

# Application of Trauma-Informed Care and an Occupation-Based Approach in Hand Therapy

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## Description of DCE Site

- Valley Orthopaedic Bone & Joint located in Modesto, CA
- Population served are patients with orthopedic hand conditions
- Their mission is to provide the highest quality of healthcare to the California Central Valley
- Centered around quality, cultural sensitivity, compassion, efficiency, and sustainability
- Direct service, consultation, education, and rehabilitation services offered

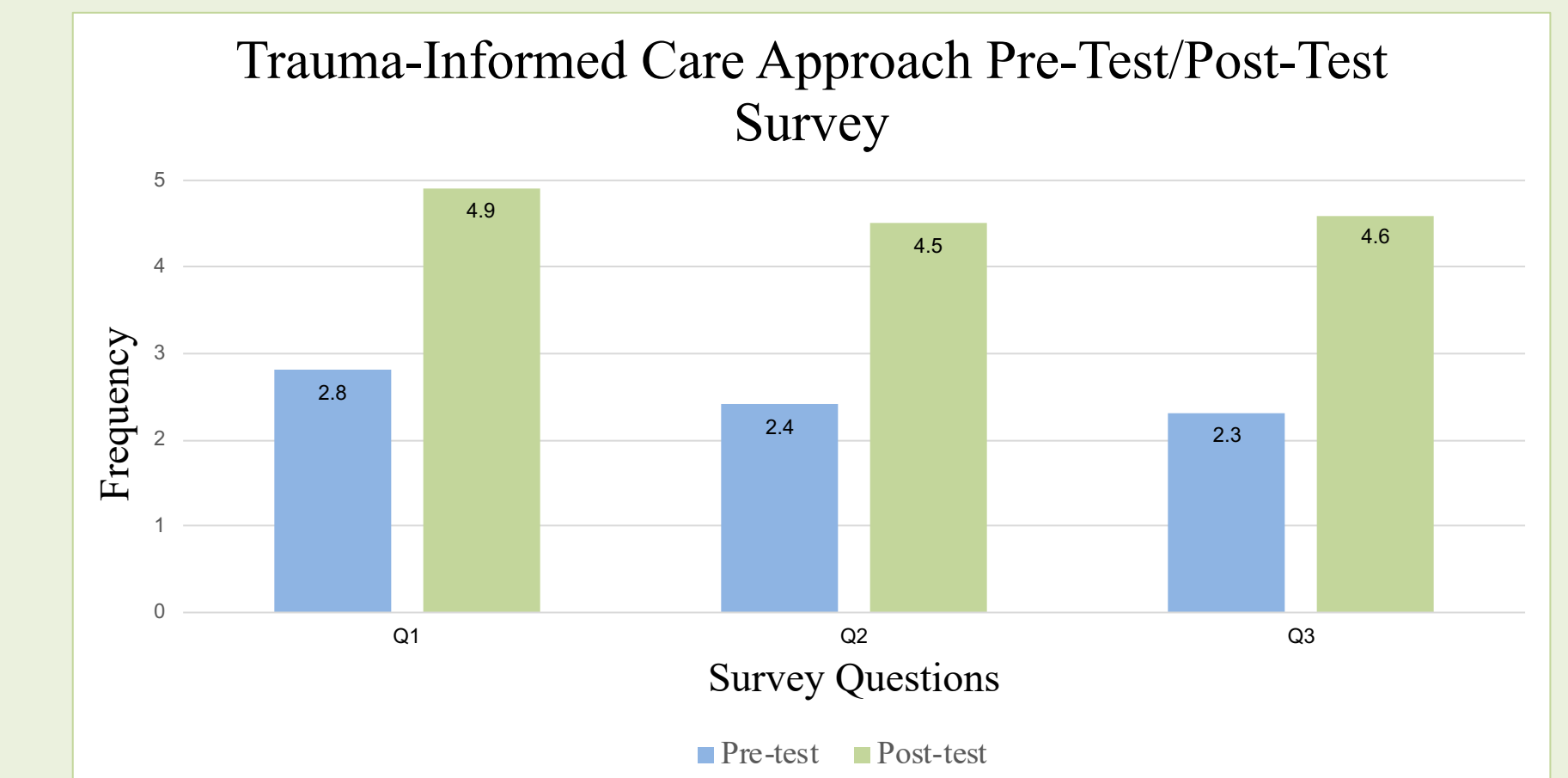


## Key Points of Literature Review

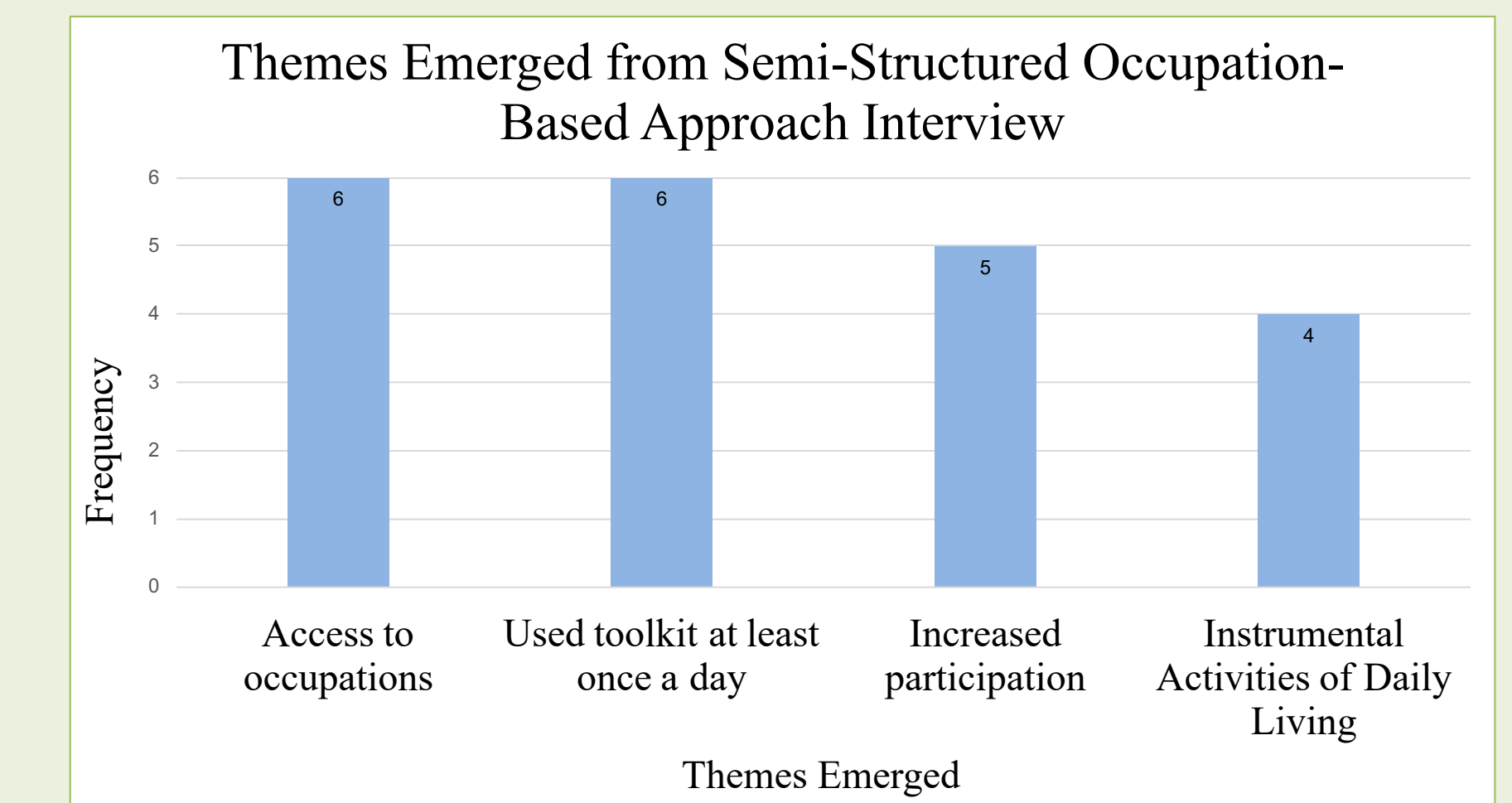
- The use of an occupation-based approach in a hand therapy clinic is severely restricted and not enforced as common barriers exist that lead to health care professionals using a biomechanical approach when working with clients (Burley et al., 2018; Che Daud et al., 2015)
- Anxiety and depression were one of the most common psychological disturbances that occurred to an individual after a traumatic event (Chown et al., 2018; Ladds et al., 2017)
- When occupational therapists used a client-centered approach, clients' satisfaction was increased because they were participating in meaningful occupations (Che Daud et al., 2015)

## Project Description & Implementation

- The purpose of the project was to apply the concepts of trauma-informed care and occupation-based activities to enhance the knowledge of these topics to staff members at the site
- Two in-services were given during weeks 12 and 13 to staff members on how to incorporate a trauma-informed care and occupation-based approach at the site
- Two pre-test and post-test surveys were given to occupational therapists, certified occupational therapy assistants, aides, and students at the site to gather understanding of knowledge and confidence level of staff members regarding the approaches
- Semi-structured interviews were held one to two weeks after the in-service and produced common themes



*Note.*  $N = 8$ . ( $N$  = number of participants). Results represent how the participants understanding of knowledge and accessibility to resources increased after given the post-test survey



*Note.*  $N = 6$ . The themes that emerged from the semi-structured interview given to the participants at the hand therapy clinic are shown

## Summary of Needs Assessment

- A face-to-face semi-structured interview with community site mentor was held
- A survey was distributed throughout two days to collect data from several clients gathering both qualitative and quantitative data
- Three themes emerged that were identified as needs of the site:
  - Education on trauma-informed care
  - Incorporation of occupation-based activities
  - Addressing mental health

## Student's Learning Objectives

- Obtain advanced clinical knowledge on trauma-informed care when working with orthopedic clients to promote carryover of skills taught to staff members
- Obtain advanced clinical knowledge of the orthopedic population and provide educational resources to the facility that can be accessed by both clients and staff
- Create and educate on the importance of occupations in the hand therapy clinic

## Evaluation and Outcomes

- Analyzed data using Excel and Jeffreys's Amazing Statistics Program for descriptive and frequency statistics
- Confidence level of the participants increased with using such approaches in their treatments during post-test with overall confidence being around 4/5 compared to pre-test results being 2/5
- All participants demonstrated 100% mastery of the knowledge questions at post-test compared with pre-test results
- Follow-up semi-structured interviews demonstrated a common theme of increased comfortability amongst staff members on approaches after the in-services

## Summary of Deliverables

- Two presentations with references
- Handout of free and accessible psychological resources offered within the community
- Overview of occupational therapy's role in a hand therapy clinic
- Educational handouts and home exercise programs
- Occupation-based toolkit

## Acknowledgements

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## References

References are available upon request