

How the Canadian Occupational Performance Measure enhances client-centeredness. Benefits, facilitators and challenges identified through a Scoping Review.

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Introduction: Client-centered practice (CCP) is on the health care agenda worldwide. CPP constitutes the foundation of occupational therapy, and is a code of professional conduct. CCP is defined as a partnership between clients and therapists, aiming to empower clients to fulfil their occupational roles. CPP increases intervention-efficacy and client perception of intervention quality, but is known to be challenging. An outcome measure supposed to enhance CCP, is the Canadian Occupational Performance Measure (COPM), an individualized measure designed to detect changes in a client's personal perception of occupational performance over time. No review of the impact on CPP when using the COPM is available.

Objectives: To explore if and how the COPM enhances CCP and identify facilitators and challenges.

Method. A scoping review was performed using a content analysis. 174 papers were found from scientific databases and grey literature through the literature search. 90 were screened and 22 read in fulltext, leaving 12 papers included in the review.

Results. Two themes appeared 1) The client-centred benefits of the COPM, including how the COPM improved professional and client insight, and enabled goal setting and partnership, 2) How administering the COPM facilitates a client-centred approach, which included the prerequisites for administering the COPM, e.g. communication skills, attentiveness and willingness to accept client views.

Conclusion. Administering the COPM enhances CCP beyond the assessment process by improving awareness of client perspectives, wishes and hopes. Identified challenges were e.g. professional communication skills or discrepancies between client expectations and professional aspiration.