



UNIVERSITY OF GOTHENBURG

Managing the complexity of daily occupations

Anna-Lisa Thorén-Jönsson

PhD., Reg OT

**Institute of Neuroscience and
Physiology/Occupational Therapy**

The Sahlgrenska Academy

Occupations

- **The ordinary and familiar things people do every day**
- **A powerful source of meaning**
- **A close connection between occupations and identity**
- **Interaction with the physical, social and cultural environment**
- **The complexity seldom visible**

Four Qualitative Studies:

The strategies persons with late effects of polio use in everyday life to manage daily occupations

Factors involved in the development and choice of strategies

The adaptive process

The influence of environmental factors

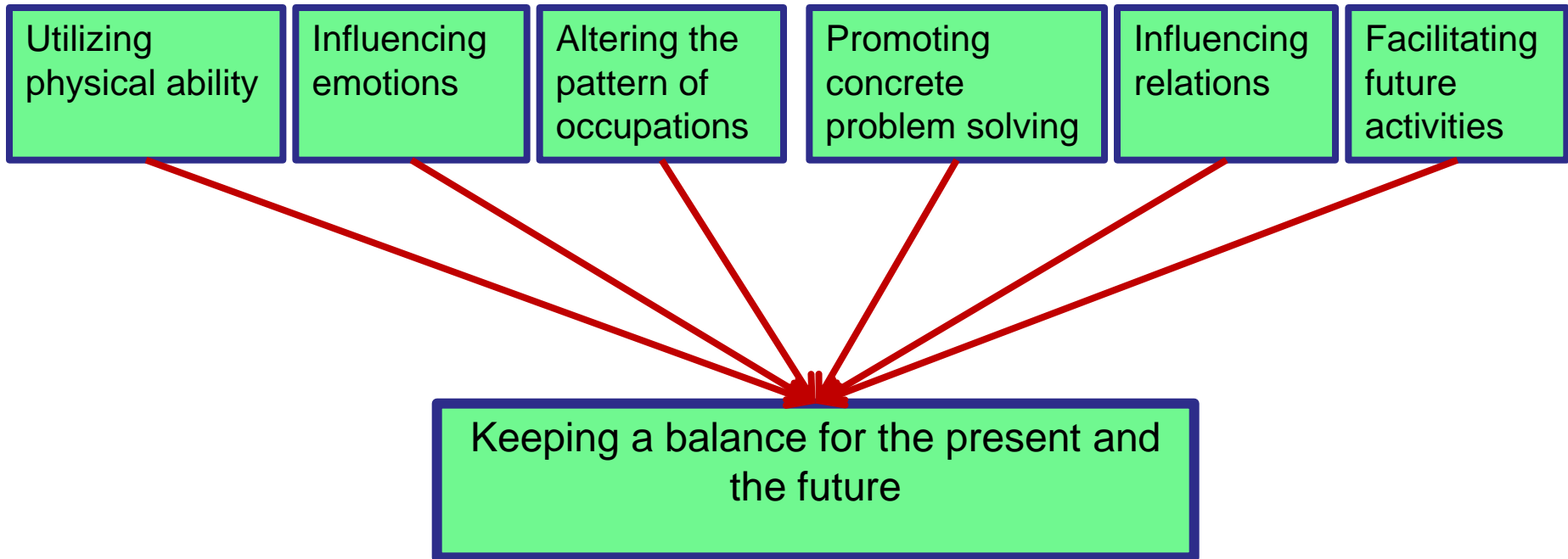
Participants

- 12 women and 10 men (aged 40-66, Md 53 years) selected from a voluntary group with late effects of polio
- 1 - 30 years old at the onset of polio

Methodological Approach

- Grounded theory
- Theoretical sampling
- Tape-recorded interviews

Six groups of strategies



Utilizing physical capability

- **Stretching the limits of physical capability**
- **Doing exercises**
- **Developing and learning certain techniques**

Influencing emotions

- **Optimistic thinking**
- **Minimization**
- **Wishful thinking**
- **Avoidance**

Altering the pattern of occupations

- **Giving up occupations**
- **Setting priorities**
- **Restoring activity and role balance**

Promoting concrete problemsolving

- **Making cognitive maps**
- **Orchestrating occupations**
- **Compensation**
- **Asking for assistance**

Influencing relations

- **Doing things to attract attention**
- **Making contact**

Facilitating future occupations

- **Planning for the future**
- **Informing and making demands**

The Adaptive Process

- Two Integrated Processes

The realisation and integration process

- Insight
- Reorganisation



Patterns of behaviour when trying to cope with the changing conditions in daily occupations

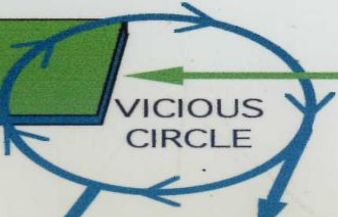


ACUTE POLIOMYELITIS
RECOVERY
STABLE STAGE

PPS

THE INATTENTIVE
PHASE

THE PHASE OF
OVERLOADING

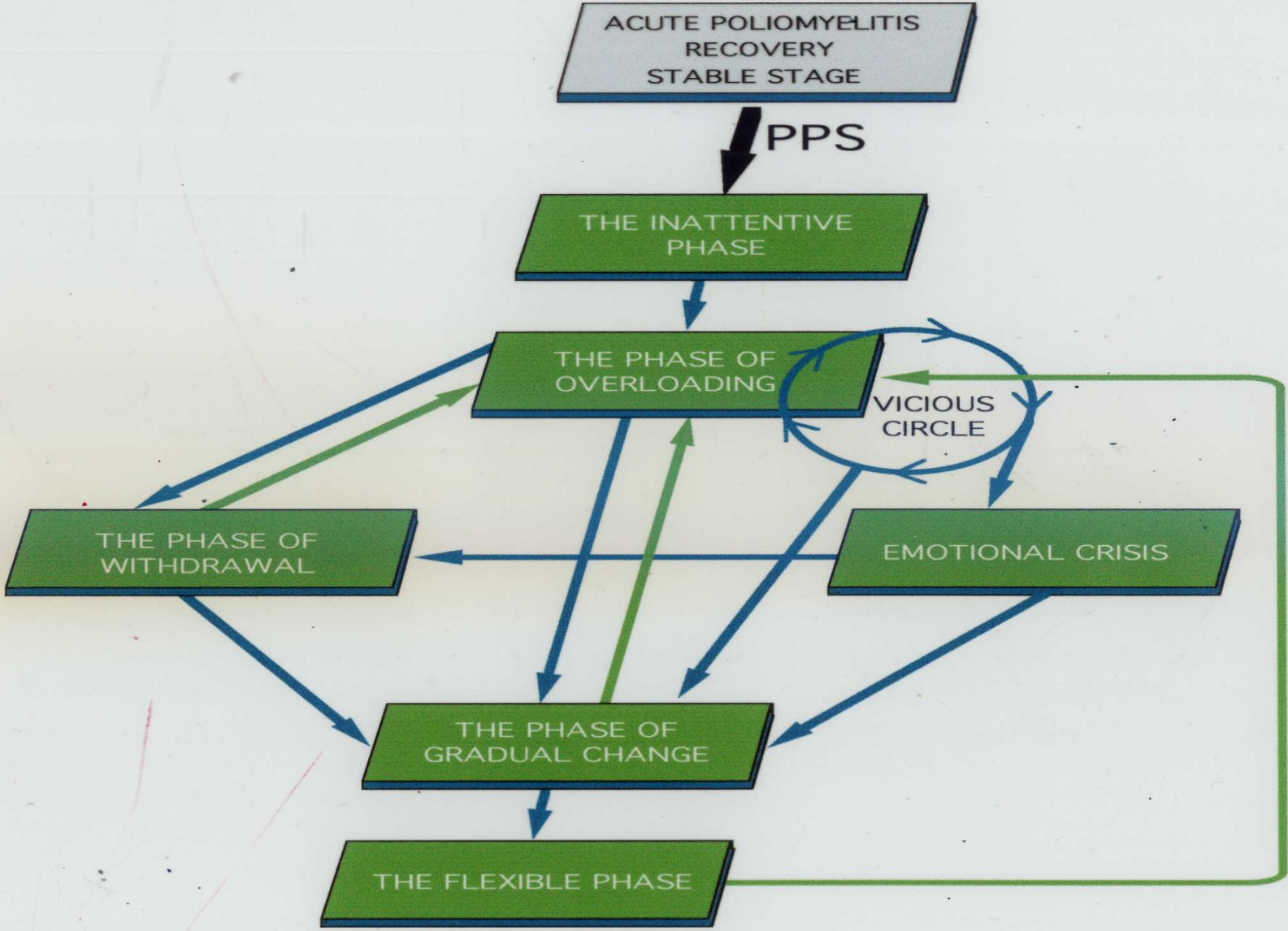


THE PHASE OF
WITHDRAWAL

EMOTIONAL CRISIS

THE PHASE OF
GRADUAL CHANGE

THE FLEXIBLE PHASE



Conclusions

from the qualitative studies

- A variety of strategies to keep or achieve some kind of balance in daily occupations
- Flexibility in use of strategies facilitate participation
- Individual intentions and conceptions are important
- Time, energy, ability to solve problems, accessible environments, access to information and support, and readiness to compensate with assistive devices are essential factors for adaptive behaviour in daily occupations

**A need for rehabilitation programs,
information, and support**

**What evidence is there for the
rehabilitation programs?**

Study limitations

- Not designed for evaluation of the programs
- The outcome variables are different
- Small sample size
- No randomized controlled studies

Conclusion

- Need for Post polio clinics and multiprofessional rehabilitation programs
- Need for research studies designed to evaluate the programs