

OT Innovations International Survey 2004

Thank-you to everyone who responded to the on-line international survey regarding your practice! Thirty-one professionals responded, with the majority specializing in acute care in-patient psychiatric occupational therapy. Responses came from all over the world: the United States, England, Belgium, New Zealand, China, Canada, Ireland, Israel, Greece, and Singapore. States represented were: Massachusetts, Nebraska, Maine, Minnesota, Texas, Idaho, Maryland, Arizona, Ohio, Colorado, Wisconsin, California, and South Carolina.

Survey results are divided into the following categories: Adult In-patient Psychiatry, Adolescent Psychiatry, Geriatric, Pediatric, and Physical Disabilities.

Note: This is a summary of the on-line survey results and not necessarily the opinion of the OT Innovations staff. It was gathered through an online survey and was not selective or randomized.

Adult Psychiatry 17 of the 31 professionals who responded were in this category.

The results of the 17 respondents are listed below.

What is your specialty area?

- Most respondents listed “acute in-patient psychiatry” as their specialty area.
- One respondent listed “Borderline Personality Disorder & Out-patient Schizophrenia” as their specialty area.
- Another listed: “Mental State Hospital.”
- Others simply listed “Psych” or “Mental Health” as their specialty.

What is the size and level of care of your facility?

16 out of 17 people responded to this question.

- Size ranged from small (11 acute beds) to large (200 beds).
- Discarding the 2 highest results (200 and 84), the mean response was 24.14 beds.
- The median response (again discarding the 2 largest results) was 22 beds.
- The mode was 20 beds.

What are the most common diagnoses seen at your facility?

All 17 participants responded to this question.

- Schizophrenia: 17/17
- Bipolar Disorder: 16/17

- Substance Abuse/Dual Diagnosis: 16/17
- Anxiety Disorder: 10/17
- Major Depression: 13/17
- Personality Disorders: 13/17
- OCD: 8/17
- PTSD: 8/17
- Dementia/Alzheimer's: 6/17
- Eating Disorders: 4/17
- Learning Disabilities: 2/17
- Conversion Disorder: 1/17
- Chronic Back Pain: 1/17

What is the age ranges seen at your facility?

All 17 respondents in this category listed “adult” but some *also* listed “adolescent” and/or “geriatric”.

- 9/17 listed both adult and geriatric
- 1/17 listed “adolescent and geriatric”
- 1/17 listed “adolescent, adult, and geriatric”

What is the number of Psychiatric Occupational Therapists/COTAs at your facility?

All 17 respondents in this category answered this question.

- The largest number of staff was listed as 10 staff (7 OTR/Ls, 2 OT Aides, 1 Activity Therapist).
- Most respondents indicated whether staff worked full- or part-time (figures below assume staff to be full-time when not otherwise indicated).
- A combined total of 55 OTs and COTAs were listed for the 17 respondents.
 - 41 OTs work full-time
 - 2 OTs work part-time
 - 12 COTAs work full-time
- Discarding the highest number of full-time OTs on staff, (i.e., 7):
 - the average number of full-time OTs on staff was: 2.12
 - the median was: 2
 - the mode was: 2
- In addition to OTs and COTAs, 5 respondents also mentioned the following staff (not specific about full- or part-time status):
 - 3 extra PRNs needed on weekends
 - 2 OT Aides
 - 1 OT Aide
 - 1 Activity Therapist
 - 4 Rehab Assistants

What are the main assessment and treatment modalities you use at your facility?

15 out of 17 people responded to this question. Many respondents indicated they use a variety of assessments, some indicated only one or two.

- Cognitive Assessments:
 - ACLS/ADM: 8/15
 - KELS: 4/15
 - LOTCA: 2/15
 - Functional Evals: 1/15
 - MEAMS: 1/15
 - OTAPS: 1/15
 - Kohleman Eval. of Living Skills: 1/15
 - DBT: 1/15
 - Coping Skills: 1/15
 - ILS: 1/15
 - Mini-Mental: 1/15
 - CAMS: 1/15
 - MEDLS: 1/15
 - The Cognitive Assessment of Minnesota: 1/15

- Sensory Assessments (3 respondents indicated the “sensory” assessments they use in their practice):
 - Sensory Profile, A/A Version: 2/3
 - DTVP A/A Version: 1/3
 - Many different checklists/questionnaires: 1/3
 - Tests for vision: 1/3
 - and this: “plan to begin using Sensory Profile with appropriate pts”: 1/3

- Psychosocial Assessments (7 respondents indicated the “psychosocial” assessments they use in their practice):
 - COPM: 3/7 (note: included here is 1 respondent who listed the COPM under “other assessments”)
 - Assessment of Communication and Interaction Skills: 2/7
 - Arts/Crafts: 2/7
 - Transitioning: 1/7
 - MOHO Screening Tool: 1/7
 - Volitional Questionnaire: 1/7
 - OCAIRS (day pts. only): 1/7
 - Morning Routines (rituals, habits, routines): 1/7
 - Story Telling (narratives): 1/7
 - Verbal Groups: 1/7
 - Leisure (movement, singing, meditation): 1/7
 - Vocational: 1/7
 - PSR Model: 1/7
 - OPHI: 1/7

- COTE: 1/7
- AMPS: 1/7
- Slosson Drawing and Coordination Test: 1/7

Do you bill separately for services?

16 participants responded to this question:

- YES: 5/16
- NO: 1/16

Do you use CPT billing codes?

15 participants responded to this question:

- YES: 8/15
- NO: 7/15

Do you track outcomes?

15 participants responded to this question:

- YES: 5/15
- NO: 10/15

Note: respondents who answered YES offered some descriptions:

- “ACL & Sensory-related Outcomes”
- “Yes, in our progress notes for the pt.”
- “Yes” but no description (x2)
- “Yes, just started goal oriented.”
- and this: “No, but we’re looking at admission cognitive level vs. d/c cognitive level.”

Are you involved in any research studies?

15 participants responded to this question:

- YES: 3/15
- NO: 12/15

Note the following comments of those who answered YES:

- “Sensory room; patient’s perception of groups offered, do they target their treatment goals; weighted blanket; levels of assist needed to utilize self-org. techniques.”
- “Helping to do a study (longitudinal) from inpatient to outpatient services.”
- “On reliability and validity of Cognition Scale.”

Are you or any of your staff currently part of a psychiatric OT network?

16 participants responded to this question:

- YES: 7/16
- NO: 9/16

Note the following comments for those who answered YES:

- “Yes, MH SIG, reading group, collaborative alliance between USA & England.”
- “Yes, 1 COTA on MH list serve.”
- “Yes, association of OTs in MH.”
- “Yes, SIS AOTA.”
- “Yes, SIG run by NZAOT.”
- “Yes” but no description.
- “Yes, PICU SIG.”
- and “No, would be interested.”

Do you offer OT/COTA internships?

15 participants responded to this question.

- Both OT and COTA internships: 8/15
- Only OT internship: 6/15
- Only a COTA internship: 1/15

Do you or anyone on your staff have a professional website?

16 participants responded to this question.

- YES: 1/16
- NO: 15/16

Geriatric Psychiatry 5 of the 31 professionals who responded to the survey were in this category.

The results of the 5 respondents are listed below.

What is your specialty area? What is the size and level of care of your facility?

- “Geriatrics: 30-bed rural hospital connected to long-term care facility”
- “Rehab/Geri/Dementia: sub-acute, long-term care & Alzheimer’s care, 120 beds”
- “Community rehab attached to day hospital: 30 pts. attend day hospital”
- “Long-term care: 250 at this site, nursing home without walls”
- “Gerontology, Developmental Disability: 5,500 managed care program”

What are the most common diagnoses seen at your facility?

All five respondents answered this question.

- Dementia/Alzheimer’s: 5/5
- Major Depression: 4/5

- Anxiety disorder: 2/5
- Substance Abuse/Dual diagnosis: 1/5
- Bipolar: 1/5
- Schizophrenia: 1/5
- Mental Retardation: 1/5

What is the age ranges seen at your facility?

- Adult/Geri: 2/5
- Geriatric: 3/5

What is the number of Psychiatric Occupational Therapists/COTAs at your facility?

4 out of 5 participants responded to this question. A total of 11 OT/COTA staff was listed among 4 facilities:

- 5 full-time OTs (including one listed as “OT coordinator”)
- 1 part-time OT
- 3 full-time COTAs
- 2 part-time COTAs

In addition, several facilities listed additional staff:

- “PRN assistance”
- “2 full-time psych nurses”
- “1 full-time OT Aide”

What are the main assessment and treatment modalities you use at your facility?

5 participants responded to this question.

- Cognitive Assessments (5 listed cognitive assessments)
 - ACL: 5/5 (one indicated large ACL)
 - Cognitive Performance Test: 1/5
 - Mini-Mental: 1/5
 - KELS: 1/5
 - Middlesex Elderly Assessment of Mental State: 1/5
 - FIM: 1/5
 - clinical observations 1/5
- Sensory Assessments (2 listed sensory assessments)
 - Sensory Mapping: 1/2
 - MVPT: 1/2
 - Portions of many tests: 1/2
 -
 - Miscellaneous others for pinch, grasp, vision, etc.: 1/2
 - Berg Balance: 1/2

- vision screens: 1/2
- perceptual as indicated: 1/2
- Psychosocial (1 listed psychosocial assessments)
 - COPM
 - Irritability/Depression/Anxiety
 - MMT: 1/5
- Other (2 listed “other” assessments)
 - Comprehensive OT eval: 1/2
 - Observations in task performance: 1/2
 - Pre-driving screen: 1/2

Do you bill separately for services?

- YES: 4/5
- NO: 1/5

Do you use CPT billing codes?

- YES: 3/5
- NO: 2/5

Do you track outcomes?

- YES: 4/5
 - “Yes, an internal outcome measure similar to FIM.”
 - “Yes, informal FIM.”
 - “Yes, COPM.”
 - “Yes” (no elaboration)
- NO: 1/5
 - “No, hope to.”

Are you involved in any research studies?

- YES: 1/5
 - “Yes, health literacy.”
- NO: 4/5

Are you or any of your staff currently part of a psychiatric OT network?

- NO: 5/5

Do you offer OT/COTA internships?

3 participants responded:

- Both OT & COTA: 2/3
- OT only: 1/3

Do you or anyone on your staff have a professional website?

- NO: 5/5

Adolescent Psychiatry 3 of the 31 professionals who responded were in this category.

The results of the 3 respondents are listed below.

What is your specialty area? What is the size and level of care of your facility?

- “Adolescent Psychiatry: 19 bed acute care in-patient.”
- “Adolescent Psychiatry: 15 beds intensive residential.”
- “Adolescent Psychiatry: 48 residential beds, 50 day students.”

What are the most common diagnoses seen at your facility?

- OCD: 3/3
- Learning Disabilities: 3/3
- Bipolar: 3/3
- Anxiety Disorder: 3/3
- Major Depression: 3/3
- PTSD: 3/3
- Substance Abuse/Dual Diagnosis: 3/3
- Eating Disorders: 2/3
- Schizophrenia: 2/3
- Mental Retardation: 2/3

What is the age ranges seen at your facility?

All 3 respondents listed “adolescent” only.

What is the number of Psychiatric Occupational Therapists/COTAs at your facility?

- All 3 facilities each had one full-time OT.
- In addition, one had a part-time COTA and one had a full-time COTA.

What are the main assessment and treatment modalities you use at your facility?

One of the three respondents answered this question.

- Psychosocial Screen

Do you bill separately for services?

Two of the three respondents answered this question.

- NO: 2/2

Do you use CPT billing codes?

Two of the three respondents answered this question.

- YES: 1/2
- NO: 1/2

Do you track outcomes?

Two of the three respondents answered this question.

- NO: 2/2

Are you involved in any research studies?

Two of the three respondents answered this question.

- YES: 1/2
 - “CPS -- collaborative problem solving.”
- NO: 1/2

Are you or any of your staff currently part of a psychiatric OT network?

One of the three respondents answered this question.

- NO: 1/1

Do you offer OT/COTA internships?

Two of the three respondents answered this question.

- Both OT & COTA: 1/2
- OT only: 1/2

Do you or anyone on your staff have a professional website?

One of the three respondents answered this question.

- NO

Pediatrics 4 of the 31 professionals who responded were in this category.

What is your specialty area? What is the size and level of care of your facility?

- “Pediatrics, physical disabilities, learning disorders: school based – working in exclusive classrooms & off-site to treat learning disorders for kids in regular education.”

- “School based: 65 children in 5 schools (1 district).”
- “Pediatrics: private practice; 45 clients/month.”
- “Pediatrics: acute & outpatient.”

What are the most common diagnoses seen at your facility?

All four respondents answered this question.

- Autism Spectrum: 4/4
- Learning Disorders: 3/4
- Mental Retardation: 3/4
- ADHD: 1/4
- CP: 1/4
- DCD: 1/4
- Genetic Syndromes: 1/4
- Developmental Delays: 1/4

What is the age ranges seen at your facility?

All four respondents answered this question.

- “Peds/Adolescents”: 2/4
- “Peds”: 2/4

What is the number of Psychiatric Occupational Therapists/COTAs at your facility?

Three of the four respondents replied to this question.

- “1 full-time OT, 1 part-time COTA.”
- “3” (not specific as to OT/COTA or f/t, p/t)
- “2.5 full time” (not specific as to OT/COTA.)

What are the main assessment and treatment modalities you use at your facility?

Three of the four respondents replied to this question.

- “Sensory Integration Clinical Observations, Sensory Profile, Sensory Integration Inventory, Revised, Peabody Development of Motor Skills, Bruninink S. Oseretsky Test of Motor Proficiency, Beery Buktenica Visual Motor Integration.”
- “Neuropsych testing, SIPT, clinical observations, functional assessments, home-based assessments.”
- “Eclectic.”

Do you bill separately for services?

4 respondents answered this question.

- YES: 2/4
- NO: 2/4

Do you use CPT billing codes?

4 respondents answered this question.

- NO: 4/4

Do you track outcomes?

4 respondents answered this question.

- YES: 3/4
 - “Yes: daily notes, data logs.”
 - “Yes, depends on treatment.”
 - “Yes” (no info).
- NO: 1/4

Are you involved in any research studies?

4 respondents answered this question.

- YES: 1/4
 - “Working on memory and procedural learning in Down Syndrome.”
- NO: 3/4

Are you or any of your staff currently part of a psychiatric OT network?

4 respondents answered this question.

- NO: 4/4

Do you offer OT/COTA internships?

1 respondent answered this question.

- OT only

Do you or anyone on your staff have a professional website?

3 respondents answered this question.

- NO: 3/3

Physical Disabilities 2 of the 31 professionals who responded were in this category which is summarized below.

What is your specialty area?

One respondent answered this question.

- Physical handicap and children

What is the size and level of care of your facility?

Both respondents answered this question.

- 133 beds
- 500 patients

What are the most common diagnoses seen at your facility?

Two respondents answered this question. There was no duplication of answers.

- CVA
- Ortho
- Learning disabilities
- Mental retardation
- PTSD
- Cerebral Palsy
- Myopathy
- Spina Bifida

What is the age range seen at your facility?

Both respondents answered this question.

- Geriatric
- Pediatric, Adult, Adolescent

What is the number of Psychiatric Occupational Therapists/COTAs at your facility?

One respondent answered this question.

- One OT, one COTA (did not specify f/t or p/t)

What are the main assessments and treatment modalities you use at your facility?

One respondent answered this question.

- Sensory: J. Ayres Sensory Integration Test
- Other: AMPS

Do you bill separately for services?

One respondent answered this question.

- No

Do you use CPT billing codes?

One respondent answered this question.

- No

Do you currently track outcomes?

One respondent answered this question.

- No

Have you recently conducted or been a part of any research studies? If so, on what topic?

Both respondents answered this question.

- No: 2/2

Are you or any of your staff currently part of a psychiatric OT network?

One respondent answered this question.

- No

Do you offer OT/COTA internships?

One respondent answered this question.

- COTA only

Do you or any of your staff have a professional website?

One respondent answered this question.

- No