

Tricks of the trade!

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OT assessment

A holistic assessment is carried out including:-

- Physical
- Psychological
- Emotional
- Spiritual

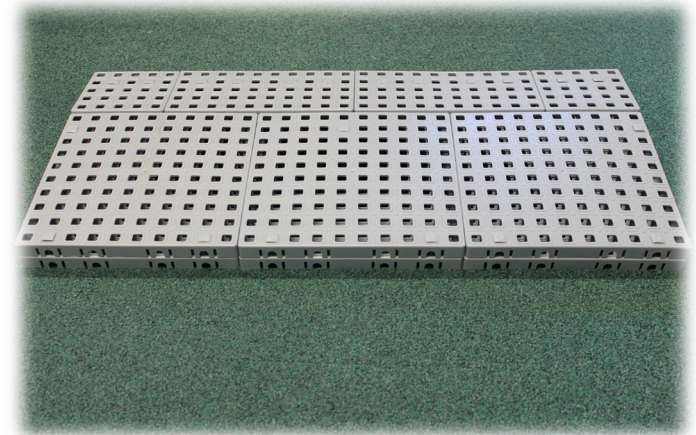
All equipment has to be provided in a timely manner, planning short and long term goals. The OT needs to be honest, consider fatigue management and the whole family.

Tricks of the Trade!!

- Use statutory services funded by Health and Social Services for standard equipment.
- Investigate funding from MNDA or their previous employment to purchase equipment to maintain quality of life. ie double electric bed.
- Adapt existing products to solve functional difficulties. ie suction grab rails that have been used to move panes of glass, can be used on flat bathroom tiles to maintain independence.

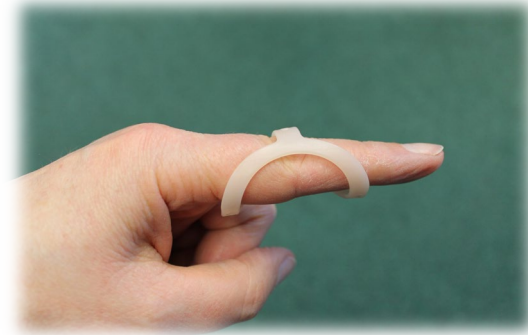
Equipment solutions

- Access/ lego ramps
- Handy bar for car
- Suction grab rails
- Adapted cutlery
- Raised toilet seat/Closomat/bio-bidet
- Bath Board/Bath lift



Equipment solutions

- Oval 8 splints
- One way straw with valve
- Riser/recliner armchair or cuddle chair
- Rented Stairlift
- Mobility Scooters/electric wheelchairs



Fatigue Management

- It is vital to consider fatigue management in all ADL.



- Stephen is physically able to walk upstairs but it is so exhausting, that he then has to sit down and recover.
- The OT may organise a stairlift (*rented or purchased*) to enable Stephen to conserve energy to improve quality of life.

Psychological aspect of wheelchairs

- Reluctant to use one as makes me look disabled.
- I mustn't give up walking— once I start using that, then there is no hope.
- Saves my energy – I use it to travel the longer distances, then I walk when I want to i.e. shopping centres, restaurant, castles.



Images provided by google

Hobbies & Holidays

- Consider equipment to take with them i.e. suction rails, folding toilet frame, folding scooter, mangar bath lift.
- Liaise with holiday company re requirements e.g. P&O Cruises.
- Assess hobbies i.e. card holder for bridge, ramp to access church.



Remember to...

- Refer plwMND early to professionals
- Build relationships with patients, families & other professionals
- Have equipment ready for plwMND rather than ordering when required, to prevent delays.
- Consider the psychological aspect – wheelchair - independence or “nail in coffin”
- Collecting equipment when no longer required is vitally important, in a timely manner.

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