Patients with disabilities of the arm, shoulder or hand - and problems in occupational performance

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Patients with disabilities of the arm, shoulder or hand – and problems in occupational performance

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Objectives
- To identify the patients problems in occupational performance before and after OT intervention
- To examine relationship between change in occupational performance ability and demographic factors: age, gender, civil status, and work
- To enhance the activity based perspective in the orthopaedic OT service at Copenhagen University Hospital, Gentofte, Denmark in cooperation with dep. for Occupation Therapy at Metropolitan University College, Copenhagen, Denmark

Conclusion
- Patients with lesions in the wrist or forearm improved their occupational performance ability significantly, compared to patients with finger fractures (p < 0.02) and arthroplastics (p < 0.05)
- Patients living alone may improve the occupational performance ability more than people living together with someone (p < 0.07)
- No significant association between QuickDASH-diff. and gender (r = 0.029), educational level (p < 0.8) and working status (p < 0.5)
- Research is needed in how people with orthopaedic arm, shoulder or hand lesions manage daily life, when working and when living alone
- Also, further research is needed to improve occupational therapy intervention to people with orthopaedic arm, shoulder or hand lesions

Design and method
- A time series “before and after” study
- Participants were asked to fill in a data sheet questionnaire regarding demographics before OT intervention
- Participants were asked to fill in a Quick DASH Questionnaire before and after OT intervention

Material
- At Copenhagen University Hospital, Gentofte 82 outpatients in occupational therapy because of orthopaedic hand-, wrist- or forearm-lesion were included from August 2011 until April 2012.
- Thirty six were excluded due to lack of data or non completed study procedure

Participant characteristics – type of lesion

<table>
<thead>
<tr>
<th>Number</th>
<th>Total</th>
<th>Finger fracture</th>
<th>Tendon rupture</th>
<th>Wrist and forearm</th>
<th>Arthroplastics</th>
<th>Miscella- nes</th>
</tr>
</thead>
<tbody>
<tr>
<td>(F/M)</td>
<td>40</td>
<td>(29/11)</td>
<td>10</td>
<td>5</td>
<td>20</td>
<td>5</td>
</tr>
<tr>
<td>Age (F/M)</td>
<td>Mean 53,7</td>
<td>(68,7/45,9)</td>
<td>43,3</td>
<td>47,6</td>
<td>56,9</td>
<td>62,6</td>
</tr>
<tr>
<td>DASH diff</td>
<td>Total 20,4</td>
<td>(22,5/16,7)</td>
<td>13,3</td>
<td>28,2</td>
<td>30,8</td>
<td>18,2</td>
</tr>
<tr>
<td>(mean value)</td>
<td>(18,6/11,9)</td>
<td>(16,8/11,0)</td>
<td>(25,2)</td>
<td>(28,3/40,9)</td>
<td>(15,0/ 6,6)</td>
<td>(18,2/ 5,1)</td>
</tr>
</tbody>
</table>

The Quick DASH questionnaire
- The Quick Disabilities of the Arm, Shoulder and Hand questionnaire is a self reporting questionnaire, validated for use in patients with impaired arm, shoulder or hand
- Eleven questions regarding occupational performance are to be evaluated using a 5-point nominal scale
- The questionnaire addresses
  ✓ Opening a jar
  ✓ Heavy Household
  ✓ Carrying a shopping bag
  ✓ Washing your back
  ✓ Cutting your food
  ✓ Social activities
  ✓ Work/regular activities
  ✓ Pain
  ✓ Tingling
  ✓ Sleep
- The assigned values for all questions are summed and transformed to a score out of 100
- The “DASH diff” is the difference between before- and after-score

Thank you to patients and OTs at Copenhagen University Hospital, Gentofte – Orthopaedic dep. Z

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