ABSTRACT

During the residents’ stay in a long-term care (LTC) facility, the LTC environment impacts routines and meaningful occupations for the residents in a skilled nursing facility (SNF). The institutionalized structure within a SNF may perpetuate a lack of autonomy and stigma for residents with a serious mental illness (SMI) (Choi, Ransom, Wyllie, 2008; Tzouvazis, Papadopoulos & Randhawa, 2017).

According to Rafeedie, Metzler, & Lamb (2016), occupational therapy (OT) services in a SNF are limited to therapeutic exercises, therapeutic activities, and activities of daily living skills. OT practitioners are not focusing on interventions related to the mental health needs of residents.

Thus, OT practitioners are not operating within the full scope of OT practice. OT practitioners have an opportunity to redefine their role in the SNF to include mental health interventions. Utilizing evidence-based tools that consider the residents’ preferences and rigidity of the SNF environment may improve mental health care (Choi, Ransom, Wyllie, 2008).

METHODS AND MATERIALS

Workshop Description:
- 1.5 hour of lecture and discussion based presentation held at Cloverdale Healthcare Center and at Broadway Villa Post Acute.
- Attendees included OT practitioners, Certified Occupational Therapy Assistants (COTAs), Physical Therapists (PTs), Students, & other health practitioners.

The toolkit booklet consists of:
- Recovery Model Summary
- Case Study
- Approaches
  - Motivational Interviewing (MI)
- Assessments:
  - Canadian Occupational Performance Measure (COPM)
  - Modified Interest Checklists
- Interventions:
  - Wellness Recovery Action Plan (WRAP)
  - Goal Attainment Scale (GAS)
  - Motivation
  - Suggestion for Life Skill groups
- Online library of training resources
- Evidence Based

WORKSHOP OUTCOMES

Post-surveys results from attendees of the workshop:

- 8 out of the 8 attendees (OT practitioners, COTAs, PTs, etc.) answered they would recommend the workshop training session to other staff members in a SNF.
- 3 out of 3 OT practitioners and 1 out of 1 COTA will implement the toolkit to residents.

Approaches

Therapeutic use of MI are most likely to be implemented by OT practitioners

Assessments

Interest checklist is the most relevant assessment for OT practitioners

Interventions

Motivational Interviewing (MI) are most likely to be implemented by OT practitioners

ASSESSMENTS

Below is an assessment selected for the toolkit booklet in various grades; Interest Checklist

INTERVENTIONS

Below are samples of the interventions from the toolkit booklet. Please refer to the booklet for detailed information.

REFERENCES

