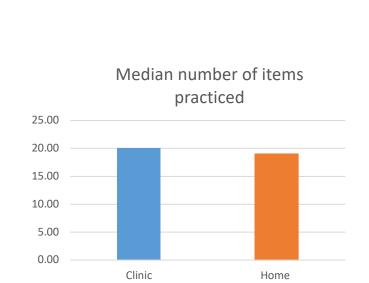


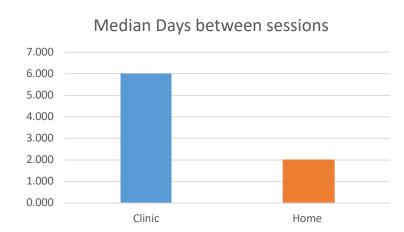
How does therapy at home compare to therapy in the clinic?

- Effectiveness of therapy was represented by the number of calendar days patients spent between:
  - Struggling at a task (<60% accuracy) to</li>
  - 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

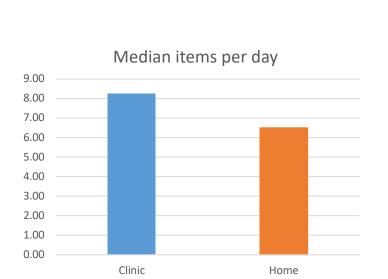


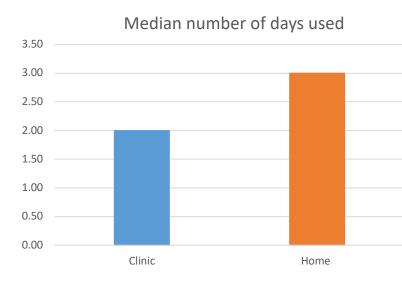
(F(1,7133) = 246.61, p < .001) where clinic users took a higher number of calendar days to reach 90% accuracy than home users





(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					PRACTICETHERAPY 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
- oPatients practicing only at home can master tasks in a shorter time than patients practicing only in the clinic.



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

Question #1: How does therapy at home compare to therapy in the clinic?

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

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

Question #1: How does therapy at home compare to therapy in the clinic?

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

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

- 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.

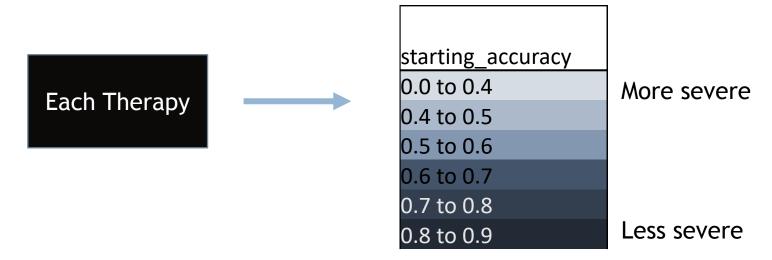
 In chronic aphasia, Persad and colleagues reviewed outcomes from rehabilitation centers that provide intensive comprehensive aphasia treatment and found both mild and severe chronic patients with aphasia to benefit from such treatment

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

11,888
patients

244 unique
therapy tasks





#### Age

Lesion location

Lesion size/volume

Months post stroke

Education

Severity of impairment

#### Treatment factors

Amount/Intensity of therapy

Optimal dosage

Type of treatment

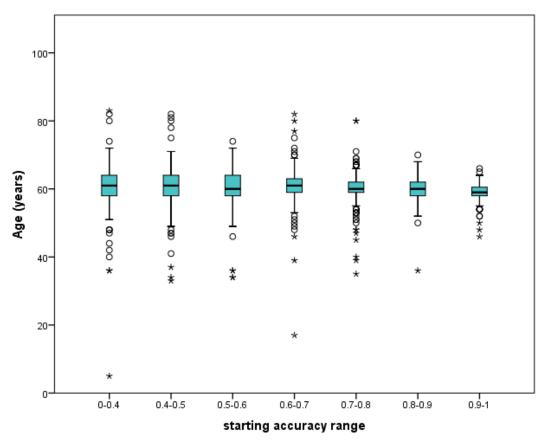
Therapy setting (home, clinic)



Therapy Outcomes

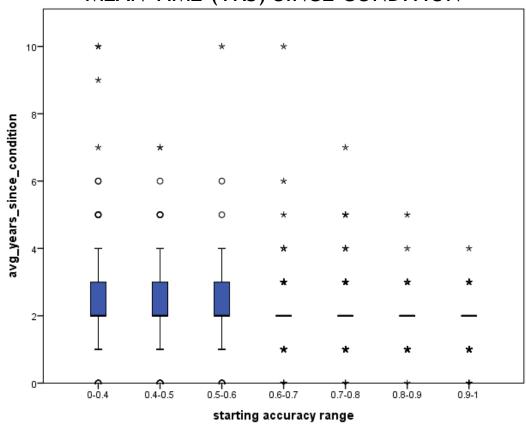
#### Question # 2:

#### 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

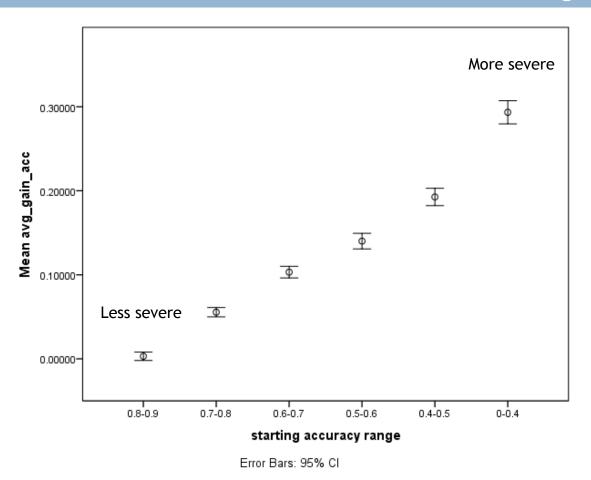


Severe patients slightly more chronic (2.3 years) than less severe patients (1.8 years), though all patients mostly chronic, Main effect of group: (F (1749)=7.7, p < .00001)

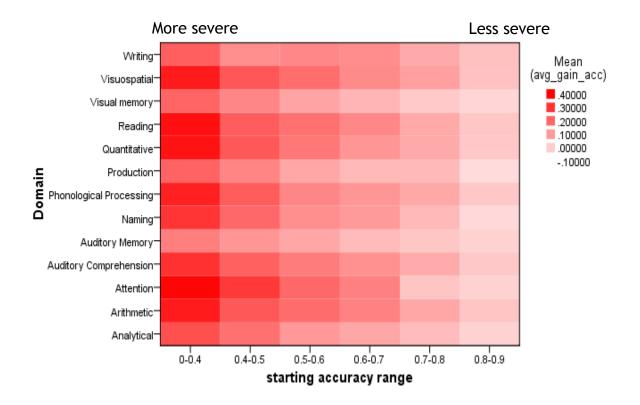
### Analysis

- 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
- 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:

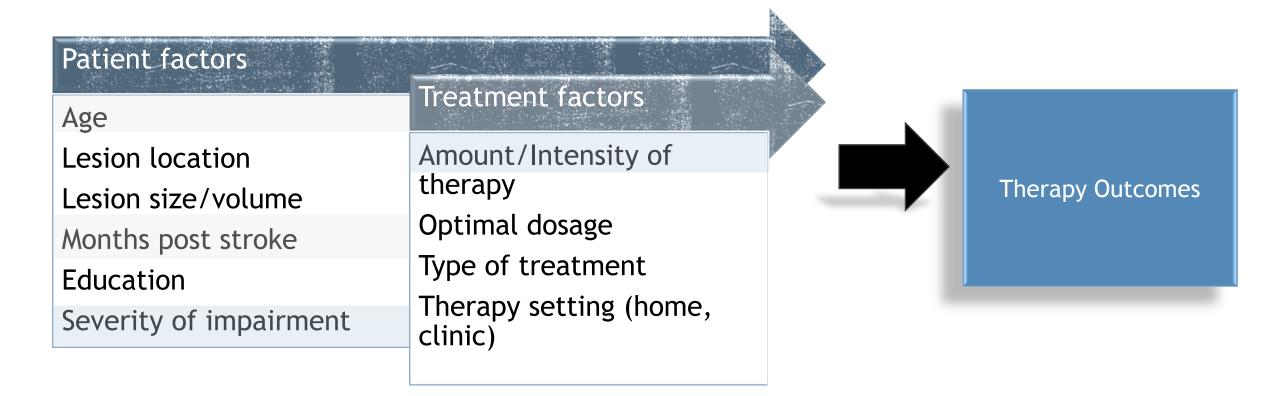


1. More severe patients show more gains (F (5, 6942)= 477.1, p <.00001) than less severe patients.



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)

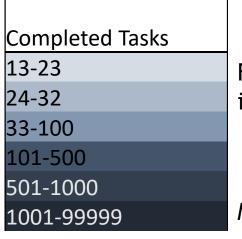
#### Question # 3: How does severity and amount of treatment influence treatment outcomes?



## 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)





Fewer items

More items

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

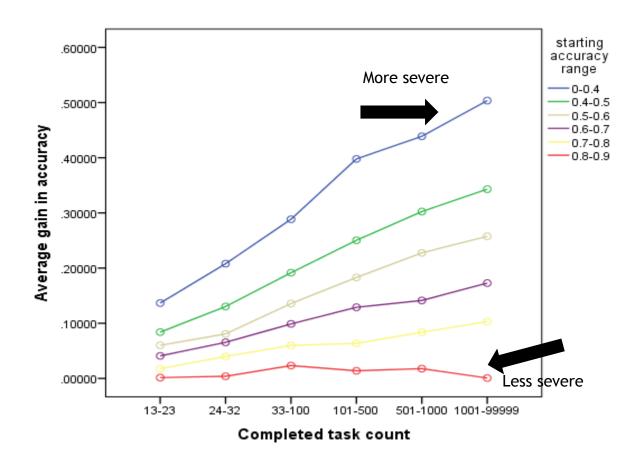
1.000000

.600000-

.40000-

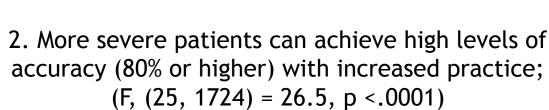
.20000-

Post treatment accuracy



-000000 13-23 24-32 33-100 101-500 501-1000 Completed task count

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)



starting

accuracy

range

0-0.4

0.4-0.5

0.5-0.6

-0.6-0.7

0.7-0.8

0.8-0.9

1001-99999

#### **SUMMARY**

- When therapy is standardized and individualized, both less severe and more severe patients improve
- 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

#### SUMMARY & DISCUSSION

#### 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

Question #1: How does therapy at home compare to therapy in the clinic?

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

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

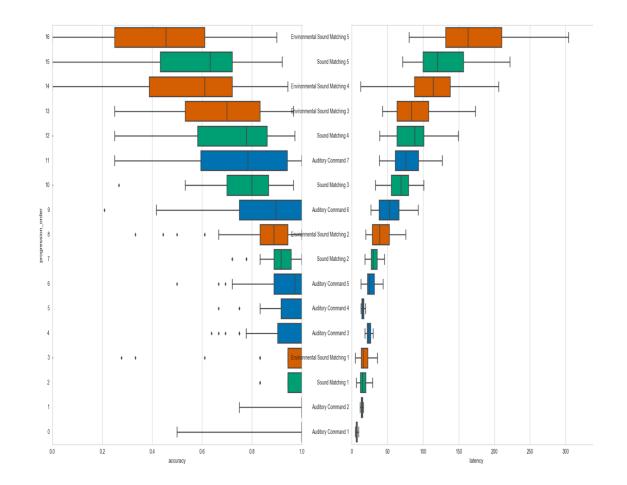
## Participants

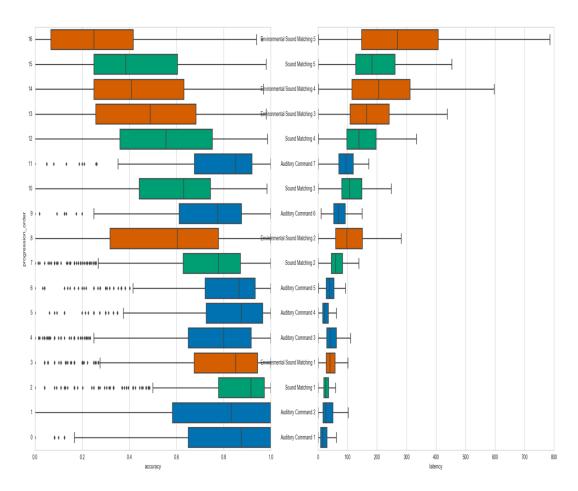
- 2216 individuals with aphasia or stroke with reported deficits in language domains were included in the study
- Participants consented that their data be analyzed for research purposes
- Average age- 64 years
- 1313 patients in the acute stage (<6 months)</li>
- 903 users in the chronic stage (>6 months)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

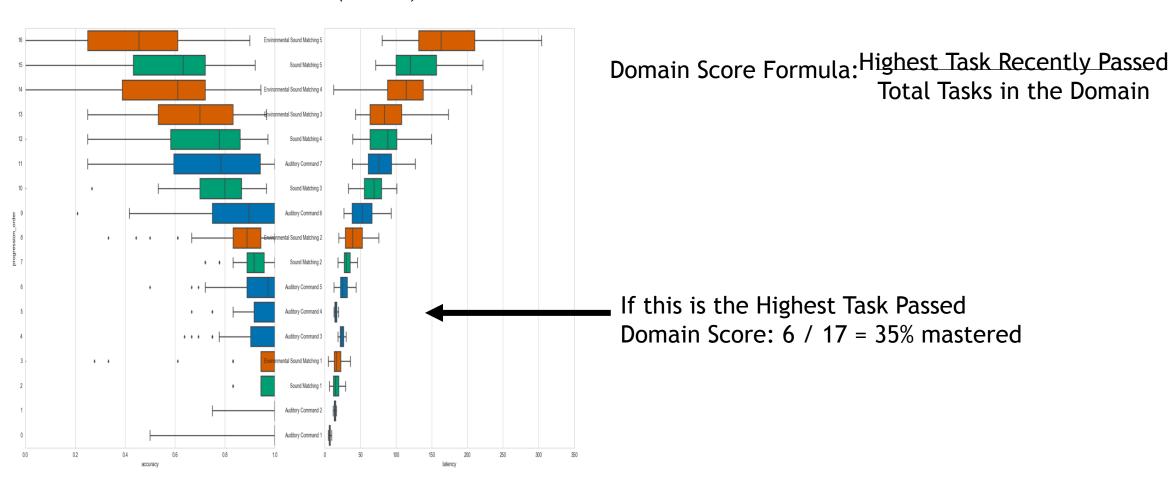




### Methods

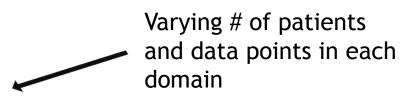
#### SAMPLE DOMAIN: Auditory Memory

#### **HEALTHY ADULTS (MTURK)**



## Analysis

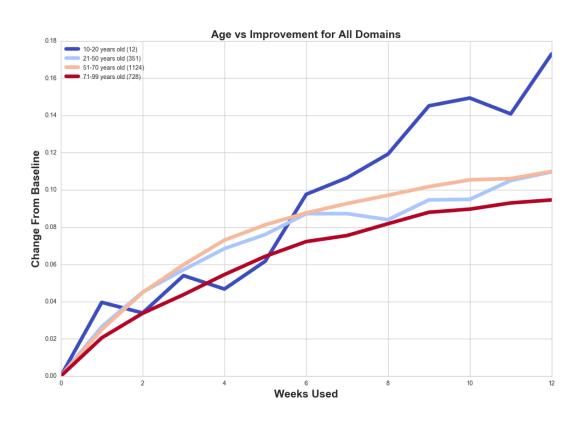
Domain Name	Domains	# data points	# Patients
Analytical	1	15750	1795
Arithmetic	2	7624	961
Attention	3	13219	1663
Auditory Comprehension	4	17853	1888
Auditory Memory	5	17160	1863
Naming	6	15407	1719
Phonological Processing	7	12115	1419
Production	8	8415	1224
Quantitative	9	11648	1368
Reading	10	18094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

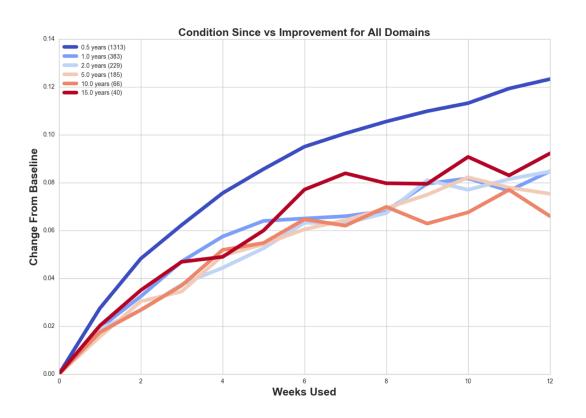


# Analysis approach

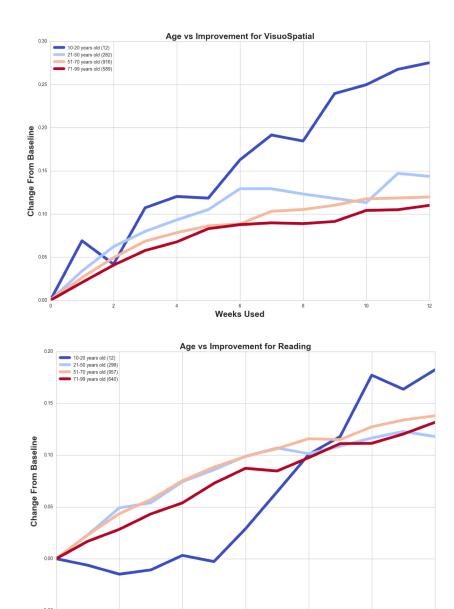
- Users were divided into one of seven groups based on how many average days per week they used CT over a 3-month period (i.e., from 0 times/week to 6 times/week).
- 50% of participants used CT 2 or more days per week.
- Compared the change in domain score over time to their baseline score.
- For each 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

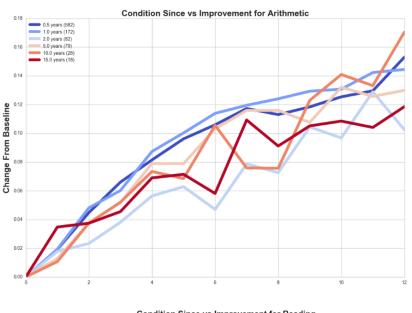


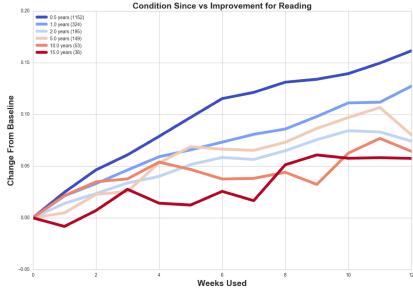






Weeks Used

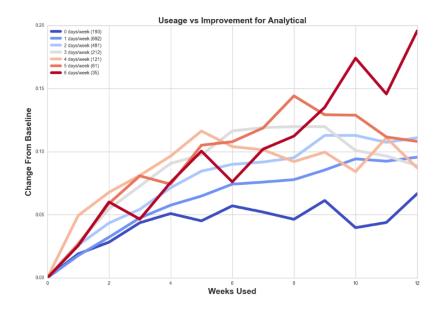


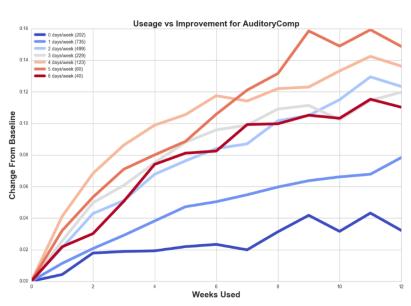


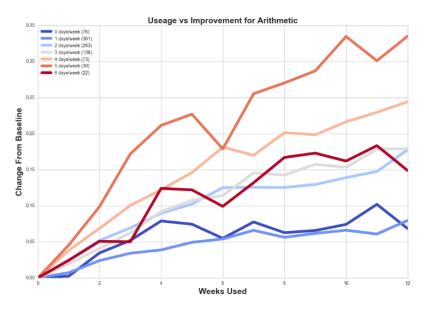


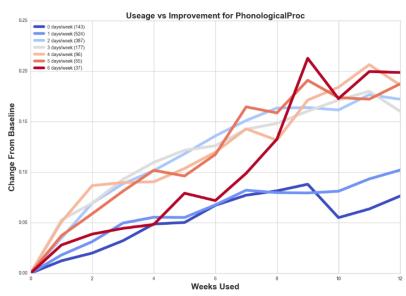
	Coef.	Z	P> z
Intercept	-0.016	-3.518	0
avg_use[T.1]	0.013	2.63	0.009
avg_use[T.2]	0.04	7.45	0
avg_use[T.3]	0.048	7.772	0
avg_use[T.4]	0.059	8.022	0
avg_use[T.5]	0.068	7.063	0
avg_use[T.6]	0.059	5.053	0

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







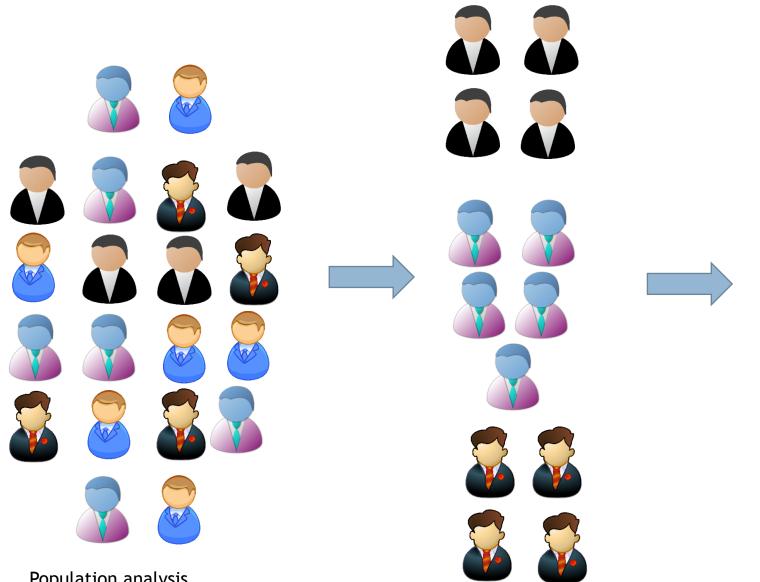


# Results summary

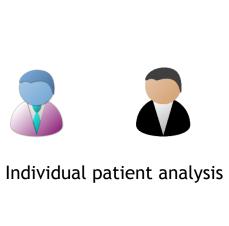
- While all groups, on average showed improvement over time, participants who used CT greater than 3x/week showed higher rates of improvement than those that used the app 0-1x/week (p<0.001) across 11/14 domains.</li>
- Rate of improvement significant 5x/6x times a week better than 1x/2x for most domains (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.

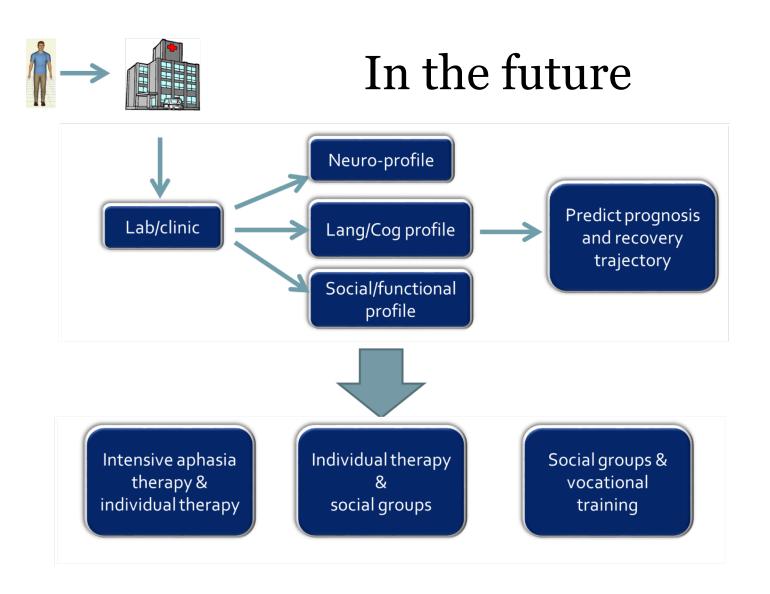


Small cohort analysis



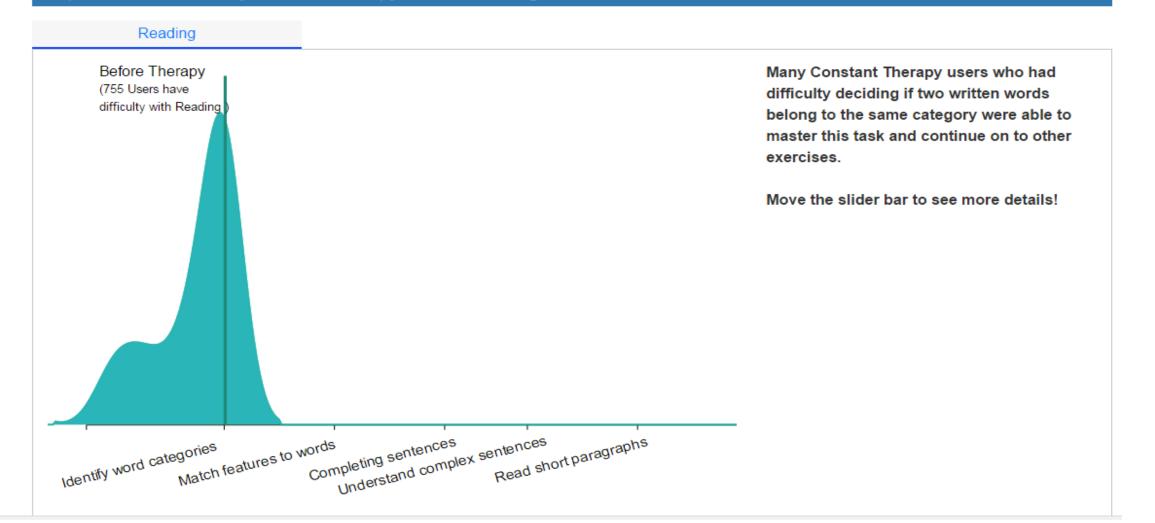
Population analysis Baycrest SLP 2018

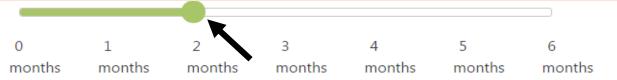




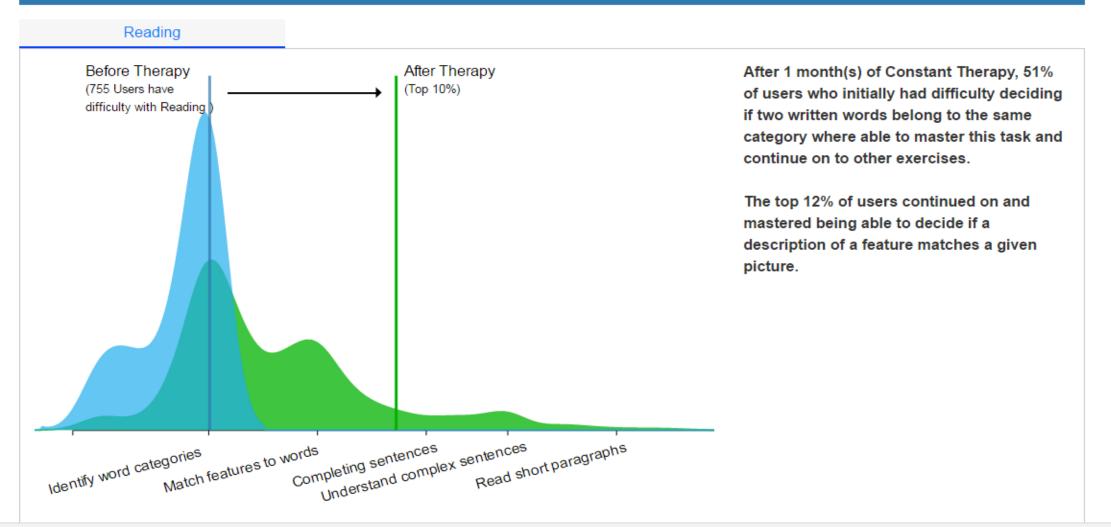


#### Improvements shown by Constant Therapy users in Reading for 0 months



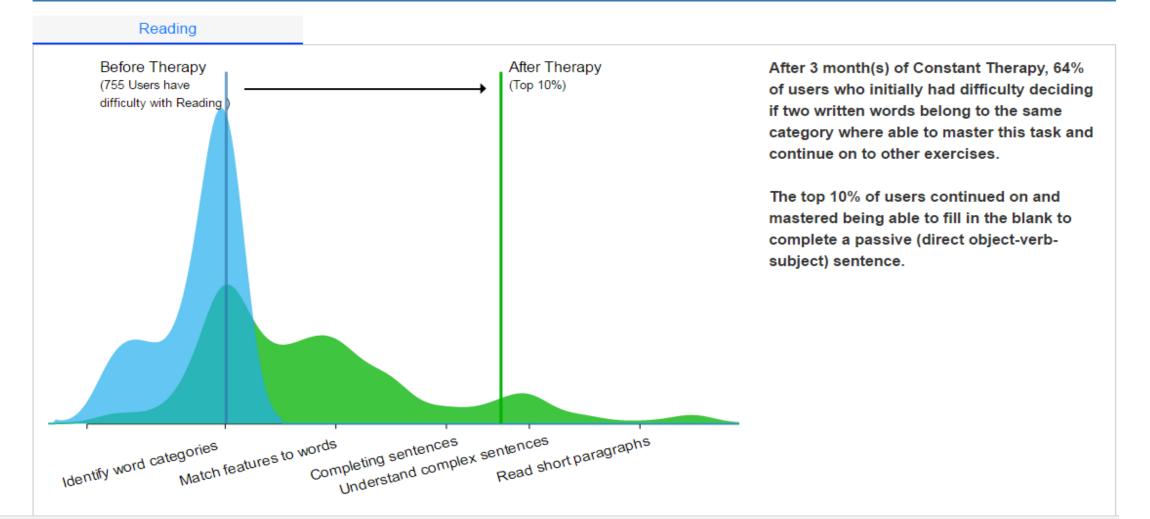


#### Improvements shown by Constant Therapy users in Reading for 1 months



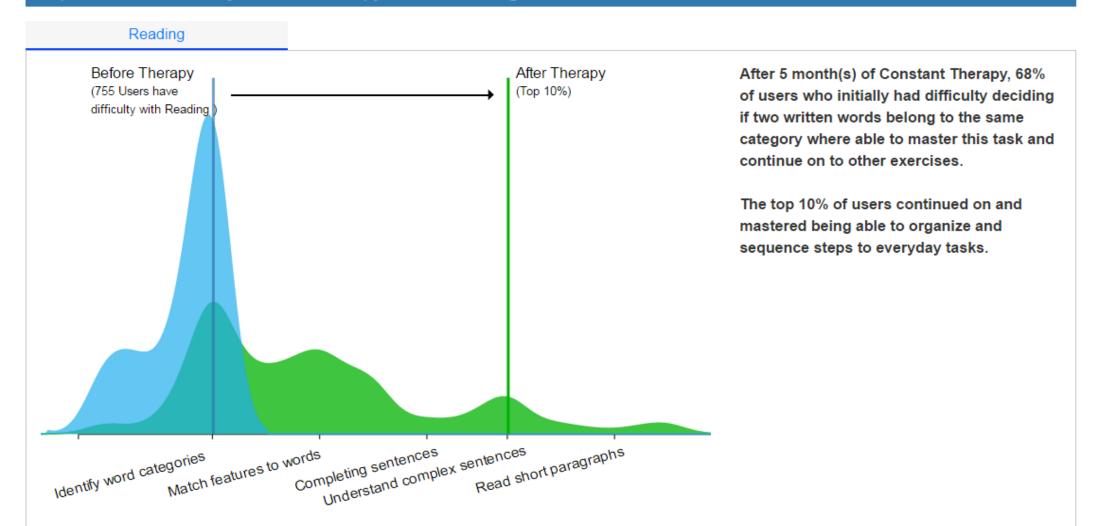


#### Improvements shown by Constant Therapy users in Reading for 3 months





#### Improvements shown by Constant Therapy users in Reading for 5 months



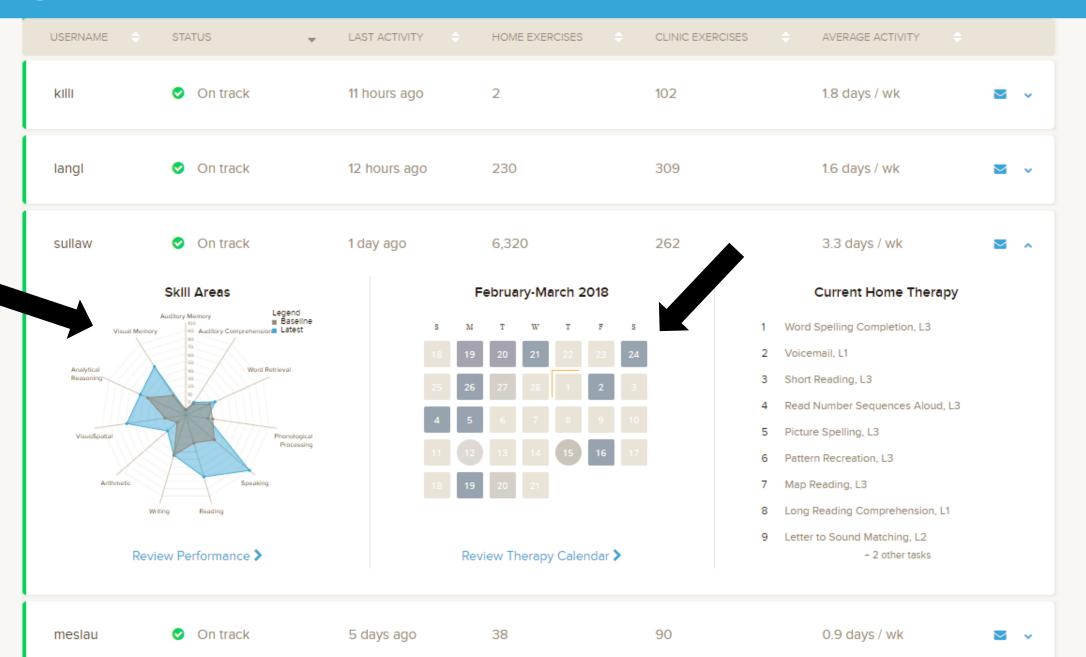
# Closing the loop between the clinician and patient



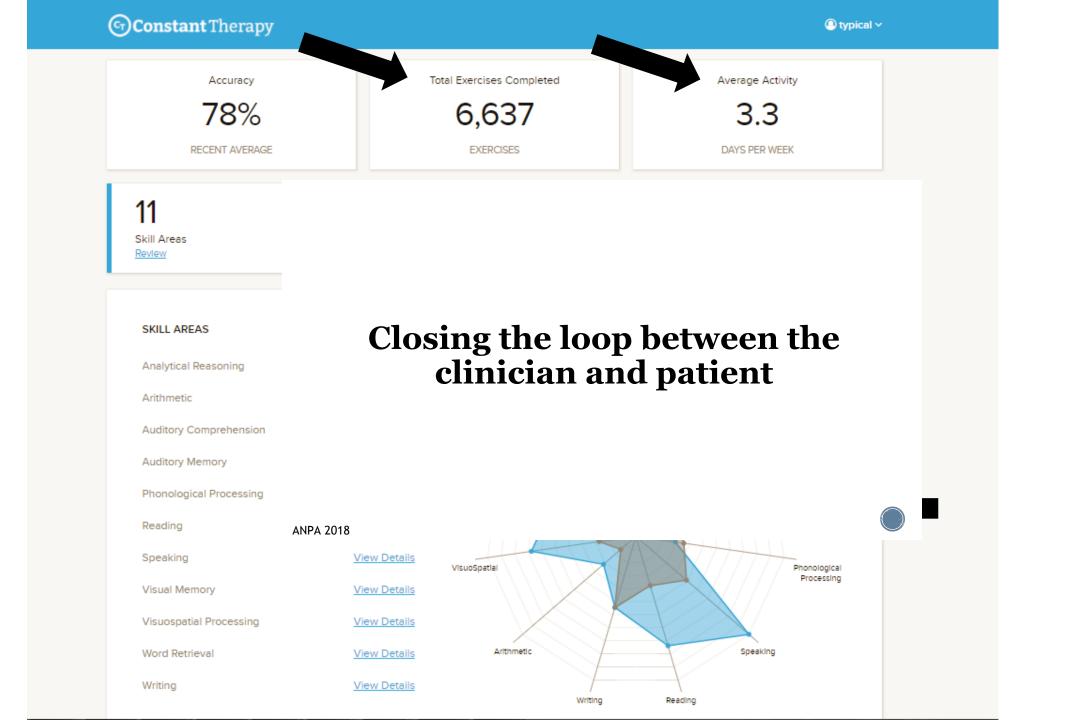


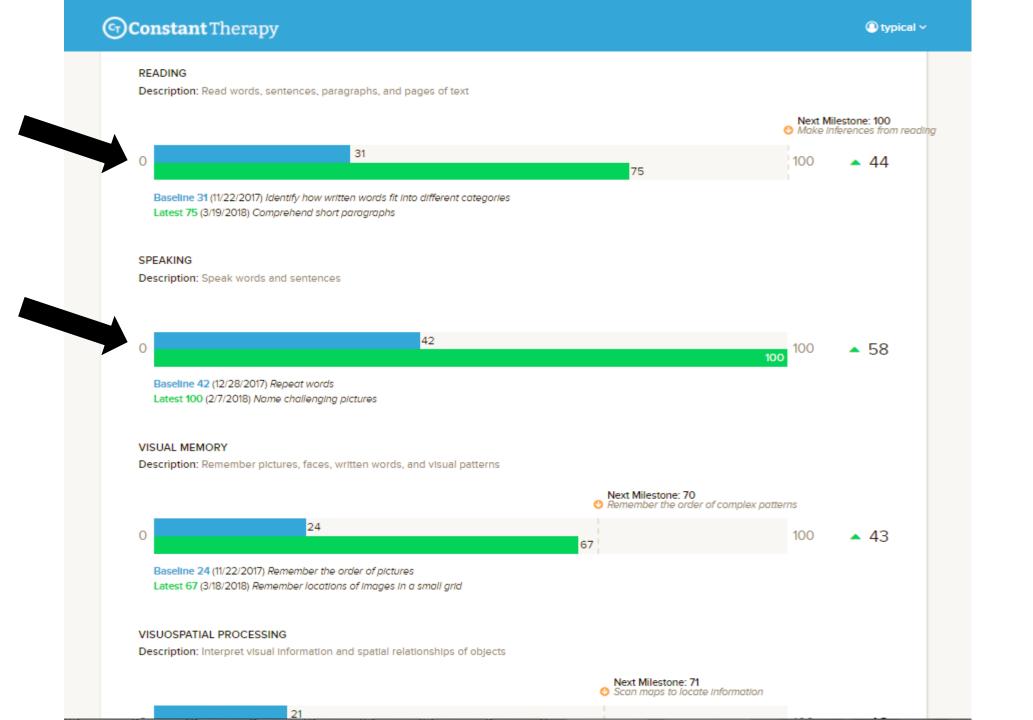
#### Q Search patients MY PATIENTS lili 19,822 18,567 13 Total Exercises Done Total Home Exercises Done **Total Patients** 1 DISCHARGED LAST WEEK ▲ 1,613 FROM LAST WEEK ▲ 1,451 FROM LAST WEEK 8 On Track 2 Needs Attention 3 Not Started USERNAME STATUS 🔻 LAST ACTIVITY 🕀 HOME EXERCISES CLINIC EXERCISES AVERAGE ACTIVITY ( On track 6 hours ago 3,861 144 4.9 days / wk **-**Indr On track PC01 9 hours ago 153,185 489 7 days / wk **-**On track killi 11 hours ago 2 102 1.8 days / wk **▽** ∨ On track 1.6 days / wk langl 12 hours ago 230 309 ightharpoons











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