

4-12-2022

Improving Mental Health After SCI: An Occupation-Based Program

Kerston Ring
University of St. Augustine for Health Sciences

Follow this and additional works at: <https://soar.usa.edu/otdcapstones-spring2022>



Part of the [Mental and Social Health Commons](#), and the [Occupational Therapy Commons](#)

Recommended Citation

Ring, K. (2022, April 12). Improving Mental Health After SCI: An Occupation-Based Program. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstones-spring2022/39>

This Poster/presentation is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Spring 2022 Virtual OTD Capstone Symposium by an authorized administrator of SOAR @ USA. For more information, please contact soar@usa.edu, erobinson@usa.edu.

Improving Mental Health After SCI: An Occupation-Based Program

Kerston Ring, OTS; Lisa Griggs-Stapleton, PhD, OTR and Professor LeeAnn Hoffman OT, MSc., ATP/SMS

BACKGROUND

There are approximately 17,900 new cases of SCI in the United States every year (National Spinal Cord Injury Statistic Center, 2020). Sustaining a SCI can cause severe interruptions in sensory and motor pathways and often affects how people perceive pain and sensation. According to the literature, depression and anxiety are often seen among people with SCI (Noh et al., 2016). More mental health programs may decrease depressive symptoms.

PROBLEM

There is a gap in the available research regarding the effects of participating in daily leisure activity and how it will affect mental health.

PURPOSE

To develop an occupation-based program to promote mental health for people with a SCI by engaging in meaningful activities.

Outcome Objectives:

- To conduct a needs assessment of adults with SCI to better understand their perspective.
- To develop and implement a 9-week program that supports mental health and well-being through occupation and leisure activities.
- To identify how OT can address and help people with SCI to overcome barriers that would lead to depression and anxiety.

METHODS

This program took place at the Neuro Fitness Foundation (NFF) in Euless, Texas. A program was developed and implemented for individuals with SCI and others neurological disabilities. The needs assessment found common themes among members; these became the topics addressed during the program. A modified interest checklist and pre-program survey took place during the needs assessment process. A program outline described how often the program took place, what topics and activities were implemented. During the program, small group meetings took place in the gym. After the nine-week program concluded, a program manual was given to the NFF team for future use.

- 11 members invited
- 11 respondents to pre-program survey
- 7 respondents to post-program survey

Pre-Program Survey:

- Used to build rapport
- Learn about roles, habits, and routines
- Give OT student insight as to what meaningful leisure activities were the most beneficial
- Give an understanding of the members perception of their current states of mental health

Topics Covered:

1. Education on muscle soreness, spasticity, pain management, skin integrity, the impact of physical activity on mental health
2. Self-advocacy during winter weather
3. Nutrition
4. Bladder management
5. Discuss independence with mobility and transportation
6. Mindfulness techniques
7. Grounding techniques
8. Recreation and leisure exploration

Post-Program Survey:

8 questions were used to determine the program's effectiveness and to determine if it did promote mental health

PROGRAM

PROGRAM COMPONENTS

General Program Goals:

1. Increase member's understanding of mental health
2. Develop the client's self-awareness of thoughts, feelings, emotions and actions
3. Enable the participants to effectively manage barriers that could lead to depression
4. Promote engagement in occupations that could be transferred to their daily life
5. Promote adaptive occupational performance techniques

Focus of Group Intervention:

Address occupational performance in a group setting, while facilitating a safe community atmosphere for discussion.

Theoretical Framework:

The Person Environment Occupation Performance (PEOP) model (Christiansen & Baum, 2015)

Assessment Tools:

1. Pre and post program surveys
2. Modified Interest Checklist
3. Observation
4. Verbal feedback

Interventions:

1. Recreational exploration with physical activities: boxing, chair yoga, Wii, corn hole, and a resistance band workout
2. Introduced helpful tools such as the My Wheelchair Guide app to promote independence with wheelchair maintenance as well as the Parking Mobility app
3. Supplied adaptive equipment
4. Discussed different types of catheters with an OT to promote bladder management
5. Guest speaker discussed mobility and transportation options

RESULTS

Following the program, seven of the original eleven participants reviewed the program using a post-survey and provided recommendations to improve it. The outcomes were reviewed, and changes were made to improve the finalized version of the program manual.

FUTURE DIRECTIONS

Future programming to assist new members of NFF to promote mental health and well-being. The OT student plans to visit the site in the future to assess program supplies and any new additions to the program. This program intended to advocate for the occupational therapy profession.

References

- Christiansen, C. H., Baum, C. M., & Bass, J. D. (2015). *Occupational therapy: Performance, participation, and well-being* (4th ed., pp. 49-56).
- Heasman, D., & Brewer, P. (2008). *Modified Interest Checklist*. <https://www.moho.uic.edu/productDetails.aspx?aid=39>
- National Spinal Cord Injury Statistics Center. (2020). *Spinal cord injury facts and figures at a glance* [Fact sheet]. <https://www.nscisc.uab.edu/Public/Facts%20and%20Figures%202020.pdf>
- Noh, J.W., Kwon, Y.D., Park, J., Oh, I.H., & Kim, J. (2016). The relationship between physical disability and depression by gender: A panel regression model. <https://doi.org/10.1371/journal.pone.0166238>