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Occupational Therapy Serving the Community in an Era of Rapid Change

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Abstract: Traditionally and well developed in many countries around the world, occupational therapy targeting older people delivers qualified programs for preventive home visits, community-based rehabilitation, fall prevention, lifestyle redesign, assistive technology provision, etc. Research findings are to an increasing extent being transferred to practice contexts and serve to successively strengthen the quality of occupational therapy practices. During the first decade of the 21st century, at the international political level a number of grand challenges have been identified, in areas such as ageing societies, public health, and security. Challenges must turn into sustainable solutions, and the question is what is required for occupational therapy to efficiently serve the community in this era of rapid change? What is needed from research and education to support a future-oriented development of occupational therapy practice? Framed in the context of experiences and results from cross-national and interdisciplinary research on ageing, this paper describes current trends and developments and outlines challenges and recommendations for the development of occupational therapy.

Key words: Ageing population, Evidence-based practices, Knowledge transfer

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◆RESEARCH ARTICLES

Using AMPS to assess occupational performance of schizophrenia patients

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This study examined the characteristics of occupational performance skills of persons with schizophrenia using Assessment of motor and process skills (AMPS). The subjects exhibited many problems with “Positions”, “Paces”, “Grips”, “Calibrates”, “Manipulates”, and “Coordinates” in motor skills. They also showed many problems with “Organizes”, “Notices/Responds”, “Accommodates”, “Benefits”, “Paces”, “Continues”, “Restores”, “Navigates”, “Handles”, “Adjusts”, “Gathers”, and “Initiates” in process skills. AMPS may be a useful assessment tool in ADL/IADL measurement of mental disabilities and occupational performance improvement plans of “management tool for daily life performance (MTDLP)” practice.

Key words: Schizophrenia, AMPS, Occupational performance, ADL, IADL

Alteration of salivary α -amylase, heart rate and mood during the Uchida-Kraepelin Psychodiagnostic Test (consecutive addition)

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The mental load effect of the “Uchida-Kraepelin Psychodiagnostic Test (KT)” on 24 healthy women, average age 21 years old was examined. The markers of stress activation in the subjects were measured by monitoring the alteration of salivary alpha amylase (Amy) and heart rate (H) for 75 minutes during KT, as well as during 20-minute rests

before and after KT. The patients' subjective feeling and degree of difficulty using the KT were also investigated using the Profile of Mood States (POMS) questionnaire before and after the KT, and Flow questionnaire, respectively. As a result, Amy, H and "confusion", and "vigor" of POMS during rest after the KT showed significantly lower scores than those at rest before KT. In addition, the values of those markers during the first half of the tasks tended to be high, but those in the later half were low. This trend is even more marked in subjects who made more effort. According to the above results KT may not be a mental burden in general, and may reduce stress and improve mood.

Key words: Occupational analysis, Stress, Attention

Predictors of rehospitalization in schizophrenia:

A retrospective cohort study

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The objective of this study was to investigate the predictors of rehospitalization in people with schizophrenia. Participants of this study were people with schizophrenia who were discharged to a psychiatric hospital within 1 year after hospitalization. We conducted a 1-year follow-up study as the baseline at discharge. We assessed demographic data in the baseline, the type of occupational therapy during hospitalization (the individually structured goal-oriented individual occupational therapy and the voluntarily structured task-oriented occupational therapy), community living conditions after discharge, and contents of the outpatient treatment (outpatient occupational therapy, day-care treatment, home-visit nursing, adherence to outpatient treatment and medication). In the 1-year follow-up, forty participants were divided into two groups: a stable group (n=27) and a rehospitalization group (n=13). On logistic regression analysis, the type of occupational therapy during hospitalization and adherence to outpatient treatment and medication were found to be the significant contributing factors of rehospitalization. This study suggests that the goal-oriented individual occupational therapy during hospitalization and good adherence to outpatient treatment and medication are effective to prevent the

rehospitalization of people with schizophrenia.

Key words: Schizophrenia, Rehospitalization, Occupational therapy

◆ PRACTICAL REPORTS

Influence of accessing the Internet on a bedridden patient

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A woman with rheumatoid arthritis and systemic lupus erythematosus was supported in accessing the Internet with an iPad. She was interviewed on QOL changes, and ten categories and 20 subcategories emerged through qualitative analysis. The patient discovered a difference between her former self and expanded occupations such as shopping and eating out. Accessing the Internet may support bedridden patients and expand their occupations.

Key words: Rheumatoid arthritis, Bedridden patient, Qualitative research

A case study of home-visit occupational therapy intervention through meaningful occupation: A top-down approach using COPM and AMPS

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Through OT intervention of seven home visits, the subject improved scores on the Canadian Occupational Performance Measure (COPM) and Assessment of Motor and Process Skills (AMPS) after. The occupational therapist determined the client's meaningful occupations through the COPM and observed two tasks using the AMPS. The subject practiced vacuuming, cooking and taking a bath. Environmental modifications such as height adjustment were implemented. The performance score increased to 5.5 from 2.5 points and the satisfaction score rose to 5 from 2.25 points in the COPM after intervention. The ADL process ability measure increased to 1.24 from 0.71 logits. The intervention based on meaningful occupation led to positive short term outcomes.

Key words: Canadian Occupational Performance Measure (COPM), Assessment of Motor

and Process Skills (AMPS), Meaningful occupation

The effects of multi-lamp type visuomotor tasks on attentional function of elderly persons with dementia

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The usefulness of multi-lamp type visuomotor tasks (hereinafter, simply referred to as multi-lamp tasks), which require the subject to find and press a flashing lamp among twelve lamps arranged on a board, in improving the attentional function and other cognitive functions in elderly persons with dementia, particularly those with moderate to severe dementia, was evaluated. The subjects of the study included 14 elderly persons with dementia, who were administered the task a total of 20 times, at the frequency of one or two times per week. The experiment was conducted using a crossover design, and an implementation period was set for the multi-lamp task and the control task (karuta, a Japanese card game). Comparisons between before and after the administration of the multi-lamp task showed significant improvements in the forward repeat task and line cancellation task among the subjects with moderate to severe dementia, and in the HDS-R scores among the subjects with mild dementia, after administration of the multi-lamp task. These findings indicate that continued administration of the multi-lamp task or any other similar task that can be performed by subjects may help improve their immediate memory functions and sustained attentional functions, which are relatively easy to retain even in patients with moderate to severe dementia.

Key words: Dementia, Attentional function, Visuomotor task

A support group of hyper brain dysfunction in the Nakasorachi area, Hokkaido

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A support group led by hygienists for patients with Hyper Brain Dysfunction was created in the Nakasorachi area in 2009. An occupational therapist, a care worker, a psychotherapist and a social worker participated in the planning. Management and business analysis referred to medical literature. The support group covered a wide area that was sparsely populated, and had few hospitals. It is hoped that this group will achieve mutual understanding and a settlement of the group's membership.

Key words: Hyper brain dysfunction, A regional supporting project, Coaction