

Table 4-3**Canadian Occupational Performance Issues for Andrew**

<i>OPI</i>	<i>Interest</i>	<i>Performance (1)</i>	<i>Satisfaction (1)</i>	<i>Performance (2)</i>	<i>Satisfaction (2)</i>
Improve sleep and hygiene	8	3	4	7	7
Plan meals that fit my budget and nutritional needs	9	2	2	9	10
Have more energy to attend work	9	3	3	9	9
Participate in recreational ice hockey twice/week	10	1	1	9	9

Andrew

Andrew, a 27-year-old man, was seen by an occupational therapist at a psychiatric day program that focused on weight management through lifestyle changes. This program included educational sessions where Andrew was able to learn more about his illness and began to apply some coping strategies. Andrew was referred to the program by his family physician, who was concerned about Andrew's significant weight gain since he started taking a new (to him) antipsychotic medication. Andrew was diagnosed with schizophrenia at the age of 23 years, after traveling and experiencing a psychotic break that led to hospitalization. He had completed a community college program in business administration the year before. Andrew started a sedentary job in an office and reported feeling uncomfortable at his current weight, which is 65 pounds above his typical weight. He reported being short of breath and tired all the time. He reported suffering from sleep apnea and had recently started using a continuous positive airway pressure machine. Andrew was once active in recreational sports but did not feel physically able to participate at the time of meeting with the therapist. He was also concerned about an increase in his blood pressure and a family history of diabetes mellitus. Andrew was aware that he needed to continue taking his medications to manage his illness and to continue to function at his job. The occupational therapist met with Andrew at the clinic and together they completed the COPM as part of the initial interview. Andrew stated that he enjoyed participating in the goal-setting process and often referred to the copy of the COPM that he took away from his assessment on that first visit. Andrew also shared the COPM with his family to help them better understand his goals. Table 4-3 summarizes the results of the COPM completed at two points in time. Table 4-4 offers questions to consider relative to providing intervention to the case study for Andrew.