

LAC+USC

NeuroTrauma 2013:

**Occupational Therapy for Outcome
Optimization with Clients Recovering
from TBI**

**Samia Rafeedie, OTD, OTR/L
Occupational Therapy**

What is Occupational Therapy?

- **“Therapy for everyday living”**
 - **Self care/activities of daily living (bathing, dressing, toileting...)**
 - **Managing the home**
 - **Community reintegration**
 - **Habits, roles, routines**
 - **Family & cultural considerations**
 - **Driving, grocery shopping, return to work, school, and LIFE**
 - **Living as independently as possible**

Care Provided?

- Inpatient Acute Care Hospitals
- Trauma Centers/Intensive Care Units
- Inpatient Rehabilitation Facilities
- Transitional Living Centers
- Day Treatment Centers
- Traditional Outpatient Therapy
- Centers for Independent Living
- Skilled Nursing Facilities & Extended Care Facilities

Evaluation

- **Activities of Daily Living/Instrumental Activities of Daily Living**
- **Work, Play, Rest/Sleep**
- **Sensory Awareness**
- **Visual Function**
- **Cognitive Function**
- **Psychosocial & Behavioral Factors**
- **Motor Function**
- **Passive Range of Motion**
- **Neuromuscular Function**
- **Oral Motor Skills**

Functioning

- Cognitive Level 1 – No Response
- Cognitive Level 2 – Generalized Response
- Cognitive Level 3 – Localized Response
- Cognitive Level 4 – Confused, Agitated
- Cognitive Level 5 – Confused, Inappropriate, Non-Agitated
- Cognitive Level 6 – Confused, Appropriate
- Cognitive Level 7 – Automatic, Appropriate
- Cognitive Level 8 – Purposeful, Appropriate

Interventions

- **Levels 1, 2, 3:**
 - Increase the client's level of response and self-awareness
 - Positioning & prevention of negative effects of immobility
 - Family education
 - Provide organized sensory stimulation
 - Passive range of motion (splinting or casting)

Intervention

- **Level 4**
 - **Decrease agitation**
 - **Increase calming situations and stimuli**
 - **Structure the environment and the task or input to prevent overstimulation**
 - **Inhibitory techniques (calm voice, sustained touch, slow vestibular stimulation)**
 - **Start with simple self-care tasks: washing face, brushing teeth, feeding**

Interventions

- **Levels 5 & 6**
 - **Increase attention to more specific tasks & stimuli**
 - **Begin improving cognitive skills**
 - **Continue to structure the environment & tasks**
 - **Visual memory books are very popular**
 - **Self care, home management, leisure occupations**
 - **Increase work on motor control and quality of movement**

Intervention

- **Levels 7, 8, 9, & 10**
 - **Decrease external environmental structure**
 - **Gradually increase goal-directed behavior & initiation of independence & daily living skills**
 - **Increase responsibility for carrying out activities**
 - **Greater inclusion of executive skills in treatment**
 - **Increase awareness of limitations**
 - **Prevocational & vocational skills**
 - **Social skills training**
 - **Driver training**

Therapeutic Media Utilized....

- **Personal choices and “occupational history”**
- **Goals and “story-making” for the “new you” and the return to life**
- **Medical & adaptive equipment (special mattress, elevated toilet seat, shower chair, utensils, communication boards)**
- **Wheelchair and accessories (leg rests, cushion, lapboard)**
- **Communication device/assistive technology**
- **Positioning, upper extremity management**

Support

- **Support for survivors, families, and caregivers**
- **Compassion fatigue**
- **Caregiver burnout**
- **Alteration of traditional family roles, family dynamics, and daily habits & routines**

The Big Picture in OT

- Perspective of a survivor, not a victim!
- Focus on ABILITIES, not DISABILITIES
- Collaboration between occupational therapist and patient, family members and caregivers for best plan of care