



Service Priorities and Programmes Electronic Presentations

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Evidence-based practice for Occupational Therapists with Demented clients

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Introduction

Dementia is a well-known and worldwide disease with high prevalence rate and increasing trend. Occupational Therapist has a definite-input into multi-disciplinary treatment for them with meaningful activities. In 1997, the Coordinating Committee in Occupational Therapy published the first Occupational Therapy Clinical Guideline for People with Dementia. To update and promote evidence-based practice, the Committee completed the third version in 2012.

Objectives

(1) to provide a quick guide on evidence-based and comprehensive services for Occupational Therapist; (2) to review the meaningful activities by up-to-date research studies and Hierarchy of evidence and recommendations grading scheme

Methodology

The guideline had been developed according to the state of clinical knowledge at the time of publication. Authors gathered all related journals and textbooks as many as possible. Then, all assessments and activities were screened by their importance and popularity among Occupational Therapists. To ensure the evidence-based practice, all treatments were further selected under the Hierarchy of evidence and recommendations grading scheme. The preliminary Clinical Practice Guideline (CPG) for Dementia was sent to 9 Psychogeriatric clinical units for internal assessment within Hospital Authority before external evaluation. 25 case study reports were collected from 10 Occupational Therapists with clinical experience range from 3-15 years. Based on the input, the development group made necessary modifications, and the revised version went through the external panel for endorsement with 2 Psychogeriatric physicians, 2 Geriatric physicians and 2 University professors with either nursing or psychology background.

Result

100 % therapists agreed that the CPG presented in concise and precise and helpful in choosing appropriate assessment tools. 90% therapists agreed that the CPG provided enough guidance in conducting assessment, prescribing treatment and helpful to young therapists in daily evidence-based practice. The confirmation of external panel further improved its objectiveness. The finalized CPG was published and uploaded to Hospital Authority website. The third version of Occupational Therapy Clinical Guideline for People with Dementia was effective in assisting Occupational Therapist to provide comprehensive services. It was highly recommended for junior therapists to have a good start of practice with demented clients.