

Roles

OT

Intervention plan, discusses plan w/ OTA, final responsibility for intervention planning and management, general intervention goal & major steps within it, chooses the overall intervention approach and methods

OTA

May provide information for the intervention plan, contributes decisions about which methods to employ, contributes to the plan as it is being developed by sharing observations of the client, making suggestions about what the person needs and is capable of, and suggesting intervention methods, assists with carrying out the plan

Theory and the OT Process

Theory can be helpful in understanding the client's situation.

The person with very poor hygiene and grooming at first glance seems to need some sort of intervention in ADL. The skilled OT practitioner will want to know why this person's ADL are so poor.

Questions they may ask:

Is it the result of dementia or part of a lifelong mental illness? Has there been a sudden and abrupt decompensation after a lifetime of normal functioning? Is substance use involved? Is the person unconsciously using this behavior to avoid a situation that feels psychologically overwhelming?

Each question suggests a different theoretical model, and each model in turn suggests a line of inquiry and a focus of evaluation and intervention

The therapist will be conversant with several models appropriate to the setting and the population.

When meeting the client or reviewing the medical record

The therapist can rapidly formulate hypotheses and sort and discard potential courses of action before determining where to start

As the process continues

The therapist may change course, using a model that better fits this new understanding of the person

Intervention Planning in Psychiatry

Psychiatric interventions are different from physical interventions in that there is little understanding of the root cause and therefore it is unclear what goals should be.

Goals may include: self-care, other IADLs, work, education, leisure, and social interaction activities.

Clinical Reasoning

Asking the Right Questions

Clinical reasoning is a complex cognitive and affective process, a process for analysis using thinking and feelings

The therapist must consider and select theories and methods that best apply to the situation

What is the person's status?

The therapist considers the person's engagement in occupation, his or her performance skills and performance skills and performance patterns, the contexts in which the occupations occur, and any pertinent client factors that may be obstacles or supports

The therapist manages and coordinates data gathering and evaluation to create an occupational profile and obtain information to answer questions about the client's occupational performance

What are the available options?