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Assessing Occupational Access and Enhancing Occupational Engagement at Inpatient Psychiatric Facilities

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BACKGROUND

Many individuals at inpatient psychiatric facilities experience limited participation in activities of daily living, minimal opportunities for purposeful occupations, very few productive roles, and almost no occupational choice and autonomy (Murphy & Shiel, 2019). Many people report experiencing boredom throughout their stay (Marshall, et. al., 2020). This boredom can lead to poor patient satisfaction, frustration, aggression, or incidents of self-harm (Foye, et al., 2020).

PROBLEM

Individuals at psychiatric facilities are deprived of participation in daily occupations (Murphy & Shiel, 2019) and they experience an injustice of occupational deprivation.

PURPOSE

Examine the existing standard of care and increase opportunities for participation in meaningful occupations.

Outcome objectives:

- (a) Identify occupational needs for clients
- (b) Implement occupation-based programming specific to client occupational needs
- (c) Keep detailed records of experience to determine program outcomes

METHODS

- Assess access to meaningful occupations through a needs assessment which included informal interviews with clients and staff.
- Develop occupation-based program development centered on the needs assessment outcomes.
- Implement programming and continue to collect data of client feedback to adjust programming throughout the process.

Needs Assessment Survey:

Clients answered a verbal, 10-question survey through an informal interview process. Survey included questions related to existing daily routine, access to meaningful occupations, and occupational interests.

Staff answered a written, 5-question survey. Survey included questions related to perceived quality of care, comfort with leading groups, and common concerns received related to engaging in meaningful occupations.

Outcome Survey:

Clients completed a discharge survey about amount of access to meaningful occupations. Staff completed a survey about comfort with providing access to occupations.

Theoretical Framework:

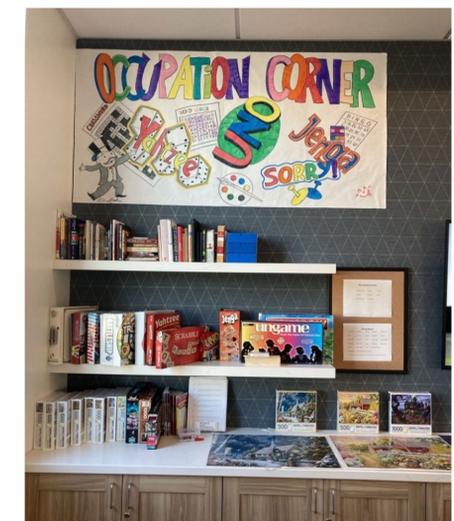
1. Framework of Occupational Justice (FOJ)
2. Person-Environment-Occupation Model (PEO)

REFERENCES

- Foye, U., Li, Y., Birken, M., Parle, K., & Simpson, A. (2020). Activities on acute mental health inpatient wards: A narrative synthesis of the service users' perspective. *Journal of Psychiatric and Mental Health Nursing*, 27(4), 482-493. <https://doi.org/10.1111/jpm.12595>
- Marshall, C. A., McIntosh, E., Sohrabi, A., & Amir, A. (2020). Boredom in inpatient mental healthcare settings: a scoping review. *British Journal of Occupational Therapy*, 83(1), 41-51. <https://doi.org/10.1177/0308022619876558>
- Murphy, C. K., & Shiel, A. (2019). Institutional injustices? Exploring engagement in occupations in a residential mental health facility. *Journal of Occupational Science*, 26(1), 115-127. <https://doi.org/10.1080/14427591.2018.1531780>

IMPLEMENTATION

- Occupation Corner
- Personal Interest Form
- Client Intake Survey
- Group Ideas Folder
- Staff Education



RESULTS

- Clients have access to more meaningful occupations.
- 80% of clients utilized at least 1 resource from the occupation corner daily
- Clients feel more empowered to advocate for their occupational needs.
- Staff feel more confident providing opportunities to engage in meaningful occupations.
- Increase in staff collaboration to ensure that clients are receiving access to meaningful occupations daily.