Practitioner Perspectives on the Implementation of the Lee Silverman Voice Treatment-BIG® Program
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Introduction

- Lee Silverman Voice Treatment-BIG® (LSVT-BIG®) is an evidence-based intervention delivered by occupational and physical therapy practitioners.
- High amplitude, high repetition therapy intervention that encourages bigger, high effort movements with a special focus on functional movements and gait training.
- Effective tool in improving functional mobility, balance, functional performance in activities of daily living, upper extremity coordination and dexterity, and increased quality of life.
- However, just because an evidence-based intervention or approach makes it to the clinical setting, uptake into clinical practice is not guaranteed.
- No literature on the current state of implementation of LSVT-BIG® and how it is used in the clinical setting.

The purpose of this study was to understand the perspectives of rehabilitation practitioners who are currently implementing the LSVT-BIG® intervention in clinical practice and determine how these practitioners are applying this intervention to the clinical setting.

Methods

- Electronic survey within the “LSVT-BIG® Certified Clinicians” Facebook group.
- Survey included questions regarding implementation of the LSVT-BIG® intervention including populations served, assessment, payment, and delivery.
- Participants were provided the option to participate in a debriefing through semi-structured interview.

Results

- Practitioners are implementing the LSVT-BIG® intervention across settings but are most likely to be in the outpatient setting.
- Patient populations served primarily possess a neurological diagnosis.
- Assessment focuses mostly on lower extremity, gait, and balance.
- When billing insurance, practitioners routinely select the three CPT® codes, Neuromuscular Re-Education, Therapeutic Activity, and Therapeutic Procedure/Exercise.
- Practitioners are modifying the intervention protocol to meet both patient and practitioner needs.

Discussion

- Few clinicians reported utilizing occupation-based measures during their assessments.
- Intensity of in-clinic visits was identified as a barrier to success by practitioners in our study. Transportation to the clinic was mentioned as a reason patients may struggle with meeting the intensity of in-clinic visits.
- The challenges faced by practitioners when implementing the LSVT-BIG® intervention may warrant the development of a modified LSVT-BIG® protocol.

Conclusion

Further research should continue to explore the practitioner perspectives of implementation and clinical usability of the LSVT-BIG® intervention and investigate the need for and development of a modified LSVT-BIG® intervention.