

# Occupational therapy screening

## Optimising screening for outpatients with Huntington's Disease

Marieke Clemens<sup>1</sup>, Marlies Dierikx<sup>1</sup>

1. Huntington Centre of Expertise, Topaz Overduin, Katwijk, the Netherlands

### Background

In the Netherlands, outpatients with Huntington's Disease (HD) attend one of the HD Centres of Expertise for multidisciplinary screening. Occupational therapy (OT) screening is structured differently in each centre. Dutch OTs wished to optimise and standardise their screening across centres. A graduation project was initiated to advise on this.

### Aim

The students on the graduation project aimed to advise on how to optimise and standardise OT screening across Dutch HD Centres of Expertise. Based on the students' report, OTs working in these centres aimed to discuss how to implement the recommendations into daily practice.

### Methods

The students used a mixed-method approach, including:

- review of the literature
- observation during screening
- semi-structured interviews with OTs of the Dutch Centres of Expertise

### Results

The students confirmed the need for more effective testing and a more standardised approach to screening across centres. Their recommendations included using the following instruments as a first step towards achieving this:



#### Daily living

- MOHOST-NL
- Barthel Index



#### Cognition

- ACLS (once)
- ADM-2 (follow-up)



#### Observation

- PRPP
- Home visits



#### Patient network

- CSI



#### Multidisciplinary collaboration

Abbreviations: ACLS: Allen Cognitive Level Screen, ADM-2: Allen Diagnostic Module, CSI: Caregiver Strain Index, MOHOST-NL: Model of Human Occupation Screening Tool, PRPP: Perceive, Recall, Plan, Perform.

### Conclusions

Working methods vary widely across centres, which makes nationwide standardisation of OT screening challenging. The key to optimisation and standardisation lies in using more thorough diagnostics. The students' most innovative recommendation was to use MOHOST-NL and ADM-2, which are not widely known nor used for HD in the Netherlands. A deeper understanding of these instruments is needed to verify their applicability in practice.

Our experience with assigning a graduation project to analyse and advise on a clinically relevant issue has been very positive. The report provides an excellent basis for the research and discussion that is needed to work towards nationwide standardisation.

**Corresponding author: Marieke Clemens, [m.clemens@topaz.nl](mailto:m.clemens@topaz.nl)**

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