



COT standard for SNOMED CT subset

4. Goals of occupational therapy intervention

The routine use of occupational therapy terminology is one of the essential information building blocks that will support the profession to measure, evaluate and demonstrate the effectiveness of interventions with service users and carers. The College of Occupational Therapists, in collaboration with its members, has developed a number of occupational therapy subset standards which should be used for all service user care records, whether they are stored digitally or on paper.

Occupational therapists work with each service user to agree one or more individualised goals. Each goal is then recorded in the service user care record. The occupational therapist will still need to record each individualised goal in detail, including qualifiers such as level of ability, performance, or participation and any requirement for supervision, assistance, equipment or adaptation, and timeline, before recording the coded term that summarises the goal.

Terms need to meet SNOMED CT requirements and, therefore, may not reflect the nuances of language used by different occupational therapists. As such, whilst listed alphabetically, the PDF 'search' feature may be useful when checking if a specific term has been included.

This subset is comprised of terms commonly used by occupational therapists to record goals of occupational therapy intervention:

- Able to access garden
- Able to access own home
- Able to access utility meters
- Able to access where car is parked
- Able to adapt to sensory changes in body part
- Able to adjust clothing
- Able to adjust clothing for toilet
- Able to analyze information
- Able to anticipate self-care routines
- Able to apply for education course
- Able to apply for voluntary work
- Able to apply own make-up
- Able to appraise own abilities
- Able to arise from chair without assistance
- Able to assess risk
- Able to assist in self-care routines

Occupational therapy terminology

Supporting occupation-centred practice



- Able to assist with meal preparation
- Able to balance when bending
- Able to balance when reaching
- Able to bath self
- Able to be aware of self
- Able to be hopeful for the future
- Able to be optimistic
- Able to budget
- Able to care for pressure areas
- Able to carry out daily routine
- Able to cater for self
- Able to choose appropriate clothing
- Able to clean bath
- Able to clean cooker
- Able to clean domestic appliances
- Able to clean floor
- Able to clean food preparation area
- Able to clean items at floor level
- Able to clean items at shoulder height
- Able to clean items at waist height
- Able to clean own dentures
- Able to clean own mouth
- Able to clean own teeth
- Able to clean room
- Able to clean self after toilet
- Able to clean shower
- Able to clean toilet
- Able to clean washbasin
- Able to clean windows
- Able to close home securely
- Able to communicate about self
- Able to communicate feelings
- Able to communicate in event of emergency
- Able to communicate intentions

Occupational therapy terminology

Supporting occupation-centred practice



- Able to communicate needs and wishes
- Able to control anger
- Able to control behavior
- Able to control emotions
- Able to control head posture
- Able to cook food
- Able to cross the road
- Able to cut up food
- Able to direct attention
- Able to direct energy
- Able to dispose of household garbage
- Able to divide attention
- Able to do dusting
- Able to do homework
- Able to do ironing
- Able to do laundry
- Able to do paid work
- Able to do polishing
- Able to do washing-up
- Able to dress
- Able to dress appropriately
- Able to drink
- Able to drink from a feeder cup
- Able to drink using a straw
- Able to drive a car
- Able to dry lower body
- Able to dry self
- Able to dry upper body
- Able to dry washing
- Able to empty bath
- Able to empty washbasin
- Able to engage in a hobby
- Able to engage in life roles
- Able to engage in structure and routine in daily life

Occupational therapy terminology

Supporting occupation-centred practice



- Able to establish life roles
- Able to establish structure and routine in daily life
- Able to feed self
- Able to feel confident
- Able to fill bath
- Able to fill in forms
- Able to fill washbasin
- Able to find way around a familiar environment
- Able to find way around school environment
- Able to find way around work environment
- Able to flush toilet
- Able to follow recipe
- Able to get in and out of a chair
- Able to get in and out of bath
- Able to get in and out of shower
- Able to get in bath
- Able to get into and out of a car
- Able to get into bed without assistance
- Able to get into shower
- Able to get off a bed
- Able to get off toilet
- Able to get on a bed
- Able to get on and off a bed
- Able to get on and off toilet
- Able to get on to toilet
- Able to get out of a chair
- Able to get out of bath
- Able to get out of bed without assistance
- Able to get out of shower
- Able to get up from floor
- Able to handle money
- Able to have confidence in own skills
- Able to have functional level of stamina
- Able to identify choices



- Able to identify dangers
- Able to identify interests
- Able to identify life roles
- Able to identify risky behaviours
- Able to identify structure and routine in daily life
- Able to indicate own toileting needs
- Able to initiate conversation
- Able to initiate spontaneous play
- Able to initiate walking
- Able to insert and remove waste plug
- Able to insert waste plug
- Able to kneel in bath
- Able to learn basic skills
- Able to learn complex skills
- Able to maintain a lying position
- Able to maintain a position
- Able to maintain a sitting position
- Able to maintain a squatting position
- Able to maintain a standing position
- Able to maintain conversation
- Able to maintain life roles
- Able to maintain standard of personal hygiene
- Able to maintain structure and routine in daily life
- Able to make bed
- Able to make decision on safe entry of visitors
- Able to make decision on safe information to give over telephone
- Able to make decisions
- Able to manage appliance when dressing
- Able to manage appliance when dressing and undressing
- Able to manage appliance when undressing
- Able to manage body temperature
- Able to manage colostomy
- Able to manage external stairs
- Able to manage external steps

Occupational therapy terminology

Supporting occupation-centred practice



- Able to manage generalised pain
- Able to manage ileostomy
- Able to manage incontinence products
- Able to manage internal stairs
- Able to manage internal steps
- Able to manage medication
- Able to manage menstrual hygiene
- Able to manage own aggression
- Able to manage own energy levels
- Able to manage own physical health needs
- Able to manage own symptoms
- Able to manage pain in body part
- Able to manage payment of bill
- Able to manage personal financial activities
- Able to manage prosthesis
- Able to manage risks at home
- Able to manage risks in community
- Able to manage stress
- Able to manage ureterostomy
- Able to manage urinary catheter care
- Able to manage urostomy stoma
- Able to manage visitors to home
- Able to mobilise using mobility scooter
- Able to mobilize indoors
- Able to mobilize outside
- Able to mobilise over uneven ground
- Able to mobilise using indoor motorised wheelchair
- Able to mobilize using mobility aids
- Able to mobilise using outdoor motorised wheelchair
- Able to mobilize using wheelchair
- Able to move around supporting self on furniture
- Able to move from lying to sitting
- Able to move from sitting on edge of bed to lying in bed
- Able to move in bed

Occupational therapy terminology

Supporting occupation-centred practice



- Able to move in cot
- Able to move items around home
- Able to move up and down bed
- Able to obtain medication
- Able to operate mobile phone
- Able to operate shower controls
- Able to organise own clothes
- Able to organize a journey
- Able to participate in classroom activities
- Able to participate in games for play
- Able to participate in leisure activities
- Able to participate in online gaming
- Able to participate in playground activities
- Able to participate in school activities
- Able to participate in self-care at school
- Able to participate in sporting activities
- Able to perform bathing activity
- Able to perform creative activity
- Able to perform do-it-yourself activities
- Able to perform drawing activities
- Able to perform gardening activities
- Able to perform information technology activities
- Able to perform mouthcare activities
- Able to perform play and sports activities
- Able to perform telephone activities
- Able to perform wheelchair transfers
- Able to perform work based activity
- Able to perform workshop activities
- Able to pick up objects
- Able to plan
- Able to plan meals
- Able to play
- Able to prepare drink
- Able to prepare meal



- Able to prepare snack
- Able to prevent undesirable behavior
- Able to problem solve
- Able to process information
- Able to process information accurately
- Able to process information at normal speed
- Able to put on footwear
- Able to put on prosthesis
- Able to recognise body temperature
- Able to recognise generalised pain
- Able to recognise impact of self on others
- Able to recognise letters of alphabet
- Able to recognise need for pressure area care
- Able to recognise own emotional pain and distress
- Able to recognise own symptoms
- Able to recognise pain in body part
- Able to recognise social cues
- Able to recognise spoken words
- Able to recognise symbols
- Able to recognize familiar people
- Able to recognize numbers
- Able to recognize objects
- Able to recognize objects by sight
- Able to recognize objects by touch
- Able to recognize surroundings
- Able to reflect on own behaviour
- Able to remember past events
- Able to remember people
- Able to remember places
- Able to remember routines
- Able to remove prosthesis
- Able to remove waste plug
- Able to respond to own symptoms
- Able to respond to stimuli



- Able to ride a bicycle
- Able to ride a motorbike
- Able to ride and propel toy
- Able to roll over in bed
- Able to sequence events
- Able to sequence tasks and activities
- Able to set personal goals
- Able to shave
- Able to shift attention
- Able to shop at corner shop
- Able to shop at shopping mall
- Able to shop in supermarket
- Able to shop online
- Able to shower self
- Able to sip drink
- Able to sit down on a chair
- Able to sit down onto bed
- Able to sit in bath
- Able to sit on potty
- Able to sit on toilet
- Able to sleep
- Able to sleep with sedation
- Able to sleep without sedation
- Able to sort recycling
- Able to stand at toilet
- Able to stand from sitting on edge of bed
- Able to stand in bath
- Able to stop use of energy
- Able to stop walking
- Able to summon help in emergency
- Able to sustain attention
- Able to sustain energy level
- Able to swim
- Able to take care of clothes



- Able to take off footwear
- Able to take turns in conversation
- Able to think creatively
- Able to tidy house
- Able to tie shoe laces
- Able to tolerate being cleaned during toileting
- Able to tolerate changing incontinence pad
- Able to tolerate changing nappy [diaper]
- Able to tolerate generalised pain
- Able to tolerate pain in body part
- Able to tolerate self-care routines
- Able to tolerate toileting routine
- Able to transfer between wheelchair and toilet
- Able to transfer from bed to chair
- Able to transfer from bed to wheelchair
- Able to transfer from car to wheelchair
- Able to transfer from chair to bed
- Able to transfer from chair to toilet
- Able to transfer from chair to wheelchair
- Able to transfer from toilet to chair
- Able to transfer from toilet to wheelchair
- Able to transfer from wheelchair to bed
- Able to transfer from wheelchair to car
- Able to transfer from wheelchair to chair
- Able to transfer from wheelchair to toilet
- Able to transfer to vehicle independently
- Able to transfer to vehicle with assistance
- Able to transfer to vehicle with supervision
- Able to transfer weight
- Able to transport food and drink
- Able to turn onto side in bed
- Able to understand and use money
- Able to understand and use numbers
- Able to understand care for pressure areas

Occupational therapy terminology

Supporting occupation-centred practice



- Able to understand generalised pain
- Able to understand humour
- Able to understand own emotions
- Able to understand pain in body part
- Able to undertake job application activities
- Able to undertake multiple tasks
- Able to undertake single task
- Able to undertake voluntary work
- Able to undress
- Able to use a non-speech system for communication
- Able to use audiovisual appliance
- Able to use bedpan
- Able to use body language
- Able to use clothes drying equipment
- Able to use commode
- Able to use communication devices
- Able to use cooker
- Able to use cooking utensils
- Able to use credit card
- Able to use debit card
- Able to use decision making strategies
- Able to use dishwasher
- Able to use domestic equipment
- Able to use educational facilities
- Able to use financial account
- Able to use games console
- Able to use hearing aid
- Able to use heating appliance
- Able to use humor
- Able to use kettle
- Able to use lift
- Able to use local amenities
- Able to use microwave oven
- Able to use non-verbal communication

Occupational therapy terminology

Supporting occupation-centred practice



- Able to use online social networking
- Able to use pedestrian crossing
- Able to use personal computer
- Able to use picture exchange for communication
- Able to use playground
- Able to use private transport
- Able to use public recreational facilities
- Able to use public transport
- Able to use stair lift
- Able to use telephone
- Able to use through floor lift
- Able to use toilet
- Able to use toilet with assistance
- Able to use urine bottle
- Able to use washing facilities
- Able to use washing machine
- Able to wash lower body
- Able to wash own hair
- Able to wash self
- Able to wash upper body
- Able to weight-bear
- Able to weight-bear on left leg
- Able to weight-bear on right leg
- Able to write cheques [check]
- Able to write for examinations
- Able to write for lessons
- Able to write messages
- Able to write own name
- Improved sensory function
- Independent bathing
- Independent in cooking
- Independent in toilet
- Independent transfer from bed to chair
- Independent transfer from chair to bed



- Independent with dressing
- Money managing independent
- Telephone independent

Total: 393 SNOMED subset members

The above list comprises only the core concepts and not the qualifiers for each goal term. The terms can be cross-referenced to overarching goals relating to mind and body functions; mobility and transfers, self-care, toileting, dressing, eating, housework, employment and education, and recreation and leisure.

Further information

This document should be considered in conjunction with the following information and occupational therapy subsets:

- Overview: Occupational therapy language and SNOMED CT
- Assessments used by occupational therapists
- Problems in occupational performance recorded by occupational therapists
- Interventions recorded by occupational therapists.

Subsets and additional information can be found on the College of Occupational Therapists' website at: <https://www.cot.co.uk/outcomes-and-record-keeping>.

For further enquiries please contact Mandy Sainty, R&D Manager at: mandy.sainty@cot.co.uk.