

CONDITION MANAGEMENT PROGRAMME CASE STUDY- Sten

<p>Date Referred to SET CMP:</p> <p>29/01/2021</p>	<p>Telephone Screening:</p> <p>01/02/2021</p> <p>Initial Assessment</p> <p>02/02/2021</p>	<p>Commencement:</p> <p>01/02/21</p>	<p>01/02/21- 1:1</p> <p>Telephonic Occupational Therapy sessions start</p> <p>26/05/21-</p> <p>Telephonic Workshops sessions started</p>	<p>Outcome measures:</p> <p>Employability Indicators:</p> <p>Sustain work: 1-1</p> <p>Self-efficacy: 2-5</p> <p>Decision making 1-5</p> <p>Social interaction: 2-4</p> <p>Engagement in ADLs: 1-4</p> <p>Health & wellbeing: 1-4</p>	<p>Completion:</p> <p>28nd July 2021</p> <p>Group sessions x6</p> <p>OT sessions x14</p>
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Situation at Assessment:

Sten* is a 56 year old male who was on receipt of universal credits and referred to CMP via a neurologist. Sten reported that in 2019 he developed Chronic Fatigue Syndrome post an overseas holiday. He had general weakness and fatigue, and felt a bit off balance. Current symptoms included an unclear head when reading or writing, unable to watch television or listen to music and difficultly walking after “a minute”. He was unsure if his low mood is related to physical symptoms. He was also sensitive to light and noise.

Summary of Intervention:

Sten participated in 14 telephonic 1:1 and 6 telephonic workshop sessions.

The group sessions were facilitated by an occupational therapist, physiotherapist and a mental health nurse and focused on topics related to mental health and wellbeing.

The occupational therapy sessions commenced with narrative provided by the client and this set the scene for the intervention. The intervention was based on current NICE guidelines and resources/worksheets that an occupational therapist who specialist in CFS provided. The OT and Sten worked through the worksheets which provided information on what is CFS?, the autonomic nervous system, nutrition, pacing, and burn out and rest and digest, the human battery and energy. Sten engaged in identifying his energy expenditure and completing an activity, rest and sleep diary. The therapist and Sten worked together to help Sten analysis the diary and identify a baseline; comfortable level of activity that can be managed on a regular basis, without experiencing an exacerbation (increase) of symptoms. Sten established goals to work towards. 2. Walk to the end of the road and rest at the gate, once per week within a 15 minute timeframe, 2. Drive to his church each Sunday. He also engaged in mindfulness breathing and 2 sessions on the importance of identifying small gains and recognising and accepting relapse.

Outcome:

Sten completed 20 CMP sessions and remained on benefits.

Sten was able to leave the CMP programme with a variety of self-management tools to better manage his long term condition.

Sten **agreed** that CMP helped to increase his confidence and was **very satisfied** with the 1:1 intervention.

What did Sten say about the programme?

“It has made me think and because I was unable to research it also helped in that way. The one to one was most beneficial to me.” Sten, July 2021