



## Maximising patient outcomes using occupation-based groups in inpatient rehabilitation

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### Introduction

- Occupational therapists in inpatient rehabilitation address health, wellbeing and participation goals through engagement in occupations<sup>1</sup>
- There is growing evidence of the effectiveness of occupation-based interventions, that is using occupation as the therapeutic agent of change, to improve health outcomes<sup>2,3</sup>
- Groups are a common delivery method for rehabilitation clinicians to give patients more scheduled therapy time, however little research has explored the impact of occupation-based groups on patient outcomes<sup>4</sup>

### Aims



- Investigate the effect of an occupation-based group on patient outcomes of goal achievement, performance, satisfaction and self-efficacy of IADL skills, by measuring change scores over time
- Investigate if age or diagnosis had an influence on the effect

### Methodology

**Longitudinal observational cohort study using consecutive sampling of patients in 'The LifeSkills Group' in RBWH GARU rehabilitation ward**

Inclusion criteria: 18yrs+, English-speaking, discharge home, IADL goals, work in a group (exclusion: discharge RACF)

#### Outcome measures:

- Demographic data: age, diagnosis and rehab length of stay
- The Canadian Occupational Performance Measure (COPM)
- Goal Attainment Scale (GAS)
- Lawton's IADL scale
- Self-Efficacy scale

#### Measured along four data points:

1. pre-intervention
2. post-intervention
3. 30-day follow-up
4. 90-day follow-up

*\*LifeSkills Group Intervention\**

#### Data analysis:

Within-group comparisons and descriptive analysis using SPSS accounting for data distribution

### Results

**30 participants : 5 lost to follow up**

#### Demographics

- 21 women and 9 men aged 35-91 years
- Av. LOS 32.03 days
- Non-neurological diagnosis (14); neurological diagnosis (16)
- 85 occupation-based IADL tasks were practiced - meal preparation (31) and laundry (24) most common
- Av. no. group sessions: 5.97 - Av. no. tasks practiced: 3.5

#### Discharge outcomes:

- ↑ COPM, GAS, Self-Efficacy scores ( $p < 0.00$ )
- COPM change scores  $\geq 2$  points → clinically significant
- GAS = 50 → expected level of performance

#### 30 day follow up outcomes:

- ↑ COPM, Self-Efficacy scores ( $p > 0.05$ )
- ↓ LIADL scores ( $p < 0.00$ )

#### 90 day follow up outcomes:

- ↑ COPM, Self-Efficacy scores ( $p < 0.01$ )
- ↓ LIADL scores ( $p < 0.00$ )

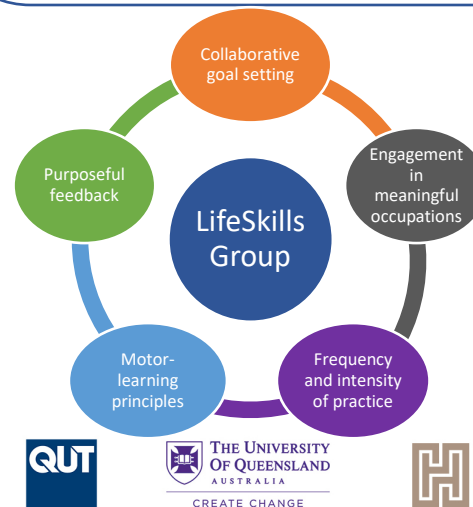
No differences between groups for age and diagnosis

### Discussion & Conclusion

- Targeting IADLs through an occupation-based group is achievable and can be an appropriate clinical and possible resource-effective alternative to one-on-one intervention
- Significant improvements in goal achievement, occupational performance, satisfaction and self-efficacy outcomes were seen at discharge and maintained at 90-day follow up = offers compelling indicators to the usefulness of this intervention in the clinical setting
- Lower Lawton's scores at follow-up suggests need for considered measurement of IADL skills = the more specific to the individual the more meaningful and clinically relevant
- No significant differences between diagnosis and age = promising application in a general inpatient rehabilitation practice
- Limitations: sample size, uncontrolled, non-randomised design

Future research opportunities: larger-scale studies to replicate findings + to explore how, why and for whom does this intervention work?

**This research contributes to understanding the impact of using occupation-based groups on patient outcomes post-rehabilitation, influencing the focus of treatment planning for inpatient therapists**



#### References

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