Development of an Occupation-Based Guidebook for Hand Therapy Practice

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The Occupational-Based Hand Therapy Guidebook was used to guide treatment for the following patients:

Case Narrative One: Tendon transfer (EIP to EPL)

Case Narrative Two: Flexor Pollicis Longus Repair

Case Narrative Three: Flexor Digitorum Profundus Repairs

Theoretical Foundation

Theories used to guide both therapy interventions and to develop the Occupation-Based Hand Therapy Guidebook:

Canadian Model of Occupational Performance and Engagement

The CMOP-E considers each client’s unique perspective regarding his or her own occupational engagement (Wong & Fisher, 2015). Occupational engagement is the desired outcome, which is achieved through interaction among the three components of the person, occupation, and environment (Robinson, Brown, & O’Brien, 2016; Wong & Fisher, 2015). The CMOP-E encourages the use of occupation-based methods and client-centered treatment through a partnership between the client and therapist (Robinson et al., 2016). The assessment associated with this model is the Canadian Occupational Performance Measure (COPM) (Law et al., 1990).

Biomechanical Frame of Reference

A biomechanical approach considers the biomechanical and physiological principles of range of motion, strength, and endurance (Fabrizio & Rafols, 2014). Hand therapy is rooted in the biomechanical frame of reference as many of the techniques used in this setting are focused on body structure and function (Colaianni & Provident, 2010).

Advanced clinical practice

- Patient care, online education courses, & one-on-one mentoring  
- Flexor tendon injuries  
- Manual therapy techniques  
- Physical agent modalities  
- Fabrication of custom orthoses

Occupation-based approach to assessment and interventions

- Assessments (COPM)
  - Simulation of ADLs & work tasks, preparatory activities, & compensatory strategies

- Patient education handouts

Development of the Occupation-Based Hand Therapy Guidebook

- Section 1: Resources  
  - Hand therapy resource list
  - CPT codes
  - Documentation examples

- Section 2: Evaluation
  - Evaluation methods
  - Documentation template for COPM

- Section 3: Intervention
  - Biomechanical intervention methods
  - Occupation-based interventions

- Section 4: Case Narratives
  - Section 5: Patient Education Handouts
  - Managing Arthritis in the Hands
  - Activity participation during orthosis wear or activity restrictions for patients with distal radius fracture, tendon transfer, nerve repair, and flexor tendon injury

Implications for Practice

- The CMOP-E can be used to guide an effective, occupation-based approach to hand therapy.
- The COPM is an effective tool for measuring changes in functional status and establishing creating client-centered goals.
- Use of occupation during intervention encourages the client to be engaged and take an active role in rehabilitation.
- Occupational therapists working in a hand therapy setting can influence the state of evidence by documenting details of how occupation is utilized during treatment and the effectiveness of occupation-based approaches.

References