

Occupational Therapy Work Rehabilitation for Pain Cases

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Occupational therapy propose intrinsic relationship between occupation, health and wellbeing. A holistic view concerned physical, psychosocial and environmental factors that contribute to pain leads impact to daily life activities. It is non-pharmacological approach in managing pain in performance ADL (activity of daily living), IADL (instrument of activity daily living), work, recreational and social participation. A program develop to train coping skills to achieve goal and maximise function for instance, participation in work. Occupational therapy using client-centred perspective, evaluate the impact of pain on work performance by task analysis. Intervention carries out with education with functional goal setting and followed by training, self management program. A strategies for worker with pain carried by systematic approach work conditioning and work hardening. Strong evidence that service should deliver extend to returning to work by coordinating with employer involving onsite intervention, environmental modification or transitional work. During the rehabilitation, occupational therapist should address client's perception, set a realistic goals and finally recommend an alternative solution. When dealing with chronic pain, occupational therapy aim to promoting optimal independence by adaptation and lifestyle modification.