

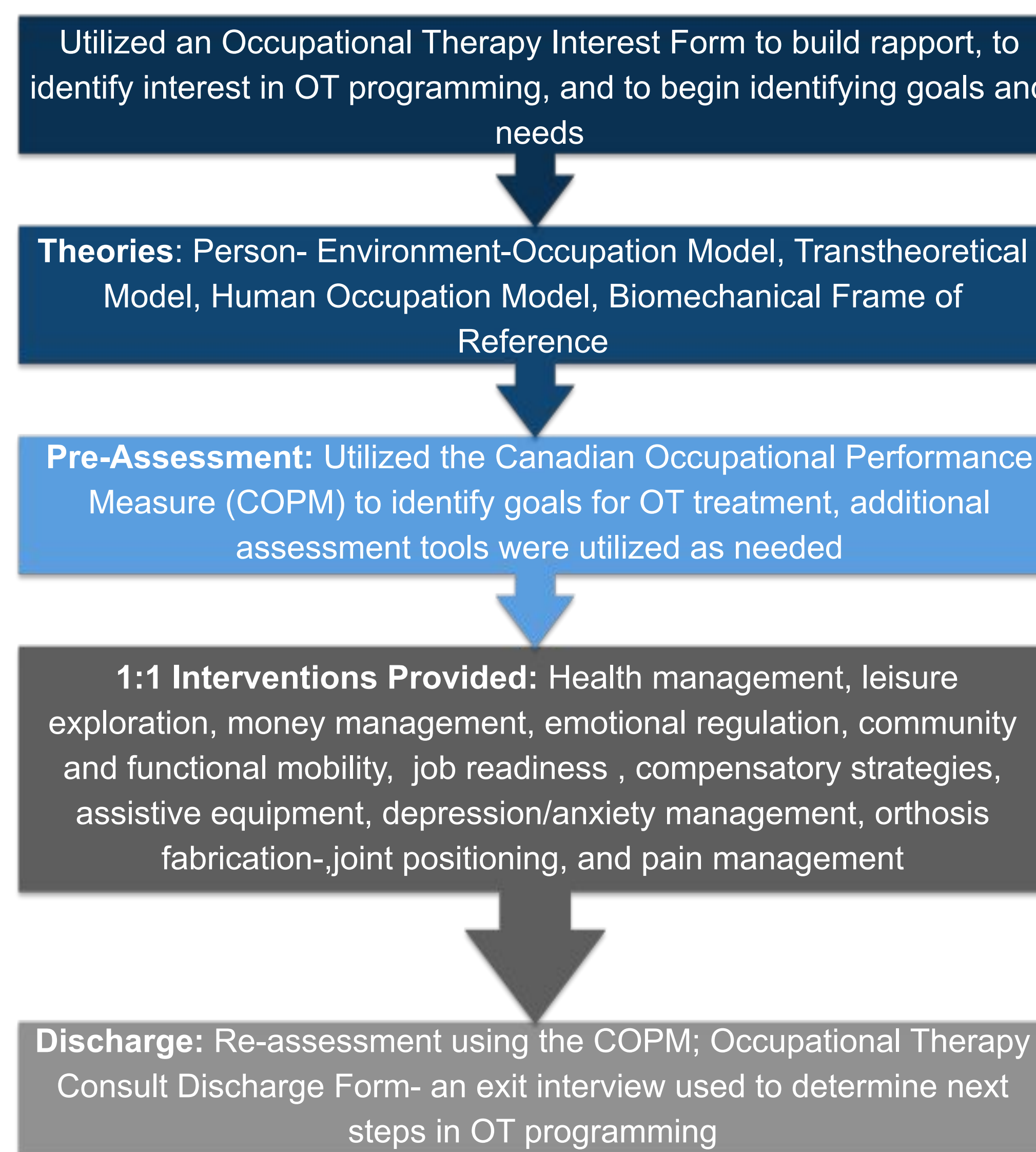
LEVEL II FW EDUCATION OPPORTUNITY:

OT students worked with a diverse population in a variety of living environments including permanent supportive housing, and safe havens.

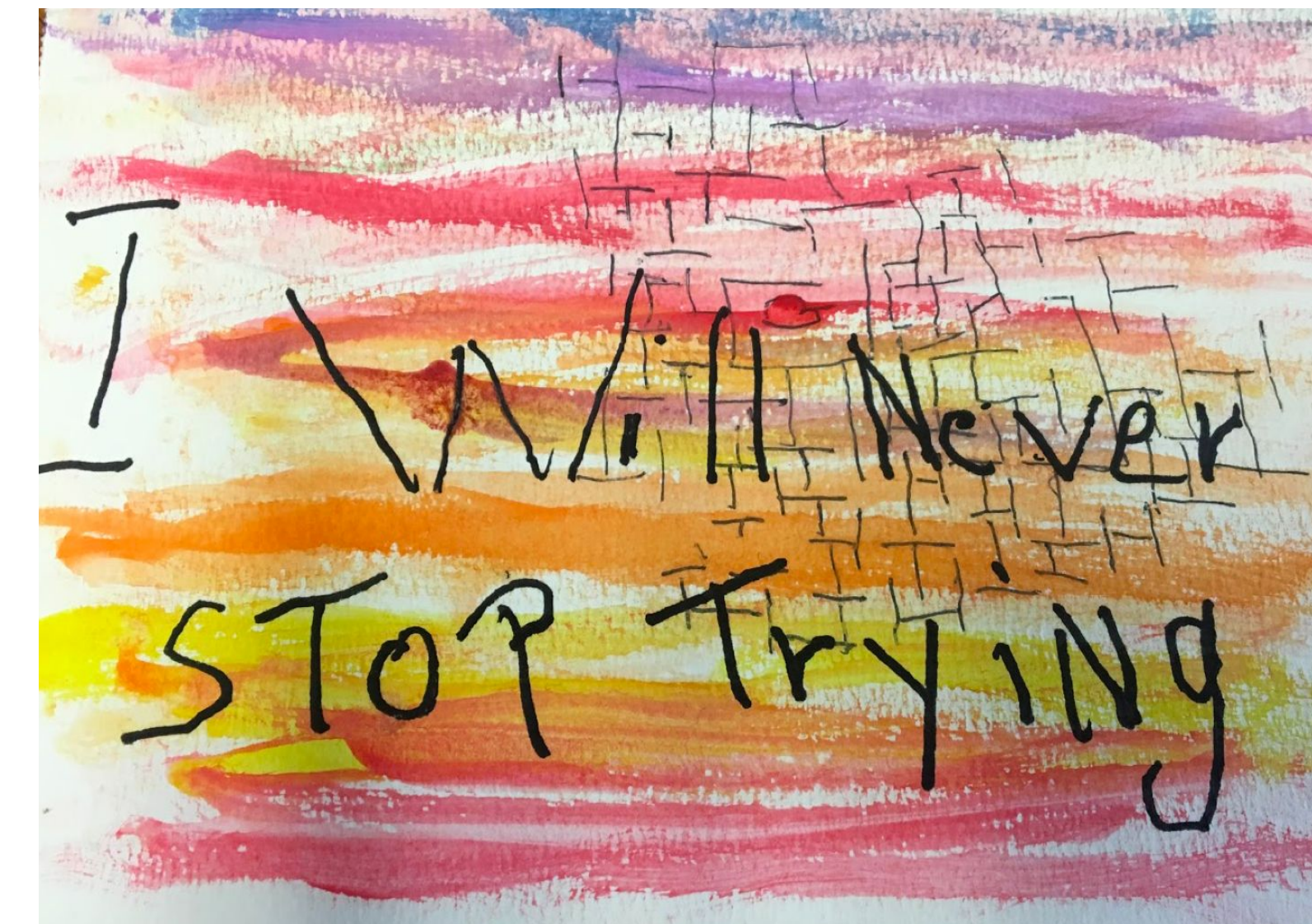
Primary Diagnoses

Primary Mental Health Diagnoses	Schizophrenia Bipolar Disorder Clinical Depression	Generalized Anxiety Disorder Substance Use Disorder Post Traumatic Stress Disorder	Personality Disorder NOS Schizoaffective Disorder
Other Conditions Related to Interventions	Diabetes Joint Replacement Trigger Finger	Stroke and TBI Low Vision Carpal Tunnel	Parkinson's Chronic Pain Congestive Heart Failure

OT Process for 1:1 Interventions



NON-PROFIT ORGANIZATION AND UNIVERSITY COLLABORATIVE



“Project HOME is a Philadelphia non-profit organization empowering individuals to break the cycle of poverty and homelessness through affordable housing, employment, health care and education” (Project HOME, 2019).

Non-profit community based permanent supportive housing organization in Philadelphia that assists individuals with a history of chronic homelessness and serious mental health illness (SMI).

The organization provides services including case management, nursing, and peer support to promote transition to permanent housing at the support level best suited for each participant.

DOCTORAL EXPERIENTIAL

- Consulting in adaptive equipment education and training, and self-advocacy for work related experiences.
- 1:1 interventions with families, young adults and children including money management, sleep routines, child rearing, coping mechanisms, finance management, time management, healthy eating and stress management.
- Observing and assisting the community outreach team on multiple projects including providing resources to individuals without shelter, and those living with opioid addiction.
- Consulting with the social enterprise team to promote resident safety and increase productivity.

DOCTORAL CAPSTONE PROJECTS IMPLEMENTED

OLDER ADULTS AGING IN PLACE:

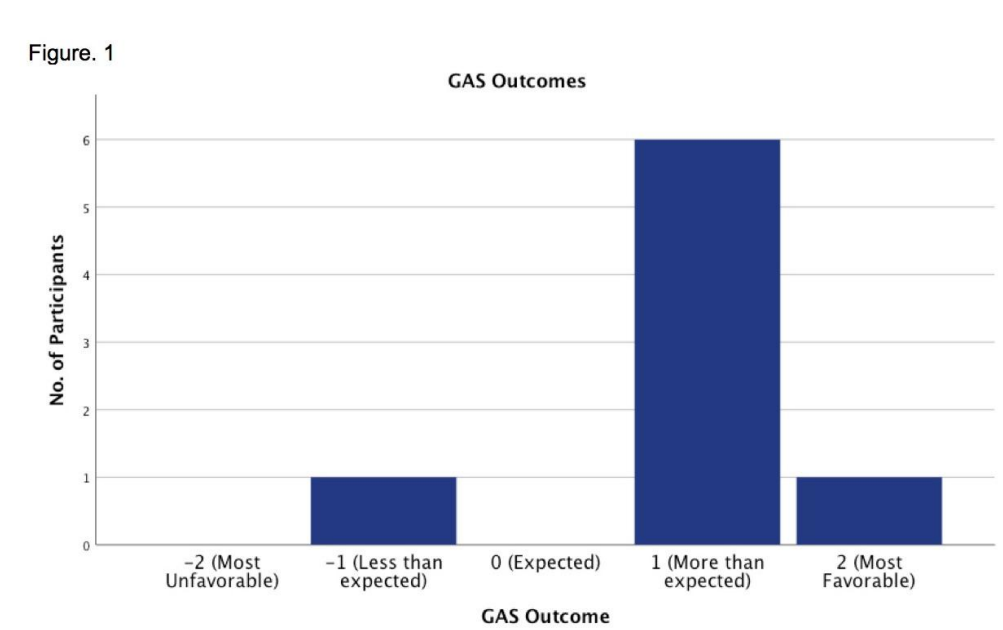
- Six one-hour falls prevention education and training groups with n= 7 older adults (55+) with SMI and previous homelessness focusing on factors precipitating falls and fear of falling (FOF)^{2,5,7,14,15,16}
- Outcome measurement tool: Fear of falling efficacy scale-international (FES-I)⁶
- Results:
 - FES-I pre and post test scores demonstrated there were participants (n=3) that had a decrease in FOF, participants (n=1) that had no change in FOF, and participants (n=3) that had an increase in FOF.
 - Cut-off scores indicate 86% (n=6) of participants had no change in their FOF and 14% (n=1) had decreased FOF (from high concern to moderate concern).
 - A Wilcoxon signed-rank test showed that there was no statistically significant change in FOF comparing pre and post-FES-I overall scores (Z= -.210, p = 0.833) and itemized scores with improved median FES-I scores of 39 pre to 29 post.
- Discussion: Although data demonstrated statistically insignificant findings post programming, it is hypothesized that participants' FOF remained the same or increased possibly due to heightened awareness of fall-risk factors discussed in weekly programming.

ADULTS RETURNING TO WORK/VOLUNTEER PURSUITS:

- Purpose: For participants to demonstrate basic activities of daily living in order to maintain or return to a work/ volunteer position for adults with SMI n=8 adults ages 33-70 years old
- Programing included 8 one-hour weekly consecutive groups focused on the 6 areas of the outcome tool
- Outcome measurement tool: Worker Role Interview (WRI)⁹ Version 10.0- Format II; highlights the following areas: values, routines, interests, habits, personal causation, environment.
- Results: Quantitative data currently being analyzed: Results currently trending towards statistical significance
Participant qualitative feedback: I learned...
“to sleep healthy... have healthy habits... keep a schedule... set positive goals”
“the motivational mirror was helpful-I like to look at positive things before I look in mirror”

YOUNG ADULTS AND EMPLOYMENT/EDUCATION RELATED GOALS:

- Group-based education program for 8 young adults (aged 21-24), focused on IADL development, to reduce perceived stress and promote progress towards employment/education related goals^{4,12,17}.
- 8 sessions focused on: time management, finance management, stress management, communication skills and anger management^{4,12,17}.
- Outcome measurement tools: Perceived Stress Scale (PSS-10) and Goal Attainment Scaling (GAS)^{8,18}.
- Results:
 - 7/8 participants demonstrated a positive change in PSS-10 scores, with only one participant reporting an increase in perceived stress levels following implementation of the group protocol.
 - A Wilcoxon signed-rank test demonstrated no statistically significant change in participants' PSS-10 scores from pretest to posttest, a trend towards significance was noted (Z=-1.689, p=0.091).
 - GAS outcomes can be seen in Fig. 1 where all participants reported positive progress towards goals, with n=7 surpassing the expected outcome established prior to group implementation.
- Discussion: While data was not shown to be statistically significant, clinical interpretation suggests that the group protocol positively impacted participants' perceived stress levels and progress towards employment/education related goals. Further research with a larger sample size is recommended in order to better understand the transferability of results.



Assessment Tools		Group Themes	Examples of groups
Assessment Tool	Outcomes		
Canadian Occupational Performance Measure (COPM)	<ul style="list-style-type: none"> • Majority of participants reported increased occupational performance and satisfaction post-intervention • Average self-reported satisfaction scores showed clinically significant increase 	<ul style="list-style-type: none"> • Physical and Emotional Wellness • Pain management • Leisure Exploration • Sleep hygiene • Relaxation strategies • Tenancy in preparation for housing placement • Community Engagement and Mobility • Meal preparation • Social Participation • Budgeting and Financial Management 	<ul style="list-style-type: none"> • “Team Building: Let us Build a Ping Pong Table” • “All Gain, No Pain: Pain Management Techniques” • “On Your Butt Bingo” • “Don’t Worry, Be Sleepy: Worry Journaling for Better Sleep” • “Shine a light on Dark Times” • “Price is Right: Money Management” • “Tenancy Jeopardy” • “Smells Like Home” • “Tastes Like Home” • “Grocery Circular: Hunting for Bargains”
Pain Outcomes Questionnaire	<ul style="list-style-type: none"> • Pain intensity, negative affect related to pain, and total impact of pain were decreased for all participants given this assessment • Pain intensity saw the greatest reductions following OT interventions. 		
Additional Assessments - Used on an as-needed basis	<ul style="list-style-type: none"> • Beck’s Anxiety Scale • Bells Test • Berg Balance Scale • Dynamometer • Leisure Satisfaction Measure • Manual Muscle Testing • Montreal Cognitive Assessment (MOCA) • Occupational Interest Form • Pinch Gauge • Quality of Life Scale • Self Efficacy • Timed-Up and Go • University of Rhode Island Change Assessment Scale (URICA) • Visual screen 	<p>“OT Assisted me to...”</p> <ul style="list-style-type: none"> • Improve my communication skills • Promote social interaction with fellow residents • Have healthier sleep habits • Find a healthy balance in my life • Create a better relationship with food • Strengthen my knowledge of living with my health condition • Build my confidence • Express my feelings in a safer and healthier way • Understand and manage my medications • Improve my organizational skills • Prepare me for my new home • Get out into the city more using public transportation 	

