Exploring occupational engagement following mild Stroke through the use of the Occupational Gaps Questionnaire

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Introduction

When compared to their moderate to severe counterparts, people with mild stroke demonstrate less severe physical and cognitive impairments [1]. However, mild stroke still appears to have an impact on participation in life roles and everyday occupations, following hospital discharge [2-5].

It is difficult to identify how people with mild stroke may be impacted following hospital discharge, with many acute stroke assessment tools having ceiling effects for this population [6].

The Occupational Gaps Questionnaire (OGQ) may be a useful tool to identify the areas of life that are impacted for people with mild stroke, following hospital discharge, however, it is yet to be tested in the mild stroke population or within an Australian context [7-12].

Purpose

To determine if the English version of the OGQ could be used to identify occupational gaps following mild stroke in the Australian context.

Three research questions were used to explore this aim:
1) What are the gaps that people in Australia with mild stroke identify?
2) How do people in Australia with mild stroke describe their occupational experiences & gaps?
3) What is the feasibility of the English translate OGQ in the Australian context?

Participants

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Quantitative Results

Drivers of occupation

• Participants engaged in occupations during a desire to make connections or they were highly valued and important for their wellbeing.

Occupations can be challenged or enabled

• External influences or personal factors were seen to assist occupational engagement or create barriers to the completion of occupations.

Feasibility of conducting the OGQ with people with mild stroke

• Completing the OGQ within a qualitative interview resulted in the results being richer than the yes/no answers provided when it is completed as a questionnaire.

• The interviewer supported participants to clarify responses, distinguishing between their current occupational situation and what they wanted.

Take Home Messages

• The findings of this study support the feasibility of using the English version of the OGQ with people with mild stroke within the Australian context.

• Clinicians can use the OGQ to assess the areas in which people with mild stroke may need further assistance and can be utilised as an initial tool to ensure a broad range of occupational areas are covered.

References