# Contents

List of figures and tables, viii  
List of contributors, x  
Academic foreword, xi  
Service user foreword, xii  
Preface, xiii  
Acknowledgements, xiv

## 1 Introduction, 1

1.1 Economic impact of long-term neurological conditions, 1  
1.2 Definition of long-term neurological conditions, 2  
1.3 International Classification of Functioning, Disability and Health, 2  
1.4 Huntington’s disease, 4  
1.5 Motor neurone disease, 9  
1.6 Multiple sclerosis, 13  
1.7 Parkinson’s, 18  
1.8 Self-evaluation questions, 22  
References, 22

## 2 Delivering good quality, safe and effective care, 24

2.1 Introduction, 24  
2.2 The strategic context, 24  
2.3 Evidence-based practice, 27  
2.4 Clinical guidelines, 33  
2.5 Practice guidance, 33  
2.6 Client expertise in evidence-based practice, 35  
2.7 Quality improvement, 36  
2.8 Health economic evaluation, 39  
2.9 Professional standards of practice, 40  
2.10 CPD and lifelong learning, 40  
2.11 Self-evaluation questions, 42  
References, 43

## 3 Person-centredness and long-term neurological conditions, 46

3.1 Introduction, 46  
3.2 Person-centredness, 46  
3.3 Client-centred practice, 48
3.4 Self-management, 55
3.5 Co-production, 57
3.6 Evaluating your practice, 58
3.7 Self-evaluation questions, 59
References, 60

4 Theoretical basis, 63
4.1 Introduction, 63
4.2 Definitions of occupational therapy, 63
4.3 Central philosophy of occupational therapy, 65
4.4 Core professional reasoning skills, 65
4.5 Conceptual models of occupational therapy practice, 69
4.6 Frames of reference, 78
4.7 Context-dependent practice skills, 81
4.8 Self-evaluation questions, 83
References, 83

5 Occupation and long-term neurological conditions, 86
5.1 Introduction, 86
5.2 Defining occupation, 86
5.3 Occupational patterns, 87
5.4 Doing, being, becoming and belonging, 88
5.5 Occupational dysfunction, 93
5.6 Occupational adaptation, 96
5.7 Defining occupational goals, 98
5.8 Self-evaluation questions, 99
References, 99

6 Identifying occupational performance enablers and deficits, 101
6.1 Introduction, 101
6.2 What is measurement?, 101
6.3 What are occupational therapy outcomes?, 102
6.4 Selecting the right measure, 103
6.5 Commonly used measures in neurological rehabilitation, 106
6.6 Disease-specific measures, 111
6.7 Self-evaluation questions, 118
References, 118

7 Occupational therapy intervention, 122
7.1 Introduction, 122
7.2 Activities of daily living, 123
7.3 Fatigue management, 124
7.4 Cognitive rehabilitation, 126
7.5 Anxiety management, 129
7.6 Falls management, 135
7.7 Pain management, 137
7.8 Managing tremor, 140
7.9 Sleep, 143
7.10 Sexual relationships and intimacy, 144
7.11 Self evaluation questions, 147
References, 147

8 Using technology to support participation, 150
  8.1 Introduction, 150
  8.2 Environmental characteristics and occupational performance, 150
  8.3 Environmental adaptations, 151
  8.4 Assistive technology, 152
  8.5 Assistive devices, 152
  8.6 Housing adaptations, 154
  8.7 Seating and postural management, 156
  8.8 Management of posture and positioning in sitting, 158
  8.9 Management of posture and positioning in lying, 160
  8.10 Splinting, 162
  8.11 Electronic assistive technology, 163
  8.12 Self‐evaluation questions, 168
  References, 168

9 Living with a long-term neurological condition, 171
  9.1 Introduction, 171
  9.2 Transitions theory, 171
  9.3 Illness experiences, 172
  9.4 Rehabilitation and recovery, 173
  9.5 Lifespan transitions, 174
  9.6 Social and cultural transitions, 175
  9.7 Caregiving, 183
  9.8 Psychosocial adjustment, 185
  9.9 Self‐evaluation questions, 189
  References, 189

10 Planning for the future, 194
  10.1 Introduction, 194
  10.2 Disease progression, 194
  10.3 The nature of occupation in death and dying, 197
  10.4 Facilitation of meaning, quality of life and well-being, 198
  10.5 Spirituality, 198
  10.6 Therapeutic use of self, 199
  10.7 Advance care planning, 200
  10.8 Conclusion, 209
  10.9 Self‐evaluation questions, 209
  References, 210

Index, 212