

# Punching above our weight- a case study of a boxing intervention in a day care setting

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# Acknowledgements:

Service users, carers & their family members

Staff team

Partners

Irish Athletic Boxing Association



# Introduction

Traumatic brain injury (TBI) can be associated with changes in every domain of function controlled by our brains... and can be associated with significant time in hospital

Often for those who have sustained an injury (& their families) the discharge from hospital is a significant milestone in their journey...

This also marks the beginning of their journey through community services.

Post-acute rehabilitation can take many forms & are informed by professionals' & service commissioners' opinions on rehabilitation potential and restoration of function...



# Introduction:

Within BHSCT post-acute rehabilitation is delivered via a number of community-based services. This includes supports via the Community Acquired Brain Injury Rehabilitation Team (CABIRT) and various other statutory & community and voluntary sector providers...

Day centres can often become a significant support for those who have sustained ABIs and their families, with the *Mourne Project* a special case...

The *Mourne Project* set within the grounds of *Knockbracken Healthcare Park* is a specialist slow-stream, low-stimulus provision.



# Introduction:

Day service provision is centred on partnership working...

So who are our partners in Mourne...

INSERT PICTURE OF TAXI DRIVER and MOURNE HERE

Service users  
Carers  
Staff  
Referrers  
Transport staff

This is a story of the impact that a service-user focused, partnership-based approach to ABI community-based rehabilitation can look like, and what impact it can have...

## Aims & objectives:

Review the impact that a boxing activity intervention, delivered in a day care setting has in terms of rehabilitation.

We will be employing case study design (N=1) considering the impact across functional domains.



## Method: *Service user*

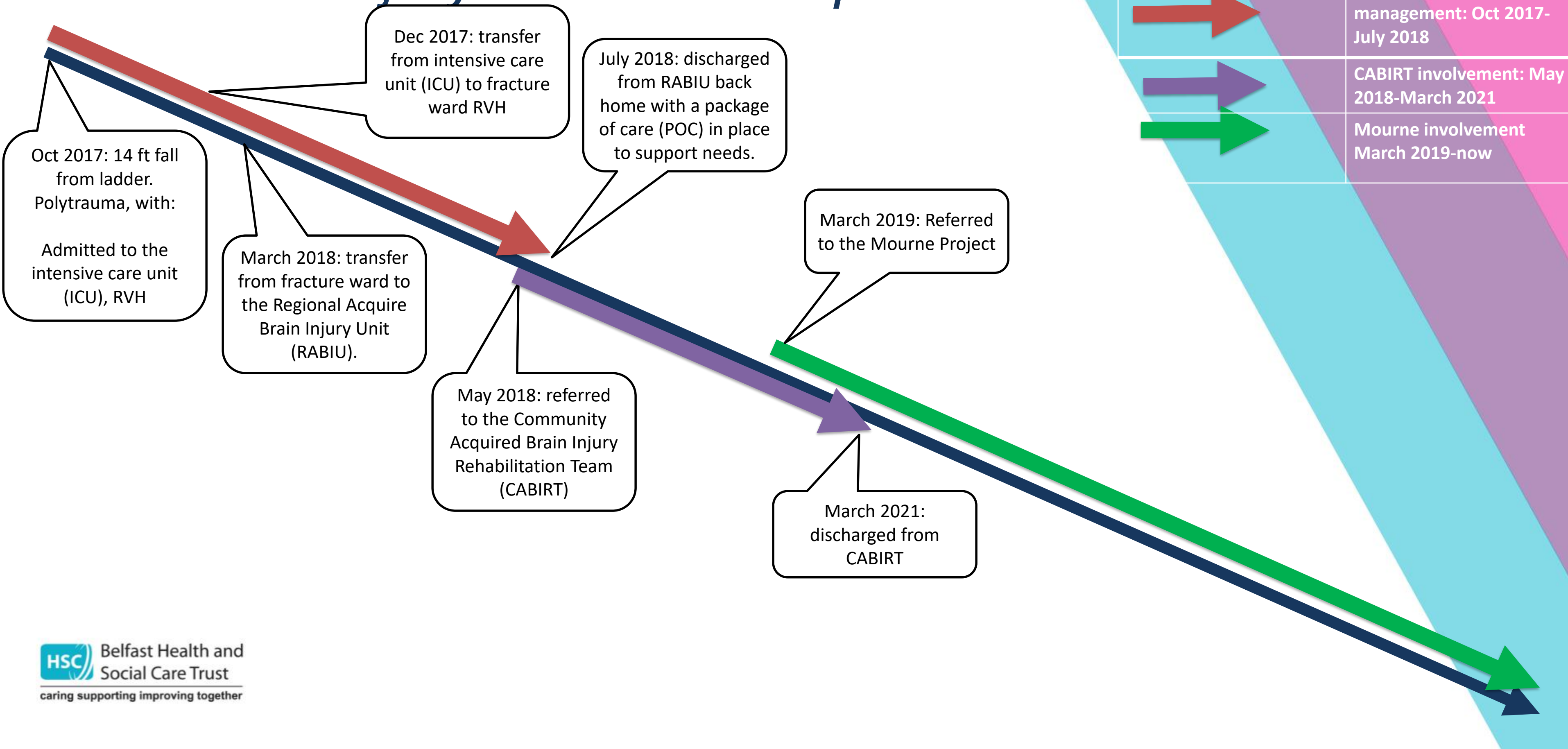
Tom was born in 1947 and, after completing his education, worked his entire adult life within a public sector body. He married his wife at AGE and together they had a XX daughters and sons. In time he also had grandchildren and enjoyed PASTIMES.

After a long, varied and enjoyable career, Tom settled into his retirement at AGE.

He continued to enjoy INTERESTS, ACTIVITIES.

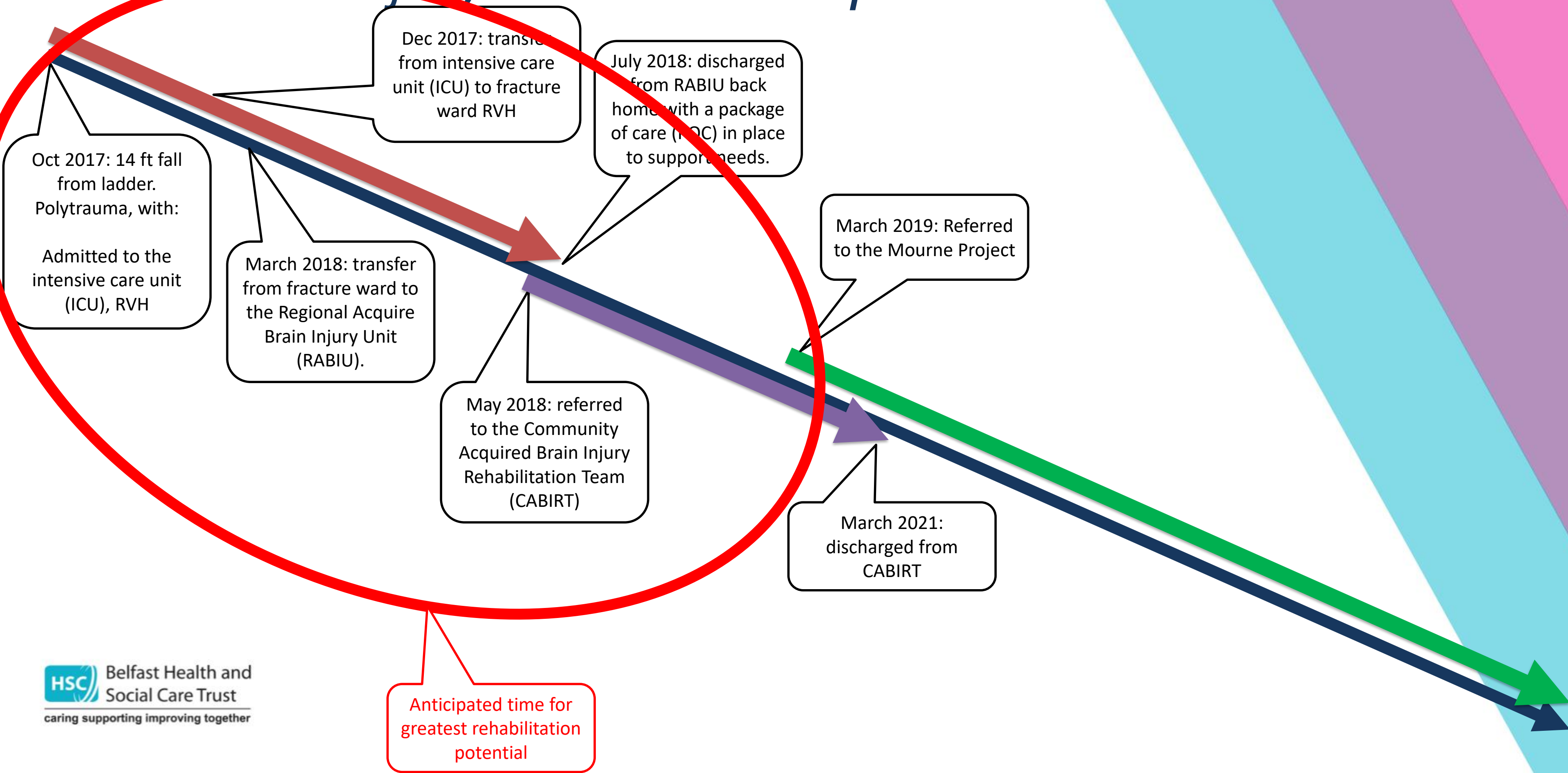
Tom was not someone to be inactive and outside of his recreational pursuits he was also intensely house proud and took pride in maintaining his home and garden.

# Method: *Injury & time in hospital*





# Method: *Injury & time in hospital*

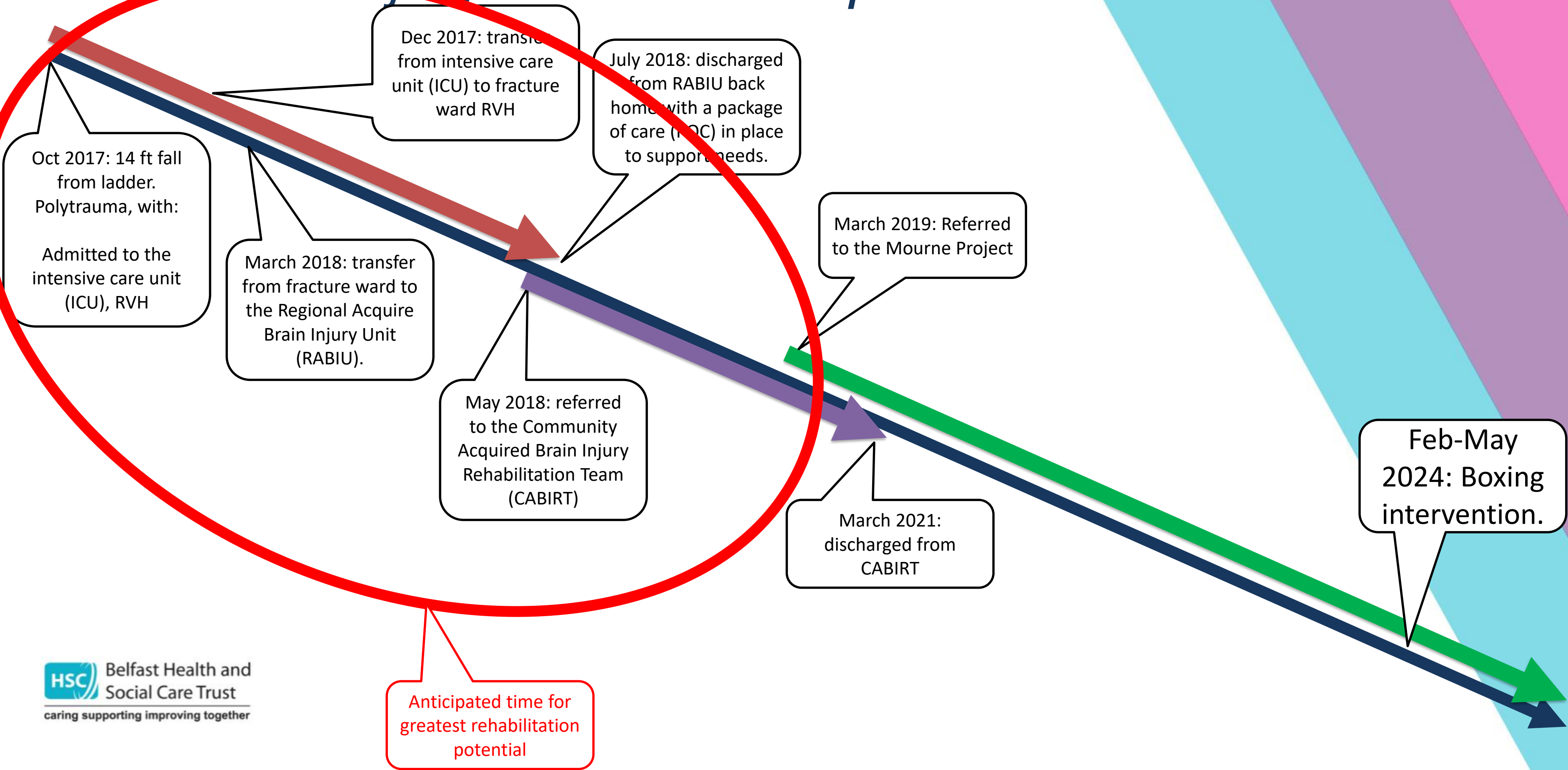


# Method: *Participant (post-injury function)*



Domain of function:	RVH	RABIU
Swallow Motor function Gross Fine Fatigue/activity tolerance Carer impact GOSM		

# Method: *Injury & time in hospital*





# Intervention:

Rationale	Content:	Delivery:
Known to improve: <ul style="list-style-type: none"><li>• coordination/balance</li><li>• cognitive function (aerobic exercise)</li><li>• physical conditioning</li><li>• stress relief/emotional health</li><li>• motor skills</li></ul>	<ul style="list-style-type: none"><li>• Variety of pad &amp; bag work</li><li>• Integrating a variety of punches (i.e. upper-cut, jab, etc).</li><li>• Timed with personal bests recorded</li><li>• Group-based delivery facilitated social interaction, competition &amp; camaraderie</li><li>• Record of 630 punches thrown by Tom in one session</li></ul>	<ul style="list-style-type: none"><li>• Group (4 service users) or individual-based sessions</li><li>• Completed on days of service attendance between February and May 2024</li><li>• Delivered by All Ireland Boxing Association (AIBA) trained boxing coach</li></ul>



# Review of function



# Discussion





# Discussion:

## *Findings*

### *Implications for practice-* Professional “blind-spots”

Un-intended, but thoroughly welcomed, benefits

Considerations in terms of equality, diversity and inclusion (EDI)

Revisiting rehabilitation potential.