


Occupational Therapy

Perspective In Hand Rehabilitation

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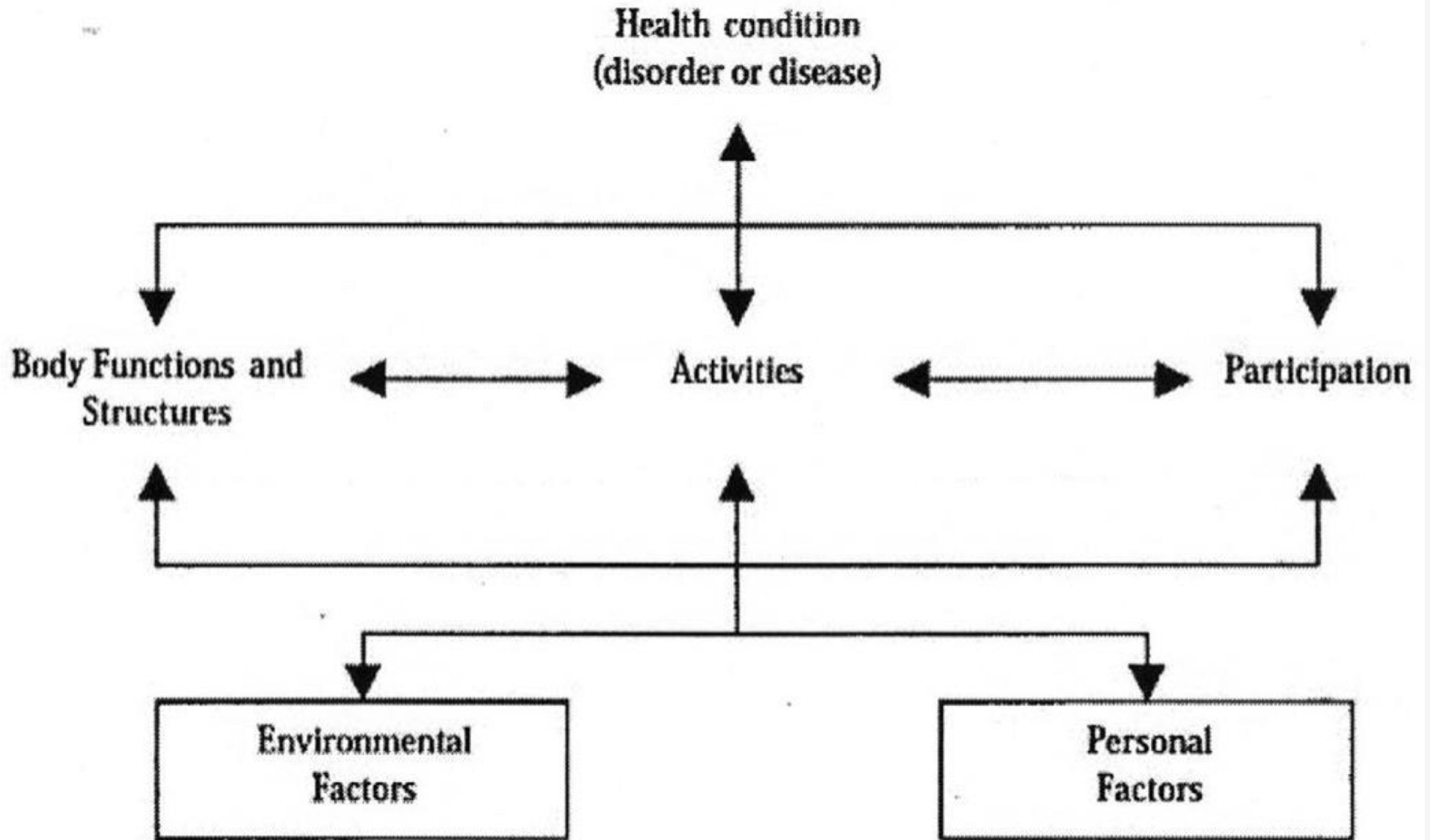
- Occupational therapy was established on the idea that engagement in **occupation** promotes and restores physical and emotional health and that individuals should be treated in a **holistic** manner that engages their body, mind, and spirit.
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The Medical and the Biopsychosocial Models

- **The medical model is the most recognizable model of disease and disability and focuses on the use of objective measures of anatomy and physiology.**
 - **The medical model views humans as a grouping of subsystems rather than as an integrated whole.**
 - **The biomechanical frame of reference is commonly used with the medical model to address functional deficits through the treatment of impairments in body structure and function**
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The Medical and the Biopsychosocial Models

- **The biopsychosocial model of health is holistic and focuses on the whole person as an integrated being rather than as a purely physical being.**
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Current Interventions

- **Strength**
 - **ROM**
 - **Scar management**
 - **Sensory reeducation**
 - **Coordination**
 - **Function**
 - **Pain management**
 - **Edema control**
 - **Resistive exercise**
 - **P/AA/A/AR ROM**
 - **Massage**
 - **Silicone Gel Sheeting**
 - **Splinting**
 - **Low-Level Laser Therapy**
 - **Thermal Modalities**
 - **Pressure garment**
 - **Ultrasound**
 - **Function-Based Activities**
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An Occupation based protocol



The centrality of occupation

The literature shows that, not unsurprisingly, hand injuries impact directly and immediately on occupational performance and engagement, which was even shown to continue to be problematic following hand therapy rehabilitation .

Furthermore, there is some evidence that suggests the motivating impact of the use of occupation on patient engagement in therapy

Two Cornerstones

Holistic philosophy

Client-centered practice



Two approaches

Bottom-up

Top-down




Occupational Performance Process Model

- **Seven Stages:**
 - **Stage #1: Name, Validate and Prioritize Occupational Performance Issues**
 - **Stage #2: Select Theoretical Approach(es)**
 - **Stage #3: Identify Occupational Performance Components and Environmental Conditions**
 - **Stage #4: Identify Strengths and Resources**
 - **Stage #5: Negotiate Targeted Outcomes, Develop Action Plan**
 - **Stage #6: Implement Plans Through Occupation**
 - **Stage #7: Evaluate Occupational Performance Outcomes**
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OPPM Stage #1: Name, Validate and Prioritize Occupational Performance Issues

- **Occupational performance issue(s) related to self-care, productivity and leisure occupations are named, validated and prioritized with the client. When no issues are identified, the process ends.**
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OPPM Stage #2: Select Theoretical Approach(es)

- **When an occupational performance issue is named, validated and given priority, the occupational therapist selects, with the client input, one or more theoretical approach(es) that will guide the remaining stages of the process.**
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OPPM Stage #1: Identify Occupational Performance Components and Environmental Conditions

- **The occupational therapist and client identify the occupational performance components (affective, cognitive, and/or physical) and environmental conditions that are contributing to the occupational performance issue(s).**
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OPPM Stage #1: Identify Strengths and Resources

- **The strengths and resources that the client and the occupational therapist bring to the Occupational Performance Process are identified.**
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OPPM Stage #Δ: Negotiate Targeted Outcomes, Develop Action Plan

- **The client and the occupational therapist negotiate the client outcomes to be targeted in occupational therapy, and develop action plans. The plans specify what the client and occupational therapist will do to resolve or minimize limitations to occupational performance in order to achieve the targeted outcomes.**
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OPPM Stage #4: Implement Plans Through Occupation

- **Plans are implemented, reviewed, and modified on an ongoing basis. The plans address occupational performance issues by taking action to remove or reduce limitations in the occupational performance components and/or environmental conditions.**
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OPPM Stage #Y: Evaluate Occupational Performance Outcomes

- **The outcomes of the occupational performance process are identified. If the targeted outcomes have been achieved, services are completed. If the targeted outcomes have not been achieved, the targets are reviewed. If continuation of the process is perceived to be beneficial to the client, parts of the process are repeated.**
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Any Question?

