

Xavier is responsible for all home repair, car maintenance, and yard work at home. He and his family live in a small home. His wife works as well and is responsible for all the housekeeping and child care. Xavier reports pain at times when playing ball with his sons.

ANALYSIS OF OCCUPATIONAL PERFORMANCE

Xavier was seen for an OT evaluation. He has no cognitive, perceptual, visual, hearing, or sensory deficits. A medical interpreter was used during the evaluation. He has AROM in normal ranges for bilateral UEs, although he reports pain during wrist extension and supination. Despite the pain, his strength is also normal. Xavier is right-handed and has no coordination deficits, edema, or skin changes.

Xavier is independent in all self-care and work tasks. He has lost no time from his work because of the tendonitis, although he reports wanting to leave early many days because of the pain. He continues driving and had not experienced inability in doing any of his normal daily tasks. Xavier's goal from therapy is to be pain-free. He agrees to participate in OT and remarks, "I'm tired of dealing with this pain."

QUESTIONS

Occupations

1. Which occupation(s) are most affected by Xavier's diagnosis?
2. Which occupation(s) would you suggest Xavier not participate in while he is receiving OT?
3. Xavier would like to continue his workouts at the gym 3 days per week. What would you suggest?

Performance Patterns

4. What roles have been most affected by Xavier's diagnosis and pain?
5. What routines would you want to find out more about? Why?
6. Identify areas for client education. How would you write a handout for Xavier on one of these areas?
7. Why is it important to educate Xavier regarding his part in the intervention program?

Performance Skills

8. Identify 10 performance skills that would have a negative impact on Xavier's ability to participate in his meaningful occupations.
9. Identify 10 performance skills that would have a positive impact on your OT intervention.
10. Describe an intervention session that uses meaningful activities as your primary intervention method. What equipment or tools would you need to complete this activity?

Client Factors

11. What values do you feel will be helpful to Xavier's engagement in OT? Why?
12. Identify 10 body structures that may be affecting Xavier's ability to engage in meaningful occupations.
13. What types of physical agent modalities would you use for Xavier's tendonitis? Explain why and who is qualified to administer them.
14. Write out a home program for Xavier to follow. Be sure to include all information needed for a thorough, effective home program. How would you complete this task, given that Xavier does not read English?
15. Why do you think Xavier is angry about having tendonitis?
16. Why is it so important psychologically for Xavier to have this intervention be successful?
17. If Xavier's tendonitis continued, what kind of effect would it have on him?

Contexts and Environment

18. What cultural considerations would you want to take into account when working with Xavier? How would you do this?
19. Identify personal and temporal factors that could influence your assessment and intervention planning.
20. What adaptations could be made to Xavier's workstation that would be less likely to exacerbate the tendonitis?
21. What actions should Xavier take to lessen his pain?
22. What precautions should Xavier take to prevent worsening his tendonitis?
23. What social supports do you think you could call on for Xavier?