

**Intensive client-centred occupational therapy
in the home improves older adults'
occupational performance
and is still effective 6 months after baseline**

Results from a Danish randomised controlled trial

**Nielsen TL, Andersen NT, Petersen
KS, Polatajko H, Nielsen CV**

Disposition

- Background
- Aim and main hypothesis
- Methods
- Results
- Strengths and limitations
- Implications for practice and research

Background

Older adults' impaired occupational performance

Rehabilitative and compensatory services

Lack of evidence concerning home-based, client-centred and occupation-based occupational therapy for older adults with various chronic health issues



Aim and primary hypothesis

Aim

To compare the effect of 11 weeks of home-based, client-centred and occupation-based occupational therapy for older adults to the effect of the usual practice of a Danish municipality

Primary hypothesis

The intervention will improve the participants' self-reported occupational performance more than the usual practice

A Randomised controlled trial was performed

119 older adults were included

Home-dwelling women and men (♀ 72%, ♂ 28%)

Age 60+ (mean 78 years)

Danish speaking

Excluded were older adults who had

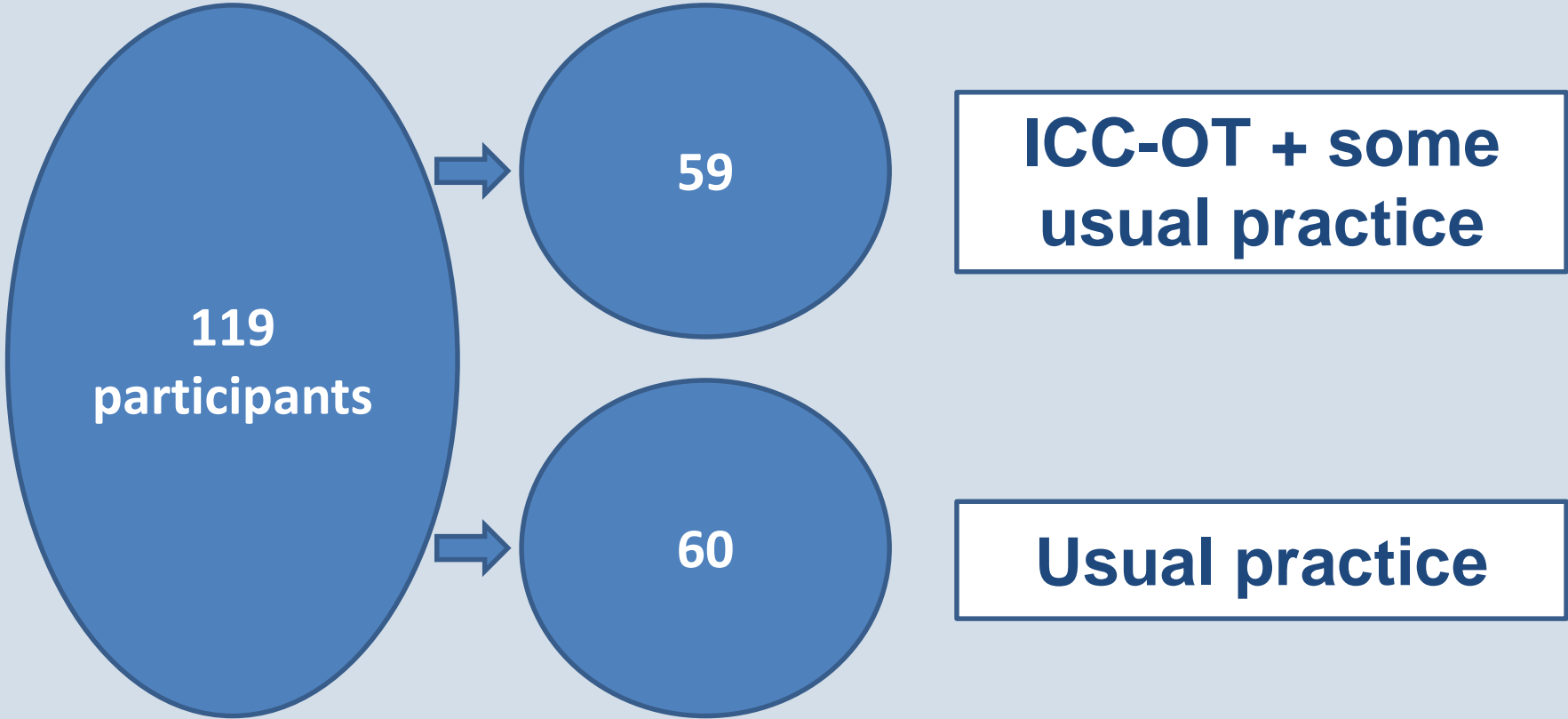
Previously received home rehabilitation

Predefined severe diseases

Severe pain

Drug or alcohol abuse

Randomisation to two groups



Usual practice, both groups

Personal care and practical help

Meal delivery

Assistive devices and home modifications

Physiotherapy



Occupational therapy, ICC-OT

Aim

Improved occupational performance

Approach

Home-based, client-centred, occupation-based occupational therapy

Intensity

11 weeks, twice a week, max. 22 visits by an occupational therapist



Some in the Usual Practice group had occupational therapy



Aim

Minimised need for home help

Approach

Home-care reablement

Practicing activities to which the older adult needed home help

Intensity, occupational therapy

Max 3 weeks, max 3 visits by an occupational therapist

Assessment of occupational performance at baseline, 3, and 6 months

COPM
Canadian Occupational Performance Measure

The Canadian Occupational Performance Measure (COPM) fremmer klient- og aktivitetsbasert praksis av god kvalitet. COPM er et individualisert instrument som er laget for å måle endringer i klienters oppfattelse av aktivitetsutførelse over tid. COPM er tenkt brukt som et utfallsmål. Instrumentet bør derfor brukes for å etablere behandlingsmål ved oppstart av et forløp, underveis og etter avsluttet behandling for å overvåke og evaluere effekt av behandlingen.

COPM brukes for å:

- identifisere problemområder innen aktivitetsutførelse;
- vurdere hvordan klienten prioriterer sine daglige aktiviteter;
- vurdere utførelse og tilfredshet i forhold til disse aktivitetene;
- danne grunnlag for å utarbeide behandlingsmål, og
- måle endringer i klientens oppfattelse av egen aktivitetsutførelse i løpet av behandlingen

INFORMASJON OM KLIENTEN

Navn: Roald Amundsen

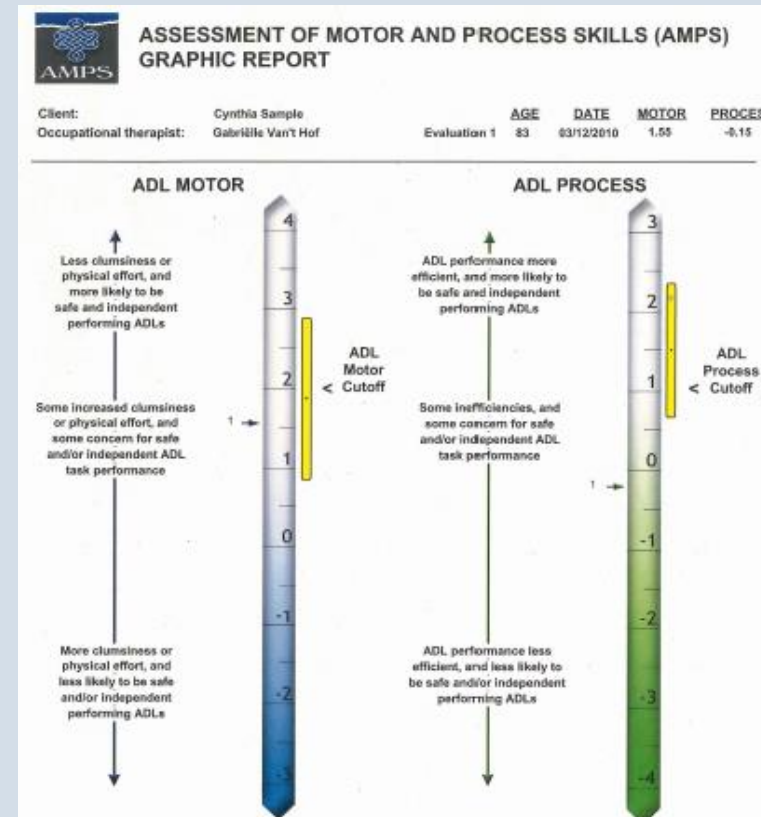
Fødselsdato: 00/00/

Dato for første vurdering: 24.11.14 Dato for revurdering: 12.02.15

Terapeutens navn: Jill Høle

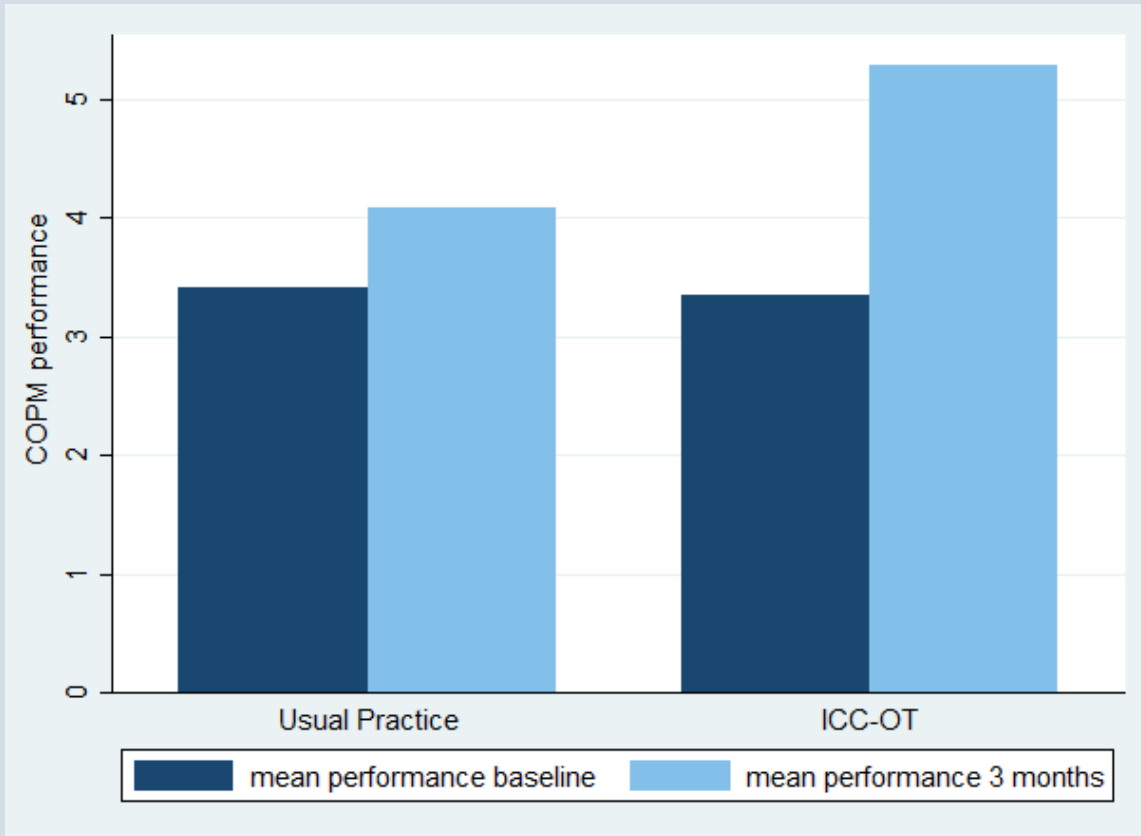
© Nasjonal kompetansetjeneste for nevropsykisk rehabilitering, 2014. Kopiering er ulovlig.

COPM



AMPS

Self-reported occupational performance (COPM) Main result, baseline to 3 months

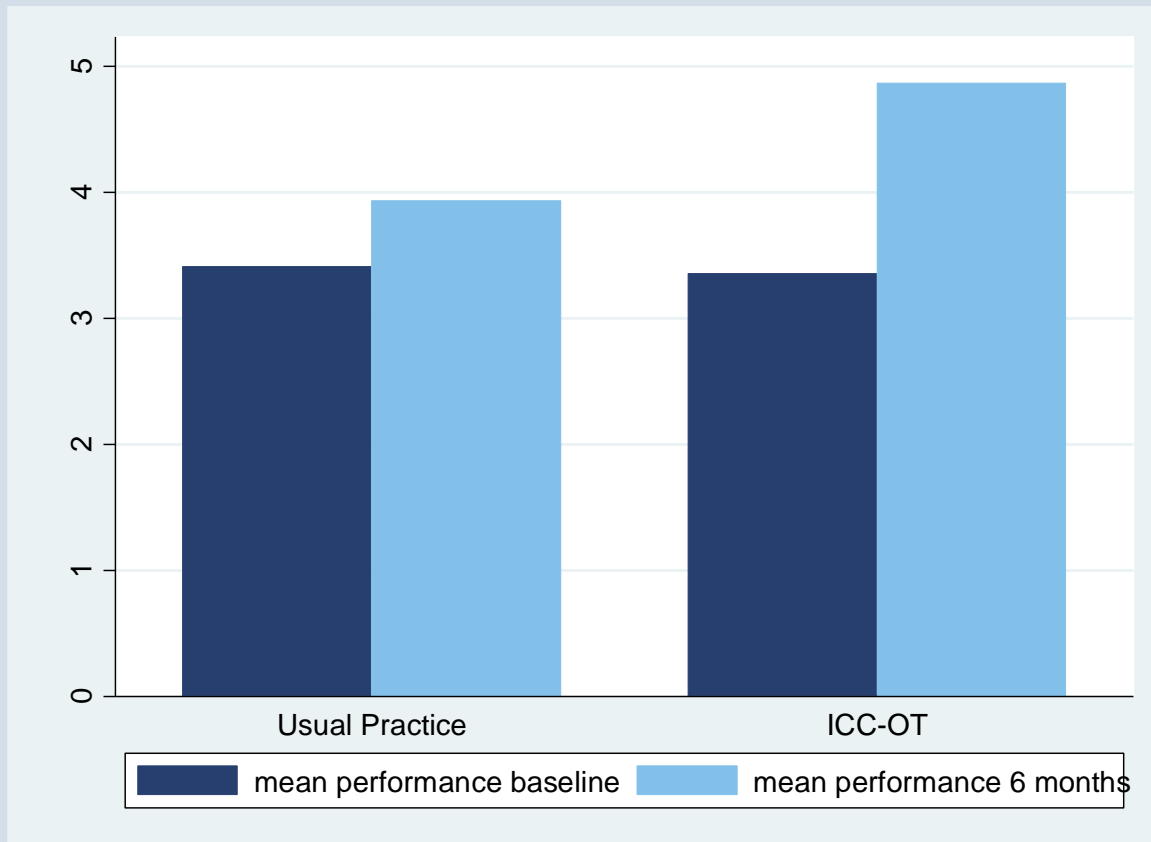


The ICC-OT group
Improvement 1.87 points

The usual-practice group
Improvement 0.61 points

Difference in improvement
1.26 points (95%CI 0.5 to 2.02)
p 0.001

Self-reported occupational performance (COPM) Secondary result, baseline to 6 months



The ICC-OT group
Improvement 1.42 points

The usual-practice group
Improvement 0.44 points

Difference in improvement
0.98 points (95%CI 0.27 to 1.70)
p 0.008

To sum up..

3 months after baseline, ICC-OT had effectively improved

- occupational performance (COPM)

6 months after baseline, ICC-OT had effectively improved

- occupational performance (COPM)
- performance satisfaction (COPM)
- quality of occupational performance (AMPS)

Concerning occupational performance (COPM)

- modest effect sizes and smaller effect at 6 months



Strengths

Study design

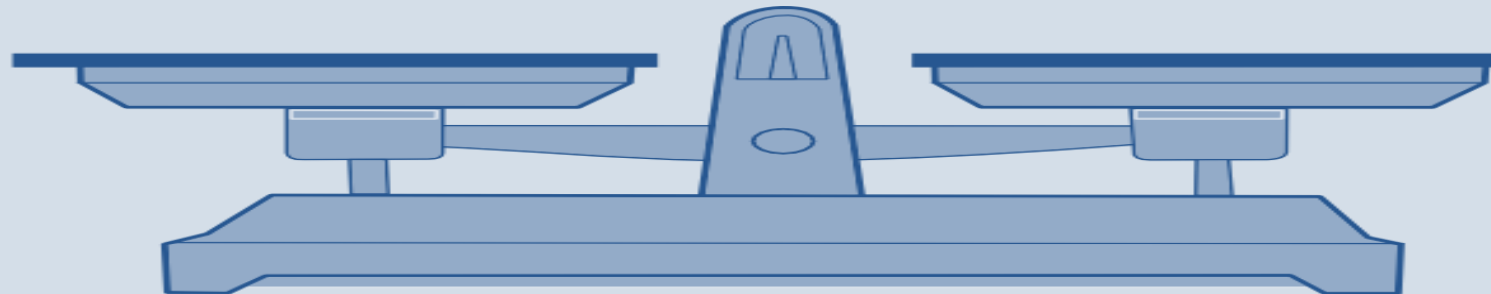
Skilled professionals

Validated assessments

Limitations

No long term follow-up

All born and raised in Denmark



Implications for practice and research

Consider offering home-based ICC-OT to older adults with mainly physical health issues

Focus on how to further improve the effectiveness of ICC-OT

Test the long-term effectiveness of ICC-OT

Test the effectiveness of ICC-OT in different populations and health systems

THANK-YOU FOR LISTENING

And thank-you to

Citizens from Randers
Occupational therapists and other
professionals involved in the study
DEFACTUM, Central Denmark Region
VIA University College

Health, Aarhus University
The municipality of Randers
The Tryg Foundation
The Danish Association of Occupational Therapists
The Lundbeck Foundation

ton@via.dk



Nielsen TL, Andersen NT, Petersen KS, Polatajko H, Nielsen CV.

Intensive client-centred occupational therapy in the home improves older adults' occupational performance. Results from a Danish randomized controlled trial.

Scan J Occup Ther. DOI:10.1080/11038128.2018.1424236

Published online: 12 Jan 2018