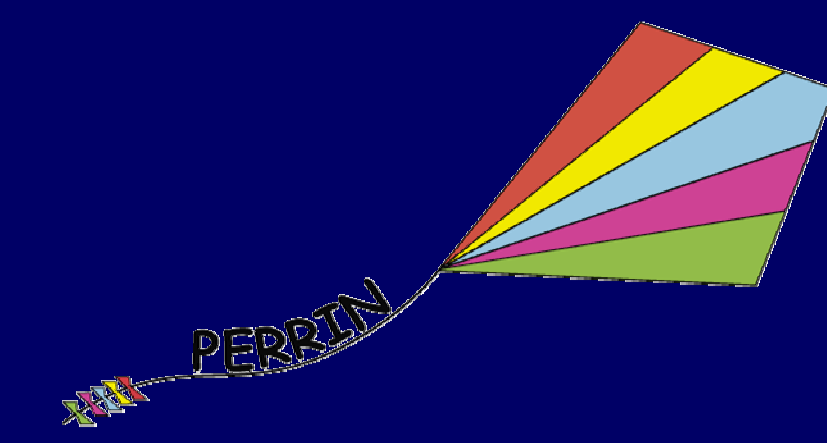


# The COPM as an intervention to improve active parent participation in paediatric rehabilitation:

## Parents' and professionals' experiences and satisfaction

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### Introduction

The Canadian Occupational Performance Measure (COPM) is a semi-structured interview in which the interviewees, i.e. parents or proxies, identify and prioritise their own and their child's needs and problems.

### Aim

To explore whether the COPM augments the parents' participation in the rehabilitation process of their disabled child.

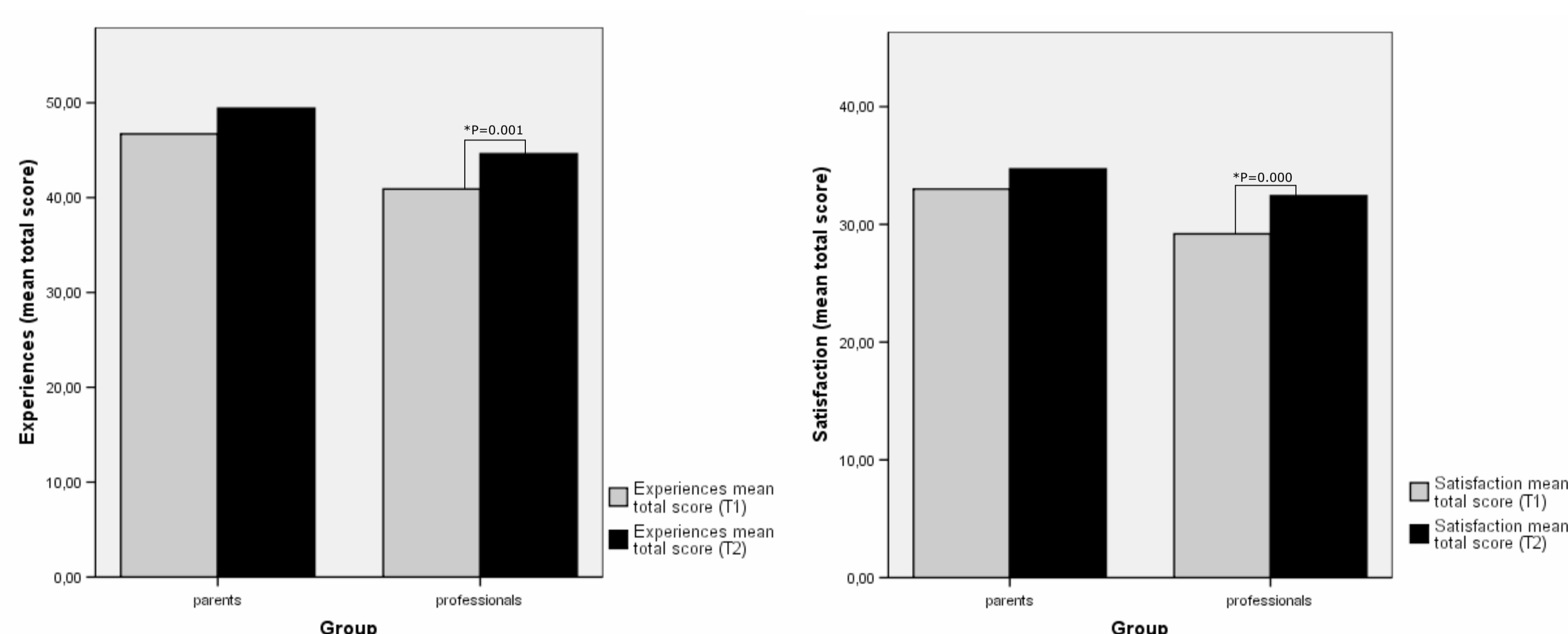
### Methods

An occupational therapist associated with a Dutch paediatric rehabilitation centre conducted the COPM interview with the parent(s) before their children's bi-annual team conference. The resulting list of needs and problems was used in the team conference to plan the child's treatment and set treatment goals.

Prior to the COPM and after the team conference the parents and professionals filled in the Active Participation Experiences and Satisfaction Scale (APESS) to measure their experiences and satisfaction with the parental participation.

### Results

The APESS (parents n=8; professionals n=31) completed after the COPM were more positive than the baseline assessment, indicating parental contributions and satisfaction had increased



### The most prominent effects:

- Improvement in the way parents verbalised needs and problems during the team conference.
- The COPM enhances transparency allowing the professionals to gain a better insight into both the child's and the parents' essential needs and wishes.
- The parents also felt they were regarded more as equal partners during their child's team conference.

### Discussion

The introduction of the COPM boosted active parental participation in the paediatric rehabilitation process, which change was judged favourably by both the parents and professionals involved. The most positive effect concerned the parents' contributions to the team conference. Due to the COPM, the parents felt better able to accurately describe and prioritise their child's as well as their own problems and needs, enhancing the understanding of the professionals and promoting joint decision-making.

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### Acknowledgements

We gratefully acknowledge the parents and health-care professionals of the Centre for rehabilitation, Beatrixoord who participated in this study.

Our thanks are also due to the Netherlands Organisation for Health Research and Development and the National rehabilitation Fund for funding and co-operation in this research project.

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