

Remain independent in the activities of daily living

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Activities of Daily Living (ADL) is very important for every person in their personal lives. There are three types of ADLs we do in our daily routine like i) self care, ii) productivity; and iii) leisure.

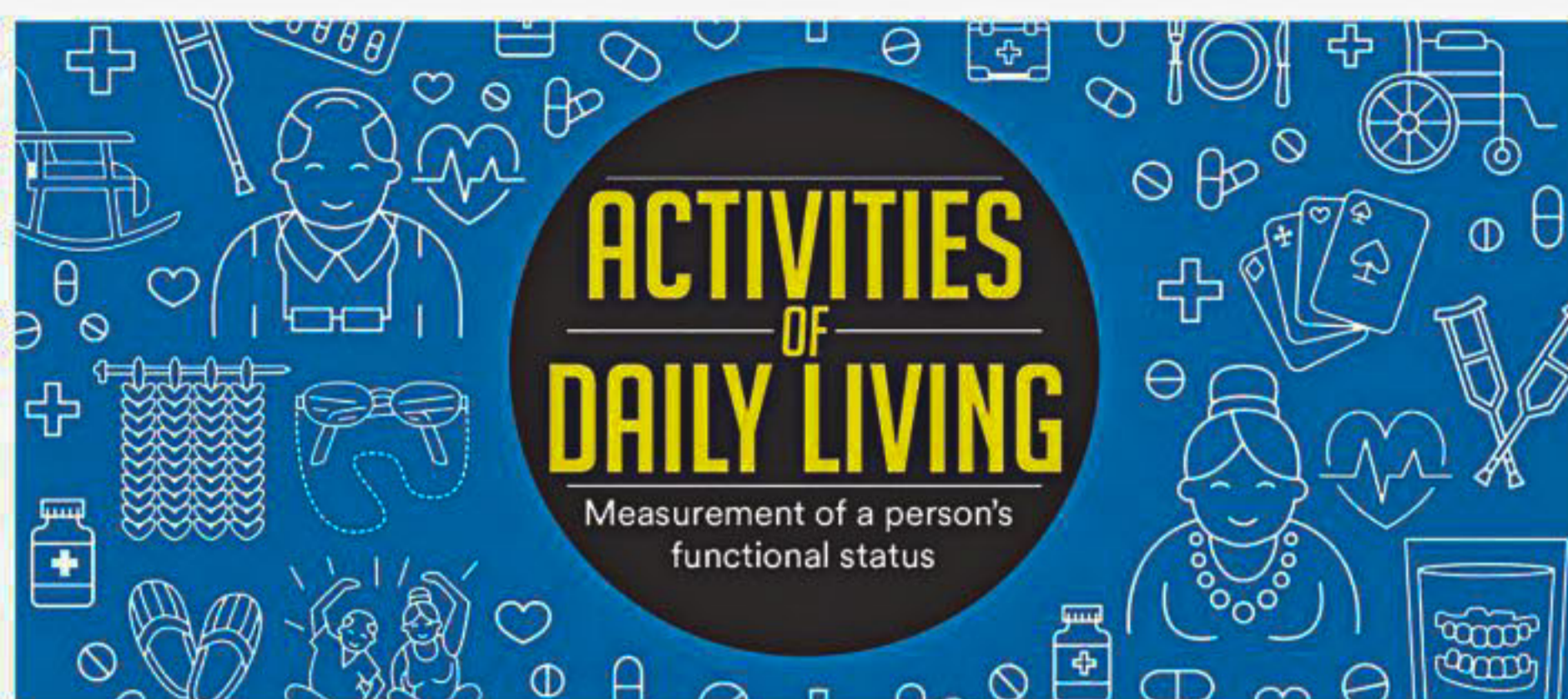
Self care: Self care means the activities of own self like dressing, eating, toileting etc.

Productivity: Productivity means job related work. Productivity varies from person to person like teacher, doctor, social worker and so on. Occupation is also varying from age to age. It is very important issue for every person.

Leisure: Leisure is an important thing for refreshing a person's mind. We cannot think about living without leisure. It also varies from person to person according to one's personality. Such as someone likes to collect stamp, someone likes to watch television or listening music. So, it can be different according to personal interest.

Occupational therapists are the only professionals who work to make a person independent in their day to day activities. They assess by using a Functional Independence Measure (FIM) scale.

Then occupational therapist analyses every activity like eating, dressing, grooming etc. According to assessment, therapists identify problems and make the treatment plan in collaboration with the patient and their caregivers. According to the treatment plan, therapists implement the treatment



technique and evaluate the treatment. **Which patients have ADL problem?** Any person who can not fit mentally, physically, socially and environmentally having problem to do their daily activities are candidate for this treatment. There are many disorders where patients have problem in ADLs. These disorders are given below:

Neurological condition: Stroke, head injury, Spinal Cord Injury (SCI), GBS, Parkinson's disease etc.

Paediatric conditions: Cerebral palsy, autism, Attention Deficit Hyperactive Disorder (ADHD), Down syndrome, club feet, spina bifida, intellectual disability etc.

Musculoskeletal disorders: Fracture, arthritis, amputation, burn, low back pain, neck pain etc.

Psychiatric conditions: Anxiety, depres-

sion, schizophrenia, obsessive compulsive disorder, drug addiction etc.

What type of help patients get from an occupational therapist?

Occupational therapists can help in bathing/showering, toileting and toilet hygiene, dressing, eating/swallowing, feeding, functional mobility, personal device care, personal hygiene and grooming, care of others, child rearing, communication management, driving and community mobility, financial management, health management and maintenance, home establishment and maintenance, meal preparation and clean up, religious and spiritual activities and expressions, safety procedures and emergency responses, shopping, rest and sleep, education, work, play, leisure, social participation etc.

Treatment process

Occupational therapists maintains a treatment process during treatment sessions. These include assessment, problem identification, treatment plan, treatment implementation and evaluation.

Treatment procedure may vary from settings to settings. Occupational therapists provide treatment with combination of physical, emotional and cognitive intervention. These treatments include:

- Neuromuscular re-education
- Manual therapy techniques
- Therapeutic activities
- Development of cognitive skills
- Sensory integrative techniques
- Self-care/home management training
- Community reintegration training
- Wheelchair management
- Debridement of wounds
- Assistive technology assessments
- Development screening
- Emotional/behavioural assessments

Occupational therapy is very important and scientifically effective for the patients. To make the patients functionally independent, occupational therapists play a great role. So, if you have any patient like this, then immediately contact with a qualified occupational therapist.

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HAVE A NICE DAY

Talk of the day/night



In this day and age, most of us are stubbornly working and those who are not also working use our pick of social networking sites to entertain until the late night! Doesn't matter 2 or 3 am!

Unfortunately, restlessness and gracelessness inside our lifestyles have been also walking together alarmingly. Over the last few years, the amount of people suffering from agitation and thoughtfulness worldwide has increased. But, changing of this sleep pattern at usual night time can cause long term health problems like, mood swings, get to work messily, weight gain and even circulatory diseases.

A research presented in 2015 at the Endocrinology Society Annual Meeting (by the Weill Cornell Medical College), also suggested that we should pay attention to the time that we go to bed. Their participants who went to bed late were 72% more prone to becoming obese (and other metabolism problems), in comparison to those who went to bed early. Sleeping well and waking up early are so important that when we don't sleep well, our body starts to show different types of signs.

Undoubtedly sleeping late could be one of the unhealthiest ways to kick off your morning. It has been seen in a study that those who slept late — they eat more unhealthy foods like fast foods, eat fewer vegetables. And they were not as physically active.

Last but not least, finish dinner at least 2-3 hours before bedtime. If you need a snack in the evening, eat a small serving of something you know will not disturb your digestion and 'please switch off your social media if you are clever'.

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HEALTH bulletin

Coding disease and death

There are few truer snapshots of a country's wellbeing than its health statistics. While broad economic indicators such as Gross Domestic Product may skew impressions of individual prosperity, data on disease and death reveal how a population is truly faring.

The International Statistical Classification of Diseases and Related Health Problems (ICD) is the bedrock for health statistics. It maps the human condition from birth to death: any injury or disease we encounter in life — and anything we might die of — is coded.

Not only that, the ICD also captures factors influencing health, or external causes of mortality and morbidity, providing a holistic look at every aspect of life that can affect health.

These health statistics form the basis for almost every decision made in health care today — understanding what people get sick from, and what eventually kills them, is at the core of mapping disease trends and epidemics, deciding how to programme health services, allocate health care spending, and invest in R&D.

ICD codes can have enormous financial importance, since they are used to determine where best to invest increasingly scant resources. In countries such as the USA, meanwhile, ICD codes are the foundation of health insurance billing, and thus critically tied up with health care finances.

Crucially, in a world of 7.4 billion people speaking nearly 7,000 languages, the ICD provides a common vocabulary for recording,

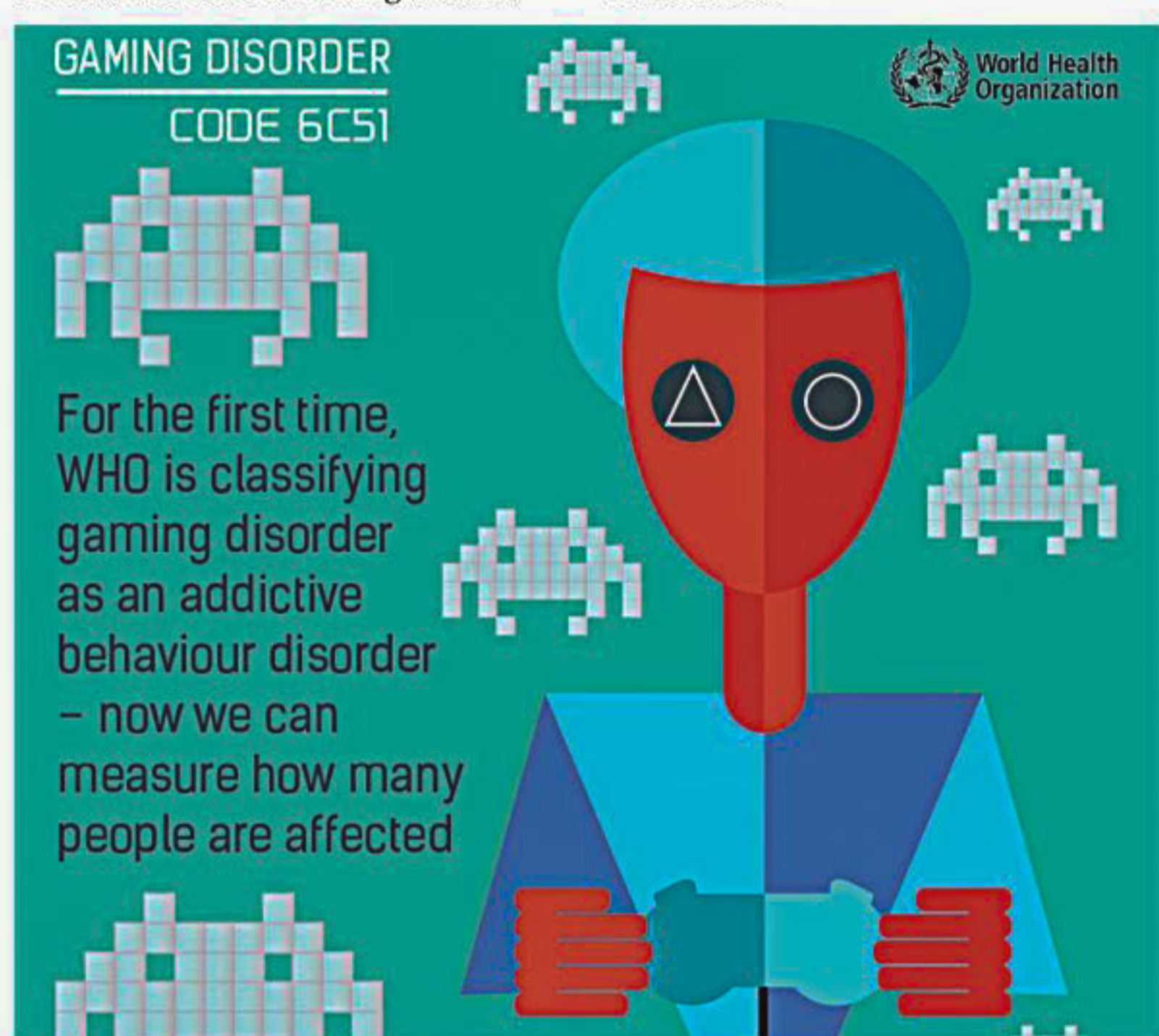
reporting and monitoring health problems. Fifty years ago, it would be unlikely that a disease such as schizophrenia would be diagnosed similarly in Japan, Kenya and Brazil. Now, however, if a doctor in another country cannot read a person's medical records, they will know what the ICD code means.

The consequences that ICD coding has on provision of care, as well as health financing and insurance, means that clinicians, patient groups, and insurers, among others, take the use of the ICD extremely seriously — many groups often have strong positions on whether or not a condition should be included, or how it should be categorised.

A critical point in engaging with the ICD is that inclusion or exclusion is not a judgement on the validity of a condition or the efficacy of treatment.

Without the ICD's ability to provide standardised, consistent data, each country or region would have its own classifications that would most likely only be relevant where it is used. Standardisation is the key that unlocks global health data analysis.

Source: World Health Organisation. Read more on <http://www.who.int/health-topics/international-classification-of-diseases>



For the first time, WHO is classifying gaming disorder as an addictive behaviour disorder — now we can measure how many people are affected



Apollo has launched holistic Joint Care & Wellness Center

Apollo Joint Care & Wellness Center started its journey under the supervision of country's renowned knee surgeon Dr M Ali. The center is equipped to provide joint care and wellness services of global standard — says a press release.

The newly launched department will treat in regards of mini whole surgery, knee, ligament and hip surgery and day to day pain management.

A call for renewed action to end child marriage by 2030

Girls Not Brides — the global partnership to end child marriage, hosted the world's biggest ever global meeting on ending child marriage in Malaysia. Progress to end child marriage must be accelerated, urged civil society organisations from around the world gathered for this grand event. Girls Not Brides is working to end child marriage, announced at the meeting that they have reached the 1000-member mark, and now have members in 97 countries around the world.

Child marriage violates girls' rights to health, education, and opportunity and exposes them to violence throughout their lives. Evidence shows that ending child marriage will catalyse global efforts to improve health, education and address poverty.



Belly fat linked to vitamin D deficiency

A new study reveals that individuals with higher levels of belly fat and larger waistlines are more likely to have lower vitamin D levels. In the past few months, Medical News Today have covered a wealth of research into the group of fat-soluble secosteroids more commonly known as vitamin D. For instance, recent studies have found that vitamin D might protect against heart failure, diabetes, cancer and that vitamin D deficiency causes hair loss.

Vitamin D and belly fat exposed

They discovered that in women, both total and abdominal fat were associated with lower vitamin D levels, but that abdominal fat had the greatest impact. In men, however lower vitamin D levels were significantly linked with fat in the liver and abdomen.

Across both sexes, more belly fat predicted lower levels of vitamin D.

Rafiq explains, "The strong relationship between increasing amounts of abdominal fat and lower levels of vitamin D suggests that individuals with larger waistlines are at a greater risk of developing deficiency and should consider having their vitamin D levels checked."

Her next step is to understand why this relationship exists. Does a deficiency in vitamin D cause fat to be stored in the abdominal region or does belly fat decrease levels of vitamin D? It will take more work to tease apart cause and effect.

As Rafiq explains, "Due to the observational nature of this study, we cannot draw a conclusion on the direction or cause of the association between obesity and vitamin D levels."

"However, this strong association may point to a possible role for vitamin D in abdominal fat storage and function." Rachida Rafiq

The links between obesity and vitamin D deficiency are growing increasingly robust. The next challenge is working out a way to effectively tackle this issue.



In Search of Excellence

