

The *Challenge* Training Workshop

This **interactive workshop** will focus on expanding participants' thinking and enhancing clinical skills in assessment of advanced motor skills (*Challenge*) of children and youth who have CP.

What is the *Challenge*?

Motor measures currently used by pediatric physiotherapists do not fully capture advanced motor skill deficits in children in GMFCS I (i.e., able to run and jump independently but limited in speed and quality of movement). This gap may lead to serious evaluation issues, such that lack of understanding of their physical abilities/challenges may mean missed intervention opportunities to help these children achieve their gross motor and participation goals. **The *Challenge*** (Wilson et al., 2011; Glazebrook et al., 2013; Wright et al., 2018; Gibson et al., 2018; Sousa et al., 2021, Nordbye - Neilsen et al., 2021; Milascevic et al., 2022)) is a well-validated observational measure that assesses 20 advanced gross motor skills that tap into a child's co-ordination, agility, balance, fitness and strength. It was developed by our research team to address this measurement gap. It can be used with children with cerebral palsy who are age 6 years and up and are in **GMFCS Level I**, and also with **higher ability children in GMFCS II** (i.e., able to walk and run slowly without an assistive device). A Rasch scaled version is also available for use (Wright et al., 2016).

Who is the course for?

This workshop will be of interest to pediatric physiotherapists who have clinical experience with using the Gross Motor Function Measure or other gross motor tests with ambulatory children with CP (those in GMFCS Levels I and II) and want to learn additional ways of assessing the gross motor movement of these children. Pediatric occupational therapists who actively use gross motor tests in their clinical practice or research may also be interested in taking part.

Challenge workshop objectives

- Review the current methods measuring advanced motor skills in children with CP
- Learn about the content and structure of the *Challenge* and its potential uses
- Become familiar with the *Challenge*'s generic and item-specific scoring system
- Learn the process of administering and scoring a *Challenge* assessment through videos with typically developing children and then a similar aged children with CP.

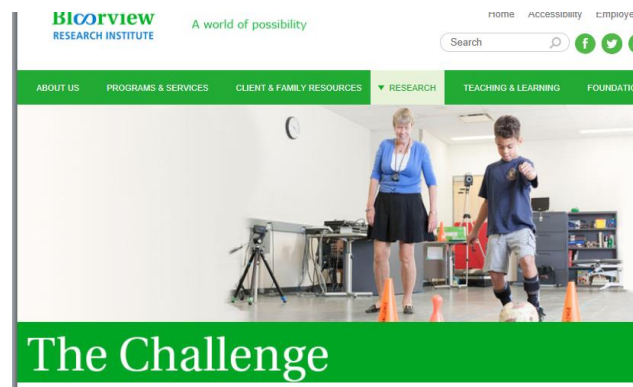
- Score the performance of the *Challenge* by children with CP (videos) and apply *Challenge* scoring
- Acquire tips for implementing the *Challenge* in clinical and research practice
- Review the next steps of self-training using the *Challenge* video materials posted for exclusive use of course participants on the Holland Bloorview
- Outcomes website access to *Challenge* Criterion Test (also posted on the password protected website) post-course

How will the course be taught?

The Zoom-based workshop is a combination of lecture style session with group discussion during viewing and Zoom poll-based scoring of sample training videos. After the course, self-study of on-line training videos (available only to course participants) will be done prior to completion of the on-line Criterion Test (certification)

NOTE: Certificates of attendance will be provided by **Holland Bloorview Kids Rehabilitation Hospital, Toronto, Canada**. This Certificate implies neither the certification nor competence as an assessor on either test. On successful completion of the Challenge Criterion Test after self-study of the web-based materials, a Criterion Test Certificate will be issued.

Cost: ~ \$250 CAD+13% tax (includes on-line certification testing after the course)



Challenge Website – <https://hollandbloorview.ca/research-education/bloorview-research-institute/outcome-measures/challenge>

THE CHALLENGE WORKSHOP

Zoom-based sessions (on two separate half days)

Given by Virginia Wright, PT, PhD
Senior Scientist at Holland Bloorview Kids Rehab
and Professor, Department of Physical Therapy, University of Toronto
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Half Day 1 (4 hours)

Agenda sample provided for afternoon session timing

- 1300 - 1330 Welcome and introductions and background on advanced motor skill measurement for children/youth with CP and maximizing engagement in testing
- 1330 - 1430 Introduction to the *Challenge*: purpose, structure, content, psychometric properties, administration process/testing philosophy
- 1430 – 1500 BREAK
- 1500 – 1700 Guided Viewing of a *Challenge* Video of a child with CP and potential clinical uses. Homework assignment for next session

Half Day 2 (4 hours)

- 1300 – 1315 Review experiences with trying out *Challenge* items
- 1315 – 1415 Practice scoring together of video of child in GMFCS I
- 1415 – 1515 Practice scoring of *Challenge* video of child in GMFCS II
- 1515 - 1545 BREAK
- 1545– 1630 Practice scoring of *Challenge* video of young child and special tips of how to do
- 1630 - 1700 Further thoughts on application to clinical practice. How to access the *Challenge* training materials. Wrap-up questions and access to on-line course evaluation.