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## Exploring the Benefits of BlazePod Technology through an Occupational Therapy Lens

Carson Bryan

*University of St. Augustine for Health Sciences, c.bryan@usa.edu*

Cynthia Haynes

*University of St. Augustine for Health Sciences, chaynes@usa.edu*

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# Exploring the Benefits of BlazePod® Technology Through an Occupational Therapy Lens

Carson Bryan, OTDS; Doctoral Coordinator: Dr. Cynthia Haynes, OTD, OTR/L

## BACKGROUND

BlazePod® is a smart reaction training program that utilizes visual cues to simulate physical and cognitive activity with small, light-up pods (BlazePod, 2022). BlazePod® is designed to train reactions to be as intuitive and fast as possible, improving reaction time, agility, decision-making, coordination, etc. (BlazePod, 2022). Occupational therapists are excellent experts at analyzing activities or tasks to determine and understand specific components that may be challenging for an individual and interfering with their occupational performance and participation (AOTA, 2020).

## PROBLEM

BlazePod® technology is an intervention used successfully in Physical Therapy (PT) to address motor coordination deficits, however, there is limited evidence that OTs can successfully use it as a preparatory intervention with individuals who have motor coordination and cognitive deficits and are unable to independently complete everyday occupations such as dressing, bathing, toileting, as well as attending to task and following directions.

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## PURPOSE

The purpose of this project is to advocate for the occupational therapy(OT) profession by providing evidence that supports how OTs can utilize this training platform as a preparatory intervention tool to address occupations such as dressing, bathing, toileting, etc as well as executive functioning and cognitive skills.

## METHODS

This project took place at Fyzical Therapy and Balance Centers outpatient clinic in a 10-week time period. A literature review, needs assessment, interview with caregivers, completion of the Roll Evaluation of Activities of Life (REAL) and record review provided information to develop specific preparatory intervention trainings that targeted each child's identified needs. These training were implemented prior to the child's regularly scheduled OT intervention session.

### Target Population:

- Children aged 8 to 13 who have diagnoses that result in motor coordination and/or cognitive deficits

### Materials Needed:

- BlazePod® training kit, BlazePod® app, The Real questionnaire

## PROJECT

### Interventions:

1. **Right Hand:** Using right hand only to hit the pod that lights up, using four pods
2. **Left Hand:** Using left hand only to hit the pod that lights up, using four pods
3. **Both Hands:** Using both hands to hit the pod that lights up, using four pods
4. **Two Tasks:** Using two pods, two different colors, snapping for one color, clapping for the other before hitting pod
5. **Focus On One:** Only hit one color instructed by therapist with multiple colors popping up, using four pods
6. **Labeled Hand:** Using right hand for one color and left hand for other color, using four pods
7. **Cone Match:** Using four pods and four colored cones, participant will rearrange cones to match order of pods.

### Outcomes:

- Findings from each child justified the use of BlazePod® technology as a preparatory method for improving ADLs by enhancing executive functioning and cognitive skills.

### Recommendations:

- Continue to evaluate child outcomes when BlazePod® technology is used.
- Continue utilizing BlazePod® technology as a preparatory intervention for occupational therapy treatment to further justify findings.
- Work with manufacturers to market tool to OTs in addition to PTs and athletic trainers.



## REFERENCES

