

0539

Activities influenced by upper extremity injuries; the use of Canadian Occupational Performance Measure in Turkish population

B.Semin Akel, Çiğdem Öksüz, Hülya Kayıhan
Hacettepe University, Ankara, Turkey

Introduction. Occupational therapy is a newly developing profession in Turkey. Understanding of the concepts by clients is also difficult in Turkish population. Canadian Occupational Performance Measure (COPM) is a valid, reliable, clinically useful and responsive outcome measure acceptable for utilisation in Turkish population.

Objectives. The purpose of the paper is to examine the COPM as a potential tool for determining activity limitations and participation after upper extremity injuries.

Methods. 124 clients with fracture, nerve entrapment and tendinitis were involved. To do COPM, first activities clients are engaged in a day and activity limitations were asked. Clients first could not manage to describe their routine in detail as they were never faced with this question in clinical setting. Most of the clients reacted as "nothing comes to my mind", "routine stuff like everyone do". Then they were asked to note things they do and have difficulty with. In next session clients then were able to identify their difficulties according to COPM.

Results. Clients needed structure before interview to be able to think about their occupational performance issues. In clients with radius fracture the most affected activities were carrying grocery bag, making pastry, handcraft, washing hair, turning key, filling water-bottle, holding teapot, playing instrument, writing; and ulnar fracture peeling fruits, crocheting, holding newspaper, cutting nails, washing face, buttoning. In nerve entrapment difficult activities were molding dough, shaking off cloth, rubbing, knitting, chopping onion, squeezing cloth, pumping water, brewing tea, carrying bag, cleaning haricot and in tendinitis using computer, brooming, cleaning rubbish, carrying baby, diapering, lifting pot.

Conclusion. Clients are not used to occupational performance measures in Turkey. It is thought that housework would be the most compelling activity for the population but clients with fracture did not mention about housework because relatives help them. Nevertheless other clients mentioned housework as it is thought these activities contribute with the occurrence of the disease.

Contribution to the practice. COPM can be used for a more traditional culture like Turkish. But it needs different strategy to make people speak about their difficulties. This study gives an understanding of activity difficulties of Turkish culture