

## SAMPLE REPORT ON SERVICE USER PROGRESS DURING REHABILITATION PRODUCED USING THE APM

### BACKGROUND

Mrs. Taylor has had four months of occupational therapy and physiotherapy following a road traffic accident. Active therapy has now come to an end. This report describes her progress in activity and participation during rehab.

The assessment information, summary and charts have been cut-and-pasted from the APM app.

Recommendations re ongoing needs finish the report, based on the APM assessment information.

## PROGRESS DURING THERAPY: ACTIVITY AND PARTICIPATION

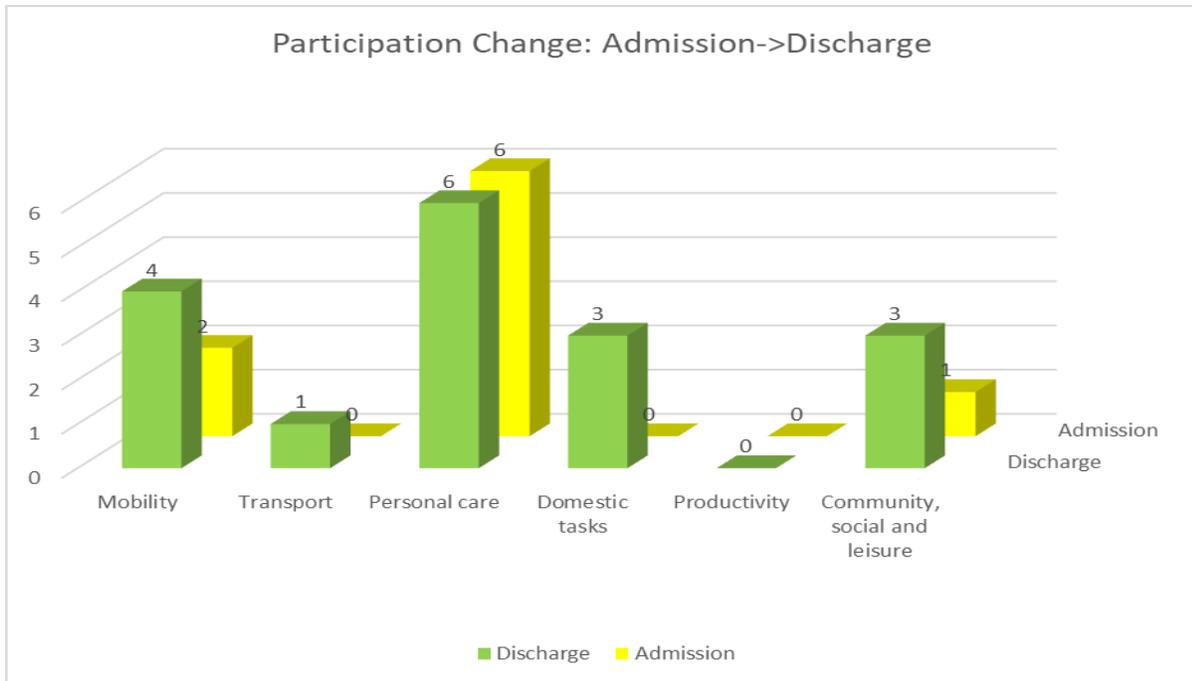
In summary, Mrs Taylor has made good progress in reducing activity limitation during the admission, with the APM Activity Summary now at 71 (moderate limitation) compared with 27 (severe limitation) at admission, a gain 44 APM points. In terms of participation (the life areas a person is involved in), Mrs Taylor's APM Participation Summary has increased from 9 at admission to 17 at discharge. Mrs Taylor showed less limitation in each of the 17 activities performed at discharge. Mrs Taylor now receives carer support with just 2 activities compared with 7 at admission. The following APM table and chart summarise and represent these life changes.

Results at a Glance			
	Admission	Discharge	Change at discharge
Activity Summary	27.1	70.8	43.8
Participation Summary	9	17	8
Number of activities where service user got carer support	7	2	-5
Number of activities where the person returned to independence or normal lifestyle			3
How many activities saw limitation reduced during the admission			17

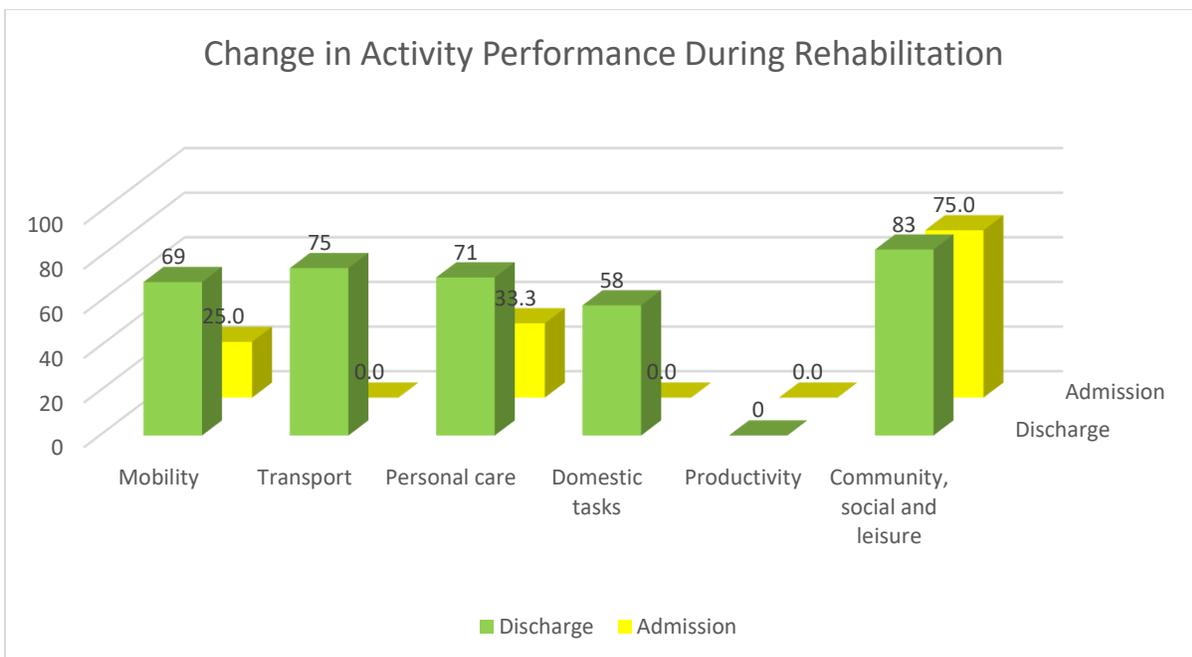
Looking in more detail, at discharge Mrs Taylor was mobilising and transferring independently nil aided indoors (including stairs) and outside, but walking endurance was limited by ongoing pain. Mrs Taylor was independent in personal care using shower stool and rails provided via OT, and independent on toilet with rail. She was independent in other personal care tasks but sat down for some of them. In terms of domestic role she had returned to light meal preparation and domestic tasks, but still relies on carer support for heavy tasks and main meal.

With encouragement and support, Mrs Taylor has resumed attending church and meeting friends outside, but less frequently and in different places. She has not returned to driving, dancing, shopping outside or work due to ongoing anxiety and physical limitations.

The following chart gives more detail about the areas of participation gain – green is the situation at discharge and yellow admission. The resumption of life roles is clearly visible in most areas but especially domestic tasks and community and leisure activities.



The reduction of activity limitation between admission and discharge is shown in the next chart. Once again green is discharge and yellow is admission. The improved performance in all life domains is clearly represented.



## SUMMARY AND REHABILITATION NEEDS

Mrs Taylor has progressed well in both activity and participation during the admission. In discussion in October, Mrs Taylor said she would like to take a break from therapy for now as she re-establishes her routine.

Nevertheless, Mrs Taylor's current lifestyle shows that she remains well below her premorbid lifestyle and functional level, including not returning to teaching and several leisure activities. While limitation is reduced, it is still present in most activities. Mrs Taylor has asked whether our therapists can make a review visit in three months time (or earlier if Mrs Taylor felt necessary). Given Mrs Taylor's low mood and reduced initiation, we recommend ongoing therapy review and support to help Mrs Taylor return as far as possible to her premorbid lifestyle.

## RECOMMENDATION:

- Discharge from occupational and physiotherapy for now.
- Review visit in the New Year to consider possible return to work on adapted duties and developing new leisure activities.

### OPTIONS

You could also cut and paste a lot more detail re performance change in individual activities if you wanted.

Check out other sample case studies on the website including a case manager supporting someone transition out of residential care and in-patient ABI rehabilitation.