

Function and coping strategies with GBS

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Presentation outline

- What Community OT's do
- How do we do this?
- Particular challenges for people with GBS
- OT in hospital
- Readjusting to home
- Equipment
- Housing Modifications
- How to access the service

What do Community Occupational Therapists do?

Visit clients at home to assess their functional needs in order to:

- Increase their level of safety and independence within home
- Enable a person to remain at home and improve quality of life
- Enhance a person's sense of well being and ability to cope

How do we do this?

- Goal setting and structured assessment - COPM
- Develop or improve skills necessary to participate in activities of daily living
- Minimise risk of injury
- Provide adaptive equipment to facilitate safety and independence
- Adapt the environment to improve safety and independence

Particular challenges for people with GBS

- Constant change in level of function
- The question of how much recovery is expected
- Impact of above on funding eligibility

OT in hospital

- Focus on the basics
- Re- learning personal care skills
- Planned activities to maximise any recovery/remaining movement.
- Planning for discharge

Re-adjusting to home

- Priority based goal setting
- Safety of self and carers
- Maximising independence
- Planning for the future
 - Leisure
 - Work
 - Driving

COPM

Canadian Occupational Performance Measure

- A copyrighted, standardised assessment
- Client interview based
- Helps develop individual, targeted goals
- Measures progress
- Provides outcome measures

Equipment

- Funded by MoH via Enable NZ
- Prescribed by an OT
- Remains the property of MOH
- Eg: Manual and Power wheelchairs, electric beds, pressure mattresses, shower and toilet equipment
- Can be changed/upgraded as needs alter



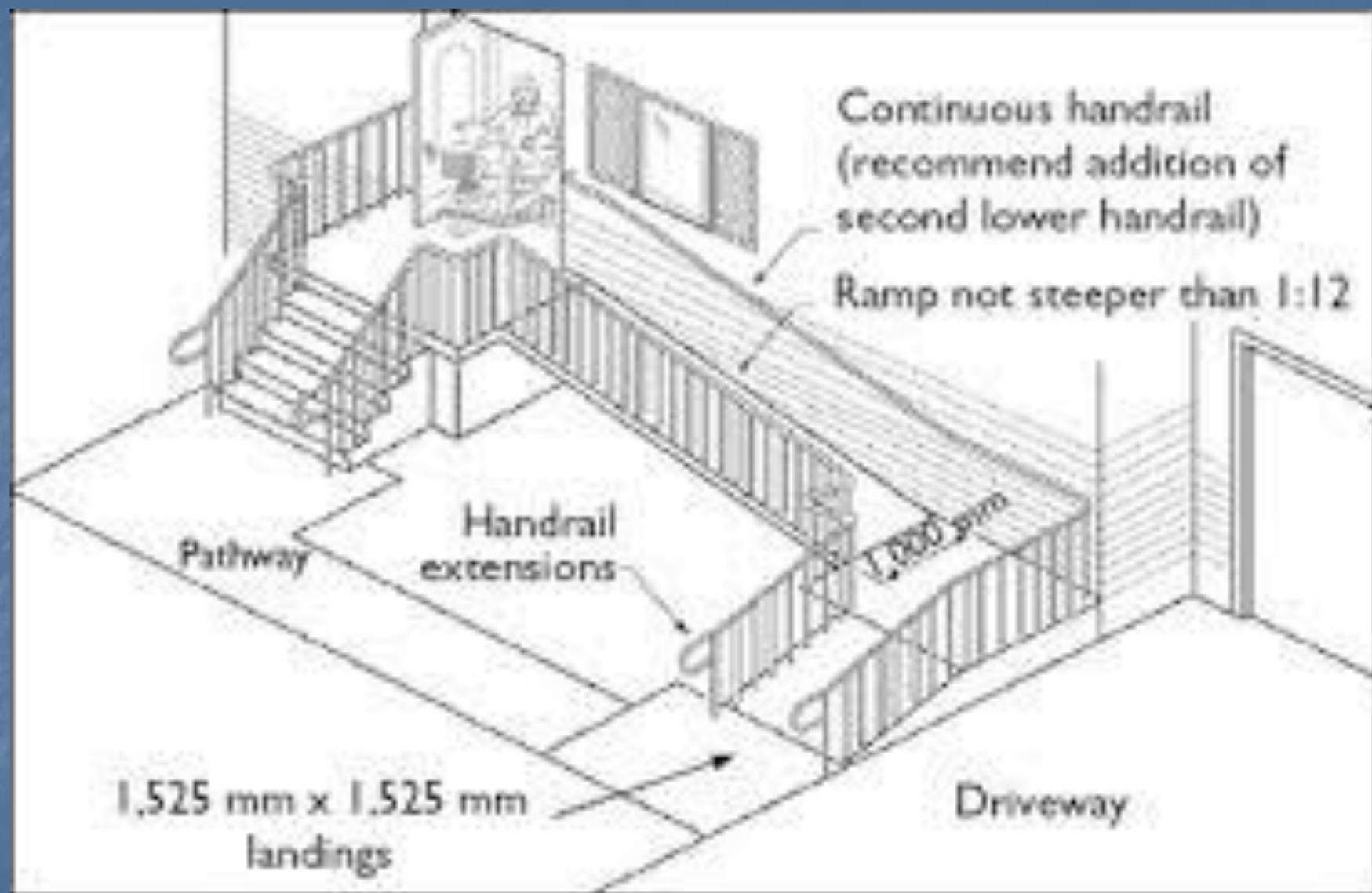




Housing Modifications

- Very complex and lengthy process
- Only if long term disability is expected
- Strict criteria for both the person and the property
- Often requires some private funding
- Generally only done once
- Eg: Wet Area Showers, ramps, external lifts







How to access Community Occ. Therapy

- Need a written referral from GP's or other health professional who is working with that person
- If the referral does not meet the service criteria then it will be redirected to the appropriate service
- Due to the high number of referrals received, there is a waiting list