**PREP2 Basic – Key Competencies**

This module is for physiotherapists and occupational therapists who prescribe and deliver upper limb rehabilitation after stroke. It provides information that will enable you to obtain SAFE scores and deliver predictions for patients in the Excellent and Good PREP2 categories with a SAFE score of 5 or more. It will also provide you with information about using and supporting all four PREP2 predictions.

The competencies required will be different depending on your role. Ensure that you have discussed with your supervisor which competencies are relevant to you. The competencies related to PREP2 Support, PREP2 Advanced (TMS Assistant) and PREP2 TMS Operator are located in separate competency documents.

Agreed competencies are to be signed off by yourself and your trainer.

Bring your competency document to any training sessions.

**On completion of competencies:**

Copy to be retained by employee and healthcare organisation.

Once signed off, it is the responsibility of the trainee to ensure that skills are kept up to date, and opportunities to refresh skills and knowledge are sought on a regular basis

**PREP2 Support (if previously completed):**

*Trainee*: “I acknowledge that I have successfully completed the PREP2 Support Competency module”

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Date of competency sign off: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PREP2 Basic:**

*Organisation representative:* “I acknowledge that the trainee has successfully completed PREP2 Basic training”

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

*Trainee*: “I acknowledge that I have successfully completed PREP2 Basic training and understand the training given”

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

**Readings & Resources**

In addition to the listed readings and resources you are expected to look for some up to date literature and record this as you go.

Stinear C. (2010) Prediction of motor recovery after stroke *Lancet Neurology* 9(12): 1228-32.

Stinear C, et al. (2017) PREP2: A biomarker-based algorithm for predicting upper limb function after stroke. *Annals of Clinical and translational Neurology. 4(11): 811-820.*

Stinear C. (2017) [Prediction of motor recovery after stroke: advances in biomarkers](https://www.sciencedirect.com/science/article/pii/S1474442217302831). *Lancet Neurology* 16(10): 826-36.

Smith, M. C., Ackerley, S. J., Barber, P. A., Byblow, W. D., & Stinear, C. M. (2019). PREP2 Algorithm Predictions Are Correct at 2 Years Poststroke for Most Patients. *Neurorehabilitation and neural repair*, *33*(8), 635-642.

[www.presto.auckland.ac.nz](http://www.presto.auckland.ac.nz)

https://preptraining.auckland.ac.nz/

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| **Article Reference:** | **Key points:** |
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| **Required?**  **Y or N/A** | **Competency** | **Measurement** | **Relevant self-directed learning module** | **Self-sign off & date** | **Trainer**  **sign off & date** |
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| Required if Support module not completed | Can describe the PREP2 prediction tool, indications for use and exclusion criteria | * Pre-requisite reading completed (see log) * Can describe PREP2 prediction tool * Can discuss inclusion & exclusion criteria | *Repeat if needed:*  Introduction to PREP2 (Refresh)  Section completed |  |  |
| Demonstrates knowledge of PREP2 prediction categories & their use | * Can describe all four predictions * Can accurately identify which patients can be given an **‘Excellent’** or **‘Good’** prediction on or before day 3 post stroke * Can describe timeline of events for patients with SAFE score < 5 on day 3 * Can accurately identify which patients can be given an **‘Limited’** or **‘Poor’** prediction * Can identify required paperwork to be completed | *Repeat if needed:*  Introduction to PREP2 (Refresh)  Quiz passed |  |  |
|  | Demonstrates knowledge of accurate completion of day 3 SAFE score | * Can describe how to obtain the SAFE score * Can describe how to manage pre-existing conditions that limit upper limb power * Can accurately identify day zero post-stroke, and describe what to do if day 3 falls on a weekend or public holiday | SAFE score  Section completed |  |  |
| SAFE score  Quiz passed |  |  |
|  | Demonstrates SAFE score competency | * Completes SAFE score accurately and within correct time frame * Records SAFE score in clinical notes accurately * Demonstrates correct referral process for patients with SAFE score < 5 on day 3 | N/A  Practical assessment only |  |  |
|  | Demonstrates knowledge of Excellent and Good PREP2 prediction categories and communicates them appropriately to patients, family, and clinical team | * Demonstrates ability to deliver **‘Excellent’** and **‘Good’** predictions and to discuss implications of each with the patient and their family * Documents prediction accurately and in a timely fashion * Communicates results to all appropriate MDT members | Obtaining and delivering predictions  Section completed |  |  |
| Obtaining and delivering predictions  Quiz passed |
|  | Demonstrates knowledge of using and supporting all PREP2 predictions | * Can describe all four prediction categories, including their rehabilitation focus * Can describe how to tailor upper limb therapy for each prediction * Can describe how to answer questions regarding each prediction category from patients, families, and other clinicians * Can describe how to include PREP2 predictions in referrals and discharge summaries | Using and supporting predictions  Section completed |  |  |
| Using and supporting predictions (Part 1)  Quiz passed  Using and supporting predictions (Part 2)  Quiz passed |

**Patient Log:**

Clinical observation sessions with trainer

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| **Number** | **Date** | **Trainer** | **Comments** |
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| **2** |  |  |  |
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Trainee Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Trainer Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_