



Promoting Occupational Engagement In An Inpatient Rehabilitation Setting



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Background

1

Social isolation is associated with cognitive decline amongst older adults (Cardona & Andrés, 2023). Occupational deprivation and social isolation are known issues for older adults in Irish institutional settings, particularly for older adults with a cognitive impairment (Morgan-Brown & Brangan, 2018).

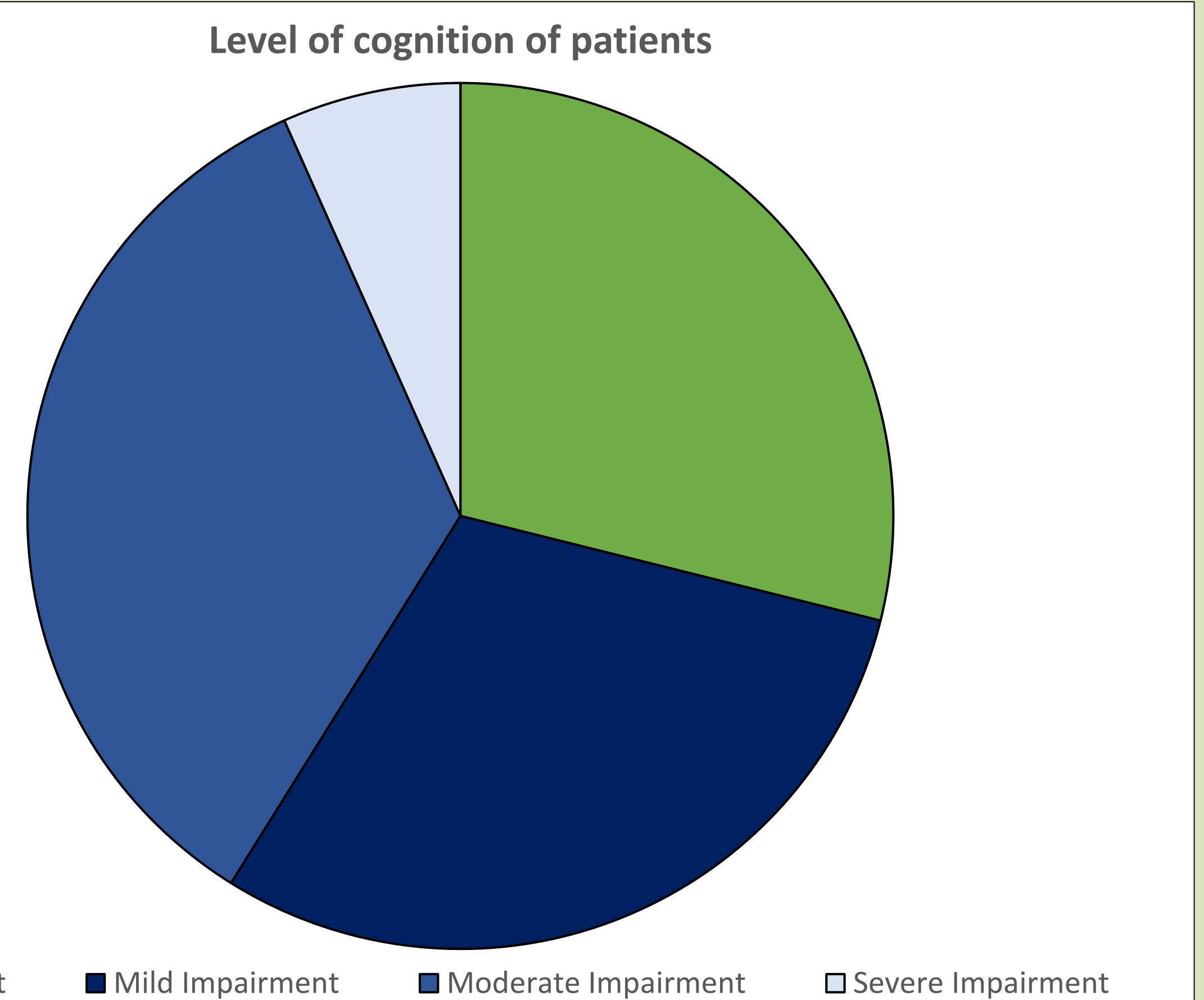
Patients who were deemed at risk of occupational and social deprivation were referred to occupational therapy students for the purpose of weekly occupational and social engagement. The Dementia Care Committee within Clontarf Hospital funded Dementia Carts which included a variety of games and activities to be used by patients. Sessions with the students were patient led and included social interactions as well as engagement in a variety of activities from the Dementia Carts.

Methods

2

Occupational Therapists (OTs) referred patients each week who would benefit from occupational and social engagement. The level of cognition was documented by the referring OT on the referral form. Qualitative feedback forms were completed by students after each session, as well as by patients as able/appropriate. Data was gathered on the following areas:

1. Cognitive status
2. Level of engagement during the session
3. Type of activity engaged in
4. Items used from the Dementia Carts and items requested by patients
5. Reported level of occupational engagement on the ward outside of student activity sessions
6. Patient rating of the level of enjoyment during the session

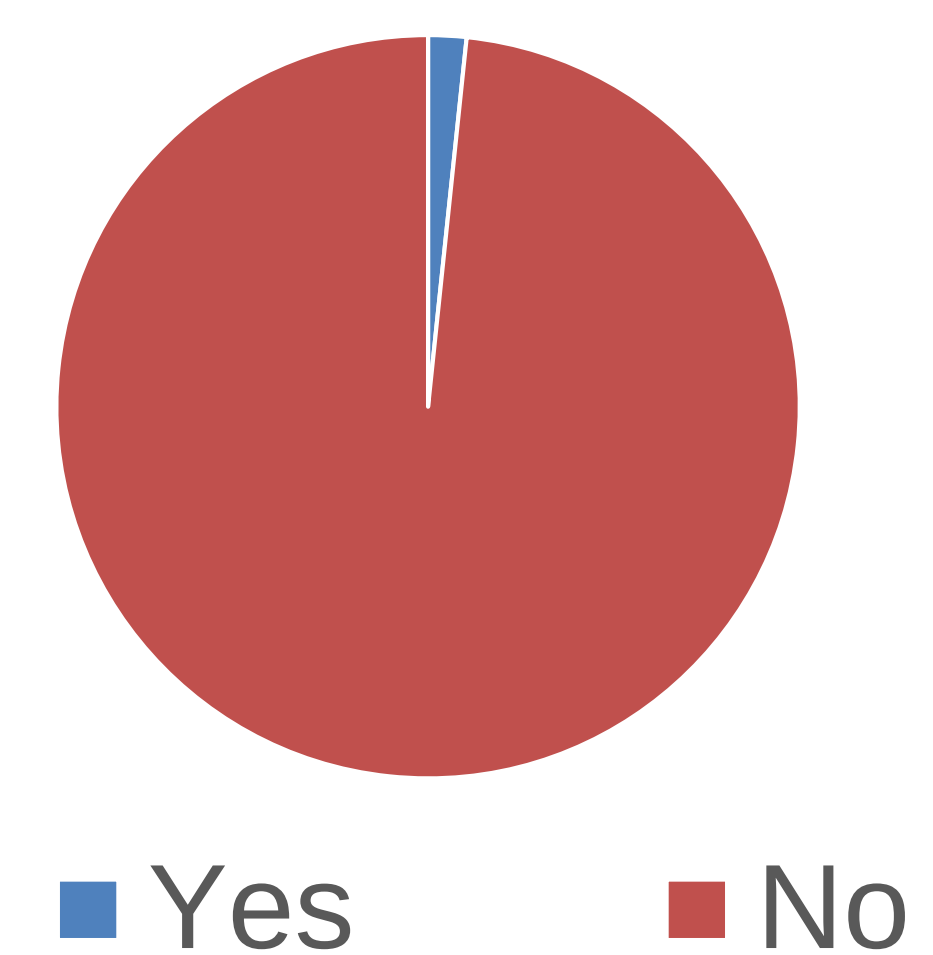


Results

3

- 35 patients were seen by student OTs, with a total of 55 sessions being completed over the period of 10 weeks.
- 74% presented with a cognitive impairment with 26% presenting with a diagnosis of dementia.
- Only 5.4% of patients who provided feedback reported engaging in occupations on the ward outside of rehabilitation sessions. Patients demonstrated an ability to engage in activity in 90% of sessions.
- Data was gathered on what activities were completed during the session as well as documenting what activities/items were requested by patients.
- Positive feedback was provided, with 64.9% of patients rating their enjoyment as 10/10, and with no patient rating enjoyment below 6/10.

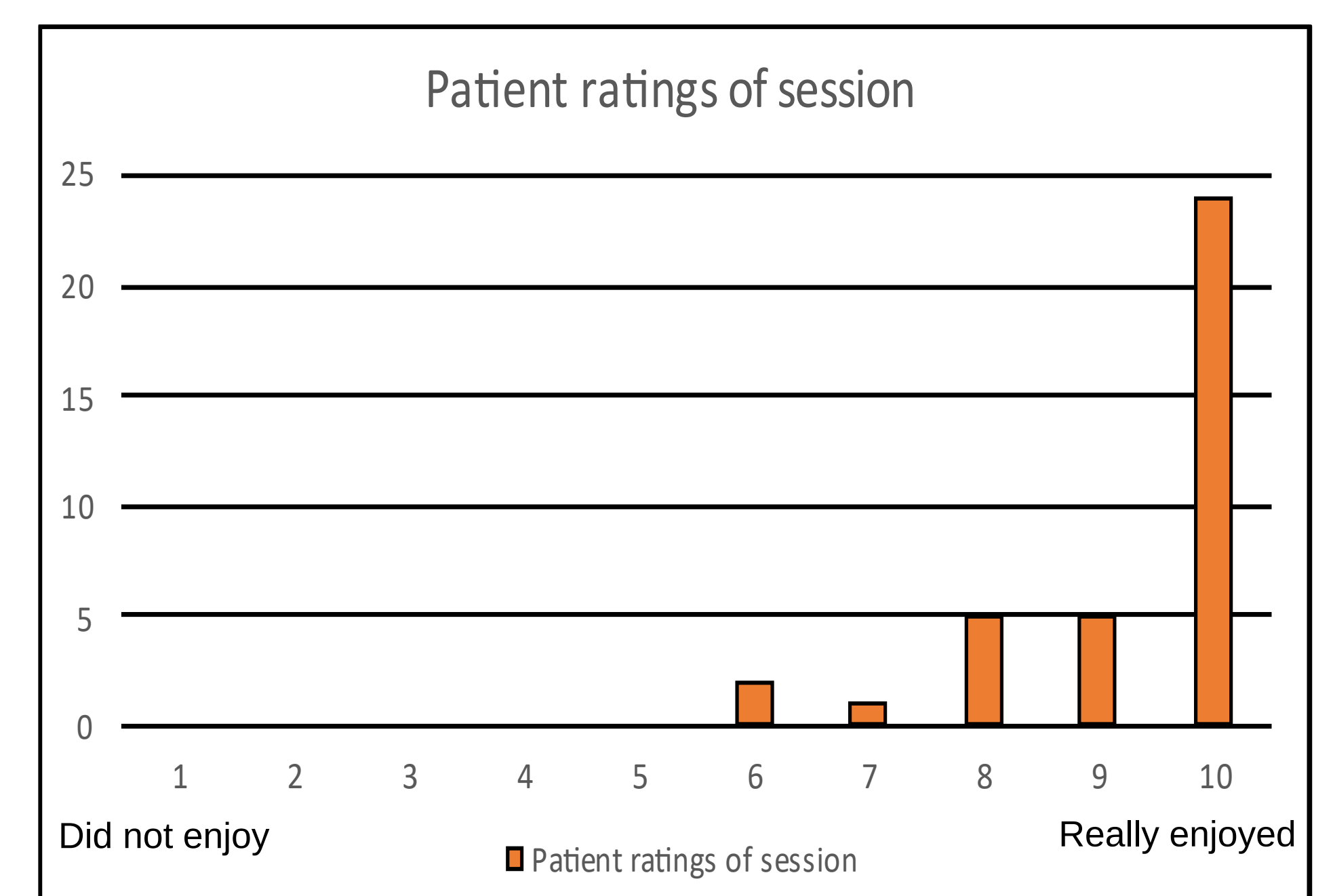
Self report from patients on whether they engage in activities outside of rehabilitation sessions on the ward



Conclusion

4

Occupational deprivation and social isolation are evident in the cohort referred with 94.6% of patients reporting that they did not engage in any activities outside of rehabilitation sessions. Patients with cognitive impairments appear to be at a higher risk of occupational and social isolation, with 74% of referred patients presenting with a cognitive impairment. Qualitative feedback provided by the patients indicate that patients value occupational and social engagement on the wards. A list has been derived of the requested items for the dementia carts which will be purchased by the Dementia Care Committee. Further consideration is needed regarding the occupational and social needs of patients as it appears that a facilitator is often required to optimise occupational and social engagement on the ward.



References

- Cardona, M., & Andrés, P. (2023). Are social isolation and loneliness associated with cognitive decline in ageing?. *Frontiers in aging neuroscience*, 15, 1075563. <https://doi.org/10.3389/fnagi.2023.1075563>
- Morgan-Brown, M., & Brangan, J. (2016). Capturing Interactive Occupation and Social Engagement in a Residential Dementia and Mental Health Setting Using Quantitative and Narrative Data. *Geriatrics (Basel, Switzerland)*, 1(3), 15. <https://doi.org/10.3390/geriatrics1030015>