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The Effects on Occupations and Quality of Life After a Sports Injury In Adolescents: Emphasis on Psychosocial Factors

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The Effects on Occupations and Quality of Life After a Sports Injury In Adolescents: Emphasis on Psychosocial Factors

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BACKGROUND

- Around 30 million children in the United States participate in organized sports, and more than 3.5 million injuries occur annually (Stanford Children's Health, n.d.). One-third of injuries that occur during childhood are sports-related (Stanford Children's Health, n.d.).
- Adolescents are at a higher risk for sports-related injuries due to growth spurts, maturity-association variation, and the lack of complex motor skills that are needed for certain sports (Habelt et al., 2011).

PROBLEM

- There is not enough information about the psychosocial aspects of injuries for adolescents in sports.
- The effects that occur after an injury, such as cognitive deficits, mental, emotional, and behavioral factors, can impact an athlete's rehabilitation and impact their independence by limiting their success in daily activities (Podlog et al., 2014).

PURPOSE

To identify psychosocial factors, provide coping strategies and techniques, and to educate adolescents on the importance of recovery and prevention as they return to their daily activities after an injury.

Project Objectives:

1. Conduct a needs assessment
2. Develop educational handouts
3. Implement program and resources
4. Analyze pre and post surveys

Acknowledgement: Special thanks to my amazing mentor Lindsey Williams, OTR, CHT

This project involves human subjects but has not been reviewed by the IRB.

METHODS

- Informal Interviews, Observations, Pre and Post Surveys
- 14 responded to the Pre- survey
- 13 responded to the Post- survey
- 4 responded to the Occupational Therapy Survey
- **Pre- survey:** Participants responded to 17 questions to explore how the patient's psychosocial factors presented, what occupations were impacted, and how they managed their injury.
- **Post- survey:** Participants responded to 9 questions on what they gained from several handouts, any changes in their daily routines, and whether or not they would recommend the handouts.
- **Occupational Therapy Survey:** OTs responded to five questions on the clarity of the handouts, any additional ideas or topics to add to the program, and whether they would continue distributing these handouts

Theoretical Frameworks:

1. Biopsychosocial Model
2. Person-Environment-Occupation-Performance (PEOP)

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educational
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PROGRAM

General Program Goals:

1. Increase client understanding of psychosocial factors during the rehabilitation process
2. Develop the client's self-awareness and self-regulation of thoughts, emotions, and actions
3. Enable the client to effectively manage their emotions throughout their recovery
4. Promote engagement in daily activities and quality of life that support valued life roles and meaningful activities
5. Promote overall occupational performance

Topics covered:

1. Occupational Therapy
2. What is Hand Therapy?
3. Psychosocial Factors
4. Coping Strategies and Techniques
5. Things To Do While Being Out Of Your Sport
6. Return to Sport
7. Resources

Interventions:

1. Education on psychosocial factors, occupational and hand therapy, and the importance of a slow return to sports
2. Coping strategies and techniques
3. Benefits of participating in other activities while being out of your sport
4. Additional outside resources to gain further support

Conclusions / Future Directions

- OT practitioners in sports can continue to educate adolescents to utilize their life skills as they transition from an injury back to everyday life.
 - As the program requires expansion on various topics, populations, and education, this capstone project aimed to address the importance of educating those who experience psychosocial factors after an injury in the adolescent population.
- Future Directions:
- Expand resources to address additional areas of needs
 - Providing the handouts to middle school athletes and coaches, local studios, and sports clubs
 - Expand to other facilities such as sports physical therapy and orthopedics settings

References

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