

Bronagh Lynch, Specialist Occupational Therapist

Managing Your Care: Information Evening, Wednesday 10th September 2014

Brainwaves NI in partnership with NICaN Brain & CNS Group



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Over view

- Occupational Therapy – what is it?
- Where OTS work?
- What we will do
- Fatigue

- Referrals to OT services

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An Occupational therapist.....

Enables people to achieve health, well being and life satisfaction through participation in occupation



COT 2004

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Where we work?

- Acute/Hospital
- Primary health care team/Community - with GP, DN, Physiotherapy, Speech & Language therapy, Dietitian
- Rehabilitation teams
- Mental health Services
- Children's Services
- Prison Services

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What we will do....

- Initial **assessment** to determine baseline skill level, strengths, limitations and degree of functional independence
- **Treatment plan** with short & long term goals for performance and independence
- Standardised **tests** may be used to evaluate muscle movements, hand coordination, strength, memory skills and visual perception
- Tests/**assessment** re: dressing, feeding, bathing and toileting

Purpose is to make recommendations to improve your skills, safety and independence

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Community Occupational therapists advise and recommend on the following:

- Easier and **safer** ways of managing everyday activities i.e. washing, dressing, household tasks and activities.
- Arrange for the loan of special **equipment** and its safe use.
- **Adapting** a person's home to suit their needs.



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- Advising and arranging for manual **wheelchairs** and specialised seating.
- Assessing and make recommendations for grant assistance for **home adaptations** for **Disabled Facilities Grants**
- Consider **Carer's needs** and provide appropriate advice as required.
- Advise **on re-housing** where appropriate.



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Coping with symptoms

- Learning to deal with the impact of diagnosis/treatment/symptoms
- Develop individual coping strategies
- FATIGUE!

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Fatigue

Cancer related fatigue... is a distressing **persistent**, **subjective** sense of physical, emotional and/or cognitive tiredness or **exhaustion** related to cancer or cancer treatment that is **not proportional** to recent activity and **interferes** with usual functioning.

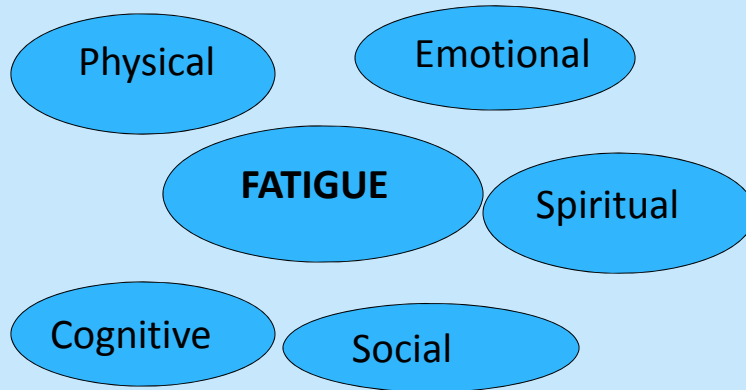
(NCCN 2013)



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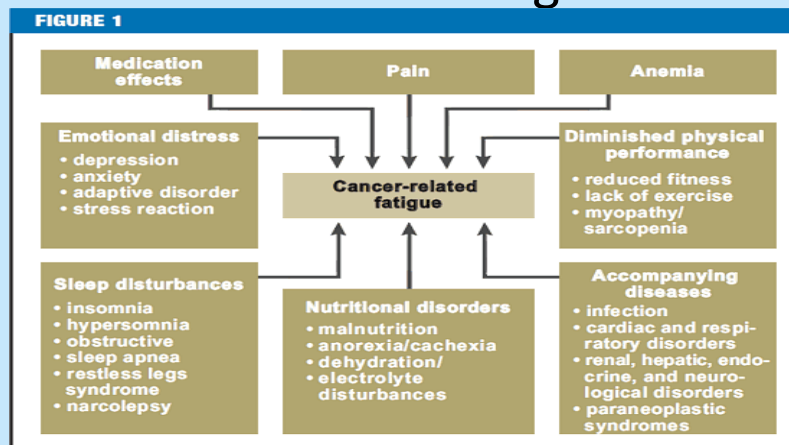
How does it effect you?



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Causes of fatigue



Cancer-related fatigue: treatable causes and contributing factors (after Ref. [e81]).
(From: Mortimer JE, et al.: Studying cancer-related fatigue: Report of the NCCN Scientific Research Committee. J Natl Compr Canc Netw 2010; 8: 1331–9; Reprinted with permission from JNCCN—Journal of the National Comprehensive Cancer Network)

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Tips to cope with fatigue



PRIORITIZE
....daily routine & what is important to you in life.

PLAN AHEAD & SET GOALS
....for leisure and work, and reward yourself when you achieve them.

PACE YOURSELF
....during the day, the week & coming months.

Delegate
....unimportant activities

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Sleep
Good sleep hygiene & quality sleep



Stress levels
relaxation; enjoyable/fun activities;
tell others how you feel;
complimentary therapy

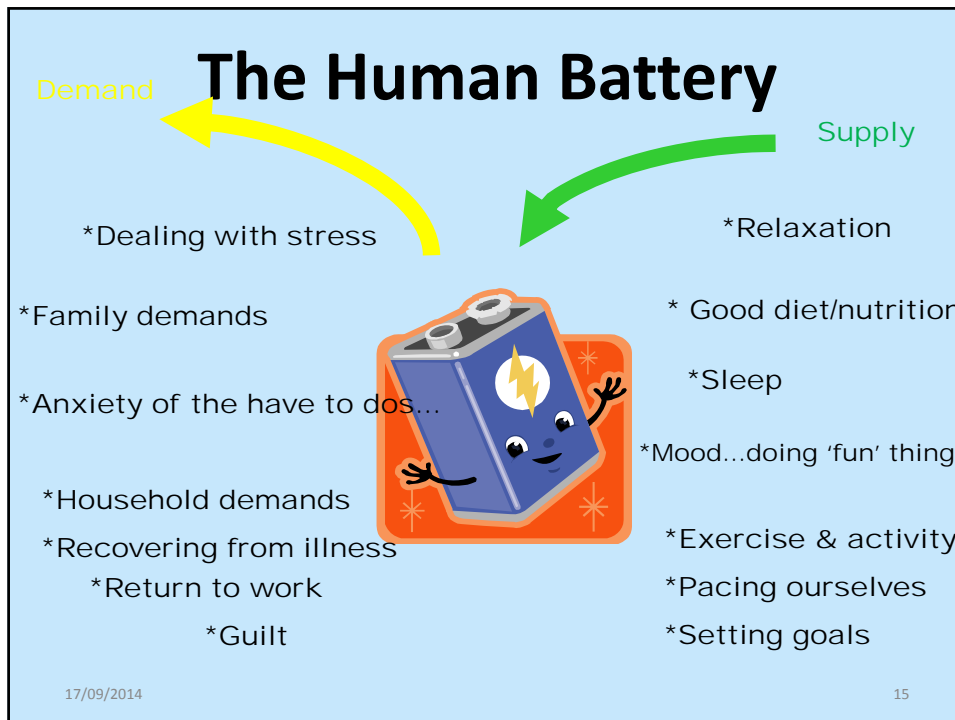


Exercise
activity baseline; set goals

Nutrition



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How to be referred to an Occupational Therapist?

- Hospital/ward – referred by ward staff
- Home/communityCan be referred by anyone on your healthcare team. But preferable to go via GP/DN as medical information required prior to assessment

Thank you for listening!



**Life may not be the party we hoped for, but
while we're here we should dance!**

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