

# ApplyEBP's 3 Practical Takeaways

From the article *"How do we know if interventions in developmental disability are effective?"* Rosenbaum, P. (2020) Dev Med Child Neurol, 62: 1344-1344.

## How Do You Know If Your Interventions Are Effective? It's Time to Self-reflect!

### 1 How do you think & talk about what is effective?

- Better quality of life (child/family's perception of well-being)?
- Higher levels of participation (ADL, play, chores, school, work)?
  - or...*  Improved test scores (BOT-2, DVTP-4, GMFM)?
  - Normal performance (quality)?
  - Fixed an impairment (VP, FM, strength, SP)?

### 2 Whose goals are you addressing?

- Child/Family/Caregiver's goals?
  - Collaborative goals?
- or...*  Therapist's goals?

### 3 How do you evaluate your interventions?

- Who:** Child self-monitoring? Therapist monitoring? Others?
- What:** Objective test? Goal attainment scale? Subjective reporting?
- When:** How frequent? How consistent? Short or long-term effects?
- How:** Graphing? Charting? Comparison to norms?