MOHO Activity Analysis

October 31, 2012

Dear all,

I would like to ask if there is such thing as an activity analysis template incorporating MOHOST?

I understand from reading on the MOHO website, that Prof. Forsyth may have been developing a MOHO activity analysis template?

I have a template from a 'Willard and Spackman' textbook, however this is a generic template which spans physical and mental health, and the setting I am on placement in is working particularly with MOHOST.

I would appreciate anything you have on this subject.

Thank you in advance.

Kind regards

Sarah D'Oca (née Gellatly)
OT Student
Coventry University

November 3, 2012

Dear Sarah,

Thanks for your e-mail,

This is a good question….my answer may surprise you…..our work ended up concluding that the MOHOST (or indeed any MOHO assessment/intervention program) IS an activity analysis. We did built the activity analysis structure, however, it ended up looking the same as the MOHOST!!!!!
What is activity analysis?

Activity analysis is one of the oldest occupational therapy processes. It emerged out of occupational therapists’ need to find and or adjust an occupation to achieve some therapeutic benefit or allow a person to engage in a former or new occupational role. Basically, the core of all activity analysis is to find a fit between the characteristics and needs of a client or client group and an occupation. The analysis of occupations and their use within therapy are the unique skills of the occupational therapist (Hagedorn, 2000).

Despite being an essential skill for any occupational therapist, there is not a single definition or set of agreed upon procedures for activity analysis in the field. In fact, a variety of different discussions can be found on the topic (eg. Crepeau, 2003; Foster & Pratt, 2002; Creek, 2002; Lamport et al, 2001; Fidler & Fidler, 1963; Mosey, 1986).

Linking activity analysis and conceptual models of practice

More recently, authors have advocated using occupational therapy theories as a framework for activity analysis (Katz, 1985; Foster & Pratt, 2002; Crepeau, 2003; Toglia, 2003). Crepeau (2003) outlines what she calls “theory-focused activity analysis”. This approach to activity analysis examines the properties of an activity from the perspective of a particular practice theory.

What does MOHO bring to this debate?

MOHO takes the position that activity analysis should always be theory driven. An analysis that is based on theory provides the additional benefits of the explanatory power of theory. Using an occupational therapy theory as the structure for activity analysis serves not only to provide a structure or a framework for the analysis but also an explanation of how the elements identified operate together to support or prevent a person engaging with occupation. Traditional structured approaches to activity analysis that provides “lists” of issues to consider (or lists of questions) offer the first part of what a theory offers (i.e., a structure) but they cannot provide the explanation that enriches the activity analysis making it more comprehensive. Short exemplars below:

MOHO Based Activity (bathing) Analysis

What is Elsie’s sense of efficacy with bathing?

Does Elsie value bathing? If so, why?

Does Elsie find bathing enjoyable?

What is Elsie’s routine of bathing?
When in the day does Elsie bathe?

Does Elsie have full responsibility of bathing?

What of Elsie’s responsibilities are dependent on bathing?

What physical and/or metal capacities are affecting her bathing?

What physical environment does Elsie bathe in?

What social supports does Elsie have to support bathing?

**Other Conceptual Models of Practice**

This also holds true for other conceptual models of practice…..exemplar below

*B: Biomechanical Based Activity (bathing) Analysis*

What range of motion does Elsie have at her knee joints?

What muscle strength does Elsie have in her limbs?

Do Elsie’s physical capacities allow Elsie to transfer in and out of the bath?

Does Elsie have reduced strength in her right dominant hand following her fracture?

Does Elsie have enough physical endurance to complete the full bathing occupation?

Does Elsie have pain anywhere that restricts movement?

Does Elsie have enough physical flexibility to be able to reach her toes and her back while bathing?

Does Elsie have contractures that may be restricting range of motion or strength?

**Summary:** Activity analysis emerged early in our fields development when models didn’t exist. Activity analysis historically provided structure to our professional thinking. Conceptual models of practice have, however, now been developed, tested and provide structure to our professional thinking.

If you need more detailed information go to: Kielhofner G Forsyth K (2008) In Duncan E (Editor) Skills for practice in occupational therapy, *Chapter 7: Activity Analysis*, Churchill Livingstone

Warm wishes,
My development in practice is coherent with your findings. MOHO, always look at environmental impact on person’s volition, habituation and performance capacity. Activities/tasks are one part of the environment, and it is explained containing different dimensions, including psychosocial ones. This concept is embeded in the theory, assessment and intervention processes. Even though Gary suggested some questions for activity analysis for different conceptual models of practice (within them, MOHO) in his last Conceptual Foundations of OT Practice (2009), MOHO always looks at it more comprehensively, and gives us an integrative reasoning ofr doing it constantly.

More over, MOHO offers different instruments to evaluate environmental impact (OPHI-II, WEIS, REIS, SSI, VQ, and PVQ, MOHOST, SCOPE, specially. MOHO is the only occupation based model and I could say form all models that offeres this beautiful vision, client centered and meaningful, rescuing the unique nature of human beings and the relationship with their relevant environments!!

Best to all!

warm hug
Carmen Gloria de las Heras, MS, OTR
Chile

Thanks Kirsty,

very helpful analysis, we are going to share it with our UIC OT students.

Gail

Dear Prof. Forsyth and Carmen,

Thank you kindly for your detailed response, much appreciated.

I can fully understand the MOHOST being sufficient as it is comprehensive and covers a diverse range of observations.
Many thanks for the useful reference links also.

Best regards,
Sarah

November 4, 2012

Kirsty,

I agree, your analysis is very clearly written.
I do not teach activity analysis but have forwarded your post to my colleagues who do.

Patty Scott