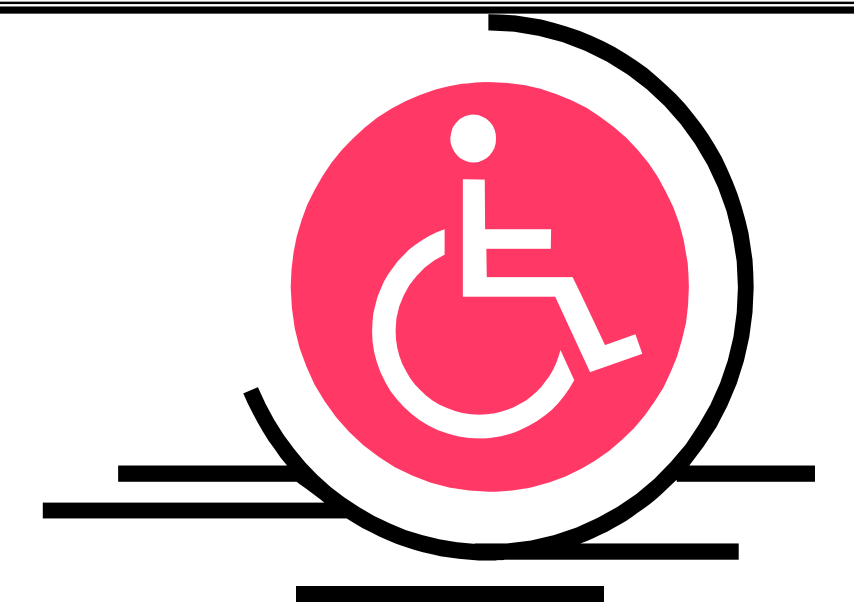




# Occupational performance concerns or deficits identified by COPM assessment of adults with Spinal Cord Injury

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## Background

•Spinal cord injury is defined as an acute, traumatic lesion of the spinal cord resulting in any degree of sensory or motor deficit or bladder or bowel dysfunction; the deficit could be temporary or permanent (Price, Makintubee, Herndon, & Istre, 1994). Spinal cord injuries are complex injuries with many associated complications. It is important to gain a better understanding of the factors associated with occupational performance and life satisfaction in persons with spinal cord injury.

•There are many causal factors associated with spinal cord injuries (SCIs) such as motor vehicle accidents and violence. We know very little about the long term impact of these injuries on adults. A few factors needing further examination are life satisfaction and occupational performance after a SCI.

•Difficulties in community reintegration may be reflected in occupational performance concerns or deficits identified by individuals with SCIs. Occupational performance can be defined as execution in the functional areas of self-care, productivity, and leisure (Pendleton & Schultz-Krohn, 2006). Life satisfaction is considered to be the subjective component of an individual's overall quality of life. (Burnett, 2006).

•Occupational performance and life satisfaction can be measured using tools including the Canadian Occupational Performance Measure (COPM). This measure helps identify activities of daily living that an individual rates as satisfactory to challenging.

## Study Design

**Study Design:** Case Series Analysis

**Objectives:** The purpose of this study is to identify occupational performance concerns or deficits identified by Canadian Occupational Performance Measure (COPM) assessment of adults with SCI. To gain a better understanding of the factors associated with occupational performance and life satisfaction in persons with spinal cord injury.

**Setting:** University of Wisconsin-Madison, Occupational Therapy Department

**Methods:** Three individuals with spinal cord injury (SCI) were interviewed using the Canadian Occupational Performance Measure (COPM) and the Reintegration to Normal Living Index (RNLI). Self-care, productivity and leisure problems identified by individuals with an SCI were described and their perceived level of performance and satisfaction was calculated.

## Case 1

-Mr. H is a 36 year old African-American male with C6/7 incomplete quadriplegia. The onset of his injury occurred 17 years ago due to a violence related incident. He currently lives in an apartment in an urban area. Mr. H has completed 4 or more years of college and is currently working part time.

*"They um finally like gave me a shower but she came in with this towel. It was a towel where it's like you stick your...it looked like a glove, you stick your hand in there and strap in on your hand...and she brought that in...I was able to like go bathe myself, that was so wonderful."*

## Case 2

-Mr. T is a 36 year old African-American Male with C6 quadriplegia. The onset of his injury occurred 17 years ago due to a violence related incident. He currently lives in an apartment in an urban area. Mr. T has completed 4 or more years of college and is currently working part time.

*"Personal care is very important...you know, you gotta have. If you can't do it you have to have someone there to help you. And um having companies up here that are you know willing to um hire people to help you is really a big deal."*

*"The more positive you are the happier you're going to be in life and the more you're going to be able to fight against you know what's happened."*

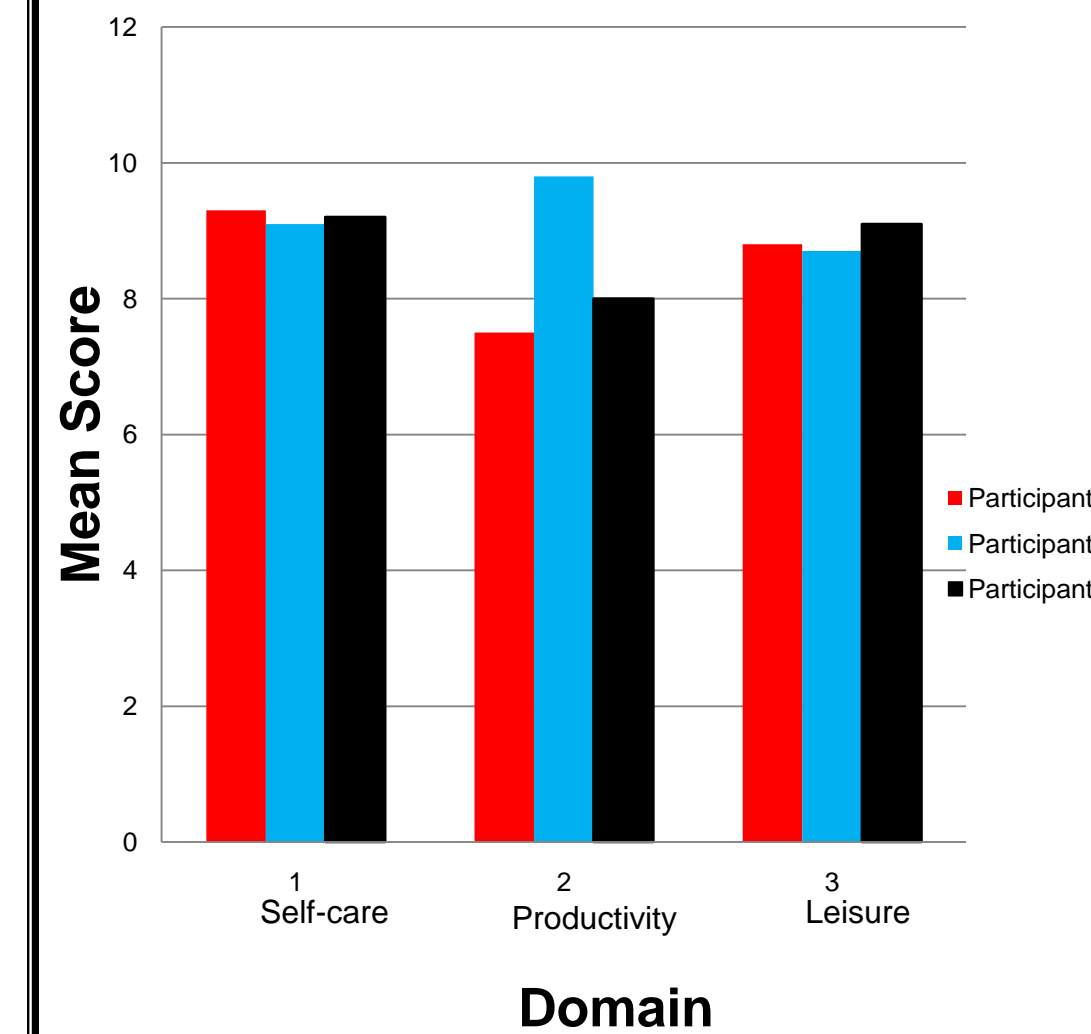
## Case 3

-Mrs. K is a 44 year old White female with T4/5 complete paraplegia. The onset of her injury occurred 8 years ago due to a recreation/sports related accident. She currently lives in a house in a suburban area. Mrs. K has completed 4 or more years of college including earning a masters degree in information technology.

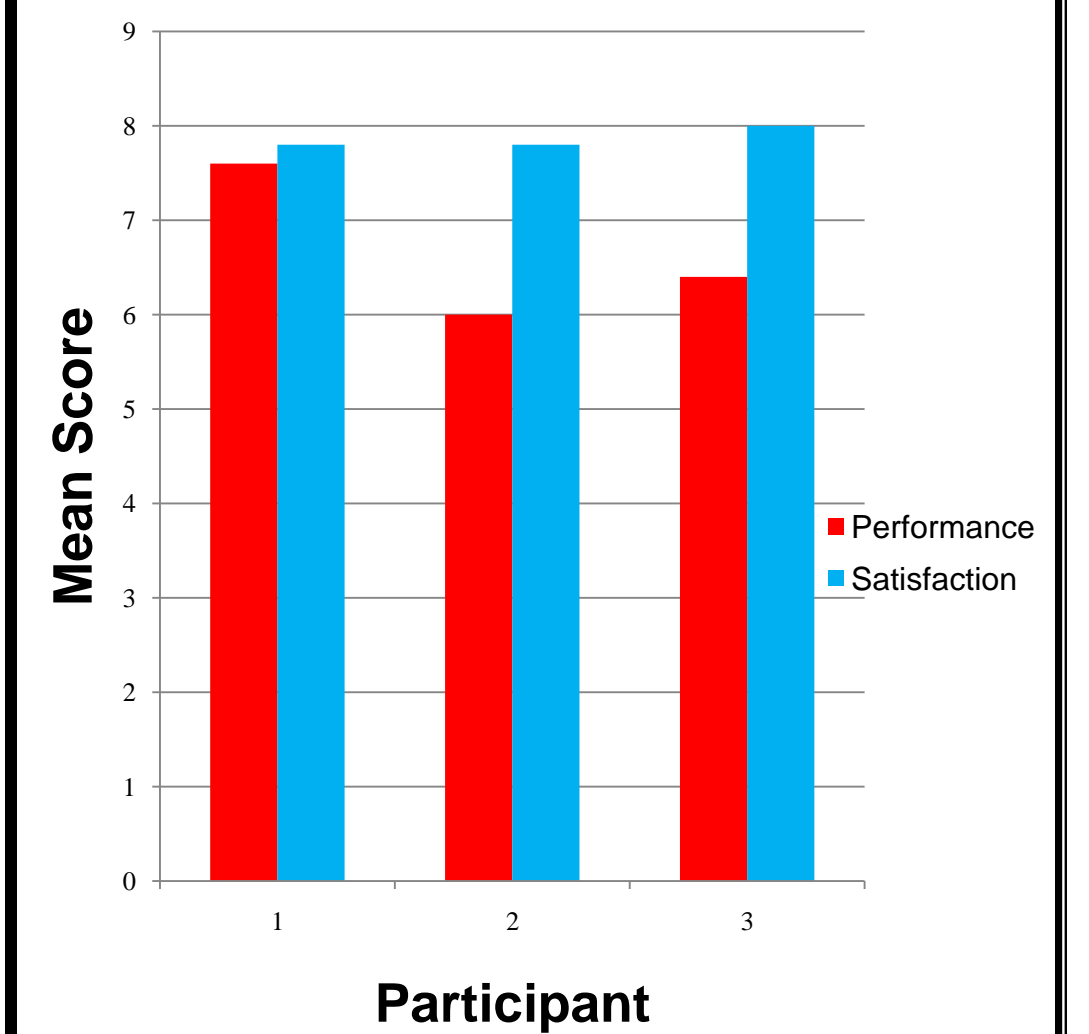
*"Another major problem about going out in the community is independent access to a public restroom. Many times there are no push buttons to open and close the door. Many times the 'handicap' restrooms are not big enough to fit a wheelchair and to close the door."*

## Results

Self-rated Importance by Domain



Self-rated Performance & Satisfaction



## Conclusions

•Participants repeatedly identified self-care as the most important domain, with an average rating of 9.2 on a ten point scale. The overall mean rating for leisure was 8.77. Productivity was the least frequently identified domain, with an average rating of 8.43.

•Participants rated their satisfaction higher than they rated their actual performance.

•Self-care goals were identified most frequently (47%) followed by productivity(33%) and leisure (20%) goals.

•The top three problems identified by individuals with a SCI were:  
1) community mobility/transportation  
2) self-care (including dressing, personal cares, showering, toileting, and cooking)  
3) active recreation activities

•The results highlight the importance of including a client-centered outcome measure in the assessment of individuals with a SCI. Initial support is provided for use of the COPM in individuals with a SCI.