

Clinicians sharing their strategies

The Neuro Rehab unit at West Park Healthcare Centre has been using the COPM[®] since 2020. Initially, it was solely administered by Occupational Therapists, but recently, Physiotherapists and Speech Language Pathologists have also adopted its use. Now built into the admission process, our team has found it to be beneficial in the following ways:

- It provides clinicians with an opportunity to have more meaningful conversations with patients and develop therapeutic rapport.
- It enhances person-centred care and allows patients to be active participants in their healing journey. They are able to track self-perceived changes in their performance and satisfaction with the occupational performance issues they have identified.
- Its flexibility as a tool and its implementation across the continuum helps patients develop and track their goals through various stages of their recovery (e.g. inpatient vs. outpatient rehab).

Here are some helpful strategies we found to balance the workload and maintain an interprofessional approach to sharing the patient's voice:

- 1 The COPM[®] assessment tool is included in the admission chart for all stroke patients to help highlight it for the team.
- 2 Our allied health staff are divided into teams with their own designated set of patients. Each team has a COPM[®] lead who tracks completion of the COPM[®] and inputs the results in RM&R.
- 3 Each member of the allied health team takes turns administering the COPM[®].
- 4 Weekly emails are sent to the allied health team as a reminder by the site COPM[®] champion.



Moving forward, we hope to include COPM[®] on our "Interprofessional Care Record for Stroke" checklist to help visually track its completion. We look forward to continuing to improve our processes for the implementation of COPM[®] at West Park in collaboration with other teams across the GTA.



Left to Right: Reema Farhat (OT), Elektra Margaritis (SLP), Amie Enns (OT-CPL), and Harold Moniz (PT-CPL)

Looking for more tips? Want to learn more about resources that can support the implementation of the COPM[®]? Visit the COPM[®] Initiative Group on the VCoP.

