

Breaking the Cycle of Chronicity in the Almog Young Adult Psychiatric Unit for the Development of Life Skills and Vocational Rehabilitation

Ravit Naor, Inbal Boaz

Ravit Naor, BOT, former director of the Almog Rehabilitation Center, Association for Excellence in Psychiatric Rehabilitation. Currently heads occupational therapy services in the psychiatric division of Sheba Medical Center, Tel-Hashomer. ravit.naor@gmail.com

Inbal Boaz, MSc, OT, former director of the Almog Young Adult Unit, Association for Excellence in Psychiatric Rehabilitation. Currently director of vocational and social rehabilitation at Shekulu Tov. inbalshalom@gmail.com

Key Words: mental health, psychiatric rehabilitation, young adults, life skills, vocational rehabilitation, work training, case study

An emotional crisis during young adulthood interrupts the continuity of normative development and the maturation of identity. Thus, although youths who experience a severe emotional crisis may be socially disadvantaged upon reaching adulthood, Thus, those who experience a severe mental illness (SMI) may be socially disadvantaged upon reaching adulthood, due to high expectations regarding their ability to participate in community living and the world of work. Work is a significant occupation and constitutes a measure for distinguishing between health and illness. Moreover, work is considered to be a significant component in recovery from a psychiatric illness and an essential element in ensuring successful integration within the community. Employment rates among this population are about 10%-20%. These vocational difficulties occur mainly as a result of limited or nonexistent work experience as well from being challenged by various disabilities. Cognitive deficits are directly related to the ability of a person coping with a psychiatric disability to function in general, and specifically to function at work. Thus, rehabilitation services must address this issue so that consumers may realize their employment potential. Almog Rehabilitation Center provides services for young adults coping with psychiatric impairments in the areas of employment, education,

social communication, community skills and functional independence. It enables young people to progress in any area of daily life in which they lack the necessary skills with an emphasis on developing their vocational identity. The Almog Youth Center combines practical experience, knowledge acquisition and metacognitive awareness to promote improved adaptation and integration in future endeavors. In this article a case study of a young adult who completed the program is presented.

Patients Requiring Mechanical Ventilation – Principles of Occupational Therapy Intervention and Case Study

Adi Harel, Orit Segev-Jacobovski, Yael Efrat, Ruth Caspi, Gregory Papirov

Adi Harel, BOT, Respiratory Rehabilitation Unit, Beit-Rivka Geriatric Medical Center, Petach-Tikva. tv143@zahav.net.il

Orit Segev-Jacobovski, MSc, OT, Beit-Rivka Geriatric Medical Center, Petach-Tikva. Department of Occupational Therapy, Faculty of Social Welfare & Health Sciences, University of Haifa, Mivchar Program. oritsj@walla.com

Yael Efrat, BOT, Deputy Director of Occupational Therapy, Beit-Rivka Geriatric Medical Center, Petach-Tikva. ot50@clalit.org.il

Ruth Caspi, BOT, Director of Occupational Therapy, Beit-Rivka Geriatric Medical Center, Petach-Tikva. ruthca@clalit.org.il

Gregory Papirov, M.D, Director of Respiratory Rehabilitation Unit, Beit-Rivka Geriatric Medical Center, Petach-Tikva. gregorypa@clalit.org.il

Key Words: mechanical ventilation, respiratory rehabilitation unit, weaning from mechanical ventilation, functional rehabilitation, occupational therapy intervention

Patients who require mechanical ventilation present a challenge for therapists since their medical condition is usually quite complicated. The main treatment goal is to wean the patient from mechanical ventilation and release him/her from ventilator dependency. To accomplish this objective, a multidisciplinary treatment approach is needed in which the emphasis is on the rehabilitation of the respiratory and skeletal muscles, early mobilization and emotional support. The purpose of this article is to present the characteristics of patients requiring mechanical ventilation, the principles of their treatment and the occupational therapy intervention given in the respiratory rehabilitation unit of Beit Rivka Geriatric Medical Center in Petach-Tikva. The occupational therapists focus on increasing functional endurance and improving ADL functions, teaching strategies for energy conservation, proper breathing during activity performance and the use of assistive devices. In addition, occupational therapists assist in providing alternative methods of

communication, preventing soft tissueinjuries and maintaining proper head, trunk and upper limb positioning during lying and sitting. The intervention is adapted to suit each patient and blood oxygen saturation, pulse and breathing rate are monitored during each treatment session. The occupational therapy intervention provided in the respiratory rehabilitation unit in Beit Rivka is consistent with the current literature and reflects evidence-based practice in occupational therapy.

The Validity of the Kettle Test Among People with Suspected Dementia: A Functional – Cognitive Screening Test

Moria Sapan, Asnat Bar-Haim Erez, Shelley Sternberg, Meytal
Haramati, Adina Maeir

Moria Sapan, MSc, OT, Assistant Director of Occupational Therapy, Herzfeld Hospital, Clalit Health Services. moriahsa@clalit.org.co.il

Asnat Bar-Haim Erez, PhD, OT, Occupational Therapy Department, Uno Academic College. aaerez@gmail.com

Shelley Sternberg, MD, Maccabi Health Care Services. ssternbe@hotmail.com

Meytal Haramati, MSc, OT, MaccabiHealth Care Services. meital.shemesh@gmail.com

Adina Maeir, PhD, OT, the School of Occupational Therapy, Hadassah and the Hebrew University. amaeir@msec.huji.ac.il

Key Words: cognitive assessment, Kettle Test, ecological validity, subjective cognitive complaints

The article is based upon a study performed as part of the requirements for a master's degree at the School of Occupational Therapy, Hadassah and the Hebrew University, Jerusalem.

Many thanks to the occupational therapists in Maccabi Health Services who assisted in the data collection.

In recent years there is a growing need to develop cognitive evaluation tools with ecological validity that are suited for the geriatric population and will help to predict daily functioning. **The aim** of the present research was to examine the validity of the Kettle Test among elderly with suspected dementia who live in the community. Participants included 51 elderly (23 men, 28 women) aged 60 and older (average age 77.8 yrs) who live in the community and were referred to the geriatric evaluation unit either by the family physician or by self-referral. **Results** of the study showed low to medium correlations between the Kettle Test and conventional cognitive tests: the MMSE and the clock drawing test. Moreover, the percentage of people diagnosed with cognitive impairment according to the Kettle Test was significantly higher

than the percentage of people diagnosed through the conventional cognitive tests. A significant correlation was found between the scores of the Kettle Test and IADL items regarding financial and medication management. In contrast, the participants' level of education and gender did not correlate with the Kettle Test scores. The study's findings indicate that the Kettle Test provides important information for the identification of difficulties in daily life functioning of elderly community-dwellers with minimal cognitive decline, independent of their level of education or gender. The results of this test appears to be a better indicator of the functional implications of cognitive deficits than the existing conventional cognitive measures.