



POLICY AND PROCEDURE

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PURPOSE:

To maintain or improve the patient's level of function after discharge from occupation therapy or in between outpatient appointments by arriving at an agreement with the patient, family member/s, and the treating team regarding specific activities to be performed in the home and community.

POLICY:

The patient, family or caregiver will be thoroughly instructed in the appropriate home program through verbal instruction and/or demonstration. Written instructions may be provided as appropriate. Photographs or videos of home programs may also be provided whenever appropriate.

PRINCIPLES AND PROCEDURES:

1. Introduce and initiate home program early in the rehabilitation process-
2. Coordinate home program with other disciplines as appropriate and ensure that the plan is realistic and practical for the patient and family.
3. Discuss the specific activities to be performed with those involved and have the patient and/or caregiver demonstrate tasks to determine safe practice and competence.
4. As appropriate, the therapist will provide the patient and or caregiver with written instructions.
5. Individualized printed home program will be scanned into the patient's health record. Home programs selected from ORCHID's Patient Education library will not need to be scanned.
6. Present information simply and in keeping with the literacy level of the patient and caregiver. Whenever possible, augment verbal and written instructions with photographs, illustrations, or videos. The Language Resource Center may be used to translate written materials to patient's identified primary language.
7. The patient, as well as those involved in assisting the patient, should receive demonstration of task followed by return demonstration every time the program is updated.

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8. Each instructional session needs to be followed by a feedback session with documentation of results.
9. Follow-up: When the patient returns to the occupational therapy outpatient clinic, as appropriate, review the program with the patient, family, or caregiver to determine problems and progress and make revisions as indicated. Document finding and any new instructions in the medical chart and as appropriate give a copy of the revised program to the patient, family, or caregiver.