Title: Client-Centered Occupational Therapy for Individuals with Spinal Cord Injury

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Major Finding: Client-centered occupational therapy appears to enhance quality of life for individuals in the early stages of SCI rehabilitation through the promotion of engagement in new life roles.

Participants:
- 30 participants 6 months post-spinal cord injury (SCI) classified as C4-T6 ASIA-D were randomly assigned to 2 groups. 21 participants completed the study.

Group 1:
- 12 participants (12 male, 0 female; 5 black, 7 white, mean age=32.7) received 8 client-centered occupational therapy home sessions over 6 months from 7 occupational therapists with at least 5 years of experience and training in SCI, home care, and client-centered therapy.

Group 2:
- 9 participants (7 male, 2 female; 5 black, 4 white, mean age=26.4) received 8 social visits over 6 months from people with no experience with rehabilitation or SCI. Visitors had been trained in home safety, rapport building, and active listening. Visitors did not offer therapeutic advice.

Method: Four measures, including the Functional Independence Measure (FIM), the Craig Handicap Reporting and Assessment Technique (CHART), the Role Checklist, and the Life Satisfaction Inventory-A (LSIA) were administered 2 weeks before and 6 months after the interventions.

Analysis: Non-parametric analysis using the Mann-Whitney U-test.

Findings:
- Analysis of the FIM, CHART, and LSIA results found only one statistically significant change between groups post intervention. LSIA data indicated a significant gain in the scores of the occupational therapy group with no change in the social visitor group.
- Information gathered from the Role Checklist found a difference in the increase of new roles between the two groups, with subjects in the occupational therapy group taking on more new roles versus an even division between taking on new roles and maintaining old roles in the social visitors group.

Conclusion: The study supports previous findings that occupational therapy promotes quality of life as perceived by individuals with SCI.

Implications for future research: Larger randomized control trials conducted with similar populations using instruments that can detect small but meaningful changes could lead to more conclusive results.

Evidence– based practice implications:
- Occupational therapy can contribute to individuals with SCI’s ability to normalize their lives and find meaning in daily life task participation.
- Client-centered occupational therapy can contribute to an increase in roles, social participation, and meaningful activity engagement leading improvements in individuals’ perceptions of their quality of life during the early stages of SCI rehabilitation.