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Measuring and improving everyday functioning in clients: A challenge for clinicians and researchers

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Societal changes...

- Changing demographics in population
 - More people with sustained activity limitations are living in society
 - Technological development changes demands on people
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Challenges for clinicians...

- More focus on community-based rehabilitation/services
 - Cost-effectiveness of services provided
 - Evidence-based practice
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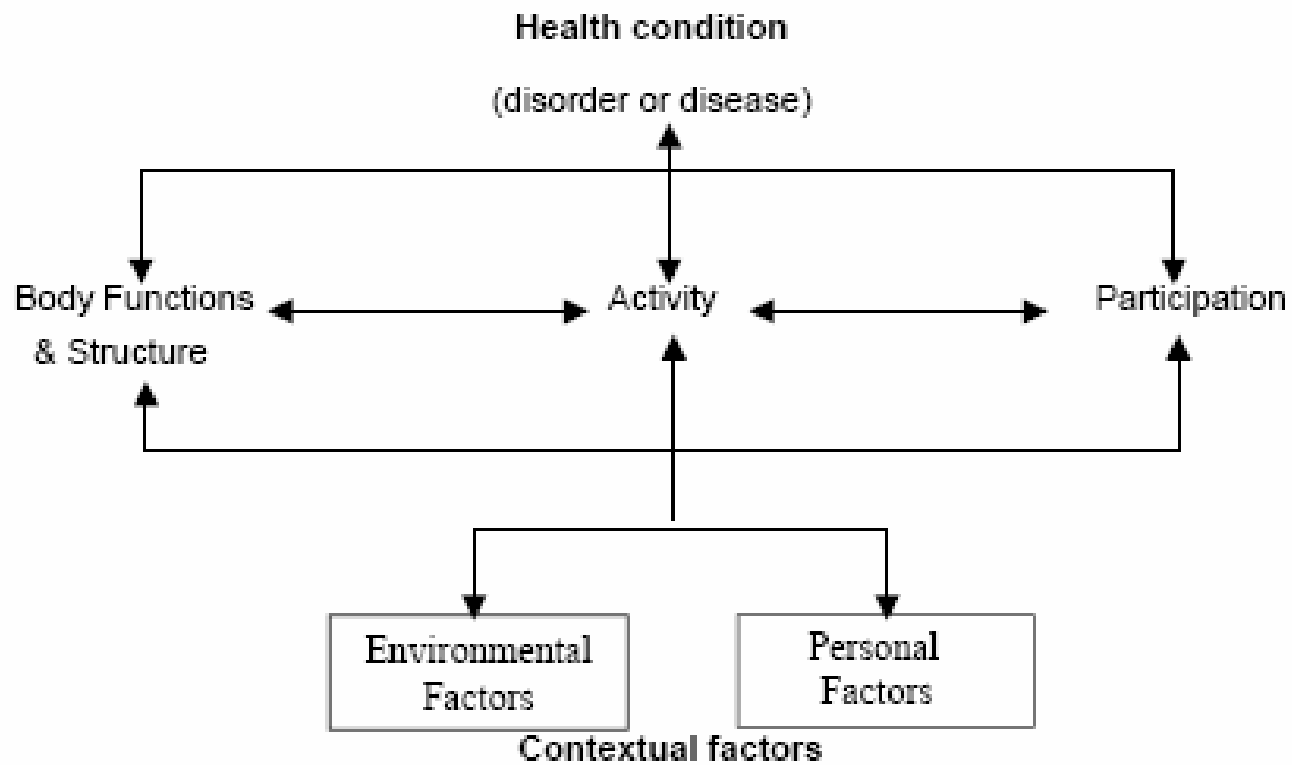
Challenges for researchers...

- Translational research
 - Well-designed outcome studies
 - Traditional outcomes in rehabilitation not the "best outcomes"
 - Need for sensitive and matched outcome measures in relation to intervention
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Challenges for educators...

- Traditional approaches/interventions in health care services may not demonstrate evidence - Call for new and more complex interventions in programs
 - Education must prepare students for surviving as a profession in a changing society
 - Integration of research within educational programs
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ICF...



Challenges in instrument development...

- Needs to include current aspects of everyday functioning/activity and participation
 - Needs to be able to adjust for individual and cultural relevance
 - Needs to be sensitive enough to detect a difference
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Assessment of Motor and Process Skills (AMPS)

- Client-centred evaluation of ADL processes and outcomes
 - Observation-based, generic assessment
 - ADL motor skills
 - ADL process skills
 - Allows for individual, environmental and cultural relevance
 - Guides intervention planning; sensitive to detect changes in ADL performance due to intervention
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Assessment of Motor and Process Skills (AMPS)

- More than 80 research publications regarding validity and reliability issues
 - <http://www.ampsintl.com/refbyauthor.htm>
 - Courses has been given in Switzerland/Germany/Austria
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Occupational Gaps Questionnaire (OGQ)

- Developed by Gunilla Eriksson and co-workers in 1990s
 - Based on Interest checklist, Role checklist (Kielhofner) and a Swedish version of activity profile (Baum)
 - Includes 28 activities
 - 8 IADL
 - 6 social activities
 - 10 leisure activities
 - 4 work-related activities
 - Can be used as part of the screening procedure in rehabilitation
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Occupational Gaps Questionnaire – examples

→ IADL

- Shopping
- Cooking

→ Leisure

- Outdoor life
- Reading newspaper

→ Social activities

- Seeing partner/children
- Travelling for pleasure

→ Work-related activities

- Taking care of/raising children
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Questions in OGQ

Question 1:

Do I perform the activity now?

Yes

No

Question 2:

Do you want to perform the activity now?

Yes

No

Analysis of occupational gaps

No presence of occupational gaps

Q1: Yes

Q2: Yes

Q1: No

Q2: No

Presence of occupational gaps

Q1: Yes

Q2: No

Q1: No

Q2: Yes

OGQ – publications...

- Descriptive study:
Eriksson G, Tham K, Borg J. Occupational gaps in everyday life one to four years after acquired brain injury. *Journal of Rehabilitation Medicine* 2006, 38, 159-165.
 - Predictive study:
Eriksson G, Kottorp A, Borg J & Tham K. The relationship between occupational gaps and life satisfaction after brain injury. *Journal of Rehabilitation Medicine* 2009, 41, 187-194.
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Everyday Technology Use Questionnaire (ETUQ)

- Evaluates the perceived difficulty in using everyday technology in and outside the home
 - 100 items and growing...
 - The client is scored only on relevant items to him/her
 - The OT interviews the client and asks questions to clarify difficulties in using everyday technology
 - The items are scored on a 3-4-5 - level scale
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ETUQ – publications...

- Rosenberg L, Nygård L & Kottorp A. Everyday Technology Use Questionnaire (ETUQ) – psychometric evaluation of a new assessment of competence in technology use. *OTJR: Occupation, Participation and Health* 2009, 29, 52-62.
 - Rosenberg L, Kottorp A, Winbladh B & Nygård L. *Perceived difficulty in everyday technology use among older adults with or without cognitive deficits*. *Scandinavian Journal of Occupational Therapy*, 2009, in press.
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Ongoing research with OGQ and ETUQ...

OGQ

- Stressrelated disorders
- Clients with stroke in Iran
- Normal population

ETUQ

- Other groups with cognitive limitations (MR / TBI)
 - Longitudinal studies (MCI clients)
 - Japanese validation
 - Adding assistive technology to ETUQ – predictive value
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Conclusions

- In order to support clients in a continuously changing society, we need to revise our current focus and strategies for intervention
 - EBP challenges us to use assessments and interventions that are well-targeted and valid for specific purposes
 - OGQ may support us to directly focus on the needs of the client in the rehab process (client-centred approach)
 - AMPS may support us in detecting detailed problems in ADL performance, supporting intervention planning, and is also sensitive to detect changes in relation to intervention
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Conclusions

- ETUQ may support us in detecting problems in more community-based activities, and is very sensitive to detect decline in abilities
 - The use of more task-oriented assessments may also impact on the theories and strategies we use to facilitate improvement in activity and participation
 - In order to provide our clients in the future with the best possible care and support, stronger collaboration between clinicians, researchers, educators and students are needed!
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