Occupational Therapy for Chronic Obstructive Pulmonary Disease (COPD) in an Acute Setting
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Project Description & Sites

The purpose of this capstone project was to address the lived experience of occupational therapy intervention for COPD patients at Riverside Methodist Hospital (RMH) in Columbus, Ohio. In acute care settings, patients tend to have short stays, at which time occupational therapy primarily focuses on discharge planning and interventions that address basic activities of daily living. Therefore, it is important to address the needs of the patient to ensure patients outcomes and reduce risk of readmission following discharge. This capstone experience consisted of direct patient care to individuals with COPD, examination of documentation and the interprofessional approach to care and discharge, and examination of evidence-based practice.

The project was completed with the aim of improving the COPD patient experience of occupational therapy to improve patient outcomes and compile recommendations for care of COPD patients in an acute setting. The findings were compiled utilizing current evidence-based practice, patient interviews, direct patient care, interprofessional observations, and medical records to assist in improving acute care occupational therapy provision and reduce readmission rates for those with COPD.

Area of Focus: Clinical Practice & Program and Policy Development
Sites: Riverside Methodist Hospital & Grant Medical Center

Mission & Vision Statements

Project Mission Statement:
To identify patient needs and experiences of COPD patient intervention in the acute care setting.

Project Vision Statement:
To provide patients at Riverside Methodist Hospital an enriched and effective occupational therapy experience with the aims of improving occupational engagement and participation following discharge.

Outcome Measure #1: Student will gain advanced knowledge in the patient’s experience of occupational therapy in acute care.

Outcome Measure #2: Student will gain advanced knowledge in COPD treatment techniques and interventions.

Outcome Measure #3: Student will identify potential areas of need and risks of readmission within patients with COPD.

Outcome Measure #4: Student will gather patient barriers to daily occupations during clinical practice to determine COPD patient indicators and patterns to assist in streamlining provided services.

Outcome Measure #5: Student will complete a minimum of 40 hours examining the multidisciplinary team approach to patient care.

Deliverables

- Documentation and personal reflection of patient occupational therapy sessions observed or completed by student at Riverside Methodist Hospital to assist in determining patient patterns and/or indicators for readmissions amongst the COPD population.
- Compilation of evidence-based practice of COPD patients to be utilized by hospital occupational therapy staff and provide a quick resource to assist in implementation of current best practice.
- Report of findings and recommendations of occupational therapy practice in acute settings for COPD patients, including potential COPD patient indicators for readmissions.

Future Implications for OT

- Increasing self-management skills for patients with COPD as a way of placing responsibility back on the patient to be an active participant in their own day to day healthcare.
- Use of the Canadian Occupational Performance Measure (COPM) to gain patient perspective on occupational engagement and satisfaction.
- Writing and viewing therapeutic goals through an adaptation/modification lens as a way to guide occupational therapy treatment in line with the progressive, chronic nature of COPD.
- Ensuring carryover of self-management strategies following discharge through appropriate discharge recommendations and potential occupational therapy involvement in pulmonary rehab.

KEY REFERENCES