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Lifelong Learning Programme

Leonardo da Vinci

Occupational Therapy in Community Rehabilitation in the Netherlands

www.leonardo.org.pl

www.leonardo.org.uk

www.leonardodavinci.nl

Bastiënne de Regt

Occupational Therapist, Psychosomatic
therapist,
Coach-Counselor

Community Rehabilitation in Neurology Training Programme



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Occupational therapy in the community

OT in the community is:

- occupation- based
- client – centered
- context based
- evidence based

OT starting point:

- client
- performance
- environment (context)
- occupation/ activity



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Contents of the presentation

- Participation
- Outcome measurements



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The meaning of participation

- Consumptive Participation (social contact: going to a pub, public events etc.)
- Formal Social Participation (activities in church, non paid work etc.)
- Informal Social Participation - Acquaintances (telephone calls, listening to another etc.)
- Informal Social Participation - Family (visiting family, outdoor activities, etc.)



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OT and acting/ activity

- Acting is the heart domain
- Significant purposeful activities of daily living which are related to personal life and context based
- Acting beyond performance:
 - being involved in:
 - clients acting
 - dealing with others



DG Edukacja i Kultura

Program „Uczenie się przez całe życie”

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Occupational Therapy

Steps of acting:

- doing (also family occupation or in a group)
- being
- becoming
- belonging to a certain group

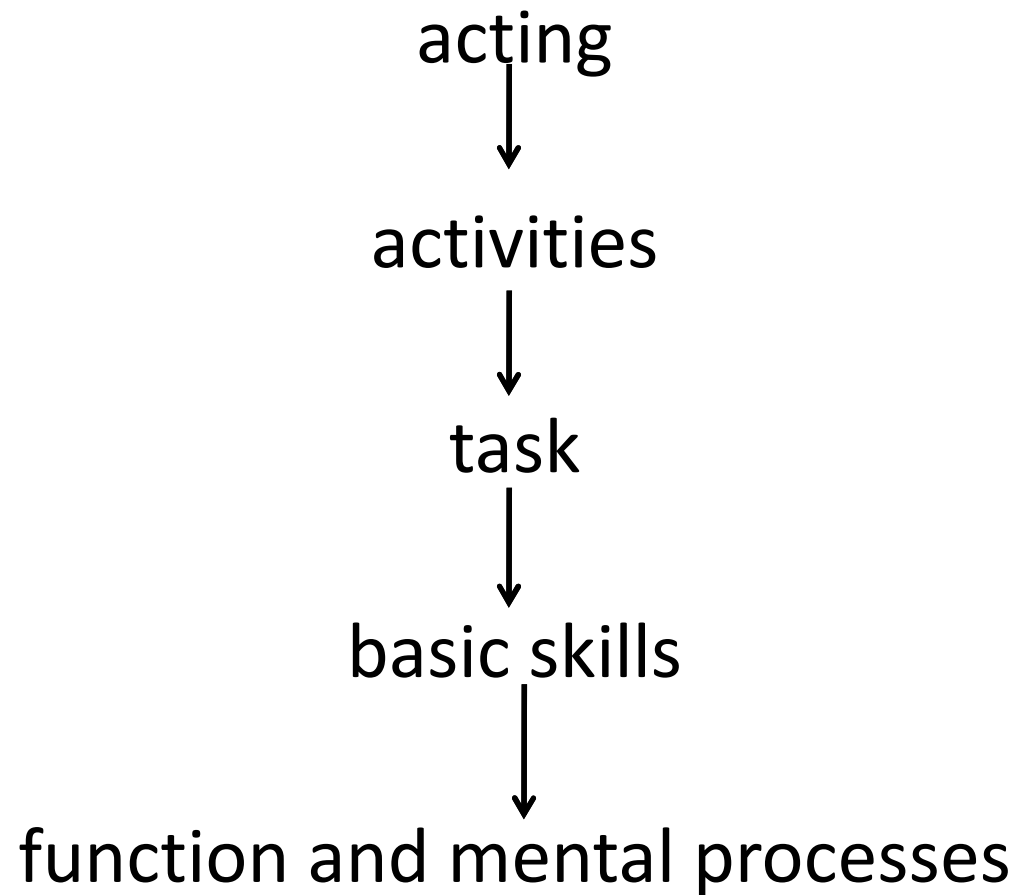


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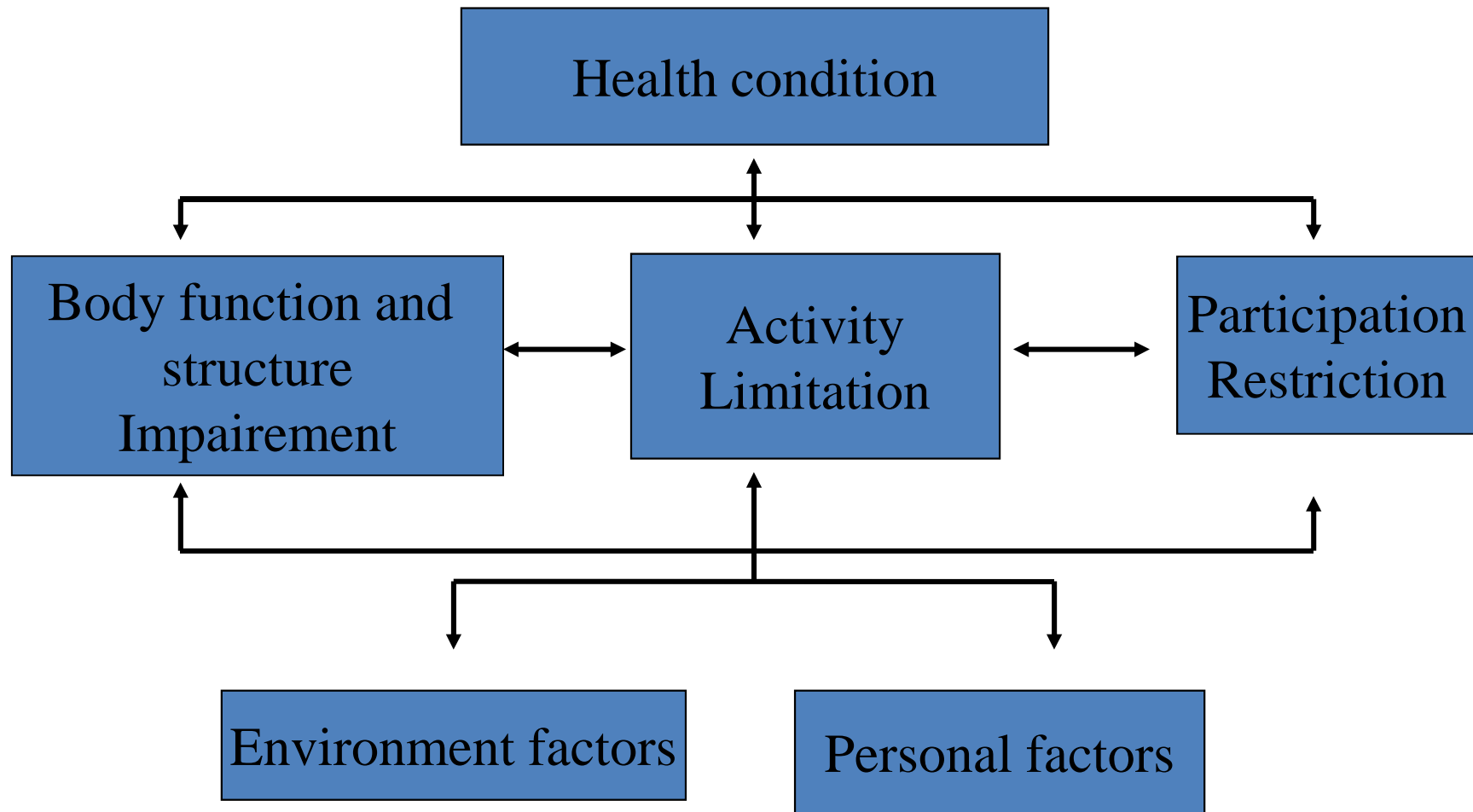
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Acting





International Classification of Functioning, Disability and Health (2001)





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Context based

- OT in clients home and surroundings
- The surroundings of the client is the basic principle of the interventions
- OT is more effective by training at clients home





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Context of acting

- Physical surroundings
- Social surroundings
 - individual: school en colleagues
 - groups: family, friends
 - social surroundings: politics, law and rules



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OT in rehabilitation in the community

OT cooperates with:

- micro: the client
- meso: different disciplines, family, care takers, rehabilitation firms
- macro: community services, health services





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Activities and Participation

Activities

- Self Care
- Mobility
- Communication

Participation

- Domestic Life Areas
- General Tasks and Demands
- Interpersonal Interactions
- Major Life Areas



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To realize

- Clients satisfaction
- Goal achievement
- Satisfaction of participation at home and in the social environment

Outcome measurements

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Outcome Measurement

- Valid
- Reliable
- Useful
- Responsiveness
- Sensitive
- Able to be scored





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Different Outcome Measurements

- Person specific:
 - COPM
- Domain specific:
 - Instrumental ADL Franchay Activities Index (FAI)
- Multidimensional Quality of Life
 - Diagnosis specific : ALSAQ-40
- Participation measurements



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Canadian Occupational Performance Measure (COPM)

- Identification of Occupational Performance Issues:
 - daily activities in self-care
 - productivity
 - leisure activity
- You ask:
 - want to do
 - need to do
 - are expected to do



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COPM

Identify 5 problems which are important and difficult:

- the importance of the activity
- the performance of the activity
- the satisfaction of the performance

Outcome measurement from 0 -10



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Participation Outcome measurements

- Impact of Participation and Autonomy (IPA) (5 domains, 0 problem items)
- Participation Scale (P- Scale)
- Impact Scale (9 domains scores)
- Franchay Activities Index (FAI)



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IPA

- Advantage:
 - a Dutch product of an OT
 - focus on autonomy
- Disadvantage:
 - no total score
 - especially for satisfaction





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Impact Participation and Autonomy IPA (Cardol, '99)

- Activities at home and the role in the family
- 32 questions
- 5 domains:
 - Autonomy
 - Self-care
 - Appearance
 - Family role
 - Autonomy outdoor
 - Social relationships
 - Study and work
 - Financial independence



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User –P (A new Dutch outcome measurement)

Questionnaire of daily life, with four parts:

- How much time working, studying or doing household
- How often doing a specific activity during the week
- Is the handicap a problem for daily life? How can you cope with this?
- Satisfaction of your life and activities



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FAI

- 15 questions: about activities of daily life of household
- Just total score
- Advantage:
 - all ages
 - mostly used in rehab
 - for more diagnoses
 - simple to use
- Disadvantage:
 - measures only the frequency of the activity
 - specially household and less of work and nothing about feelings
 - a bit old fashioned



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How to choose?

- Many measurements are good, nothing is perfect
- There is no standard measurement
- To choose:
 - use a measurement
 - use most relevant domains of participation
 - measurement objective and subjective, validation, reliable, usefull, responsiveness





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Referral

- OT needs a referral from the GP or specialist
- Next year the OT is free accesible,
no referral needed



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Financing system

- Basic insurance is compulsory
- OT always in the basic package of insurance Company
- 10 hours OT a year for all the treatment
- treatment:
 - practice
 - clients home
- Extra OT sometimes in additional insurance





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The end



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