

"Telerehabilitation in Speech Therapy": a pilot project using Reacts, presented at the *Carrefour des connaissances* of the CIUSSS du Centre Sud de l'Île de Montréal

The first edition of the [Carrefour des connaissances](#), held on June 2nd, was organized by the [CIUSSS du Centre Sud de l'Île de Montréal](#) and focused on motor, sensory and language impairment. For the first time, thanks to the integration of the physical impairment continuum within the CIUSSS, research teams and practitioner-researchers from l'Institut Raymond-Dewar and l'Institut universitaire en réadaptation Gingras-Lindsay-de-Montréal joined their counterparts from the Centre de réadaptation Lucie-Bruneau to present a comprehensive overview of current research in the field. Since March 2015, speech therapists from these institutions have made progressive use of remote intervention methods using the Reacts technological platform. Results from the "Telerehabilitation in Speech Therapy: a Growing Intervention Modality within Physical Disability" pilot project were presented as a poster at the event. The project demonstrated the following significant therapeutic advantages:

- Saves time and money for clientele
- Optimizes less popular time slots
- Generalization of exercises in another context
- Greater user availability for interventions, due to avoidance of constraints associated with travel (e.g. fatigue, stress)
- Access to the home, providing an added value to the interventions (access to family, and a better understanding of the user's environment)

Other Findings

- It is possible to perform speech therapy directly in the user's living environment, at low cost to the organization through this new technology
- Telerehabilitation enables continuity of services and promotes learning, contributing to social participation and quality of life

The project also demonstrated high user satisfaction, both among patients and healthcare professionals. The next step in this project is the integration of telerehabilitation as a permanent means of providing services, as required by the CRDP. Applications for future exploration include for users who are returning to work, receiving chemotherapy, or who cannot afford travel costs.