Outcomes of Occupational Therapy in Mental Health: What are the outcomes and how do we measure them?

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Poll Everywhere

https://www.polleverywhere.com/
Why measure outcomes?

Professional standards
“6.1.3. You should incorporate evidence-based outcome measures into your practice and research activity to demonstrate effectiveness of intervention and services.”
(College of Occupational Therapists, 2015)

An ethical requirement
Beneficence
Nonmaleficence

Service funding
Payment by results
Why employ an occupational therapist?
Challenges to measuring outcomes

In a survey, 41% of occupational therapists working in adult community mental health did not measure the outcomes of their interventions (Birken et al., 2017).

Not prioritized - due to time (Stapleton & McBrearty, 2009) & no link to strategic plan (COT, 2012)

Perception of usefulness (Asaba at al., 2017)

Suitability of measures / confusion (Duffy and Nolan, 2005)

Lack of training (Unsworth, 2011)

Lack of support from managers (COT, 2012)
Group discussion
Q1 - Who are you measuring outcomes for?
Q2 - What is the outcome you are trying to achieve?
Q3 - What outcome measures are available?
Selecting a good outcome measure

- Gold standard we should all aim for:
  
  **Numeric score** to demonstrate change  e.g. AMPS

- Normative data-what’s a good score?  e.g. AMPS

- Can demonstrate when a score is clinically significant

- Is it Valid- does it measure what it says it measures?

- Is it Reliable- are results reliable when used again and by others?

- Population designed for?

- Do not make up your own

- Do not amend measures

- What does score mean? Will MDT, SU and carer understand and value score

- Assessment tools used may not be suitable outcome measures
### Outcome measures - a quick reference guide

<table>
<thead>
<tr>
<th>Outcome level</th>
<th>Example measures</th>
<th>Numeric score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service outcomes</td>
<td>Time to discharge</td>
<td>✓</td>
</tr>
<tr>
<td>Participation</td>
<td>Time Budget Measure</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>Satisfaction with daily occupations</td>
<td>✓</td>
</tr>
<tr>
<td>Performance</td>
<td>MOHOST</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>COPM</td>
<td>✓</td>
</tr>
<tr>
<td>Skills</td>
<td>AMPS and ESI</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>Sensory integration measures</td>
<td></td>
</tr>
<tr>
<td>Generic</td>
<td>Goal Attainment Scale (GAS)</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>ReQOL</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>WEMWEBS</td>
<td>✓</td>
</tr>
</tbody>
</table>
Personalised action plan

- On the postcard write:
  - Your name and address
  - Three things that you will do differently following today’s workshop.
- Now take a photo of it.
- We will post it back to you in a few weeks time as a reminder!
Thank you - contact details

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