

Vision Rehabilitation Impacting Return to Occupation After Post-Concussion Syndrome

Joe Kardine, MS, OTR/L

Thomas Jefferson University Hospital, Jefferson Rehabilitation

Synopsis

Vision rehabilitation is an emerging use of efficient occupation-based intervention in occupational therapy for vision impairment after concussion. Public awareness of untreated concussions has led to more patients seeking treatment for symptom remediation. Efficient interpretations of comprehensive vision evaluations followed by incorporation of vision therapy to treatment improve performance outcomes, increase patient quality of life and ensure compliance of intervention.

Assessment Outcomes

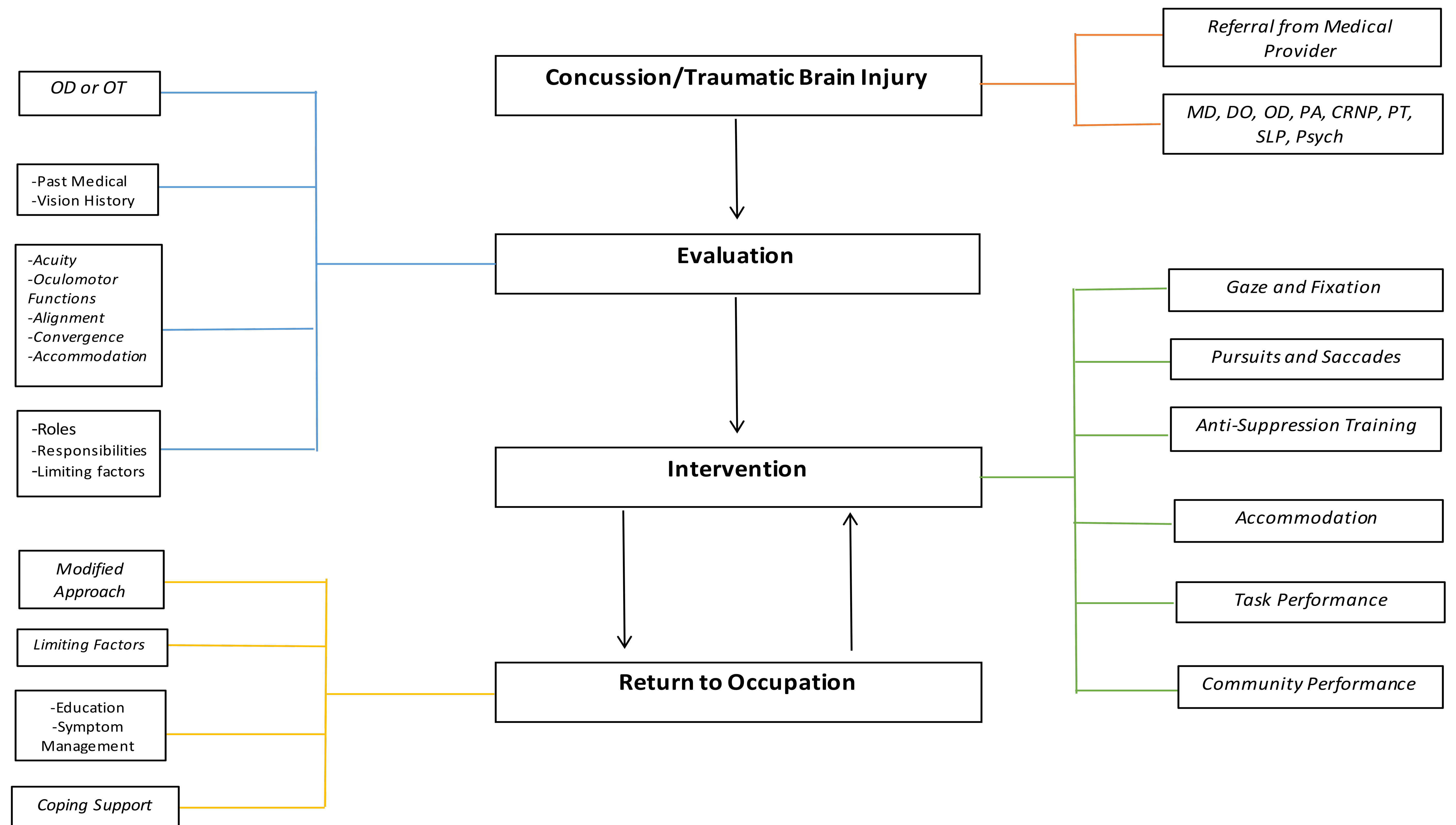
A complex array of assessments should be utilized to measure limitations and interpret all patient challenges affected by the injury. Below are current pre/post assessment values in our clinic.

- **Canadian Occupational Performance Measure (COPM)**
Average **Pre 1.49/1.31** Performance/Satisfaction
Average **Post 9.60/9.64** Performance/Satisfaction
- **Cohen Stress Scale**
Average **Pre 25 High**
Average **Post 11 Average**
- **Convergence Insufficiency Symptom Survey (>16 symptomatic)**
Average **Pre 30**
Average **Post 8**
- **Mayo-Portland Adaptability Inventory-4 (<30 Good)**
Average **Pre 44.06 Moderate**
Average **Post 11.96 Good**
- **Visit duration: Average of 4 sessions that are one time per week for one hour**

OT and Concussion

Occupational therapy is an integral part of a multi-disciplinary team for a patient suffering from concussion. Vision rehabilitation, often requiring education and training, is an important role for our profession to remediate symptoms of headaches, dizziness, nausea, cognition, endurance, and emotional stress. It is important that the multi-disciplinary team uses a client-centered approach so each individual is aware of the multi-factorial challenges a person may be experiencing. Return to occupation can and should be completed in many ways due to the uniqueness of each plan of care. Working together as a team with the patient/family and clinical professionals will influence a positive return to school, work, and/or play along with emotional support as needed.

Occupational Therapy Approach to Vision Impairment



Conclusion

"Any of these visual complications can manifest as significant barriers to completing simple tasks and activities of everyday living (Barnett and Singman 2015)." Occupational therapists have the ability to seek out and perform higher level skills of training and apply it with evaluation and intervention. Providing this care alongside multiple disciplines promotes evidence-based models of care and quality treatment. Our profession should continue to pursue more research for this field to warrant our expertise with this patient population.

References

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