

## **Occupational Therapy Patient Story**

### **Presentation:**

Mr L is a 65 year old with Cardiac & Vascular problems who attended a GP appointment at the surgery on 14/02/17.

He is well known to the GP, who was concerned he had deteriorated physically & was attending surgery more regularly (4 times within a month)

Therefore a referral was made via EMIS to Occupational Therapist (OT).

### **Assessment:**

Mr L was assessed within his own home 15/02/17:

Assessment of function and performance (including activities of daily living; occupational roles; social and psychological considerations; cognition; mental capacity; fear of falling and confidence levels) was undertaken.

#### Difficulties identified:

- Fatigue resulting in reduced functional ability and he was relying on his wife to assist with all personal & domestic activities of daily living.
- Reported he was “falling to sleep during his meals, well most of the day & night” & as a consequence was high risk of falls.

### **Interventions included:**

- Analysing levels of activity - Mr L kept a fatigue diary and worked on adjusting his sleep pattern
- Energy Conservation Strategies re planning / pacing activities to support functional independence
- Identifying negative thinking styles and devising strategies to address anxiety management by setting small achievable goals and confidence building
- Home hazards assessment and minor assistive equipment provision to reduce risk of falls & enable easier completion of functional tasks

### **Number of Contacts:**

3 community visits by O.T

### **Occupational Outcomes:**

- By the 3<sup>rd</sup> week Mr L reported he had returned to full functional independence.
- Reportedly reduced strain on his wife
- Referral onto local leisure centre to participate in exercise program.
- Had not fallen & reported reduced fear of falling.
- Increased levels of physical activity & is planning a short-break in their campervan.
- Has attended GP surgery once since Occupational Therapy input.