

Measuring Occupational Therapy effectiveness using the Model of Creative Ability

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Introduction

- Occupational therapy service evaluation
- Covered entire adult mental health
- Aim: to assess effectiveness of our service, reinforce benefits of using outcomes and provide evidence base for the Model of Creative Ability (MoCA)



Literature review

- The importance of routine outcome measurement in mental healthcare is being increasingly recognized in several countries, most comprehensively in Australia and New Zealand (Eager *et al* 2005; Australian and New Zealand Journal of Psychiatry)
- In today's health care system, the demand for quality assurance and accountability makes it critical to link a theoretical model to practice in order to provide clinicians with a foundation from which to guide occupational therapy (Donnelly *et al* 2002; The Canadian Journal of Occupational Therapy).



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- Occupational therapists appear to have difficulty in specifying goals and measuring the effect of interventions. (Bowman and Llewellyn 2002; Occupational Therapy International)
- It has been suggested that few occupational therapists measure clinical outcomes because they struggle to articulate clearly their goals and interventions (Bowman and Llewellyn; 2002).
- There is a tension between the push to provide evidence for current practice and the long term need for high quality research base for the allied health professions. (Bannigan *et al* 2007; British Journal of Occupational Therapy)



Method

Occupational therapists in the adult mental health units in the trust used the Global Assessment of Functioning (GAF), the Canadian Occupational Performance Measure (COPM) and the MoCA to evaluate their clients before and after any new therapy.

Training was provided to Occupational Therapists (50) in the use of the above outcome measures



Results

- Total received: 109 from 20 therapists
- Gender Male: 56 (50.5%)
 Female: 53 (47.7%)
- CPA Standard: 48
 Enhanced: 61



Response by unit type

- Inpatient – 23
- Community – 50
- Rehab – 11
- Home Treatment – 4
- Assessment Unit – 13
- Forensic – 7
- Missing – 1



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Results – correlation between measures

- The correlation between the pre GAF score and pre MoCA score was *highly significant*
- The correlation between the post GAF score and post MoCA score was *highly significant*
- The correlation between the GAF difference and MoCA difference was *highly significant*
- No correlation was observed between the COPM and the other two measures



Correlations continued...

- It had not been possible to use COPM (n=53) in most units except community

Possible reasons:

- Therapists reported that clients' lack of insight (clinical presentation) as barrier to engagement
- Unavailability of a carer in the above situation
- Unplanned discharges
- Clients reported to be unwilling to participate in the assessment



Conclusion

- The results provide promising evidence that therapies offered by Occupational Therapists are effective in supporting clients' recovery
- MoCA is highly correlated with the GAF. This provides a strong evidence base for Occupational Therapists to confidently use the MoCA as an outcome measure within mental health services.
- COPM does not prove to be a practical measure to be used within all units mental health in the trust and may need more research in its usage in Mental Health OT in other trusts.
However, it is an excellent tool in terms of its validity and reliability and has scope to be used within community mental health units. Its strength being allowing the service user to be involved in planning and directing their recovery.



Where do we go from here?

- The service evaluation has proven that specific occupational therapy measures such as the Model of Creative Ability Assessment can be useful for evaluating the effectiveness of therapies offered in mental health
- Further research, with a larger sample size will enrich the evidence base for the MoCA. Hopefully this study is the first of many!
- The study now awaits publication and provided scope for further research

