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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>Type of lesion</th>
<th>Total (n=22/9/12)</th>
<th>Female (n=16/33)</th>
<th>Male (n=6/4/11)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger fracture</td>
<td>10</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>Tendon rupture</td>
<td>5</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Wrist and forearm</td>
<td>20</td>
<td>18</td>
<td>2</td>
</tr>
<tr>
<td>Arthroplastics</td>
<td>5</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Misc.</td>
<td>6</td>
<td>5</td>
<td>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
  ✓ Recreational activities
  ✓ 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

<table>
<thead>
<tr>
<th>Working status / DASH diff (mean)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total (n=20/9/12)</td>
</tr>
<tr>
<td>At work</td>
</tr>
</tbody>
</table>

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