**CPD@RCOT**

**Toolkit for self-directed learning**

Occupational therapy for people with motor neurone disease (MND)

**Introduction**

As occupational therapists we have a key role in supporting people living with motor neurone disease (MND). We understand the impact of this condition on individual’s occupational performance and can help them to participate in occupations that are meaningful to them and their families.

We have developed this toolkit with our colleagues at the Motor Neurone Disease Association to assist you to widen your knowledge about MND. You will be directed to reading and then asked to complete activities which will help you:

* Reflect on your current knowledge about MND.
* Reflect upon your current practice.
* Make an action plan for further learning.

This toolkit should take about two hours to complete but can be approached in stages. Although it is designed to support your learning and your individual thinking, it can also be used in a group with your peers or colleagues.

Regardless of whether you are using it individually or with other people, consider sharing your learning in supervision or with colleagues to deepen your learning further and to help you to apply your learning to practice.

The toolkit supports the Professional Practice Pillar of the [RCOT Career Development Framework](https://www.rcot.co.uk/publications/career-development-framework). It is suitable for people at career levels 4 to 6.

We are grateful to Jennifer Bedford, MND Association Head of Partnerships, Education and Information, for her input to this resource.

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| **Your name** | Click or tap here to enter text. | |
| **Date** | Click or tap here to enter text. |

**Activity 1: Occupational therapy and motor neurone disease**

(Takes about 40 mins)

The MND Association resource ‘[Occupational therapy and motor neurone disease](https://www.mndassociation.org/app/uploads/OT-for-MND.pdf)’ has RCOT’s endorsement.

This document describes MND and the critical role occupational therapists have in offering care and support to people living with and affected by it.

Read the guide from pages 2 to 22. Think about your practice as an occupational therapist and answer the questions below.

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| 1. What are the different ways MND can affect the occupational performance of your service user? |
| Click or tap here to enter text. |
| 1. What can you do as a professional to make sure the intervention you offer to a person with MND is occupation centred? |
| Click or tap here to enter text. |
| 1. How can occupational therapy promote choice and control to people with MND? |
| Click or tap here to enter text. |

**Activity 2: Occupational therapy and motor neurone disease: different functions and situations**

(Takes about 20 mins)

The ‘[Occupational therapy and motor neurone disease](https://www.mndassociation.org/app/uploads/OT-for-MND.pdf)’ resource offers guidance on many functions and situations where occupational therapy is needed.

You can find them on pages 23 to 84, and they are:

* Mobility
* Posture and positioning
* Bed mobility
* Transfers
* Respiratory function
* Cognitive change and frontotemporal dementia
* Communication
* Fatigue management
* Driving
* Work
* Eating and drinking
* Self-care
* Accessible home
* Social and psychological support
* Funding and finances
* Palliative care

Choose one and think about your practice and your knowledge and answer the questions below.

If you would like to analyse more situations use the same questions to support your thinking process.

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| 1. As a professional, what would you do to offer occupational-centred care to a service user with the situation you chose to analyse? |
| Click or tap here to enter text. |
| 1. As an occupational therapist, what would you do to promote choice and control to people living with MND with the situation you chose to analyse? |
| Click or tap here to enter text. |

**Activity 3: Planning ahead: anticipating needs**

(Takes about 20 mins)

As the ‘[Occupational therapy and motor neurone disease](https://www.mndassociation.org/app/uploads/OT-for-MND.pdf)’ resource highlights, ‘people with MND have described living with the condition as experiencing a “series of losses”, including the loss of future plans and hopes, abilities, independence and control over their life’ (page 14).

Occupational therapists play a crucial role in assessing the situation, anticipating people’s needs and planning for the future. This helps people with MND by minimising the impact of the consequences of the disease.

Besides supporting people with MND, you can also support carers and family of your service user by thinking ahead.

The MND Association resource ‘Living with motor neurone disease has a section ‘[Planning ahead](https://www.mndassociation.org/app/uploads/2015/07/LW11-Planning-ahead-OCT-20.pdf)’.

It was written for people with MND, but it will help you understand their perspective. Read the Planning Ahead section and, think about your knowledge and practice before answering the following questions:

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| 1. Think about your practice as an occupational therapist. Why is it important to plan ahead and explore future needs of people with MND? |
| Click or tap here to enter text. |
| 1. Still considering your practice, what would you consider as part of your clinical reasoning to anticipate future needs? |
| Click or tap here to enter text. |

**Individual reflection**

(Takes about 5 minutes*)*

Identify the key learning from the activities you have completed and consider how you will implement these into your practice. Think about how you will address any learning gaps you have identified.

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| Make a note of some ideas that you will take into your practice. What actions might you need to take to implement them? |
| Click or tap here to enter text. |

**Follow-up reflection and application**

Revisit this resource in the next few days. Review your answers to questions on pages 2 to 4 and your notes. You might want to discuss your reflections in you next supervision. Save this page in your CPD Portfolio.

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| **Reflect on and record your answers** |
| 1. The impact of my learning from activities 1 to 3 on my practice has included: |
| Click or tap here to enter text. |
| 1. I would now like to learn more about: |
| Click or tap here to enter text. |

**Feedback**

Your views are important to us! Please send us your feedback so we can make improvements for future participants. Or let us know if you liked this!

Email us at: [prof.dev@rcot.co.uk](mailto:prof.dev@rcot.co.uk)

**Useful resources**

Motor Neurone Disease Association (2019). *Planning ahead. Northampton: MND Association*. Available at: <https://www.mndassociation.org/app/uploads/2015/07/LW11-Planning-ahead-OCT-20.pdf>

Accessed on 24.02.22.

Motor Neurone Disease Association (2021) *Occupational therapy and motor neurone disease. Northampton: MND Association*. Available at: <https://www.mndassociation.org/app/uploads/OT-for-MND.pdf>

Accessed on 24.02.22.

Royal College of Occupational Therapists (2019). *Adaptations without delay*. Available at: <https://www.rcot.co.uk/adaptations-without-delay>

Accessed on 24.02.22.

Motor Neurone Disease Association (2019) *Living with MND guide. Northampton: MND Association*. Available at: <https://www.mndassociation.org/app/uploads/2015/07/Living-with-MND-STANDARD-PDF-Oct-20-1.pdf>

Accessed on 24.02.22.

Motor Neurone Disease Association (2018) *Disabled facilities grants. Northampton: Motor Neurone Disease Association*. Available at:

<https://www.mndassociation.org/app/uploads/2021/07/10c-disabled-facilities-grants.pdf>

Accessed on 24.02.22.

Motor Neurone Disease Association (2018) *Understanding my needs: a personal record to help you support me with motor neurone disease*. Available at: <https://www.mndassociation.org/app/uploads/2021/06/Understanding-My-Needs-Nov-18-INTERACTIVE-V2.pdf>

Accessed on 24.02.22.

**Extra reading**

National Institute for Health and Care Excellence NICE (2016). *Motor neurone disease: assessment and management*. Available at: <https://www.nice.org.uk/guidance/ng42> Accessed on 06.10.21

Accessed on 24.02.22.

Pinto C, Geraghty AWA, Yardley L, et al., *Emotional distress and well-being among people with motor neurone disease (MND) and their family caregivers: a qualitative interview study*. BMJ Open (2021). Available at: <https://bmjopen.bmj.com/content/bmjopen/11/8/e044724.full.pdf>

Accessed on 24.02.22.

Simpson, S., Smith, S., Furlong, M., Ireland, J. and Giebel, C. (2020). Supporting access to activities to enhance well‐being and reduce social isolation in people living with motor neurone disease. *Health & Social Care in the Community*, 28(6), pp.2282–2289.

doi: <https://doi-org.cot.idm.oclc.org/10.1111/hsc.13049>

Welsby, E. and Berrigan, S. (2018). People with motor neurone disease require regular assessment and review to ensure appropriate wheelchair prescription. *Australian Occupational Therapy Journal*, 66(1), pp.123–124.

‌doi: <https://doi-org.cot.idm.oclc.org/10.1111/1440-1630.12546>

**Sources of support**

The MND Association is a national charity for people with MND, carers and health professionals in England, Wales and Northern Ireland. In Scotland the equivalent organisation is MND Scotland. They offer a whole range of information to [people with MND](https://www.mndassociation.org/support-and-information/information-resources/information-for-people-with-or-affected-by-mnd/) and [professionals](https://www.mndassociation.org/professionals/) who support them.

Online courses:

A course developed through the RCN and MND Association partnership

<https://www.rcn.org.uk/clinical-topics/neuroscience-nursing/mnd-resource>

An MND Association module in which participants examine multidisciplinary working and consider its benefits and challenges.

<https://www.open.edu/openlearncreate/course/view.php?id=4358>