

PROBLEMS EXPERIENCED BY HD CLIENTS DURING DAILY ACTIVITIES

Marieke Clemens^{1§} and Wilco Achterberg^{1,2}

1. Huntington Centre Topaz, Nachtegaallaan 5, 2225 SX Katwijk, The Netherlands

2. Department of Public Health and Primary Care, Leiden University Medical Center, Post zone V0-P, PO Box 9600, 2300 RC Leiden, The Netherlands

BACKGROUND

People who have Huntington's disease experience problems in performing daily activities. There is until this far limited literature on the character and frequency of these specific impairments in HD. During occupational therapy assessment we examine these activities in more depth, with the goal to help the client function as independent and safe as possible.

AIMS

To gain a sight into the experienced problems by HD clients during their daily activities and the prevalence of the activities restrictions.

RESULTS

- 33 clients participated in the occupational therapy assessment
- 30 out of 33 clients experienced problems with performing their daily activities
- We found a total of 118 problems, 60 different ones
- 29 out of 30 clients experienced problems with self-maintenance

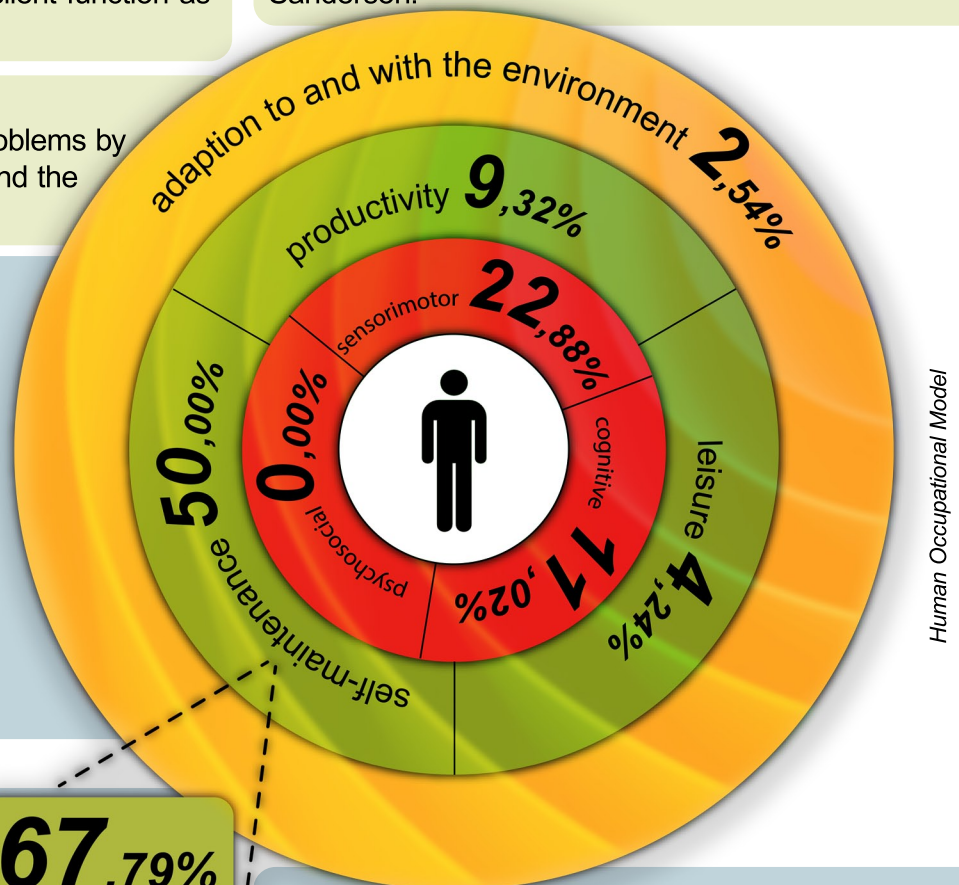
30 out of 33 clients experienced problems with performing their daily activities. Most of those problems were caused due to insufficient personal care. Several of the specific tasks that were found are not mentioned in the standards of care, such as writing, agenda- and computer-use.

67,79%
Personal Care

1. Eating
2. Drinking
3. Dressing/Cooking/ Writing

METHODS

During occupational therapy assessment we systematically discuss the experienced problems on activity level. During 2013 we made an inventarisation of the problems that were assessed. These data are ordered according to Human occupation model of Reed and Sanderson.



Human Occupational Model

RECOMMENDATION

My recommendation is to add advices about missing activities in the 'Standards of Care' (OT), such as writing. There is need for research into the efficacy of occupational therapy interventions aimed at reducing the burden of daily activities.