FIND ME THE FUNCTION: THROWING OUT THE CONES, PEGS, AND PUTTY (AN EXTENSION OF THE CHOOSING WISELY INITIATIVE)



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OBJECTIVES

- Examine creative and outside-the-box functional treatment techniques that can replace preparatory activities in clinics
- Identify solutions to potential barriers of performing functional interventions in the clinic.

"PUT THE LIFE BACK IN LIVING"



CHOOSING WISELY

- Choosing Wisely is an initiative of the ABIM Foundation that seeks to advance a national dialogue on avoiding unnecessary medical tests, treatments and procedures.
- Ensures that appropriate and quality care is being provided.
- Ensures that interventions and assessments are supported by evidence, not duplicative of other tests or procedures already received, free from harm, and truly necessary.

5 THINGS THERAPISTS SHOULD QUESTION

- Don't provide cognitive-based interventions (e.g., paper-and-pencil tasks, table-top tasks, cognitive training software) without direct application to occupational performance.
- Don't use pulleys for individuals with a hemiplegic shoulder.
- <u>Don't use physical agent modalities (PAMs) without providing purposeful and</u> <u>occupation-based intervention activities.</u>
- <u>Don't provide sensory-based interventions to individual children or youth</u> without documented assessment results of difficulties processing or integrating sensory information.
- <u>Don't provide intervention activities that are non-purposeful (e.g., cones, pegs, shoulder arc, arm bike).</u>

- Occupational therapy focuses on assisting people to engage in daily life activities that they find meaningful (American Occupational Therapy Association [AOTA], 2014).
- The evidence supports the use of occupation-based interventions to improve occupational performance after stroke (Gillen, 2016).

- Purposeful activity (occupation) in interventions is an intrinsic motivator for patients.
- Such activities can increase attention, endurance, motor performance, pain tolerance, and engagement, resulting in better patient outcomes.
- Purposeful activities build on a person's ability and lead to achievement of personal and functional goals.
- Non-purposeful activities do not stimulate interest or motivation, resulting in reduced patient participation and suboptimal outcomes.



PREPARATORY ACTIVITIES

- Activities related to or that provide preparation for functional activities (Fisher, 2013)
- Off the shelf out of rehab catalogues
- Commonly found across various rehabilitation clinics, includes weights, dowels, rom arc, etc.
- Commonly involve bright colors
- Not ordinarily performed in everyday life









FUNCTIONAL ACTIVITIES

- Tasks that are part of daily routines and hold meaning, relevance, and perceived utility such as personal care, home management, school, and work
- Meaningful activities that prepare clients to return to performance of their valued occupations
- Core premise of Occupational Therapy
- Client-centered
- Occupation-based
- Vary widely between clinics and often involve everyday items



OPPORTUNITIES

- Aligned with patient goals
- Client centered/ Not cookie cutter
- Help build rapport with client
- Intrinsic Motivation
- Allows for realistic d/c planning
- Risk assessment
- Improved client satisfaction



WHY SO MANY CONES?



- Cheap
- Accessible
- Tradition
- Burnout
- Not Evil



• This Is a Learning Opportunity



BADL'S/ LIFE ESSENTIALS

- Toilet Transfers
- Tub/Shower Transfers
- Don/Doff Footwear
- Pants/Underwear
- Shirt/ Outerwear- Jackets
- Shaving/Make-Up/Oral Care/Combing Hair
- Cutting/Grooming Nails
- Self-Feeding/Opening Containers/Cutting Food









FOCUS ON THE HOME









IADL'S





























"MAN ACTIVITIES"

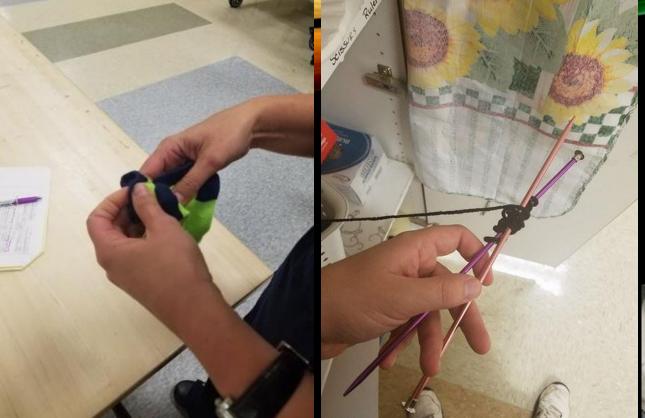






TOOLS/GARDENING







FINE/GROSS MOTOR

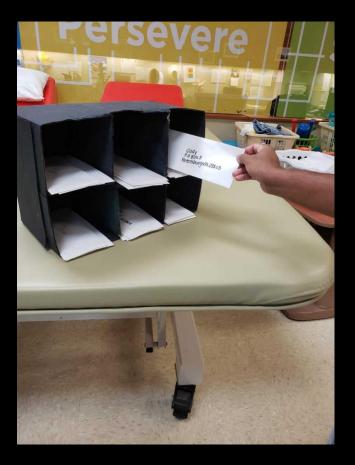






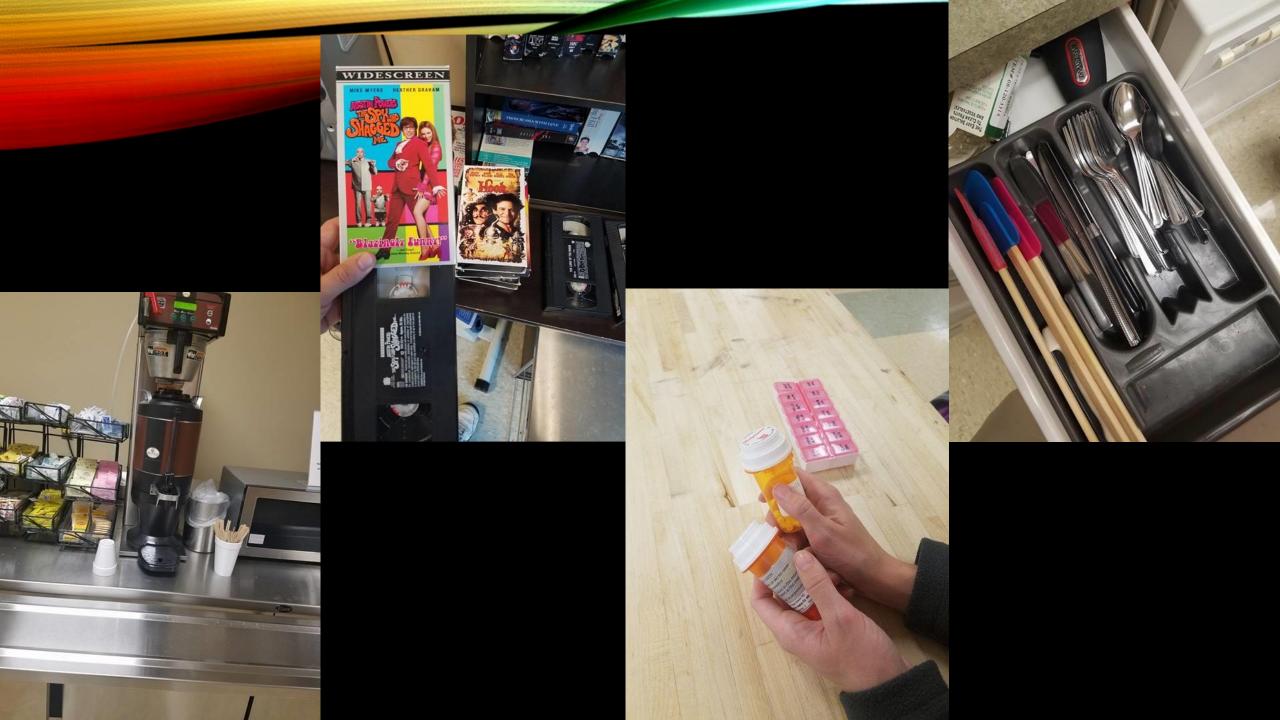


COGNITIVE ACTIVITIES



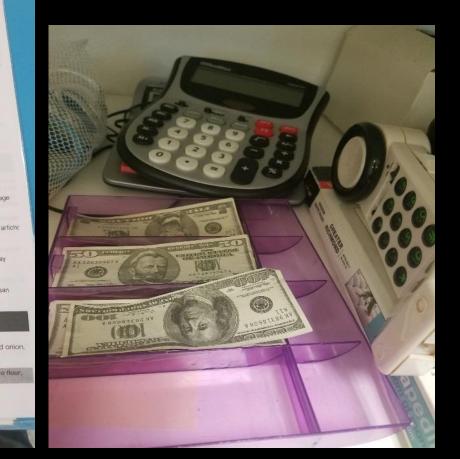






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V4 Large Thick Crust Feeds 1	12 Thick Crust Feeds 2	16' Thick Crust Freeds 4	12' Thin Crust Feeds 1-2	12 Thin Crust (Add \$2 to Thin)
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Ground beef, Italian sausage, har Silce 775 + Med. 1850 + 0.79,23 KAREN COMBO Spinach, ricotta, Italian sausage, 1 Silce 775 + Med. 1850 + 0.79,23	BO	PIZZA	ieroncini 1895 - Lrg 24	75 · Thin 14.95
BOTTOMS UP LOADED Italian sausage, ground beet, har mushroom, black olives Slice 815 • Med 1950 • Lrg 2	Ľ	A ser	1750 · Lrg. 21	50 • Thin 1325 475 • Thin 1495
MEXICAN Taco ground beef, jalapeno, onir Topped with lettuce, salsa and s Slice 795 - Med 1885 - UP 2		TED	1895 • Lrg 2	art, fresh crab meat 2475 • Thr 1495
MAGGIE MALAY Tomato slices, fresh spinach, ar Slice 775 • Med 1825 • [rg.2	Bes	HMOND	1850 · Lrg.	pper, onion, Italian sausi 2375 - Thin 1475 ishroom, green pepper,
GOAT IN THE GARDEN Spinach, Roma tomato, goat ch Slice 775 • Med 1850 • Lrg. 2	Lyo	ar after year	1895 • Lrg	n, seasoned with Old B.
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STEVE'S FAVORITE Chicken, caramelized onion, ro Slice 775 • Med 1825 • Lrg 2	1700	DOCK STREET		rg. 2375 · Thin 1495
BO CHICKEN	RICHM	OND, VA 23223 4)644-4400		sausage, caramelize
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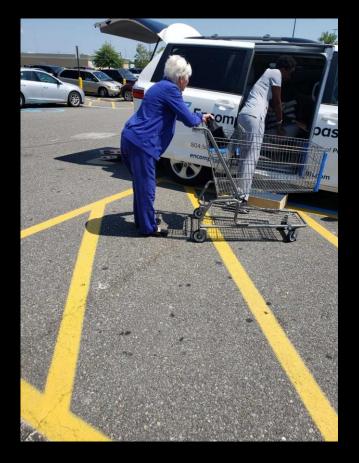


Olive Garden

- mena co fina	the prices and write them below
Spicy Calamari	\$
Lasagna Classico	\$
Citrus Chicken Sorrento	\$
Tiramisu	\$
Fountain drink x2	\$
2. Calculate the total bill:	
Total:	\$
3. Calculate tip for average \$x 15% = \$	
4. Calculate the total amou	nt owed:
5	

C

COMMUNITY MOBILITY

















- Books
- Dvds
- Magazines
- Cleaning
- Clothing
- Tools
- Balls
- Crafts
- Games
- What is in your clinic?









HOME ACTIVITY ANALYSIS

- What makes an activity functional?
- What kinds of tasks do YOU have to do at home that aren't available at your clinic?
- Make a sandwich
- Clean a window
- Pick up clutter
- Build something
- Anything could be a potential for someone else



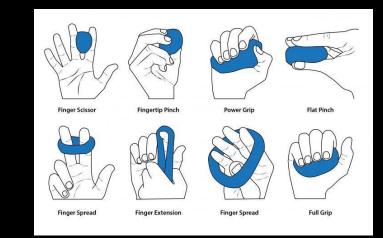




VALUE IN PREPARATORY ACTIVITIES?

- Serve as assessment tools
- Used to foster success with clients with dementia or lower level cognition
- Used for visual discrimination/ organization
- Cones-effective shape for initial return of grasp
- Clothespins-can be used as a functional activity
- Putty-effective HEP activity





REDEEMING PREPARATORY ACTIVITIES







ACTIVITY TIME

- 1. On your sheet of paper make four boxes
- 2. Label each box: (Range of motion arc, colored pegboard, arm bike, theraputty)
- 3. Activity analysis: What does each activity work on?
- 4. List 5 "functional" activities that can be used instead that have the same benefits



WHAT IS YOUR ROLE IN THIS?

- Clinical Instructor
- Professor
- Student
- Manager



• Defend your profession... Don't let OT become a joke



- Be the change! (Lead by example)
- Make a list
- Talk to your employer/ company
- Remove pre-functional activities from eye level
- Substitute commonly used objects for previous goal oriented objects (i.e. fruit for cones)
- Give an in-service

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