About The NDTA Contemporary Practice Model™ and research matters -

The NDTA Contemporary Practice Model™ is a *Task oriented approach* which reflects a transitional theoretical shift.

This successive transition from a long standing traditional paradigm to another contemporary paradigm, may mirror a developmental pattern in any social science and may involve a “revolution”, or a marked shift in conceptual basis and associated practices (Kuhn, 1996, p.12; VanSant, 2008).

Bly (2000) suggested that this evolution from a longstanding traditional NDT paradigm to the more current practice in NDT constituted such a Kuhnian ‘paradigm shift’, which mirrored a movement towards a new theoretical viewpoint of NDT in the United States. It is this theoretical framework which continues to guide current practice through the NDTA Contemporary Practice Model™ (Bly; Rothwell et al., 2005; Bierman et al, 2016, Bain K., 2011).

The recent ANPT (Academy of Neurological Physical Therapy) ‘Neuro Rehab Educators Discussion’, July 2020, included important contributions to the understanding of our contemporary model.

Associate Professor Niamh Tunney, for example, described NDT as evolving to be a motor learning and motor control approach based on the principles of neuroplasticity and dynamic systems theory; but also lacking efficacy studies.

Another contributor described the lack of research to indicate it *doesn’t* work.

There *is* an absence of evidence to support NDTA Contemporary Practice Model™ intervention, as there is also an absence of evidence to suggest it does not work. Therefore it still has merit within the guise of clinical trials.

Our focus as the Research Committee is the promotion of clinical trials. There are some complexities however!

NDTA Contemporary Practice Model™ intervention doesn’t follow a protocol. Rather, it addresses the individual participation level daily task requests of our clients, through ICF model evaluation. This leads the individual selection of multimodal and graded treatment strategies, which are utilised towards change in goal performance at post test. Importance is placed on the strengths and interests of clients, and play based intervention for children. This also means that many variables are involved, and so controlled efficacy studies are challenging! However fidelity to the contemporary model also needs to be measurable and studies replicable.

Our purpose as the Research Committee, is therefore to find ways to both encourage and promote peer reviewed research towards efficacy, both for the potential benefits of our clients and towards further clarification and understanding of the NDTA Contemporary Practice Model™.

References


