

0028

Use of the Patient Specific Outcome Measure as a Client Centred Evaluation of Occupational Therapy Rehabilitation

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Background: With increasing demands on healthcare resources, occupational therapists must demonstrate the effectiveness of their interventions. Outcome measurement tools provide an objective method of evaluating change in patient function. The Occupational Therapy department at Donvale Rehabilitation Hospital, Ramsay Healthcare, considered a range of outcome measure options and trialled the Patient Specific Outcome Measure (Stratford et al, 1995) to evaluate occupational therapy interventions. **Method:** An evidence based approach was used to source and trial a variety of potential outcome measurement tools. The Patient Specific Outcome Measure was selected as the most suitable because it is an efficient, client-centred tool that measures improvements on occupational performance goals and is readily applicable to a rehabilitation setting. The data collected from patients seen in a three year period (n=3540) included pre and post self rated patient generated goals (and change score), classification of goals into occupational performance areas and breakdown of data into clinical programs, inpatient and outpatient streams. **Findings:** Most occupational performance goals set by patients were in the areas of personal, domestic and community activities of daily living. There was a high percentage of patients with a significant change in their performance score over the three years of data collection. Benefits of the Patient Specific Outcome Measure included: patients are able to generate their own goals and track functional improvements; therapists are able to focus treatment plans on meaningful patient generated goals; organisations have the opportunity to benchmark outcomes to improve service delivery; and departmental managers are able to analyse trended data that demonstrates effectiveness of therapy interventions. **Conclusions:** Donvale Rehabilitation Hospital Occupational Therapists have used an evidence-based approach to incorporate an efficient and client-centred outcome measure into daily practice. The tool has been used to collect data over a three year period, which has demonstrated significant change in patient achievement of occupational performance goals.