

OCCUPATIONS THAT PERSONS WITH POST-POLIO SYNDROME PERCEIVE DIFFICULT TO PERFORM IN THEIR DAILY LIFE

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Introduction

Persons with post-polio syndrome (PPS) can experience a variety of symptoms that can affect their ability to perform various daily occupations. Our knowledge of which occupations persons with PPS perceive difficult to perform is, however, very limited.

Aims

To describe which self-care, productivity and leisure occupations that persons with PPS perceive difficult to perform on admission to rehabilitation, to describe the persons' own perception of the importance, performance and satisfaction with these occupations, and to investigate whether the reported occupations are related to sex, age, working situation, housing and living arrangements.



Methods and material

Sixty-two persons (mean age 61 years) with clinically verified PPS were assessed with the Canadian Occupational Performance Measure (COPM) on admission to rehabilitation. COPM is an instrument designed to capture a client's self-perception of occupational performance. The client identifies occupations in which difficulties are experienced, and the performance and satisfaction with the most important occupations are scored.

Results

A total number of 431 occupations that were difficult to perform were reported, mostly in the COPM occupational area self-care (43%), productivity (32%) and leisure (25%). Household management (27%) and functional mobility (23 %) represented half of all the reported occupations. Women reported more occupations related to productivity than men. Persons cohabiting reported more occupations related to leisure than persons living alone. Persons living in a house reported more occupations related to leisure than persons living in an apartment. No differences between the occupational areas were found regarding age.

Conclusions

Persons with PPS perceive a wide range of occupations that are difficult to perform. This indicates that a client-centred approach and instruments that capture the complexity of daily occupations are needed in order to plan appropriate rehabilitation interventions for persons with PPS.