An arm and hand treatment schedule for use in occupational therapy

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The Challenge

Some stroke survivors experience difficulty using their arm and hand in everyday tasks. Occupational therapists use a large number of interventions which aim to improve arm and hand use following stroke.

It is important, both for therapy and for research, to be able to record these interventions quickly and easily. An arm and hand treatment schedule for use by occupational therapists was needed in order to address this gap.

What we did

We interviewed 8 occupational therapists in the North West of England about the arm and hand interventions they use in their work. We then used their answers to develop a treatment schedule and an information booklet to explain how to use the treatment schedule.

The treatment schedule, named the Occupational Therapy Stroke Arm and Hand Treatment Record (OT-STAR), was tested by 8 occupational therapists over a total of 28 therapy sessions. It was found to be:

- quick to complete
- methodical and comprehensive
- helpful in goal setting
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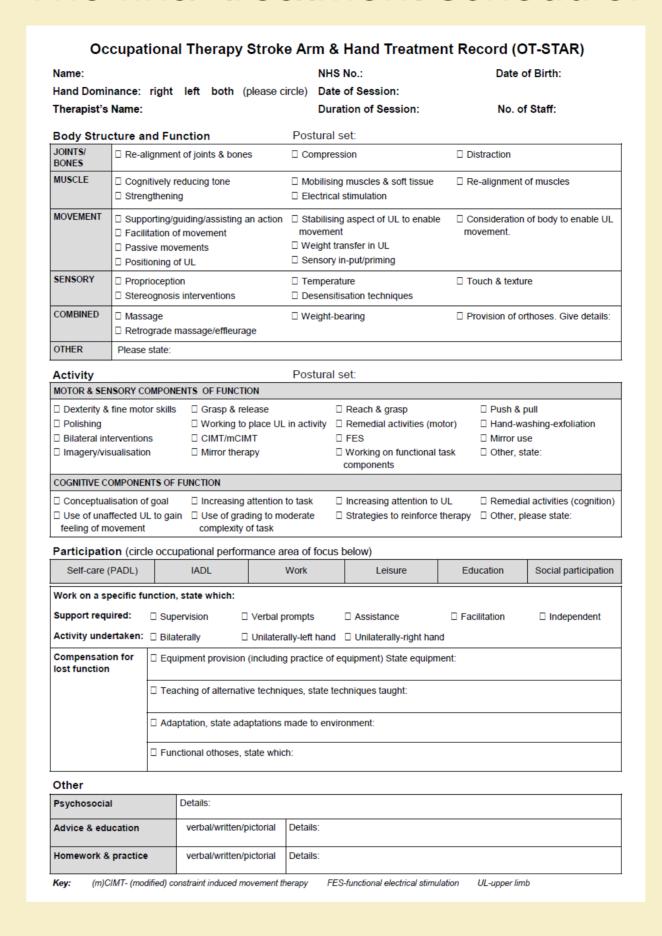


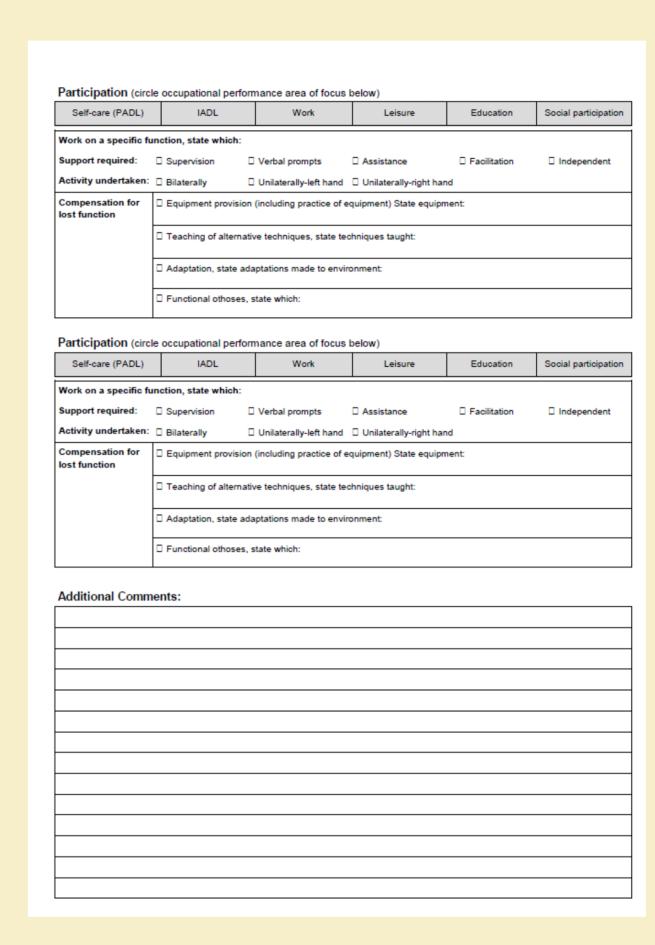




The Result

The final treatment schedule:





The Future

- A further study is planned to ask occupational therapists around the UK if this treatment schedule reflects their practice.
- To publish the OT-STAR treatment schedule to make it freely available for occupational therapists to use in their work.

For further information:

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