

Phipps S, Richardson P (2007) Occupational therapy outcomes for clients with traumatic brain injury and stroke using the Canadian Occupational Performance Measure. *The American Journal of Occupational Therapy* 61 (3): 328-34.

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This summary is written for individuals who have had a traumatic brain injury (TBI) or a stroke (cerebrovascular accident; CVA) and for their families; and are in need of occupational therapy. The article describes how an instrument, called the Canadian Occupational Performance Measure (COPM), can help clients to identify meaningful goals and to increase their self-identified goals related to their daily activities. The aim of this summary is to inform these people about a research article and how the results of this article might be useful to them.

Background

Attention to clients' priorities and needs in goal setting can lead to greater engagement and motivation of the client and improve their satisfaction and outcomes. The COPM is a client-centred tool, which is used for the purpose of establishing the client's treatment goals and to see changes in perceived performance and satisfaction. Previous studies has shown that the COPM can improve occupational performance for clients with physical and cognitive disabilities, and that it can be used to find meaningful goals related to activities of daily living. The instrument focuses on the areas of self-care, productivity and leisure. The COPM is used to guide the occupational therapy treatment, which is based on the goals identified by the client.

Methods

The data was collected in an outpatient occupational therapy clinic at a rehabilitation center in Los Angeles. The researchers did analyses of previous charts, but nothing is said about the process and how it was done. Descriptive statistics was also used in the study, to summarize and calculate the change in the clients' performance and satisfaction from admission to discharge.

The study focused on clients who were able to identify and score self-identified goals by using the COPM. Clients who were not able to participate in the COPM process, because of severe impairments, were excluded from the study. However, the article does not mention anything else about which inclusion- and exclusion criterias were used. The COPM was used before treatment so the clients could identify and prioritize the specific activities they wanted or needed to work on. It was used again at discharge to see if the client had reached a higher level of performance and satisfaction.

The patient groups

The sample consisted of 155 participants with different ethnical backgrounds, ages and genders. The participants were divided into three groups with different diagnoses; TBI, right CVA and left CVA, to determine if there were any differences in performance and satisfaction between them. However, the article does not say anything about how the participants were chosen or mention anything about dropouts and non-response, or how this could have impacted on the results. The

number of participants in each group was the same in the end of the study. Most of the participants received two 45 - 90 min sessions of occupational therapy per week for 4 -12 weeks. This depended on the client's goals and on the severity of his/her physical and cognitive disabilities. The occupational therapy programme was based on the treatment goals, which the clients had identified by using the COPM.

Results

The results of the study show that there was a difference between the scores before and after the treatment for both the entire sample and for each diagnostic group. The participants had all increased their self-percieved performance and satisfaction with the goals they had identified. However, the results do not state if the clients reached their goals, only that they improved their performance and satisfaction.

The results of this study also show that there was no difference in performance between the groups, before and after treatment. However, there was a difference in satisfaction between the participants in the groups with right CVA and left CVA. The participants with a right CVA reported a higher level of satisfaction after treatment, than the participants with a left CVA. One explanation for this could be that persons with right CVA has been more associated with impairments in insight. Persons with left CVA has been more associated with depression, which could be another explanation for these results.

Conclusion

The conclusion of this summary is that the COPM can be a useful instrument to help clients identify their goals in occupational therapy and to reach a higher level of performance and satisfaction. Although the results of this study are very positive, they cannot be generalised without further research, because of the participants' different ethical and cultural backgrounds and because of the small sample size within each group.