

## SIGNIFICANCE

- Nearly **1 in 5** adults in the United States is afflicted with and lives with **mental illness**<sup>3</sup>
- Unmet activities of daily living (ADL)** lead to **increased risk for readmission**<sup>1</sup>
- Gap between capacity to perform self-care tasks & readiness for discharge**

## BACKGROUND

The **Transitional Recovery Unit (TRU)** at UPMC Western Psychiatric Hospital (WPH) is a 10-bed inpatient unit that serves individuals with severe mental illnesses (e.g., schizophrenia).  
Average length of stay: 6 months to 1 year

- Increased readmission rates as a result of noncompliance with medications and inability to perform daily routines**

## OCCUPATIONAL THERAPY'S ROLE

- Experts in **creating and implementing interventions** that increase patients' motivation and performance skills to increase their independence in self-care tasks and other ADL.
- Possess **advanced clinical reasoning skills** critical for the administration and interpretation of performance-based assessments

## OBJECTIVES

**Purpose:** Use of a performance-based assessment of ADL to identify areas of need to address in intervention could assist in bridging the gap for successful community reintegration

**Aim 1:** Identify performance deficits in self-care tasks by increasing the efficiency and relevance in the administration of the Performance Assessment of Self-Care Skills (PASS) to promote successful community reintegration

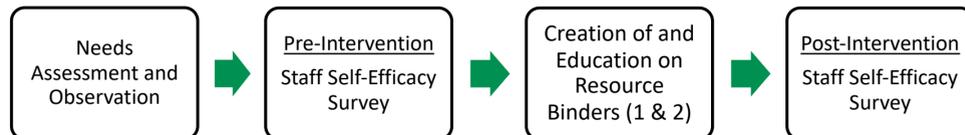
**Aim 2:** Create educational materials to be used by WPH staff to promote acquisition of skills needed to successfully participate in self-care tasks with TRU patients.

## METHODS

### Aim 1 Framework:



### Aim 2 Framework:



\*PASS items = Oral Hygiene, Dressing, Medication Management  
Modifications were made to Medication Management to increase complexity



## INTERVENTION/EDUCATIONAL MATERIALS

### 1. Performance Skills Resource Binder:

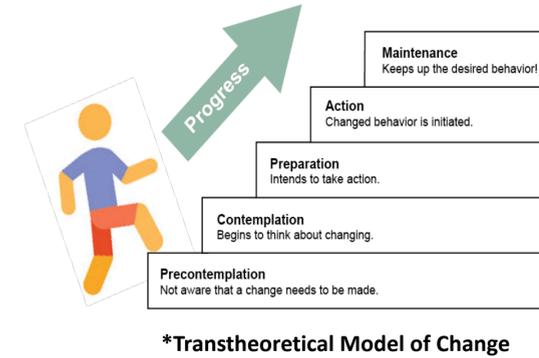
Based on PASS assessment,

- Safety, Endurance, Strength, Cognition and Fine Motor Skills

### 2. Participation/Engagement Resource Binder:

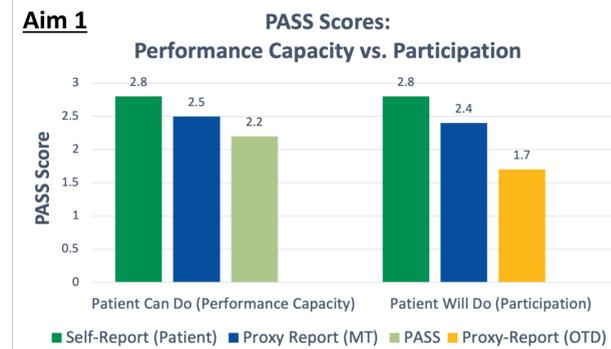
Based on the Transtheoretical Model of Change\*,

- Behavioral Activation, Motivational Interviewing, Self-Awareness, Habit Maintenance



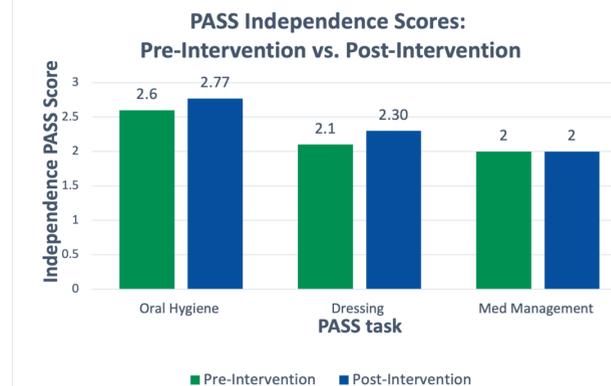
## RESULTS

### Aim 1



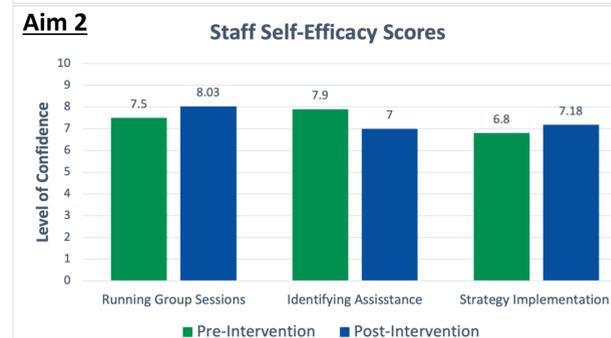
**Figure 1.** Represents the mean scores from:

- Self-Report PASS Interview - Patients
- Proxy Report PASS Survey - Milieu Therapists (MT)
- PASS Performance Scores
- Proxy Report PASS - OTD Students



**Figure 2.** Represents the mean PASS scores for all TRU patients at pre-intervention and post-intervention.

### Aim 2



**Figure 3.** Represents the mean self-efficacy scores for MTs at pre-intervention and post-intervention.

## DISCUSSION

- To see patient progress, it is crucial to provide **sufficient length of time in between pre and post assessments** for intervention implementation
- Due to the typical discharge placements (e.g., group homes, supported living) achieving full independence is not a requirement
- Routine education and continuous adoption** of educational materials is crucial to see an increase in staffs' self-efficacy scores
- A **performance-based assessment (PASS)** better reflects patients' capacity to perform daily activities than subjective reports (self/proxy)
- As cognitive demands** associated with self-care tasks **increase**, the overall mean independence summary **scores on the PASS decrease**
- Continuous project promotion and education** is required for sustainability
- There is a **critical need for occupational therapy** within this setting

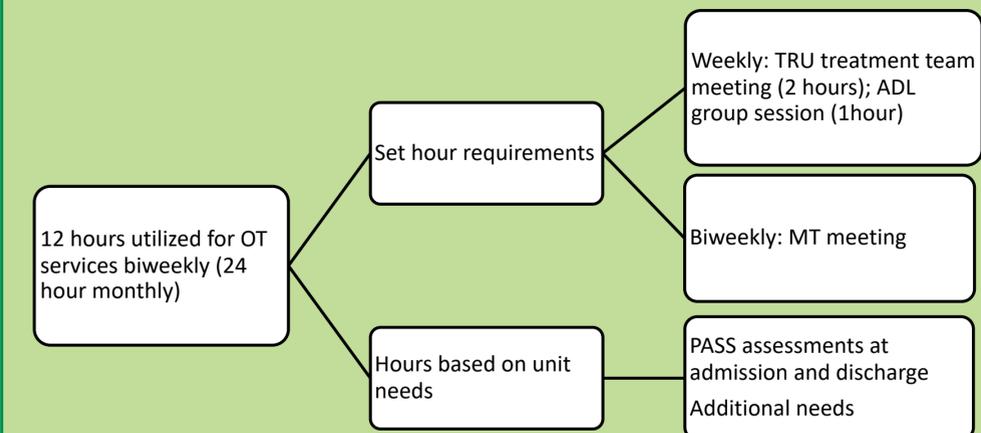
### Limitations

- COVID-19 Pandemic
- Short project timeline
- Staff availability



## FUTURE PLANS

### OT Consultation Model



## ACKNOWLEDGEMENTS

Thank you to our site mentor, Elaine Ferris, as well as the staff and patients on the TRU unit at Western Psychiatric Hospital for your contribution to our project.

## REFERENCES

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