



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 926

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**Post title:** Occupational Therapist I, QEH, KCC

**Study on efficacy of occupational lifestyle redesign group intervention program on medium and long term life functioning and quality of life of stroke survivors with mild to moderate functional impairment**

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**Keywords:**

OLSR

Stroke

**Introduction**

The ultimate goal of stroke rehabilitation is to help stroke survivors to re-construct a successful, meaningful and happy life with their residual capacity and available resources. Occupational life reconstruction after stroke is essentially an adaptation process. In recent years, a new treatment program of occupational therapy is piloted to facilitate adaptation of stroke survivors. These programs are collectively called Occupational Lifestyle Re-design Program (OLSR) in occupational therapy. These programs assist patients to overcome practical, psychological and social barriers, and to re-gain skills and confidence in everyday life activities for the establishment of a successful and happiness inducing lifestyle. Many patients are able to regain a more successful and happy life after attending the program. In this study, a randomized controlled trial study was conducted recently to study the efficacy of the OLSR program on stroke survivors.

**Objectives**

The objective of this study is to study the efficacy of occupational lifestyle redesign group intervention program on medium and long term life functioning and quality of life of stroke survivors with mild to moderate functional impairment, who are not able to regain an optimal level of life functioning and quality of life at 3-months post-stroke.

**Methodology**

All patients discharged from stroke unit of QEH and plan to discharge home finally after rehabilitation are screened to be recruited if Life Function Assessment Scale (L-FAI) score lower than level 3 in one of the 4 domains, or current L-FAI score lower than the pre-morbid L-FAI score; and Life satisfaction scale score less than 20 out of 35, or general happiness scale score less than 10 out of 28. They are randomized into 3 groups (OLSR group, conventional therapy and control group). T-test is used to compare the outcome measures at 3 month post intervention.

**Result**

During 2010-2016, 1119 patients are screened. 674 patients are excluded, 333 patients meet the criteria but refused. 112 subjects are randomized in 3 groups (39

patients in OLSR group; 46 patients in exercise group and 27 subjects in control group). Raw scores in OLSR group showed improvement in Life Satisfactory Scale, General Happiness Scale, WHO-5 and L-FAI. Significant improvement in statistics showed in leisure domain of L-FAI in three groups. For OLSR group, significant improvement showed in IADL performance ( $p=0.048$ ), MoCA score ( $P=0.037$ ) and Home domain of L-FAI ( $p=0.000$ ). For the exercise group, significant improvement is showed in home domain in L-FAI ( $p=0.027$ ). For the control group, significant improvement is shown in Barthel Index ( $p=0.021$ ), IADL ( $p=0.012$ ), MoCA ( $p=0.011$ ) and WHO-5 ( $p=0.003$ ).