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Stroke assessment APUS: A basis for occupational therapy work

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Introduction

APUS is an assessment tool for examination of patients suffering from stroke. APUS is evolved from cooperation between University College Sealand and their training places at somatic hospitals. We hypothesised that as an assessment tool APUS is both reliable and valid for assessment of sensory motor problems. This has been confirmed by internal and external validation processes.

Objectives

The objective was to evolve and validate an assessment and teaching tool, which enables novices (students and occupational therapists without specialized experience) to determine the sensory motor problems of stroke patients. Which is a prerequisite for occupational therapists working in the field of improving the ordinary everyday skills of the patients.

Description / Report

APUS is prepared on the basis of compulsory literature from the occupational therapist education, including theories and principles used in practice.

The process of validation including reliability and validity testing has been supervised by both a practice experts and a statistician at the University of Southern Denmark. The internal validation has been analysed by assessing 14 patients suffering from stroke. Independently of one another 15 novices assessed each patient twice. The results are calculated by using a golden standard; an occupational therapy specialist in brain damage, selected on the basis of established criteria. The external validation has been analysed by experienced occupational therapists from recognized neurological rehabilitation units and hospitals in Denmark, who have evaluated the applicability of the material.

Results / Discussion

The findings of the novices are concordant to the findings of the occupational therapy specialist in brain damage, the material is judged valid according to intern validation. From the external validation APUS was found valid as regards sensory motor function. The results will be presented by using graphics.

Conclusion

APUS is a documented valid assessment tool, which has proven to enhance the novices' understanding, knowledge and assessment of the sensory motor problems in patients suffering from stroke.

Contribution to the practice/evidence base of occupational therapy

Such knowledge is a prerequisite for targeted therapy in order to add to the patient's ability to perform daily activities. APUS has been sought after and sold in the Scandinavian-speaking countries and is available now in an English version.