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Workshop; Living and Working with Oxygen function!

- OT use of new technology to optimize

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Background; Increasing numbers of younger, working people with chronic, complex conditions such as Interstitial Lung Diseases and severe Obesity need to return to living as normal a life as possible with resulting Respiratory dysfunction often supported by Home Oxygen. Occupational Therapy use of Energy Conservation can optimize their performance of personal care, care of children and household activities as well as driving, travelling by train/plane and at work, with Portable and Stationary Oxygen Concentrators.

Aim; To demonstrate, using the biofeedback evidence of pulse oximetry, the assessment of patients with severely limited activity and mobility tolerance from Respiratory dysfunction as well as the functional benefit from Supplementary Oxygen and Energy Conservation

Method; Case studies will describe Occupational Therapy use of biofeedback during functional assessment and for guiding interventions using Energy Conservation techniques and equipment for Task Optimisation of ADLS and functional mobility, often with Home Oxygen. Work Simplification principles for overall management of Life Roles, using phone and computer technology, will also be discussed.

Company Representatives will demonstrate the technology and encourage "hands on" practice in operating Pulse Oximeters with ear sensor and new Portable Oxygen Concentrators, with OT comment on functional benefit and limitations.

Results; Accurate assessment of de-saturation during performance of functional mobility, driving and ADL at work and home and improved saturation using Energy Conservation provides quantitative evidence for Energy Conservation interventions by OT.

Conclusion; Occupational Therapy should appropriate technology to facilitate assessment and interventions that enable successful functional achievement by patients in their Life Roles.

Learning Outcomes; This Workshop provides;

1. Initiate and practice use of Pulse Oximetry for biofeedback to assess Respiratory function
2. Apply the Energy Diamond diagram for patient education in Energy Conservation.
3. Utilisation of Supplementary Oxygen from portable/stationary Oxygen Concentrators to support functional exertion