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The need for occupational therapy intervention one year after hemopoietic stem cell transplantation.

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Introduction

There have been few reports of follow-up surveys concerning the health condition of patients receiving rehabilitation after hemopoietic stem cell transplantation (HSCT).

This study was performed to evaluate the health condition of patients receiving occupational therapy (OT) and physical therapy (PT) during hospitalization without psychological support after discharge, and to determine the need for occupational therapy intervention one year after HSCT.

Methods

Twenty-one subjects (mean age 42.4 years, 48% male) received HSCT and OT·PT during hospitalization from June 2005 to May 2008.

Patients were asked to complete the hospital anxiety and depression scale (HADS) and the SF-36 Ver.2 questionnaires by mail one year after HSCT.

HADS (cutoff 11+) was used to divide the subjects into two groups, and the subscale of SF-36 was compared between the two groups by the Mann-Whitney U test.

Results

The SF-36 life parameters were compared between the group with a high level of depression and anxiety and the low level group. Significant differences were observed in Role-Physical and Role-Emotional subscales of SF-36 between the two groups (both $P=0.02$). However, there were no significant differences between the two groups in the other six subscales of SF-36.

Conclusions

The results of the present study indicated that some patients had high levels of anxiety and depression, and find difficulty in activity of daily living without receiving psychological support one year after HSCT.

The occupational therapist can provide useful direction for such people in daily life.

It is necessary to construct evidence to fulfill these needs.