

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

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# Poll Everywhere



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# 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 et 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

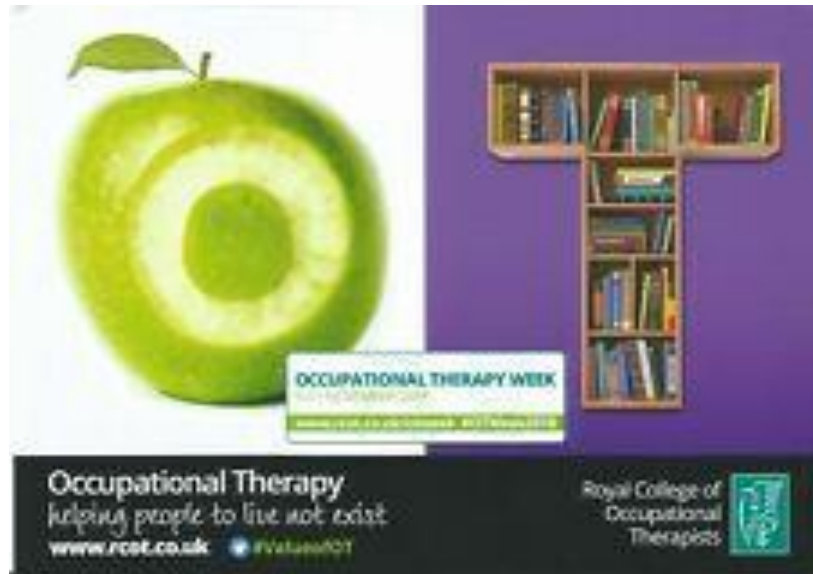
- ▶ What does score mean? Will MDT, SU and carer understand and value score

- ▶ Assessment tools used may not be suitable outcome measures

# Outcome measures - a quick reference guide

Outcome level	Example measures	Numeric score
Service outcomes	Time to discharge	✓
Participation	Time Budget Measure	✓
	Satisfaction with daily occupations	✓
Performance	MOHOST	X
	COPM	✓
Skills	AMPS and ESI	✓
	Sensory integration measures	
Generic	Goal Attainment Scale (GAS)	✓
	ReQOL	✓
	WEMWEBS	✓

# 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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## References