

## **The WHODAS 2.0 as a Tool for Reflective Practice in Client Centred Rehabilitation: Investigating an Occupational Therapist's Assumptions about The Disability Experience of Inpatients at a South Africa Neuro and Spinal Rehabilitation Hospital**

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**Introduction:** In response to an institution led drive towards ICF aligned patient-centred rehabilitation, an Occupational Therapist piloted the use of the *WHODAS 2.0* as subjective measure of client's activity limitations and participation restrictions. The unexpected results of these pilot assessments, which did not match the therapist's assumptions about the lived experience of the clients, prompted this case study in reflective practice. It was undertaken with a view to developing a more accurate understanding of client's perceived functional deficits as a basis for client centred Occupational Therapy treatment.

**Objectives:** This study sought to uncover the discrepancies between a therapist's assumptions about clients' functional experience of living with a disability and the clients' perception thereof.

**Method:** The researcher's own OT caseload at a South African inpatient spinal and neuro rehabilitation hospital was taken as the sample for the study. After initial contact in a screening assessment, the *Proxy Administered 36 Item WHODAS 2.0* was completed for the client. The *Interviewer Administered 36 Item WHODAS 2.0* was completed in the second contact session with the client. The corresponding line item and domain specific scores of the two assessments were compared for each client, the discrepancies recorded and analysed.

**Results:** Statistical analysis revealed the most prevalent areas of difference between the therapists' assumptions about a client's functional experience of disability and the client's perceived functional deficits.

**Conclusion:** Therapists necessarily design intervention based on their understanding of a patient's functioning. Self reflectively uncovering the assumptions related to this understanding is a crucial step in delivering relevant, patient-centred rehabilitation.