Hummus and post-it notes. Obtaining consensus about clinicians’ current practices when working on communication strategy use with people who have aphasia.

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What is all about?
- This project is part of the first author’s PhD called “Helping people with aphasia have better conversations”.
- It describes the process used to create a therapy called “Communication Strategy Training (CST)”. This is important because research is starting to show that conversation therapy can result in a positive change in people with aphasia’s strategy use, yet in a recent survey in the UK, conversation therapy is not routinely used by SLTs.[4]  

What does hummus and post-its have to do with this?
Objective: To arrive at a consensus agreement[8] as to the content of a clinically realistic six session communication strategy training therapy plan.
- A questionnaire, focus group and consensus group was used to obtain as honest and open opinion from current SLTs about what they are actually doing, rather than what they would ideally be doing when working with a person with aphasia (PwA) and their communication partner (CP).
- A lot of the work was after office hours, hummus and nibles helped!
- Post-its were a key part of the consensus technique, a process that went through a number of stages to allow participants the opportunity to revise their views in the light of discussion and new information.[9]

What worked well?
The controlled process: suited the exploration and problem solving aspects required for CST agreement.
The consensus rating task: ensured each person’s view was considered & group discussion facilitated thinking resulting in an agreed answer within an hour-fantastic!
A tighter initial focus = better 41 questions were too many, blurring focus, complicating analysis & likely reducing initial participation.
LESS CAN BE MORE

In hindsight...

References