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Examining the Utility of the Canadian Occupational Performance Measure (COPM) vs. Cognitive Mapping and Motivational Interviewing (CM/MI) to Provide Person-Centered Care (PCC) for People with Parkinson's Disease (PwPD)

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Examining the Utility of the Canadian Occupational Performance Measure (COPM) vs. Cognitive Mapping and Motivational Interviewing (CM/MI) to Provide Person-Centered Care (PCC) for People with Parkinson's Disease (PwPD)

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BACKGROUND

- Parkinson's disease is a neurodegenerative disorder, with varied symptoms and implications for function.
- Assessments are key to initiating the OT process with a holistic approach and providing PCC (Clarke et al., 2017).
- The AOTA Guidelines for PD recommends the COPM (Wood et al., 2022).
- COPM is a self-report tool focused on prioritizing problems in self-care, productivity, and leisure (COPM, 2023).
- CM/MI, a non-structured assessment, has the potential to view clients in context and provide PCC (Hughes et al., 2012).
 - It is currently not an assessment used for PwPD.
- Therefore, examining the utility of the COPM compared to CM/MI to provide PCC is the basis of this investigation.

RESEARCH QUESTION

How does the COPM compare to CM/MI to deliver PCC for PwPD?

THEORETICAL FRAMEWORK

The underpinnings of **Occupational Adaptation** support this investigation in enhancing OT clinicians' "press for mastery" to provide PCC.

METHODOLOGY

- Phenomenological study
Participants (N=9) 5 women, 4 men
- Inclusion Criteria**
- ≥ 40 years of age w/Dx of PD
 - English speaking

METHODOLOGY CONTINUED

Inclusion Criteria (continued)

- Living in the Austin area
- ≥ 25 score on MMSE
- Attend 60 minutes x 2 sessions
- Cognitive map can be photographed

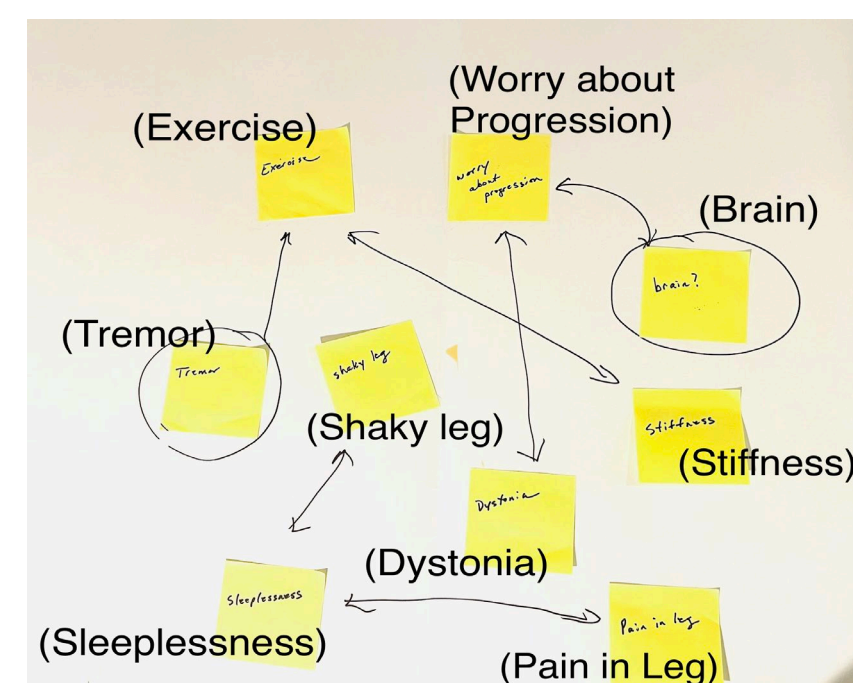
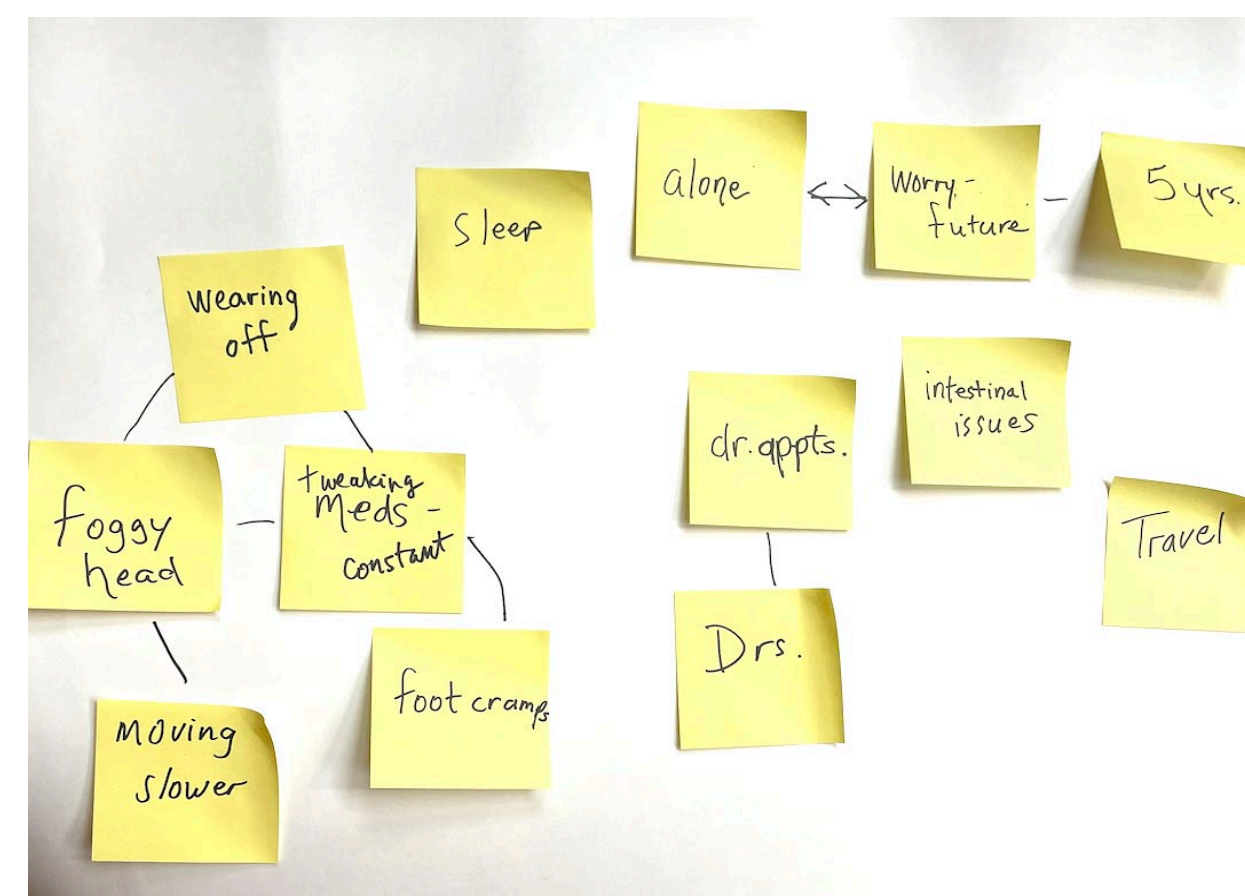
Data Collection

Reflections of the utility of the COPM vs. CM/MI by the investigator post session 1 and 2. based on a list of pre-determined questions

- Session 1 – COPM
- Session 2 – CM/MI brainstorming with post-it notes, telling their story, reorganizing their perceptions through reflection and MI

Data Analysis

Open-line coding, memoing, data fracturing, and examining for emerging themes

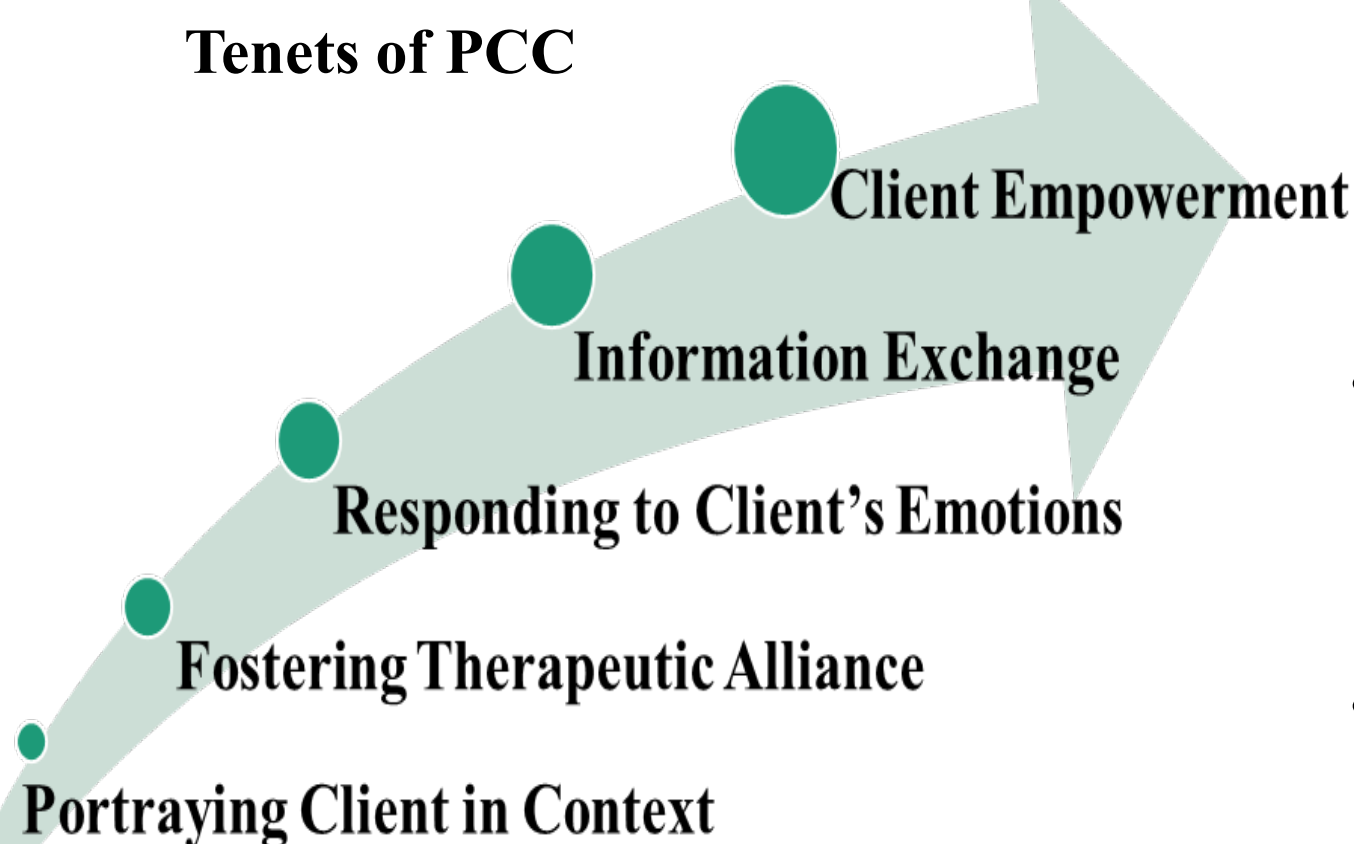


RESULTS

Reflections > Excerpts > Codes > Categorized > Subordinate Themes > Superordinate Theme > PCC Tenets

EMERGING THEMES		
Superordinate theme	Engaging and Understanding the Whole Person	
Subordinate Themes	CM/MI	COPM
Captured Ethos of Participant	Expressed Feelings And Experiences	Gathered Minimal Information
	Displayed Participant's Performance Skills & Comorbidities	Gained Knowledge That Was Category Specific
	Visualized Person/Environment Interaction	Created Baseline Functioning With Quantification
Built Rapport	Fostered Participant Connection	Stifled Spontaneity
Opened Participant Up	Examined Personal Challenges	Created Confusion With Jargon
Provided Space For Exploration	Discovered Innermost Thoughts	Limited Understanding In Context
Empowered the Participant	Showcased Participant's Willpower To Overcome Barriers	Viewed Life's Challenges As "Problems"
	Led To Participant-Directed Goals	Needed Probing to Identify Problems

DISCUSSION



- COPM is a valuable outcome measure, that may lack the potential to gather a holistic understanding of challenges encountered in everyday life for people with PD (COPM, 2023).
- The nonstructured format of CM/MI allows for a more nuanced understanding of the learned experiences and challenges of PwPD.
- CM/MI provides insight into motivations and desires that can fuel their "press for mastery" to overcome their challenges and achieve their goals.

REFERENCES



Special Thanks

