



ORIGINAL RESEARCH PAPER

Social Science

EFFECTIVENESS OF OCCUPATIONAL THERAPY ON MENTALLY ILL PATIENTS

KEY WORDS: family intervention, ill health, case history taking, mental illness

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ABSTRACT

Family intervention is beyond any form of treatment in any adverse medical condition. It plays significant role in any ill health condition. The diagnosis of any mental disorder is not possible through any laboratory testing. Case history taking is an important weapon in the diagnosis process. This is also important in the treatment process. But apart from this, the medical intervention is also essential. In this regard, one of the important methods is occupational therapy. The simple meaning of occupational therapy is to occupy a person in any activity. In this context, it is a process of engaging any individual in any action. This concept has no primitive origin. As far as the mental illness is concerned, this therapy has a unique stand. It is a kind of helping the ill & injured to redevelop their skill by engaging them in an activity. The contemporary research paper attempts to clarify the importance & effectiveness of occupational therapy in mental illnesses. This, an exploratory study of 40 mentally ill of Hospital for mental health, Ahmedabad highlights the progress & change among them after getting enrolled in occupational therapy. Moreover, it highlights about mental illness & the intervention of Occupational Therapy in the treatment & rehabilitation of mentally disordered.

INTRODUCTION:

Occupational therapy is an auxiliary health care profession which aims to improve the positive health performance, prevention of illness & disability and for the promotion of adapting the changes in life. The occupational therapists help person in need through intervening with the other family members and mainly with the family caregivers. The therapists are concerned with the rehabilitative processes.

Definition of Occupational Therapy:

The 15th Council Meeting of the World Federation of Occupational Therapists (WFOT) in Amsterdam, (June 1982) defines "Occupational Therapy is assessment and treatment through the specific use of selected activity. This is designed by the Occupational Therapist and undertaken by those who are temporarily or permanently disabled by physical or mental illness, by social or developmental problems. The purpose is to prevent disability, improve health and to fulfill the person's needs by achieving optimum function and independence in work, social and domestic environment."

The basic purpose of the therapy is to assist the patients who are physically and psychologically ill. It is helpful in those patients who have experienced the imbalances in attaining the balanced state. It is for those who are not able to cope up with the live situation of life because of any traumatic situations.

PHASES IN OCCUPATIONAL THERAPY:

By utilizing a systematic approach the occupational therapist enables individuals, groups & communities for the improvisation in the functioning of people to the attendees of occupational therapy.

An Occupational therapist use a systematic approach based on evidence and professional reasoning to enable individuals, groups and communities to develop the means and opportunities to identify, involve in and improvise their function in the occupations of life. The process for helping the needy of occupational therapy under the purview of the occupational therapists involves the assessment, intervention and evaluation of the client related to occupational performance in self-care, work, study, volunteerism and leisure.



American Occupational Therapy Association (AOTA): In

dealing with some fellow's physical well-being, Occupational Therapists intervene with psychological, social, and environmental factors that can affect functioning of mentally ill in various ways.

Role of occupational therapy in mental health:

Occupational Therapists originally believe that people with mental illness wants to be recovered and participate in normal daily occupations and activities, and in turn can use occupation/activity engagement to promote wellness and increase quality of life.

Occupational Therapist recognizes that the involvement in meaningful activity can positively influences mental health. They are particularly trained with the skillsets to facilitate engagement across environments and over the life span.

Occupational Therapists intervention should begin in primary health care. That is why, a stronger role is required in the initial care system to work alongside of psychiatrists, psychologists and pharmacists as Occupational Therapists are uniquely trained to assist with transitions from primary care to community care.

Occupational Therapists successfully conduct therapeutic groups in inpatient, outpatient and community settings.

It was found that occupational therapy incorporated the 'Recovery Model' into the mental health practice through the process of facilitating activity involvement in the ward and in the community. (Cone & Wilson, 2012)

The Recovery Model is currently embedded in Alberta Health Service's Addiction and Mental Health Services. OTs plays an integral role in the design and implementation of Cross Level Services and Support (CLSS) programs.

Mental health:

Mental health is how a person thinks, feels and acts as he/she copes with life. It also helps determine how we handle stress, relate to others and make choices. Like physiological health, psychological health is important at every stage of life span.

Mental illness:

It is inevitable fact that any mental illness involves disturbances in thought processing; affections, etc. are serious enough to cause functional disability in persons. It makes more difficult for them to be sustained in interpersonal relationships and work on their jobs, and sometimes leading to self-destructive behavior and even suicide. The most serious mental illnesses are schizophrenia; affective disorder, major depression, and schizoaffective disorder are often chronic and cause serious impairment.

Significance of the study:

Occupation deals with the routine activities that other people do as

an individual, in family and with community to be occupied with time and bring meaning and purpose to life. Occupations include things people need to be carried out or they want to do or they are expected to do.

To occupy a patient in any act is core of occupational therapy. It is type of treatment wherein individuals with any ill health condition are helped by an expert to achieve a partial independency. It includes performance of all daily normal activities in work, play, leisure etc. The word performance in occupational area signifies to all activities of daily life, such as dressing & brooming, eating, communicating, work activities, etc.

This way occupational therapy plays an important role in the phase of rehabilitation of mentally ill patient. This shows how effectively it works for the persons with mental illness. The study orients the readers on the understanding of occupational therapy as well how it is useful in effectiveness of recovering.

The purpose of the research in this regard was to estimate the effectiveness of intervention in occupational therapy to improve the performance of mentally ill and wellbeing of the persons.

Sample & Sampling Procedure:

The core objective of the study was to orient oneself about the effectiveness of occupational therapy on the patients suffering from mental illness. To collect the factual information was the purpose of this study so the research design is exploratory as it provides true and factual picture of the mentally ill patients about their personal, social life. It is descriptive in nature as it describes the impact of occupational therapy on persons with mental illness. A self-structured interview schedule was designed for this study. Observation method was considered as secondary method for data collection. The data was collected from 40 mentally ill patients who were attending the OPDs of hospital for mental health of Ahmedabad. The samples were selected by using stratified random sampling method.

Findings:

There is a mixture of prevalence of mental illness among both genders. According to various researches conducted in mental health field indicates that the prevalence of mental illness are more common among males than females. The study conducted by Prof. Daniel Freeman, in his study revealed that the females are more susceptible for depression while in male substance abuse is very common in males. The present study has shown a diversion in this regard wherein the majority of the respondents were males. As far as the chronological age of the respondents is concerned, majority of the respondents were belonged to the age of 40 years i.e. 16 (40%). Looking towards the literacy level among the respondents, majority of the respondents had studies up to higher secondary level.

In the Contemporary study it is revealed that majority of the respondents were from the families, wherein the joint family system was practicing. In contrary, it has also come in light that few families where nuclear family is prevalent, in those families also a compatible respondents were found.

As the study was conducted with the inmates of mental health hospital, the positive result which is found is that the family members of the respondents used to come to meet them in majority of the respondents i.e. 30 (75%).

Majority of the respondents were engaged in the treatment of occupational therapy since more than six months i.e. 14 (35%). This may be an effectiveness of Occupational Therapy among the patients that they were able to do their daily activities in majority cases i.e. 36 (90%).

As far as the improvement in the communication level of the respondents before & after attending the therapy sessions are concerned, there is a positive change in this. Before treatment, 28 (70%) respondents were able to interact with other members & people apparently, and after treatment 38 (95%) that means

almost all respondents have developed their communication & interactive skill.

The ironic fact is that, only 18 (45%) respondents were taken to their home from their family members in case of any social gathering to attend the function. This force the reader to recall that people (family members) do come to meet their relative in hospital (respondents) but they are not willing to join them in their social life. Rests were not taken care on this.

Conclusion/Summary:

Healthy and satisfactory life is an urge of all human organisms. The definition of healthy and satisfaction life varies from person to person. The WHO clarifies the concept of healthy person by saying that when a person is in a complete state in all dimensions of life that is physical, psychological, social, spiritual, etc. then it can be said that the person is healthy.

It can be related to physique, psychological, social & many more. Sometimes few people are not capable to cope up with such situation & being the victim of any mental illnesses. VMD Namboodiri in his book 'Concise textbook of Psychiatry' talks on the onset of mental illness. According to his writing the onset age for many of the mental illnesses is early adulthood. People easily do not realize the episodes of attacks & few span in this goes to sensitize own self. The respondents in the present study are of the age group of above 30 years & most of them are males.

Such people are not accepted in family once they meet with any mental disorder. Later on they are counted as non-productive unit of a family. When such things are happen they are not even asked in any social surroundings.

The impact of occupational therapy in mental health problem is somehow positive. But it is on the nature of the problem. Few experience positive change & few being neutral. The basic objective of the occupational therapy is to engage or occupy a person in an activity which can help in bringing a step ahead in treatment process.

The present research paper has briefly discusses the impact of occupational therapy on the mentally ill patients.

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