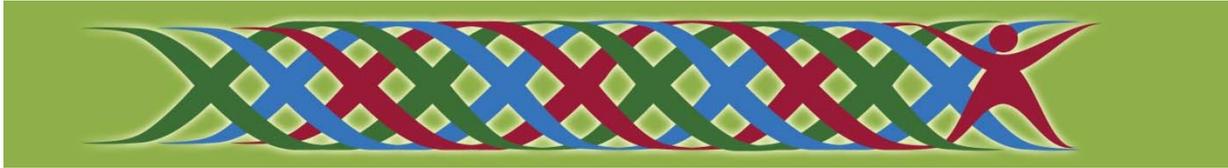


# OCCUPATIONAL THERAPY AND YOU

**Cynthia Gagnon, PhD, erg.**  
**Professeur adjoint, Université de Sherbrooke**  
**Groupe de recherche interdisciplinaire sur les**  
**maladies neuromusculaires**

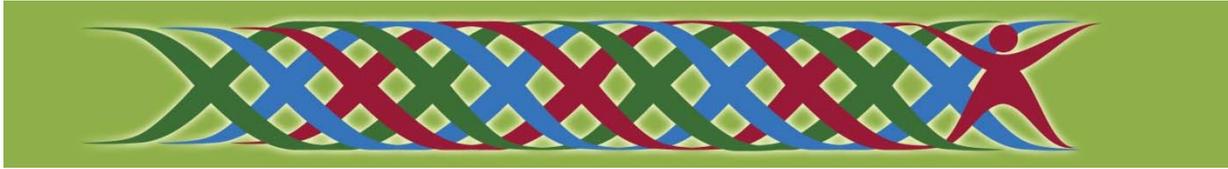




**GRIMN**

## **GOAL OF THE PRESENTATION**

- **What is OT**
- **What OT can do for you**
- **Alert signs**
- **Practical tips**

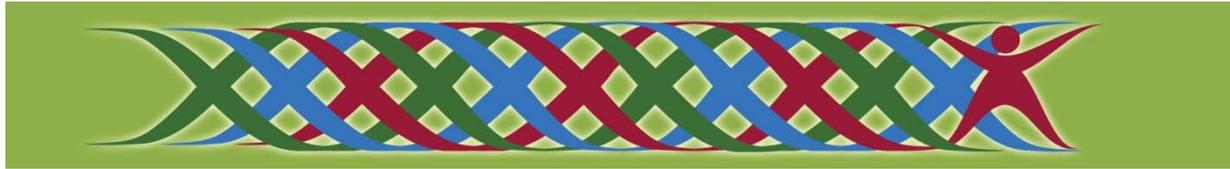


**GRIMN**

## **OCCUPATIONAL THERAPY**

- The practice of occupational therapy means the therapeutic use of occupations, including everyday life activities with individuals, groups, populations, or organizations to support participation, performance, and function in roles and situations in home, school, workplace, community, and other settings.

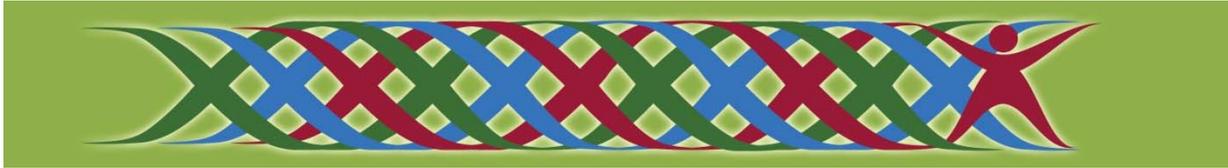
(AOTA, 2012)



# GRIMN

## GOAL

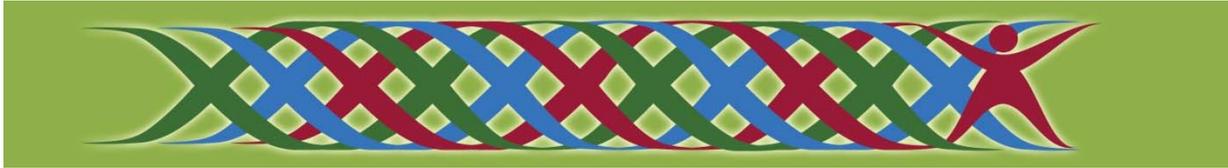
- **The primary goal of occupational therapy is to enable people to participate in the occupations which give meaning and purpose to their lives.**



# GRIMN

## SPECIFIC AREAS

- Eating
- Cooking
- Dressing
- Bathing
- Writing
- Mobility/falls
- Energy conservation technique
- Home management
- Driving
- Work
- Leisure
- Sexuality
- Disease management

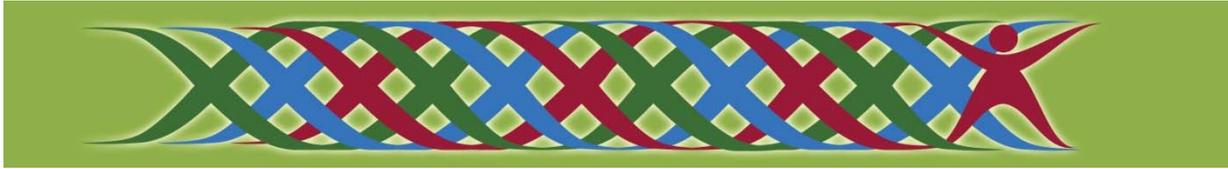


**GRIMN**

## **WHAT IS THE CAUSE OF MY PROBLEMS MANAGING MY DAILY LIFE**

- **Decrease muscle strength**
  - Hand to shoulder
  - Ankle to hip
- **Fatigue**
- **Hypersomnolence**
- **Difficulty to resolve problems**
- **Difficulty to remember information**
- **GI Tract involvement and many more....**

<b>LIFE-H</b>	<b>Gross Dexterity</b>	<b>Fine Dexterity</b>	<b>Grip strength</b>	<b>Pinch Strength</b>
<b>Nutrition</b>	0.30	0.48	0.52	0.47
<b>Exercising</b>	0.35	0.38	0.50	0.47
<b>Personal Care</b>	0.42	0.57	0.58	0.54
<b>Independant Living</b>	0.43	0.50	0.62	0.61
<b>Mobility</b>	0.48	0.50	0.62	0.61
<b>Community Life</b>	0.40	0.50	0.56	0.55
<b>Work</b>	0.47	0.47	0.50	0.46
<b>Leisure</b>	0.43	0.52	0.53	0.53

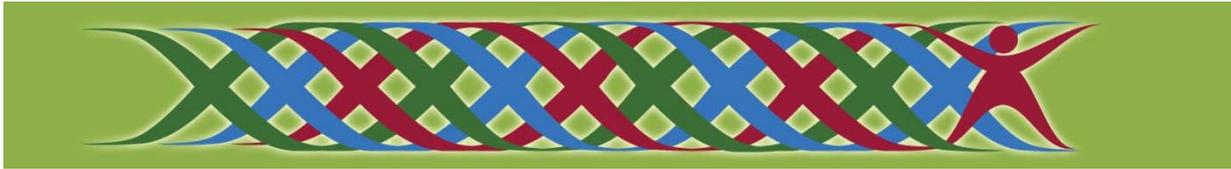


**GRIMN**

## **ENVIRONMENT**

**Your participation in daily activities and social roles is strongly affected by**

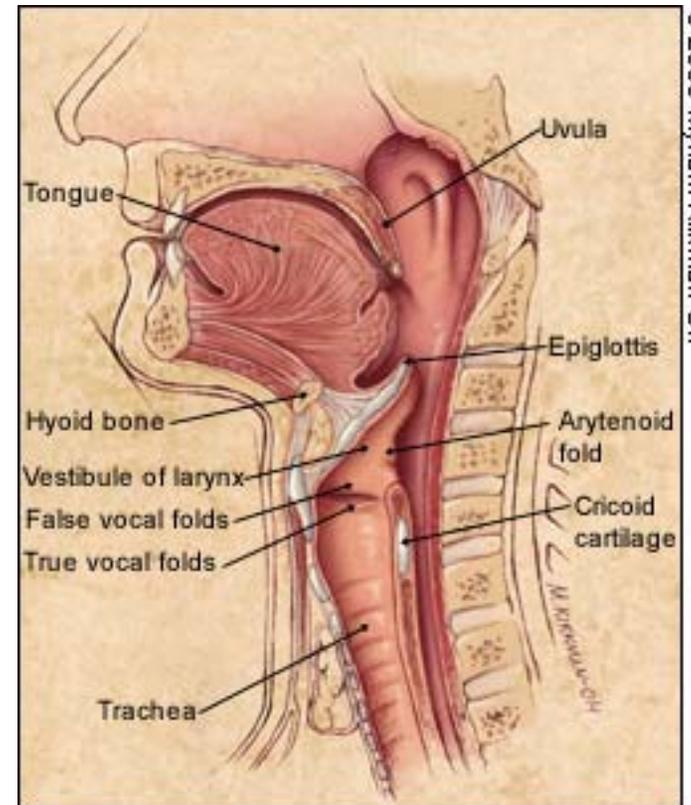
- **Services**
- **Support from family and friends**
- **Technology**

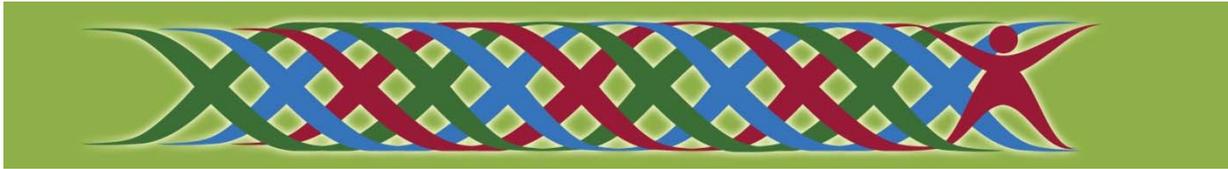


# GRIMN

## EATING : THE SITUATION IN DM 1

- Presence of dysphagia (45%)
  - Coughing
  - Difficulty eating specific texture or food
- Difficulty handling cutlery
- Difficulty taking food in your plate



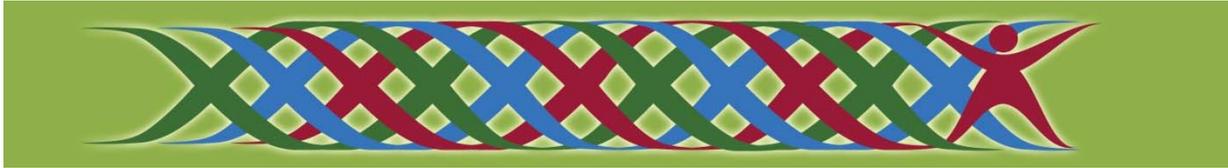


# GRIMN

## EATING: ALERT SIGNS THAT I NEED TO SEE AN OT

- **Dysphagia**
  - Coughing often during meals
  - Having a pneumonia
  - Stopping eating certain foods
    - Chips
    - Crackers
    - Hot liquids
    - Burger patty
    - Apple

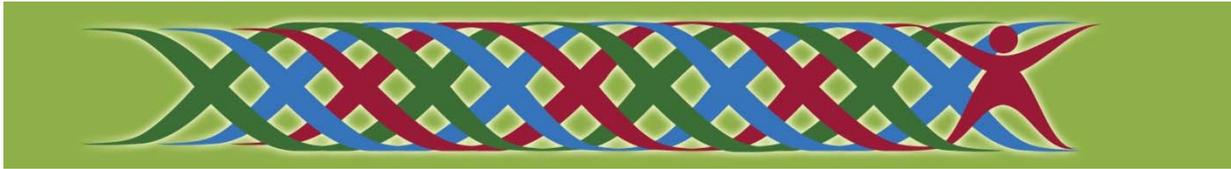




# GRIMN

## EATING: WHAT OT CAN DO FOR ME

- **Dysphagia**
  - Working with the nutritionist
  - Texture adaptation
  - Teaching your family the Hemlich manoeuvre
  - Position while eating
  - Exercise
- **Cutlery**
  - Increase the size of the handle
- **Handling food and drinks**



# GRIMN

## INCREASE SIZE OF THE HANDLE

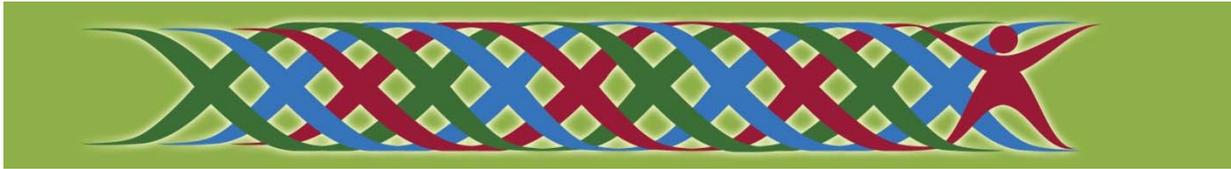




**GRIMN**

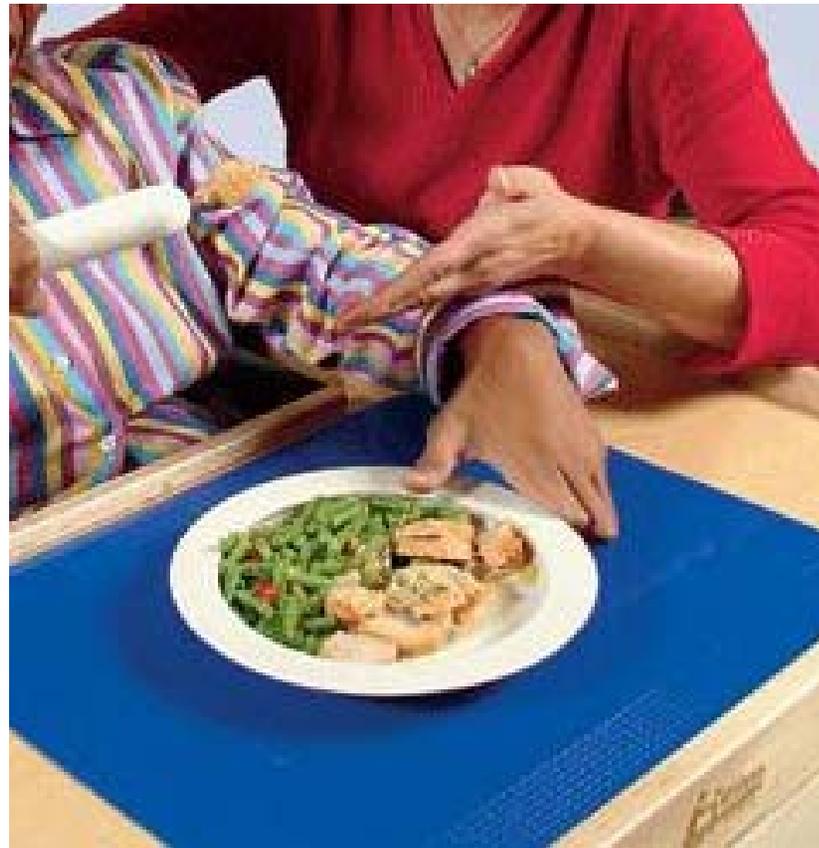
## **TWO-HANDED CUP**





**GRIMN**

**DYCEM**

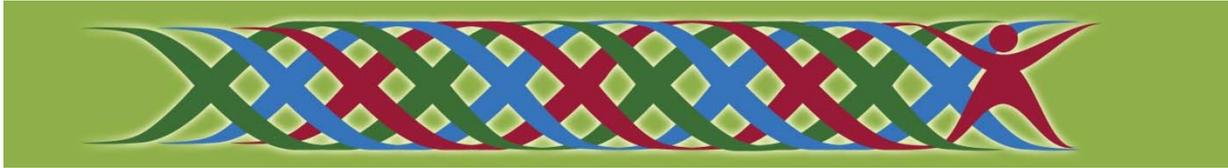




**GRIMN**

## **ARM SUPPORT**

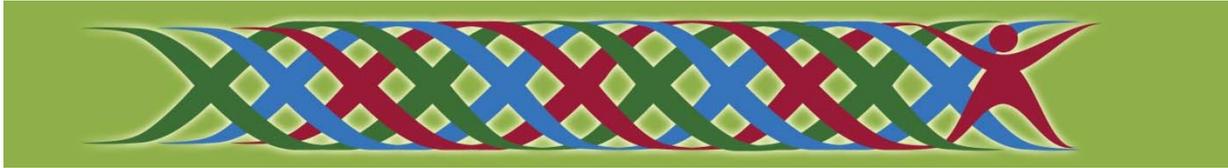




# GRIMN

## PREVENTING DYSPHAGIA: GENERAL RECOMMENDATIONS

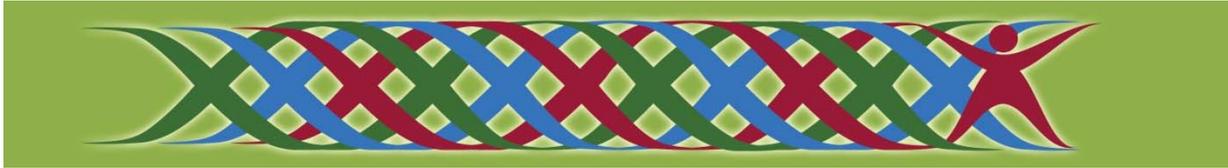
- **POSTURE:**
- Sit upright for all meals, snacks or drinks.
- Swallow with the head tilted down so that the chin points to the chest (a pillow or rolled towel behind the head may be helpful for keeping the head in this position).
- Stay seated upright for 20-30 minutes after a meal or snack.
- Experiment to find the best way to minimize head movements. Resting the elbows on the table with the chin resting in the palm of the hands may work best.



**GRIMN**

## **PREVENTING DYSPHAGIA: GENERAL RECOMMENDATION**

- **MEAL DURATION**
- **SIZE OF BITE/SIP**
- **FOODS AND LIQUIDS**



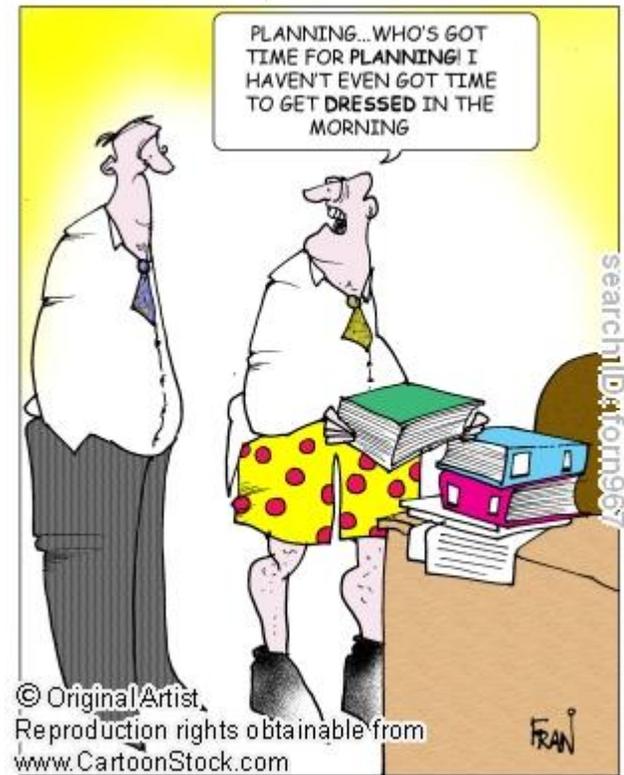
**GRIMN**

## **DRESSING: THE SITUATION IN DM1**

- **15% experienced problems or need human help**
- **Lack of strength in the hands is a major issue**

# DRESSING: ALERT SIGNS THAT I NEED TO SEE AN OT

- It take a lot more time to dress than I use to
- I am not wearing some of my clothes anymore as it is too hard to put on



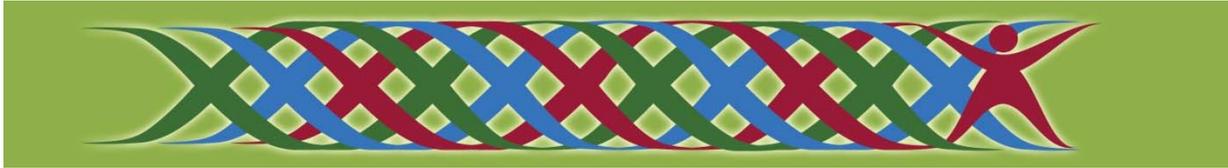


# GRIMN

## DRESSING: WHAT OT CAN DO FOR ME

Socks adpataation





**GRIMN**

## **BATHING : THE SITUATION IN DM 1**

- **17-42% experienced difficulty, used technical aids or need human help**
- **Decrease muscle strength may lead to difficulty**
  - **Washing and getting in and out of the bath**
  - **Washing hair**
  - **Doing nails**
  - **Brushing teeth**

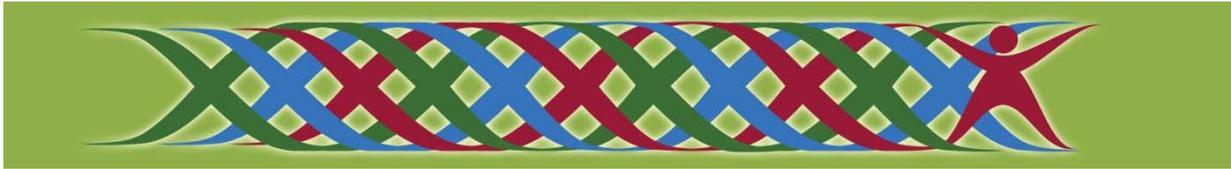


# GRIMN

## BATHING: ALERT SIGNS THAT I NEED TO SEE AN OT

- I am afraid of not being able to come out of the bath
- I stumble while trying to get in the bath



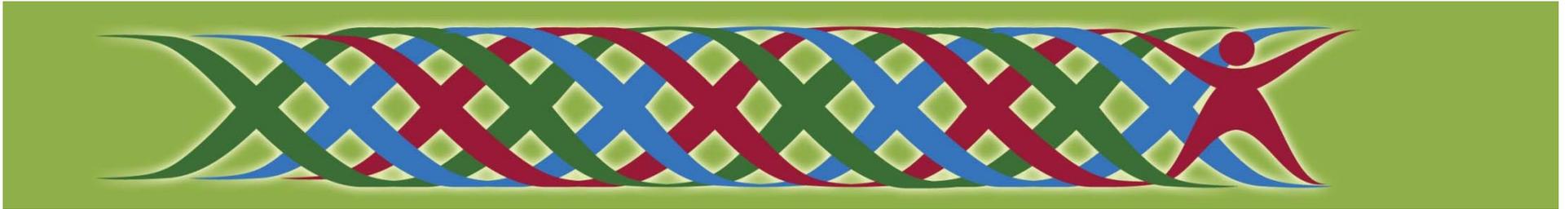


# GRIMN

## BATHING: WHAT OT CAN DO



Grab bars at the entr  
But also in devant le  
Laver leur cheveu

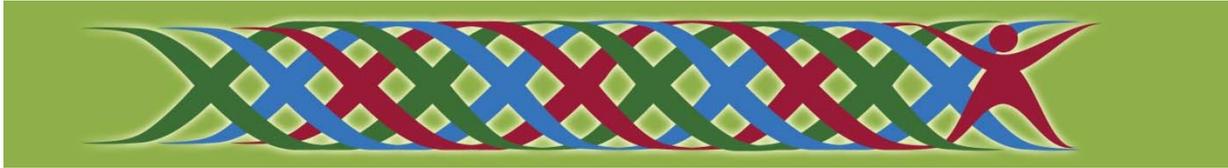


# **MOBILITY AND PREVENTING FALLS**

**Based on Christine Damon presentation**

**<http://www.docstoc.com/docs/84902619/Home-Modifications-One-Strategy-for-Fall-Prevention>**





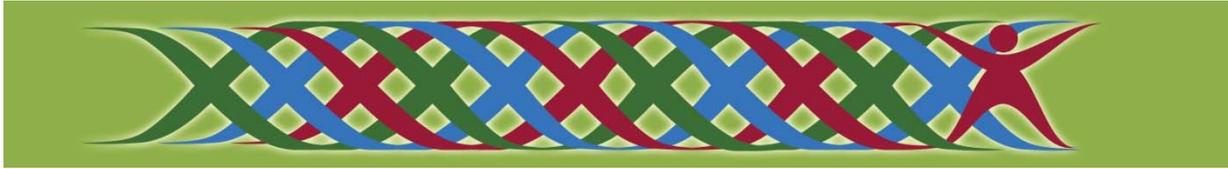
# GRIMN

## Falls: Problem Magnitude in DM1

- **Approximately 20-30% of falls result in injuries that reduce mobility and independence in the general population.**
- **Falls are 10X more current in DM1 according to one study**

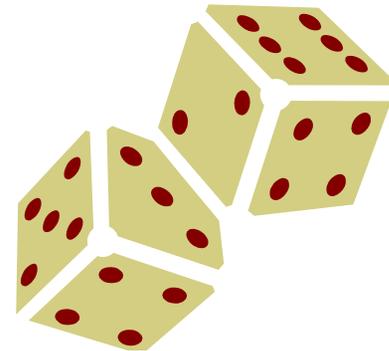
(CDC, 2007; CDC, 2010a; CDC, 2010b)





## Falls: Activity Risks

- **FIVE primary activities that increase fall risk**
  - Mobility/Transfer
  - Personal Hygiene
  - Household Chores
  - Controlling Ambiance
  - Communication & Response

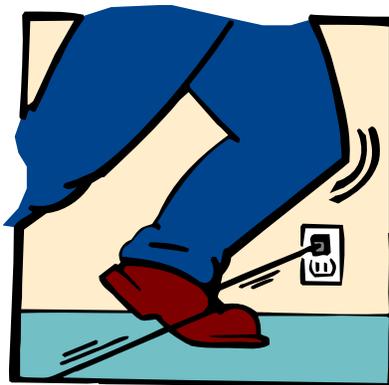


(Pynoos & Nguyen, 2007)

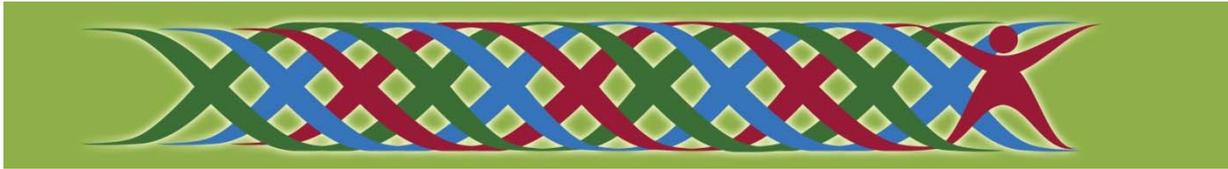
## Fall Risks



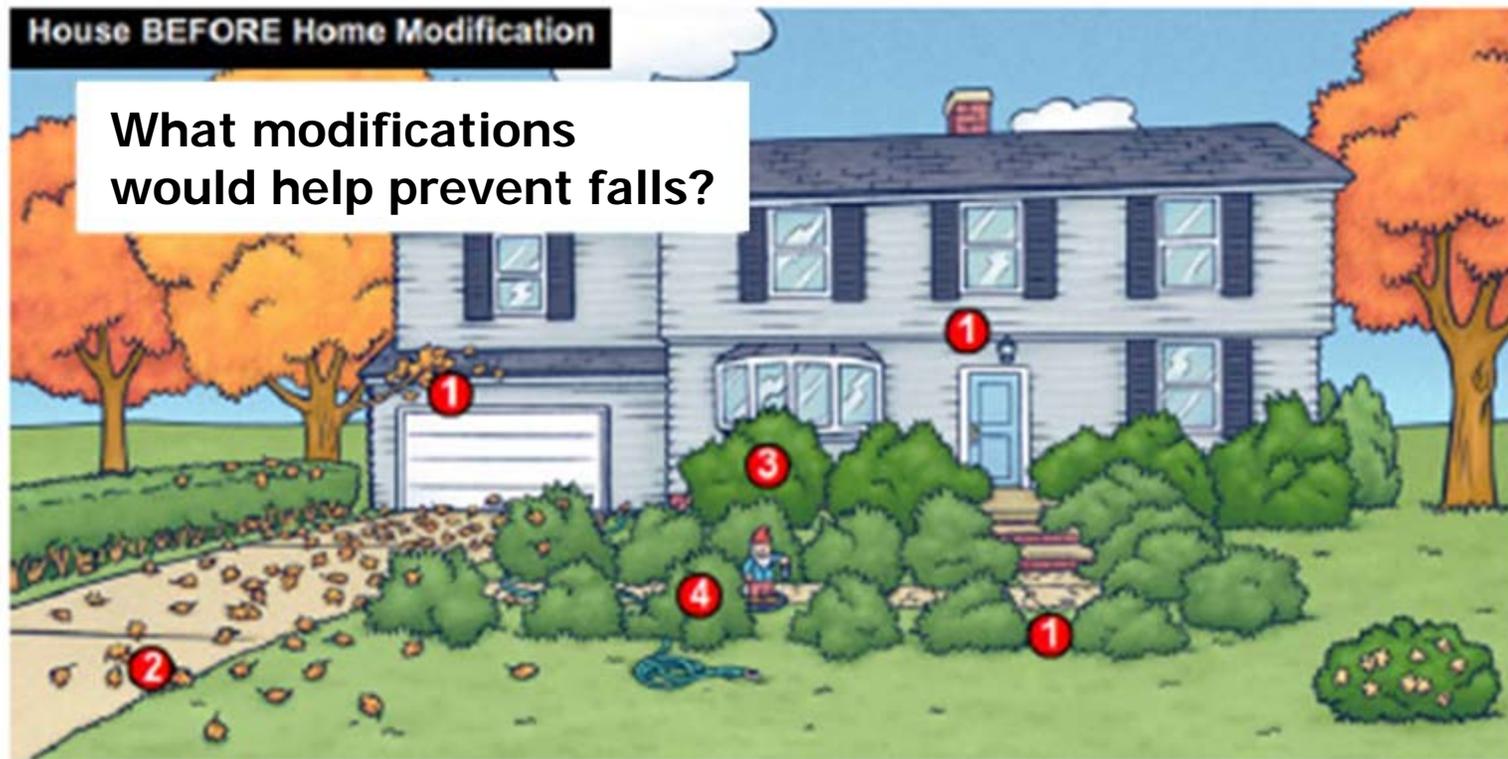
- Running to get the telephone



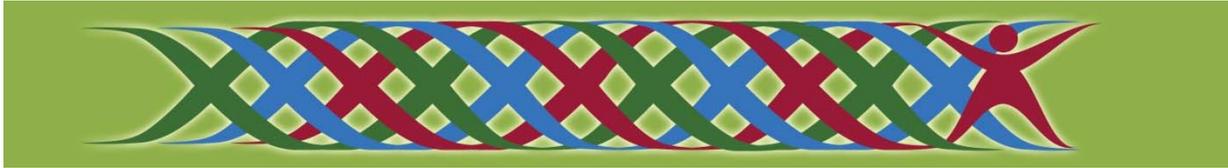
- Electronics: cords, cords, cords



## Assessing the Exterior



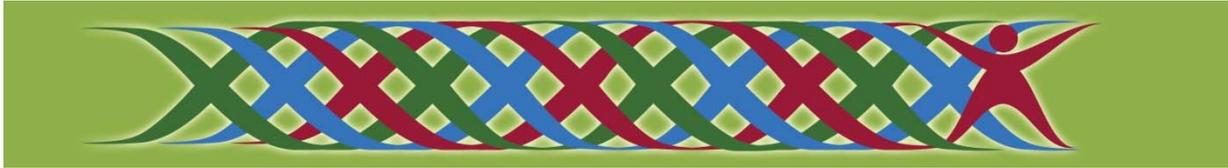
(Pynoos & Nguyen, 2007)



**GRIMN**

## Some Exterior Solutions...

- Remove leaves
- Install more lights: over garage, at front door, at end of walk
- Add porch, porch rail, and bench
- Grade sidewalk to front door
- Trim/remove shrubs
- Other?



**GRIMN**

## Possible Exterior Modifications

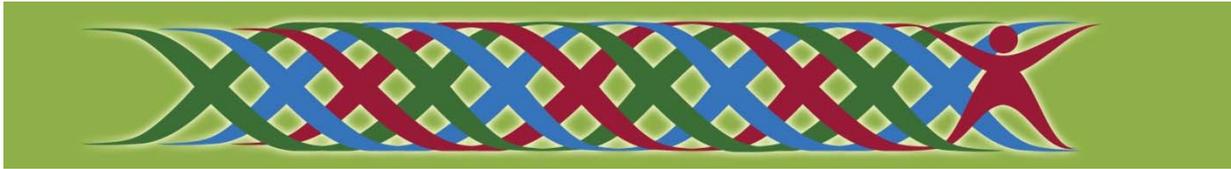


**Solar Light**  
([Sunbeam](#))



**Motion Detection Light**  
([Westinghouse](#))

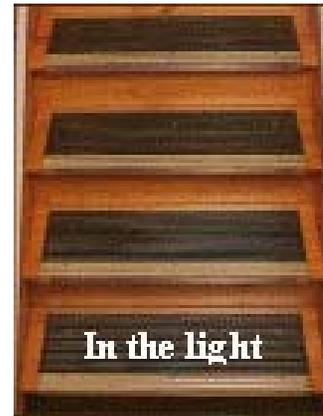
**Wireless options – no electrician required!**



## Possible Exterior Modifications

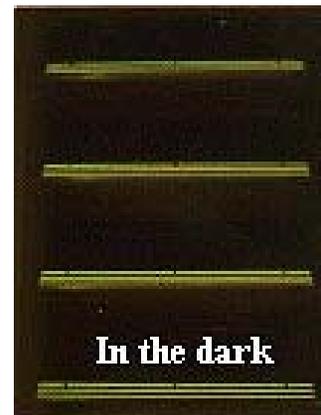


**Steel or Aluminum Rails**  
([Simplified Building Concepts](#))

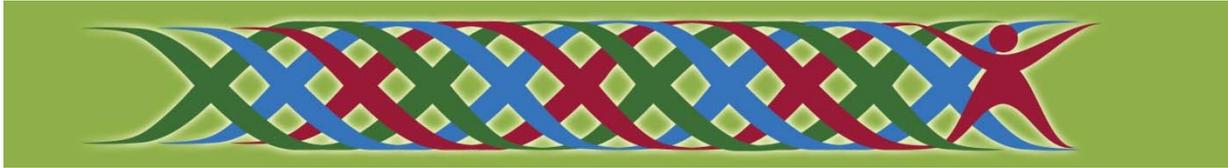


**In the light**

**Step Reflectors**  
([Glowline](#))



**In the dark**



**GRIMN**

## Exterior to Interior Transition

### Creating a gradual threshold

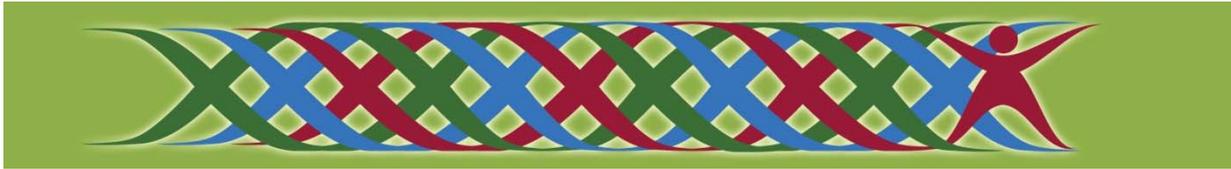


(SAIL, 2010)

**Threshold Ramps**



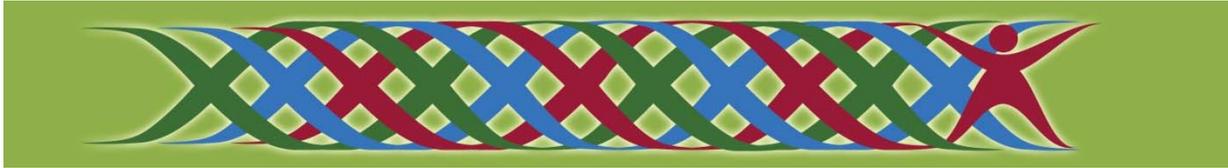
(SAIL, 2010)



## Assessing the Living Room



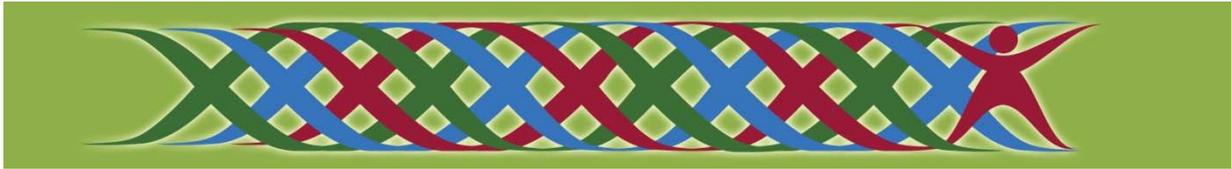
(Pynoos & Nguyen, 2007)



**GRIMN**

## Some Living Room Solutions...

- Add curtain/shades to reduce glare
- Re-arrange furniture to eliminate cords
- Add lighting
- Move or remove rug
- Place phone next to couch
- Install set-back thermostat and overhead lighting switch
- Other?



# GRIMN

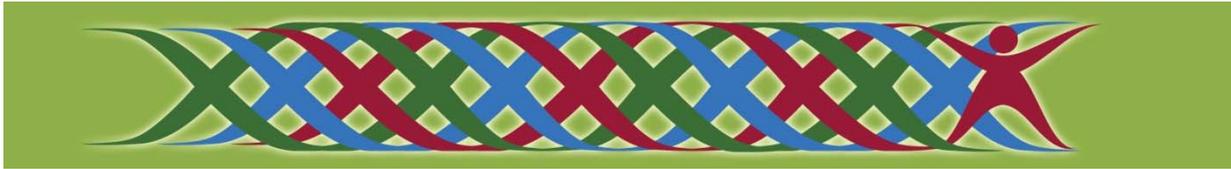
## Possible Living Room Modifications



**Couch Cane**  
([Comfort Channel](#))



**Power Seat** (Medicare will  
pay w/ prescription).  
([Up Easy](#))



**GRIMN**





# GRIMN

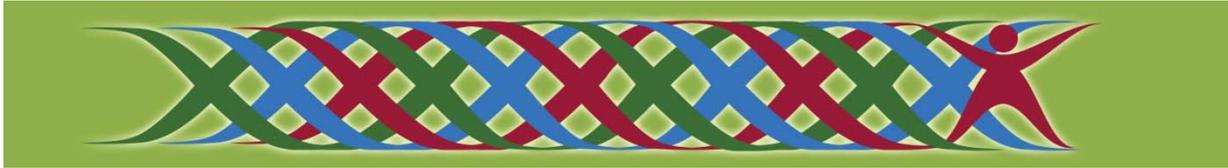
## Assessing the Kitchen



**What modifications would help prevent falls?**

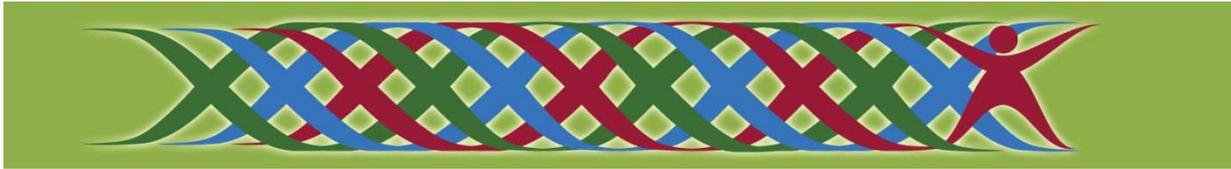


(Pynoos & Nguyen, 2007)<sup>37</sup>



## Some Kitchen Solutions

- Remove items that may cause tripping, i.e., tools and shelf unit at end of counter, ball-like object in front of fridge?
- Located cooking utensils and foodstuffs in easy-to-reach locations
- Use a sturdy step-stool
- Add more lighting?
- Other?



# GRIMN

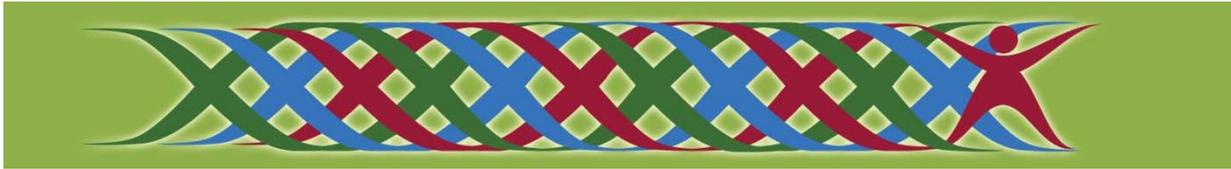
## Possible Kitchen Modifications

Over  
the  
Door  
Rack  
(adjustable  
flip-up  
shelves)  
([Amazon](#))



Wall Mounted Pot Rack  
([Amazon](#))

Lessening the reach



# GRIMN

## Possible Kitchen Modifications

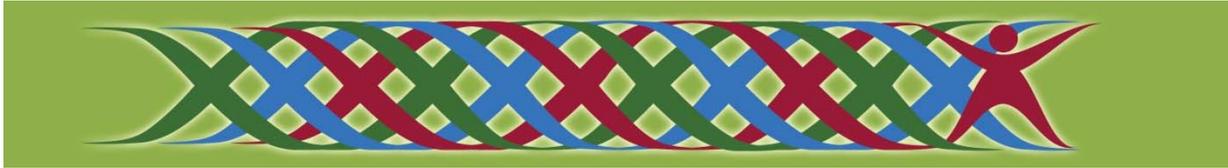


**Pull-down Glass Rack**  
([Rev-a-Shelf](#))

Lessening the reach

**Slide-out Shelves**  
([Sliding Shelf](#))





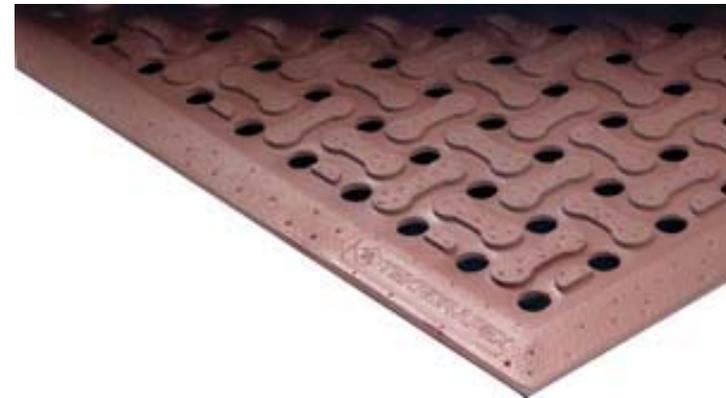
# GRIMN

## Possible Kitchen (& Laundry) Modifications



**Screw-In Motion Sensor Light Socket (no hands)**  
([Smart Home](#))

**Anti-fatigue Mat**  
([Central Restaurant](#))



**Beveled edges reduce tripping;  
also easy on legs.**



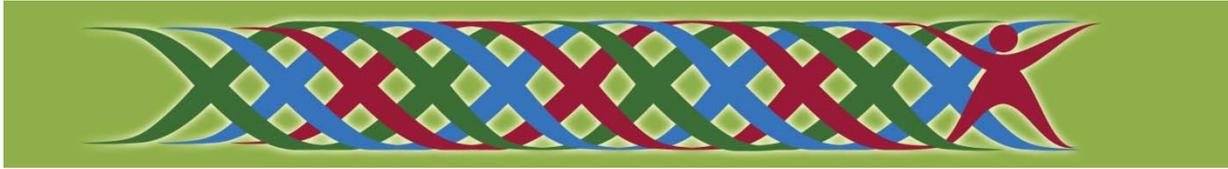
## Assessing the Bathroom

**Bathroom BEFORE Home Modification**

What modifications would help prevent fall injury?

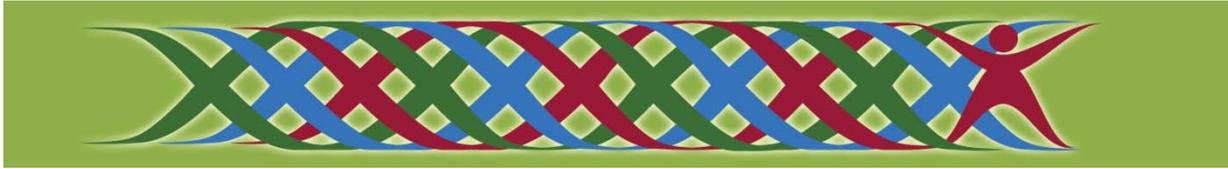


(Pynoos & Nguyen, 2007)



## Some Bathroom Solutions

- **Electricity all within easy reach**
- **Remove rug except for non-skid when stepping out of bath**
- **Remove clutter**
- **Dry floor**
- **Remove shower doors; install curtain**
- **Install grab bars near toilet and in tub**
- **Add transfer seat & extendable shower head**
- **Anything else?**



## Possible Bath Mods: Grab Bars



Can be beautiful ([Moen](#))

- **Use of angled bars is controversial (hand may slip more easily)** (Weil Medical College of Cornell University, n.d.)
- **Placement guidelines are very specific and need to meet the unique needs of the client** (NAHB, 2002).



**GRIMN**

# Possible Bath Mods



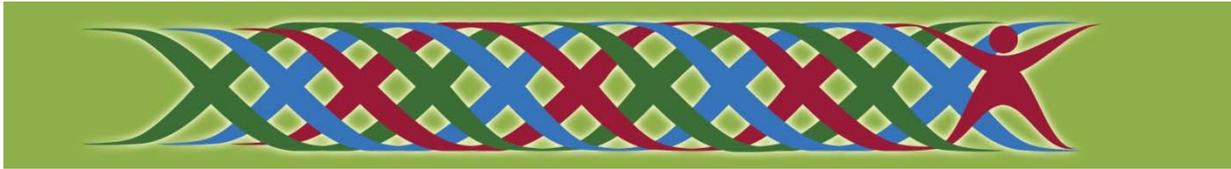
**Toilet Riser**  
([Toilevator](#))

Much safer than top risers that can come loose.



**Swing-up Grab Bar**  
(no adjacent wall)  
([Ocelco](#))

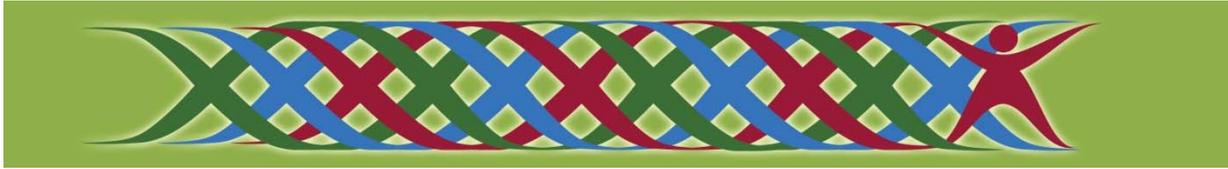
Lifts out of the way; no legs to trip on.



## Assessing the Stairway



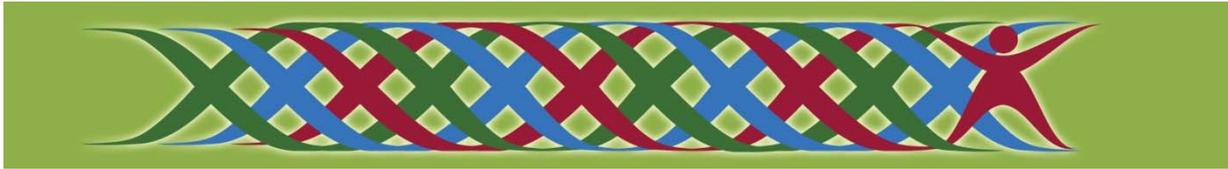
(Pynoos &  
Nguyen, 46  
2007)



**GRIMN**

## Possible Stairway Solutions...

- Add additional lighting
- Add additional handrail
- Add three way switch (see Living Room solutions)
- Mark step treads
- Re-arrange furniture
- Remove clutter
- Other?



# GRIMN

Don't Forget...

## Possible Bedroom Modifications

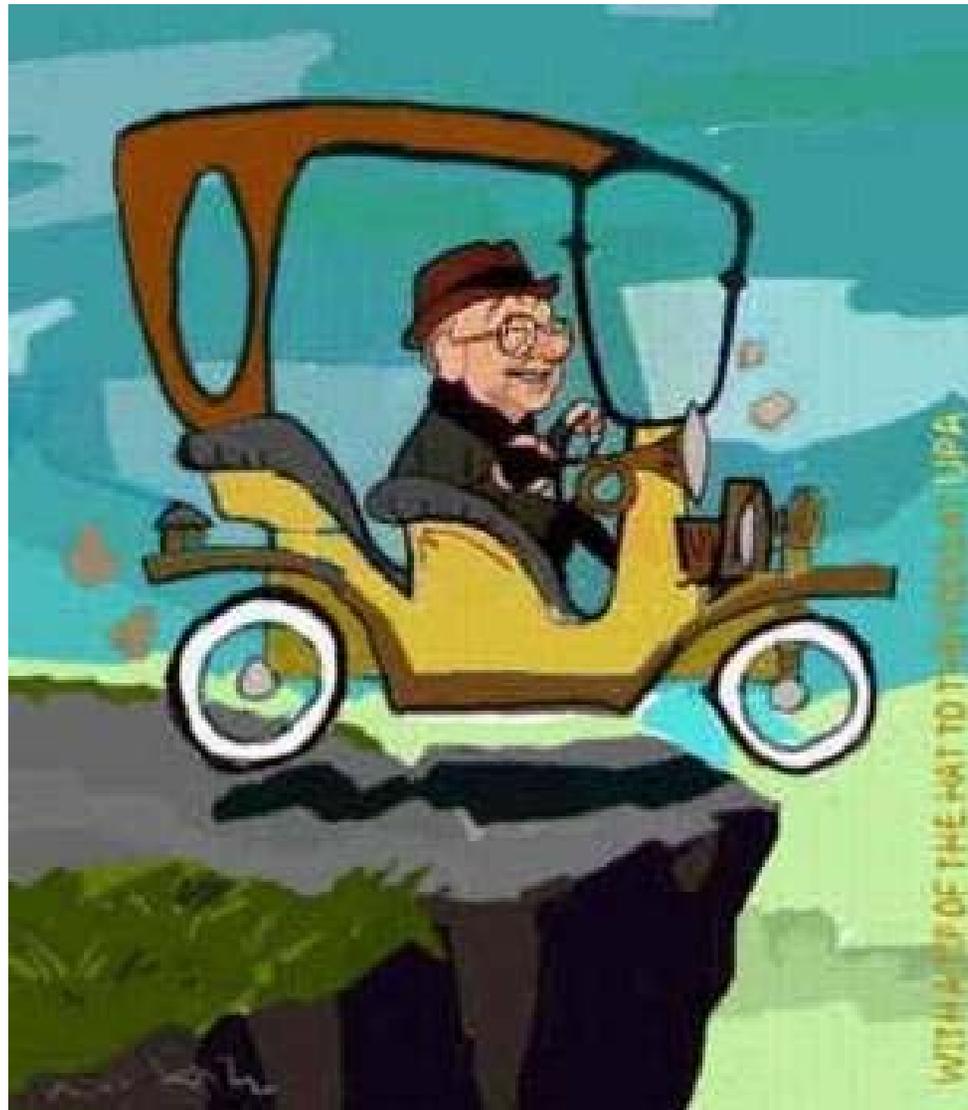
- To reduce fall risk in the bedroom...
  - Reduce any clutter
  - Locate clothing within easy reach
  - Provide a safe place to sit while dressing
  - Increase lighting
  - Other?

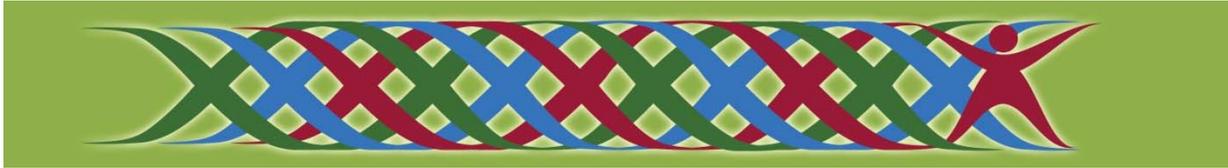
(Pynoos & Nguyen, 2006)





# DRIVING AND CATARACTS





**GRIMN**

## **HOME MANAGEMENT: THE SITUATION IN DM 1**

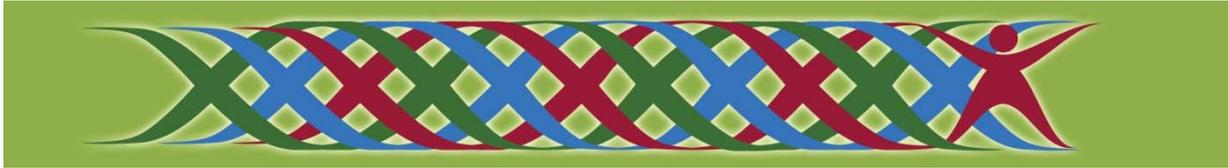
- **Doing major household tasks: 68%- 26% experienced problems or don't do it anymore**
- **Maintaining their house: 50% experienced problems**
- **Decrease lower extremity strength, fatigue, decrease support from family and friends, income can partly explained the difficulties**



**GRIMN**

## **HOME MANAGEMENT: ALERT SIGNS THAT I NEED TO SEE AN OT**

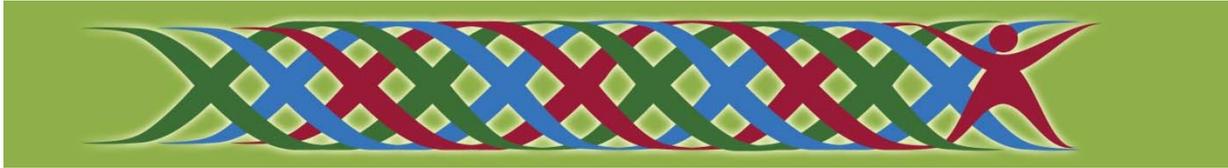




**GRIMN**

## **HOME MANAGEMENT: WHAT OT CAN DO FOR ME**

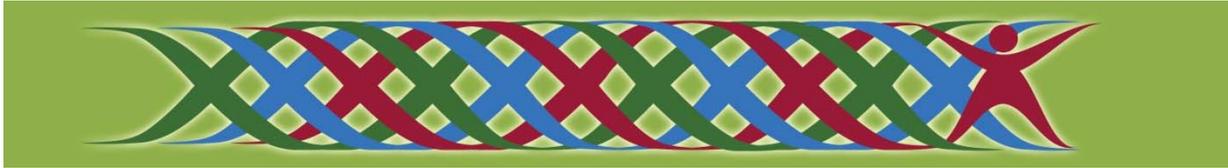
- **Assessment of your residual abilities**
- **Help you get community services**
- **Find tricks to help with cleaning**



**GRIMN**

## **SEXUALITY : THE SITUATION IN DM 1**

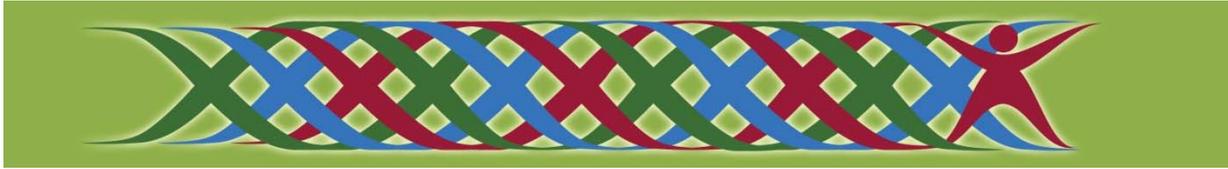
- **36.7% of men with DM1 reported light or severe erectile dysfunction (ED) (non-published data).**
- **The results can be an underestimation as 46% of the study group (n = 200) stated not have had any sexual relations during the last six months.**
- **Lack of strength**
- **Fatigue**



**GRIMN**

## **WHAT OT CAN DO FOR YOU**

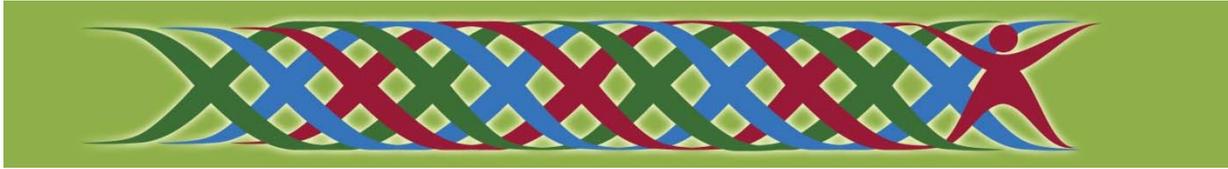
- **Working with the sexologist and your doctor**
- **Define what work for you now, explore new avenue.**



**GRIMN**

## **WORK**

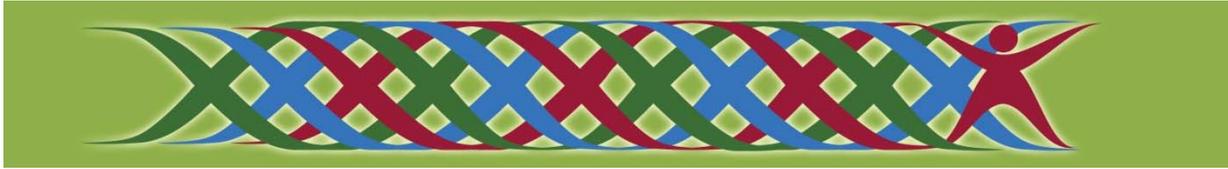
- **Around 20-30% are currently working**
- **Employment is possible but accommodations are often necessary**
- **Don't wait too long before discussing with your doctor if your work is getting more difficult to do and ask for a referral in OT.**
- **Programs may exist in your area to compensate for decrease ability to work**



**GRIMN**

## **ENERGY CONSERVATION TECHNIQUE**

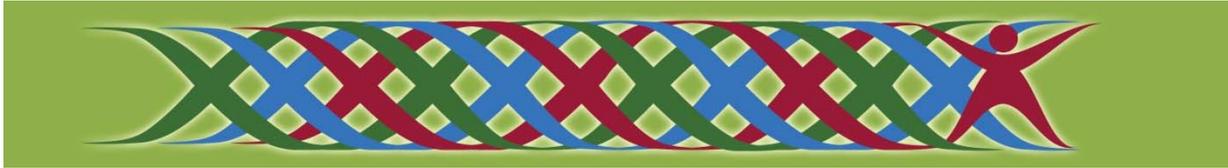
- **Use good posture**
- Avoid excessive bending, reaching, carrying and lifting. Avoid extra trips by using a cart or trolley to carry items. A small basket keeps cleaning supplies handy.
- Consider your own body proportions to determine comfortable work heights. Elbows should form a 90 degree angle, shoulders relaxed and spine straight for a proper work height.



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## GOOD POSTURE

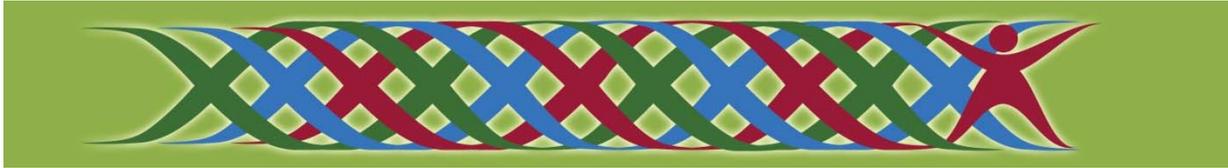
- When carrying, divide the load; e.g. carry two smaller bags of groceries in each arm instead of one large heavy bag.
- Prevent bending and stooping by using long or adjustable handles on dustpans, brushes, shower mops - even paint rollers.



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## REDUCE FATIGUE

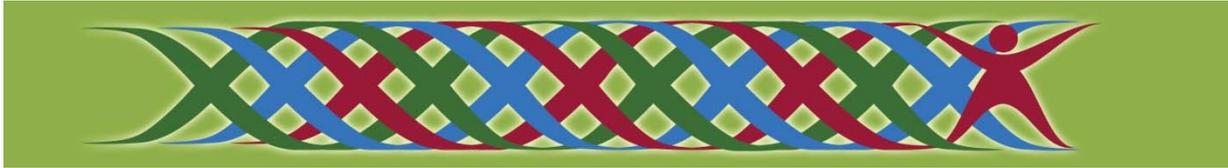
- Consider how you can do some jobs sitting rather than standing such as chopping vegetables, ironing and woodworking. Sitting reduces energy use by 25%.
- Alternate postures and take frequent stretch breaks throughout the day.
- Incorporate a system of work and rest into activities. Short rest breaks of five minutes during daily activities can help increase overall endurance.



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## **MODIFY ACTIVITIES**

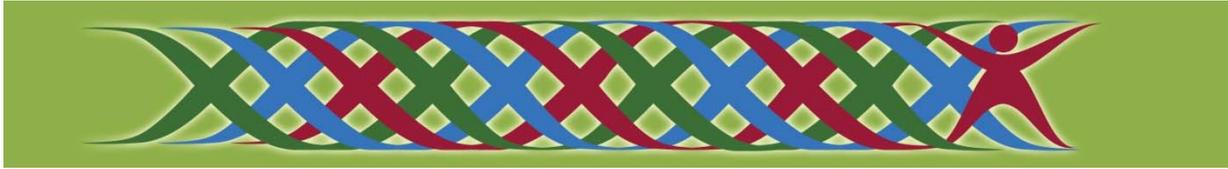
- Air-dry dishes and use freezer-to-microwave dishes.
- Use a lightweight steam iron.
- If your laundry room is located downstairs toss dirty linen down in a pillowcase, rather than making an extra trip.
- To reduce the amount of bending in making the bed, use a lightweight duvet rather than several layers of sheets and blankets.



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## CREATE A COMFORTABLE ENVIRONMENT

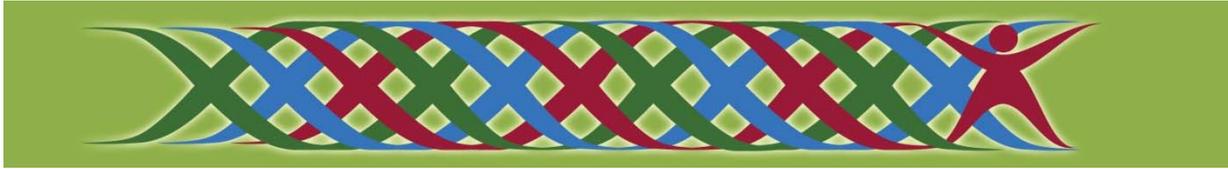
- If the surrounding conditions are pleasant the job will be less tiring and more enjoyable. Listen to your favourite music when doing chores. Good lighting, comfortable clothing and pleasing colours set the stage for work with less strain.



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## **PRACTISE TIME MANAGEMENT**

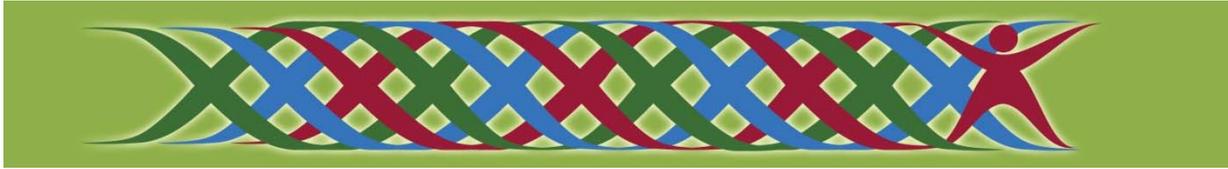
- Pace yourself; alternate light and heavy tasks.
- Divide activities throughout the week instead of overdoing it in one day. Keep a schedule on the refrigerator to remind you and your family of everyone's responsibilities.



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## **ORGANIZE YOUR WORK**

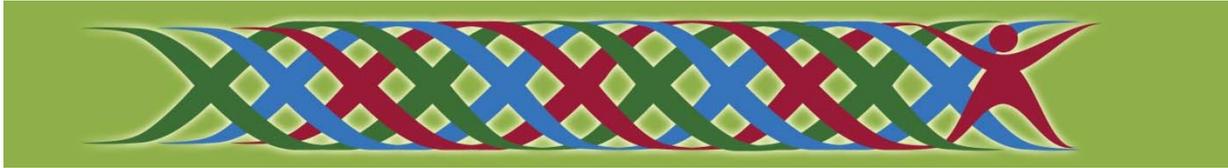
- Plan your activities first to avoid extra trips. Assemble necessary supplies and equipment prior to doing the job. For example, arranging garden supplies and tools prior to planting.
- Group articles that are used together; e.g. cleaning tools and cloths.
- Store heavy articles in the area easiest to reach, light articles in the high or low range



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## **OTHER AREAS**

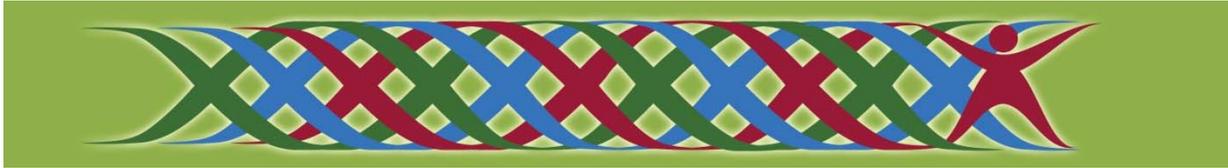
- **Leisure**
- **Disease management**



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## **GETTING FUNDING**

- **MDA program**
- **Insurance compagny may decrease your fare because you install some grab bars**
- **Need a prescription to get reimburse**
- **Senior program for fall prevention**



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## **MORE RESOURCES**

- **OT suggestions :**  
<http://www.myotonic.org/node/67>
- **Checklist for fall risks :**  
<http://www.cdc.gov/HomeandRecreationalSafety/Falls/CheckListForSafety.html>
- **CAOT website**