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A study concerning of the effectiveness of programs based on the Model of Human Occupation for preventive health promotion for the independently living frail elderly people.

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Introduction : In Japan, an aged society becomes a very important issue. Long-Term Care Insurance Act that revised in recent years emphasizes the importance of prevention. However, occupational therapist is not enough support for the independently living frail elderly people in Japan. Therefore, we have developed a preventive occupational therapy program, based on the Model of Human Occupation (MOHO) for the independently living frail elderly people. Features of this program are to identify the meaningful occupation for participants, based on MOHO's components ; volition, habituation, performance capacity and to solve the needs collaborate with members.

Objectives : To evaluate the effectiveness of programs based on MOHO for the independently living frail elderly people.

Methods : This study was quasi-experimental study. Participants were 10 people in an intervention group and 7 in a nontreatment control group. The period of the study was 6 months. Those two groups were compared using standardized scores such as life satisfaction index-z (LSI-Z), Tokyo Metropolitan Institute of Gerontology index of competence (TMIG) and MOS Short-Form 36-Item Health Survey(SF-36) .

Results : 1)The scores of social role items in the TMIG($P=.03$) increased among the intervention group. 2) The scores of LSI-Z ($P=.04$) and SF-36:physical functioning($P=.03$), role physical($P=.04$), and vitality($P=.03$) declined among the control group. 3) The scores' improvement of LSI-Z ($P=.06$), TMIG: social role ($P=.01$) and SF-36: physical functioning ($P=.01$), vitality ($P=.03$) among the intervention group surpassed those scores among the control group.

Conclusion : It was suggested that the programs based on the MOHO in this study brought prevention of deterioration of health status toward the intervention group and enabled therapists to provide intervention which was swift and appropriated for the targeted group and context. Further research is required considering the limitations of this study.

Contribution to the practice:This study provides evidence of the effectiveness of preventive occupational therapy based on MOHO.