

## CANADIAN OCCUPATIONAL PERFORMANCE MEASURE (COPM)

This tip sheet for the Canadian Occupational Performance Measure (COPM) was developed by the NSW Paediatric Rehabilitation Managers. This resource aims to assist the Paediatric Rehabilitation Services to enter the COPM outcomes and data into AROC in a consistent way.

### WHAT IS OCCUPATIONAL PERFORMANCE

Occupation refers to groups of activities and tasks of everyday life, named, organised, and given value and meaning by individuals and a culture. Occupation is everything people do to occupy themselves, including looking after themselves (self-care), enjoying life (leisure), and contributing to the social and economic fabric of their communities (productivity)<sup>1</sup>. (CAOT, 1997 p34)

- When conducting the COPM, it is important to consider the complexity of 'occupation' - that is, the different levels of activities, tasks, actions and processes that count towards someone performing in their occupation.
- Questions used to interview a child or young person and their family should be structured to reflect these complexities to ensure occupational performance is maximised, rather than automatically establishing goal setting at the start of a conversation.

### WHAT IS THE COPM?

- The COPM is an individualised, client-centred outcome measure designed to capture a client's self-perception of occupational performance over time.
- It is a standardised and individualised outcome measure using a semi-structured interview designed to define problems in occupational performance that are important to the client.
- It is a reliable and valid outcome measure of occupational performance, and is responsive to change in client performance subsequent to intervention.
- Focuses on a client's daily occupations, that is, the usual daily activities and tasks that a person wants to do, needs to do, or is expected to do but is currently having challenges in accomplishing.
- It is used by multi-disciplinary teams to identify occupational performance problems. These occupational performance problems should then be used to provide the basis for therapeutic goals. This enables a service to provide a client-centred approach.

### OCCUPATIONAL PERFORMANCE AREAS

The COPM identifies issues with the performance and the client's satisfaction of performance in the following areas:

1. Self-care – personal care, functional mobility, community management
2. Productivity – paid/unpaid work, household management and play/school
3. Leisure – quiet recreation, active recreational and socialisation

The Rehabilitation Managers Group across the Australia and New Zealand agreed at Children's Healthcare Australasia (CHA) meeting on the 22nd of February 2022 that the COPM performance activities would be entered into AROC in line with the way the COPM is intended to be performed and in alignment with the COPM categories outlined below.

Below outlines the COPM performance issues that should be used when entering and analysing the COPM issues into the Australasian Rehabilitation Outcomes Centre (AROC) database. They have been broken down into categories, sub-categories and outline common difficulties for patients who are performing these activities.

Category	Sub-Category	Includes difficulties with performing activities that should fit into these categories:	
<b>Self-Care</b>	<b>Personal Care</b>	<ul style="list-style-type: none"> <li>• Dressing</li> <li>• Bathing</li> <li>• Feeding</li> <li>• Hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep</li> <li>• Teeth-brushing</li> <li>• Hair-tying</li> <li>• Taking medication</li> </ul>
	<b>Functional Mobility</b>	<ul style="list-style-type: none"> <li>• Bed mobility</li> <li>• Transfers</li> <li>• Indoor mobility</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor mobility</li> <li>• Stairs</li> <li>• Standing and walking tolerance</li> </ul>
	<b>Community Management</b>	<ul style="list-style-type: none"> <li>• Transportation</li> <li>• Shopping</li> </ul>	<ul style="list-style-type: none"> <li>• Handling finances</li> <li>• Using telephone</li> </ul>
<b>Productivity</b>	<b>Paid / Unpaid Work</b>	<ul style="list-style-type: none"> <li>• Finding / keeping employment</li> <li>• Volunteering</li> <li>• Learning new tasks</li> </ul>	<ul style="list-style-type: none"> <li>• Participating in work activities</li> <li>• Dealing with problems &amp; conflict</li> </ul>
	<b>Household Management</b>	<ul style="list-style-type: none"> <li>• Cleaning</li> <li>• Laundry</li> <li>• Cooking</li> <li>• Taking out the garbage</li> </ul>	<ul style="list-style-type: none"> <li>• Walking the dog</li> </ul> <p><i>(ask what household chores the child / young person typically completes)</i></p>
	<b>Play / School</b>	<ul style="list-style-type: none"> <li>• Play skills</li> <li>• School work / homework</li> <li>• Playground activities</li> <li>• Participating in school activities</li> </ul>	<ul style="list-style-type: none"> <li>• Handwriting</li> <li>• Communication (following directions, logical storytelling, word finding)</li> <li>• Concentration</li> <li>• Fatigue</li> </ul>
<b>Leisure</b>	<b>Quiet Recreation</b>	<ul style="list-style-type: none"> <li>• Hobbies</li> <li>• Crafts</li> </ul>	<ul style="list-style-type: none"> <li>• Reading</li> </ul>
	<b>Active Recreation</b>	<ul style="list-style-type: none"> <li>• Participating in sports</li> <li>• Outings</li> </ul>	<ul style="list-style-type: none"> <li>• Travel</li> </ul>
	<b>Socialisation</b>	<ul style="list-style-type: none"> <li>• Phone calls</li> <li>• Parties</li> <li>• Visiting friends / family</li> <li>• Correspondence</li> <li>• Making / keeping friends</li> </ul>	<ul style="list-style-type: none"> <li>• Behaviour and emotion (separation from parents, self-esteem, mood, managing anger, self-control)</li> </ul>

## AROC TIP SHEET – COPM

COPM performance issues should be entered by documenting the difficulty that the patient is experiencing when performing activities, tasks, actions and processes. The activity links back to the sub-category and categories located in the table.

When staff are interpreting the common performance issues, they can be classified according to the sub-category. For example:

- The difficulty or issue may be brushing teeth with right hand.
  - This links back to the sub-category of personal care, with the overarching category of self-care

## APPENDIX 1

### COPM PERFORMANCE ISSUES ENTERED INTO AROC

Below is an example of COPM performance issues that could be entered into the AROC website.

COPM issue 1: Getting dressed

COPM issue 2: Showering independently

COPM issue 3: Walking up stairs

COPM issue 4: Bed transfers

COPM issue 5: Hand writing quality

*In the AROC data base there is a maximum of 40 characters that can be entered when documenting the COPM performance issues.*