

Occupational Therapy Patient Story

Presentation:

32 year old woman referred to Occupational Therapy by her GP.

She had recently undergone an umbilical hernia repair and as post surgery pre caution had been advised not to lift anything heavy.

The advice was complicated by the fact that she had two children, aged one and two years old. She has experienced post-natal depression following the birth of the last child.

Assessment:

The operation had left her feeling anxious about being able to cope as she contemplated how she will manage once her husband returned to work, having been available to assist her for a short period of time. There were several weeks of non-lifting remaining.

She felt that she was not coping with her roles as a mother and a wife/partner. She has experienced a lot of negative thinking. She was frustrated at her situation being compared to recovering after a caesarean section, as her children are older, bigger and more active.

Interventions included:

- Identifying negative thinking styles and devising strategies to combat using a motivational interviewing technique
- Identifying key daily activities and devising strategies re planning to support functional independence i.e. including taking control of situations where lifting would ordinarily be required before they happen
- Exploring social network for sources of assistance and support

Occupational Outcomes:

- Increased ability to plan the day/week and problem solve
- More time and energy for younger son.
- Beginning to alter pattern in thinking – able to reason when getting negative thoughts
- Viewing the one year olds development as a positive rather than negative, i.e. he can crawl, he can climb, he can stand with support
- Considering tasks that can be completed at floor level
- Exploring assistive equipment options which may assist with transfers
- Improved resilience