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Lauridsen, Sussi; Bendixen, Hans Jørgen

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

Sussi Lauridsen, OT associated professor, MSc. OT, Faculty of Occupation Therapy, Metropolitan University College, Copenhagen, Denmark, sula@phmetropol.dk;
Hans Jørgen Bendixen, OT researcher, M.Sc.OT, Occup. Ther. & Physiother. Dep., Copenhagen University Hospital, Gentofte, Denmark, habe@phmetropol.dk

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 (F/M)</th>
<th>Finger fracture(s)</th>
<th>Tendon rupture(s)</th>
<th>Wrist and forearm</th>
<th>Arthroplastics</th>
<th>Misc. (n=6)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Mean (F/M)</td>
<td>53.7 (68.7-45.9)</td>
<td>43.3 (44.3-42.8)</td>
<td>47.6 (147.6)</td>
<td>59.6 (62.4-49.3)</td>
<td>62.6 (48.6-54.0)</td>
</tr>
<tr>
<td>Age diff (mean±sd)</td>
<td>Total (F/M)</td>
<td>20.4 (22.5-16.7)</td>
<td>13.3 (16.8-11.0)</td>
<td>26.2 (28.3-20.2)</td>
<td>30.8 (28.3-40.9)</td>
<td>38.7 (15.2-6.8)</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

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