Initiating Self-Management through Occupational Lifestyle Redesign for People with Chronic Illness

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The biggest challenge for People with Chronic illness

Stroke, Parkinsonism, cognitive decline, chronic pain, arthritis, orthopedic conditions, common mental disorders, depression, psychosis, etc

Adaptation

Live positively with chronic symptoms
Learn ways to live a successful life
The Three Key Questions

Who Need Help in Adaption?

What interventions are needed?

What is the right time of intervention?
Prototypical trajectories of disruption in normal functioning during the 2-year period following a loss or potential trauma

Disruption of Normal Functioning

Event

Mild

Moderate

Severe

1 Year

2 Year

Rapid Adaptation

Chronic Dysfunction

Gradual Adaptation

Mal-adaption

Rapid Adaptation

Chronic Dysfunction

Gradual Adaptation

Mal-adaption

What the hospital is doing to promote self management / adaptation?

• Screening and medical intervention & monitoring
• Provide knowledge - patient / carer education programs
• Referral of patient to NGO for community services – through partnership with NGO
  – Psycho-education program – enhance gaining of knowledge, learning of skills and forming correct attitude
  – Psycho-social support

• There may not be sufficient service to meet those who are mal-adaptive or chronic dysfunction.
Occupational Therapy for People with Chronic illnesses and functional limitations

• Conventional Occupational Therapy
  – Splints, pressure garment, and hand functional training to restore basic functions
  – ADL, domestic, social and community living skill training to promote successful living
  – Use of daily activity assistive devices to compensate lost function
  – Psycho-educational program to promote knowledge & attitude in everyday life living
  – Environmental / home adaption to ensure safe & convenient living at home and work
  – Occupational rehabilitation, retraining and resettlement to enhance employability

• Recent development in Occupational Therapy
  – Occupational lifestyle redesign programs
    • Promote acceptance and adaptation of chronic illnesses and functional limitations
    • Development of successful and happiness inducing lifestyle in family, leisure, social and work
Occupational lifestyle redesign programs
「生活重整課程」

• Designed and developed by occupational therapists in HA hospitals in 2006.
• Target: Patient with chronic illness or functional limitations and are experiencing occupational lifestyle dysfunction, resulting in distressing living
• Integrate theories and techniques in Occupational Therapy & Life Coaching
• Guide & coach patient to establish a successful & happiness inducing lifestyle that is compatible to their functional limitations.
• Delivered in a mix of individual or group sessions in a period of 3-6 months.
Indoor Sessions

Action planning and implementation
Do something that induce happiness and meanings within own functional capacity and personal resources
Learn and practice adaptive strategies and skills
Indoor sessions

Share & celebrate successes
Learn in relaxing and happiness inducing environment
Outing: Ferry to Cheng Chau
Practice adaptive strategies in real life environment
Outing: BBQ

Plan and enjoy leisure activities within own functional limitation
Regain confidence after successful participation
Outing: Visit a museum
Personal functional and psychological breakthrough
Graduation Ceremony
2008
Graduation Ceremony
2009
Graduation Ceremony
2010
Graduation Ceremony
2011
What are the benefits of Occupational lifestyle redesign?
Specific sequence of changes

• Positivity coaching
  – Induce +ve change in leisure life
  – Overcome depressive mood
  – Broaden the view and promote acceptance

• Relationship coaching
  – Induce +ve change in social life
  – Repair reversible social relationship
  – Rebuild social support network

• Wellness coaching
  – Induce +ve control of symptoms & health

• Life coaching
  – Induce +ve change in home-making & work life
  – Finding new role in family life
  – RTW coaching
Underlining Principles of Occupational lifestyle redesign programs

• Acceptance and Adaptation
  – Acceptance
    • chronic nature of symptom and dysfunction
  – Adaptation
    • Learn, personal, & contextualize adaptive strategies and skills in different life domains

• Approach
  – Activity based intervention
    • Making change in attitude, skills, habit through participate in everyday life activities
  – Change lifestyle
    • to induce further changes in emotion and thinking
Miracle Occupational Experiences generate the energy for change
The Miracle Experience

- Their changes were not evolved in a linear progressive manner, but in form of sudden “quantum change”,
  - starting with some small oscillating changes, accumulating sufficient “energy”, and suddenly making big change and transcend to a higher level of thinking & functioning in life, in a short period time, i.e. 1 to 3 weeks,

Electrons

The Nucleus which contains neutrons and protons
What is Miracle Occupational Experience?

• The experiences in successful completion of a single or a series of occupational activities that resulted in very intense positive experience

• The experience consist of 1 or more of the following 5 critical components,
  – induces strong intrinsic motivation & satisfaction
  – is challenging but achievable
  – requires self-directed implementation
  – allows learning new adaptive skills
  – provides strong positive emotional and cognitive feedbacks
The Hypothesis

• Successful completion of an occupational activities produce energy for change
• Each of the 5 components alone can produce high level of energy for change.
• Combination and resonance of energies induced by more than 1 features multiple to produce a large impulse of extremely intensive energy for change,
• acceptance and change in
Conclusion

Who Need Help in Adaption?

What interventions is needed?

What is the right time of intervention?
Who Need Help in Adaption?

Disruption of Normal Functioning

Chronic Dysfunction (10-30%)

Delayed Dysfunction (5-10%)

Recovery (15-35%)

Resilience (35-55%)

Event 1 Year 2 Year
Would OLSR help in adaptation?

Yes, through

- Guided participation in weekly action plan
- Successful implementation of activities that is happiness inducing or meaningful
- Increased in positive emotion
- Miracle occupational experience
  - Acceptance of chronic illness
  - Learning of adaptive strategies
What interventions are needed?

- **Chronic Dysfunction**
  - Group & individual Coaching: Occupational Lifestyle Redesign program

- **Delayed Dysfunction**
  - Psycho-education & Carer education

- **Recovery**
  - Conventional Occupational Therapy & Other rehab intervention

- **Resilience**
What is the right time of intervention?

Disruption of Normal Functioning

Event  1 Year  2 Year

Mild - Severe

Chronic 10-30%
Delayed 5-10%
Recovery 15-35%
Resilience 35-55%

Thanks