



Model of Human Occupation

Archived List Serv Discussion

MOHO in Pain Management

June 11, 2008

Hi,

I am working in an acute hospital. We run a pain management group for people with arthritis. I am just wondering if anyone using MOHO for assessment or treatment for pain management.

Regards
Anita Behera

June 11, 2008

Anita-

The NIH Activity Record is a time diary that includes an assessment of pain during activities.

You can request a free copy:

<http://www.moho.uic.edu/mohorelatedsrcs.html#OtherInstrumentsBasedonMOHO>

Jessica

June 11, 2008

Hi Anita: ACTRE from USA Natinal Institute of Health is a very goos instrument for self assesssment a planning togueter with the person her routines, activities and periods of rest needed in order to facilitate occupational participation. The good part of it is that evaluates the three aspects of volition in regards each activity, also because it evaluates pain, fatigue, resting needs during 24 hours period, the consideration of the position that person is on when engaging in activities. So you can relate all components with the person giving you conclusions and ways to manage these factors. For this I would add considerations of environmental impact also. For a group it would be beneficial as they can share and support new ways of doing things, new ways to organize their routine, discovering perhaps that an activity that is more valuable and pleasurable makes the person tolerate better the pain, the personal care that needs to go beyond doing, self support etc., share information about needs for some equipment if needed etc... I would anyway have the MOHOST or OPHI-II as base of holistic picture..

We use it in Acute care and ambulatory services in Chile. I use it myself with myself.

The instrument was designed for people with arthritis. The author is Gloria Furst, and the Clearinghouse can give you the contact..

Best regards
Carmen Gloria de las Heras

June 11, 2008

Hi Everyone!

In response to the enquiry about using MOHO as an adjunct in the management of pain, I think it would be an interesting concept. An OT student, I have not yet witnessed its use in PM, however its would make sense when you consider that for some client's pain can become a learnt response and thus fall into the 'habit' category, whereas for others it may not have become a habit, but still be affecting their routines and personal self-efficacy.

Similarly, it can effect the persons roles, volitions and values, with clients often adapting and re-prioritising all these parameters to cope with their new illness state, so for what its worth, I think there is argument for its use.

Kind regards,

:o)