THE OCCUPATIONAL PERFORMANCE PROFILE, QUALITY OF LIFE AND COMMUNITY REINTEGRATION OF PATIENTS WITH BURN INJURIES POST-DISCHARGE IN THE NORTH WEST PROVINCE, SOUTH AFRICA

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Patients with burn injuries require rehabilitation after discharge from hospital

- scar management and mobility
- ability to assume previous lifestyle and roles \(^1\)
- integration into both their home and community life\(^2\)

Present with decreased health related quality of life\(^3\)
In South Africa

- lack of rehabilitation services at a primary health care level
- majority of patients come from poor socio-economic status
- dropout rate from rehabilitation - 90% after one year\textsuperscript{4,5}
One burns unit in North West Province

- an area of 106 512 square kilometers
- a population of 3 509 953

Need to extend rehabilitation services to other sites including at PHC level
A study to determine the activity limitations and participation restrictions post discharge from the burns unit was completed.

A longitudinal study design

- **Performance profiles** were established for pre-injury, at 1 month and 6 months post discharge.
- **Community integration** and **health related quality of life** were established 6 months post discharge.
55 patients included in the study. 27 remained after 6 months - dropout rate 50.9%

<table>
<thead>
<tr>
<th>Feature</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>61% male participants</td>
</tr>
<tr>
<td>Age</td>
<td>67% below 40 years of age</td>
</tr>
<tr>
<td>Employed</td>
<td>51%</td>
</tr>
<tr>
<td>Mean length of stay</td>
<td>46.7 days</td>
</tr>
<tr>
<td>Flame burns</td>
<td>48%</td>
</tr>
<tr>
<td>Partial thickness burns</td>
<td>69%</td>
</tr>
<tr>
<td>Total body surface area</td>
<td>80% &lt; 20% TBSA</td>
</tr>
<tr>
<td>Head, upper limbs and trunk</td>
<td>30% of participants 4.5</td>
</tr>
</tbody>
</table>
WEEKDAY PERFORMANCE PROFILE

Social participation

- iADL
- Sleep
- Leisure
- Work
- pADL

6 months post burn injury

1 month post burn injury

Prior to burn injury
WEEKEND PERFORMANCE PROFILE

Social participation
iADL
Sleep
Leisure
Work
pADL

6 months post burn injury
1 month post burn injury
Prior to burn injury
INTEGRATION INTO COMMUNITY 6 MONTHS POST DISCHARGE

### Chart Description
- **Home integration**, **Social integration**, **Productivity integration**, and **Total score** are shown.
- The chart compares **Male norm**, **Males**, **Female norm**, and **Females**.
- The y-axis represents the score ranging from 0 to 25.
HEALTH RELATED QUALITY OF LIFE 6 MONTHS POST DISCHARGE

<table>
<thead>
<tr>
<th>Activity</th>
<th>No Problems</th>
<th>Some Problems</th>
<th>Unable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mobility</td>
<td>90%</td>
<td>10%</td>
<td>0%</td>
</tr>
<tr>
<td>Self Care</td>
<td>80%</td>
<td>20%</td>
<td>0%</td>
</tr>
<tr>
<td>Usual Activities</td>
<td>70%</td>
<td>30%</td>
<td>0%</td>
</tr>
<tr>
<td>Pain/Discomfort</td>
<td>50%</td>
<td>50%</td>
<td>0%</td>
</tr>
<tr>
<td>Anxiety/Depression</td>
<td>40%</td>
<td>60%</td>
<td>0%</td>
</tr>
</tbody>
</table>
ACCESS TO THERAPY

• distance of the patients’ homes from health services
• lack of finances

• strongly associated with poor health related quality of life (r=0.67 - 0.73)
Results support

- the recommendations for community based occupational therapy to improve rehabilitation outcomes
- the establishment of support groups for patients with burn injuries in community settings
REFERENCES


