

Occupational therapy and occupational performance.

The importance of using personal skills to achieve meaningful work-related goals has been a main focus of occupational therapy programmes for over a century.

Occupational therapy at St. Bartholomew's CFS/ME service, has considerable experience facilitating progress with CFS patients. This may include returning to work in a variety of settings.

Sometimes patients are already at work, but feel that they are in need of help to sustain work levels.

Alternatively, people may be seeking to return to work, but need to do so in an incremental fashion.

At other times, people with CFS/ME may wish to change career directions, or develop new skills.

“Joy's soul lies in the doing”
Wm Shakespeare

Contact details:

To refer to the specialist CFS/ME Service at St Bartholomew's Hospital, please contact:
Mrs. Patricia Baker
CFS Clinic Administrator: 0207-601-8108
William Harvey House,
St Bartholomew's Hospital,
London, EC1A 7BE

For specific information about the programme, please contact the OT department in the Dept. of Rehabilitation Medicine, at 0207 601 8240

Making Occupational Performance Possible



An interactive programme to address the impact of CFS/ME symptoms on daily task performance.

Programme run by the OT Department within the Rehabilitation Medicine Department, Kenton & Lucas block, St Bartholomew's Hospital. London EC1A 7BE.

Contact: 0207 601 8240
Sally Wagner,
CFS specialist occupational therapist

Summary of Admission criteria:

- All participants want to improve some aspect of their work performance. This might include:

specific tasks while at full time work managing tasks outside of work hours being able to progress completion of tasks back towards paid or unpaid work.

Beginning to complete more tasks at home or as a volunteer.

All participants will:

Meet CFS/ME diagnostic criteria.

Be under the care of specialist

Consultants within the St.

Bartholomew's Hospital, CFS/ME

Service.

Receive treatment based on biopsychosocial view of CFS/ME.

Referrals will be considered

From:

Members of the CFS/ME

multi-disciplinary team.

Referrals from outside sources need to be seen by the specialist consultants in order to access this programme.

Participants entering this programme will have performance measures taken These will be obtained pre, during and post programme. This information will be made available to participants.

Details about the programme.

The group runs once a week for 6 weeks.

It will meet in the department of

Rehabilitation Services at St Bartholomew's

Hospital.

The 2 hour sessions are held on Thursdays

between 10:00 am and 12:00pm. Sessions will be broken up into 2 parts to ensure that adequate breaks are provided.



Aims:

- Identification of specific CFS/ME related problems and how they affect use of skills for task performance.
- Identification of strategies to improve performance.
- Analysis of interplay between task performance or work situation and individual skills sets or attributes.
- Exploration of ways to apply strategies/new skills to work situation.
- Acquisition of competence and confidence in task performance.

Making Occupational Performance Possible: Outline of Programme

Session1: Components of daily activity.

Session 2: Identification of performance components.

Session 3: Recognition of skills possessed vs skills required.

Session 4: Possibilities for change.

Session 5: Implementing steps leading to change.

Session 6: Planning for the future: how to sustain gains made.

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