

O.T. INTERVENTION WITH ADULT RHEUMATOID ARTHRITIS PATIENTS.

presented by

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The aim of this study was to outline occupational therapy modalities for R.A. patients.

Considering our ultimate goal is to help patients regain the skills to achieve a maximal level of function in life tasks, treatment is initiated only after in-depth evaluation which would include patient's medical history and treatment ; upper extremity joint status (including range of motion, joint stability, muscle strength, manipulation skills with special emphasis to hand function), precursors to deformities, functional impairment and sensory evaluation.

Rehabilitative therapy for each phase of joint disease is symptomatic and preventive in nature and thus the treatment plan employs a comprehensive disease-specific and problem-orientated approach to the areas identified in the assessment.

However, in general, aims to be considered would be maintenance or increase in joint mobility, prevention of deformities with special emphasis on hand pathodynamics (through avoidance of motions in the direction of potential deformity and orthotic treatment), maintenance or increase of strength and endurance, maintenance or increase of skill in functional tasks, patient education regarding joint protection and energy conservation techniques, home assessments, surgical rehabilitation (if relevant) and psychological support to patient and carers.

The above treatment plan is developed within the context of the patient's life, environment and community resources.

Co-ordination of the total treatment plan and collaboration with other health professionals ensures comprehensive care for the patient with rheumatoid arthritis.

Is there anything you would like to tell us?
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