

AOTA Occupational Profile

Adult Outpatient Example

“The occupational profile is a summary of a client’s (person’s, group’s, or population’s) occupational history and experiences, patterns of daily living, interests, values, needs, and relevant contexts” (AOTA, 2020, p. 21). The information is obtained from the client’s perspective through both formal and informal interview techniques and conversation.

The information obtained through the occupational profile contributes to a client-focused approach in the evaluation, intervention planning, intervention implementation, and discharge planning stages. Each item below should be addressed to complete the occupational profile. Page numbers are provided to reference the description in the *Occupational Therapy Practice Framework: Domain and Process* (4th ed.; AOTA, 2020).

OCCUPATIONAL PROFILE			
Client Report	Reason the client is seeking service and concerns related to engagement in occupations (p. 16)	<p>Why is the client seeking services, and what are the client’s current concerns relative to engaging in occupations and in daily life activities? (This may include the client’s general health status.)</p> <p>Client is seeking OT services to improve dominant hand function after sustaining a work-related accident resulting in a left tip amputation on 3rd digit proximal to the nail bed. He seeks to reduce pain and hypersensitivity, improve self-management of wound during ADLs of bathing, dressing and oral facial hygiene. Additionally, he seeks to improve typing, playing fiddle in a bluegrass band, grip/pinch strength, and endurance for work related tasks such as sanding wood.</p>	
	Occupations in which the client is successful and barriers impacting success (p. 16)	<p>In what occupations does the client feel successful, and what barriers are affecting their success in desired occupations?</p> <p>Success: Modified typing, self-feeding, and dressing Barriers: He reports holding his 3rd finger in a protective extension during tasks. Other barriers are bulky dressings, pain, and hypersensitivity.</p>	
	Occupational history (p. 16)	<p>What is the client’s occupational history (i.e., life experiences)?</p> <p>Client has a college level education and is a musician who works for a company supplying custom built instruments. He lives with his significant other and a ferret in an urban setting. Client has no other significant medical history. Client does not have any children. He does assist with taking his parents to medical appointments.</p>	
	Personal interests and values (p. 16)	<p>What are the client’s values and interests?</p> <p>Client values and is interested in friends, family time, craftsmanship, creative outlets, and expression using music.</p>	
Contexts		<p>What aspects of their contexts (environmental and personal factors) does the client see as supporting engagement in desired occupations, and what aspects are inhibiting engagement?</p>	
	Environment (p. 36) (e.g., natural environment and human-made changes, products and technology, support and relationships, attitudes, services, systems and policies)	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Supporting Engagement</p> <ul style="list-style-type: none"> • Supportive social network and work place • Flexible work schedule to attend therapy and to heal tissues </td> <td style="width: 50%; vertical-align: top;"> <p>Inhibiting Engagement</p> <ul style="list-style-type: none"> • Fiddle is difficult to play and hold with shortened finger • Has not had a major injury or illness prior </td> </tr> </table>	<p>Supporting Engagement</p> <ul style="list-style-type: none"> • Supportive social network and work place • Flexible work schedule to attend therapy and to heal tissues
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	Personal (p. 40) (e.g., age, sexual orientation, gender identity, race and ethnicity, cultural identification, social background, upbringing, psychological assets, education, lifestyle)	Supporting Engagement <ul style="list-style-type: none"> Client is part of the dominant culture/language Has a supportive family/friend network Has an insightful, introspective psychological framework 	Inhibiting Engagement <ul style="list-style-type: none"> Client reports feeling sadness over the loss of his finger and has recurrent thoughts about the accident Limiting beliefs in regards to playing in future gigs 	
Performance Patterns	Performance patterns (p. 41) (e.g., habits, routines, roles, rituals)	What are the client's patterns of engagement in occupations, and how have they changed over time? What are the client's daily life roles? (Patterns can support or hinder occupational performance) Roles: Client reports his role of musician and worker are his primary weekday performance patterns and weekend musical gigs are currently on hold. His role as a significant other, pet owner, and friend to others are a significant source of connection. Routines: Weekdays he works 6-7 hours in the wood shop and on weekday evenings and weekends he records music or performs for live audiences. Habits: Plays and composes music to relax.		
	Client Factors	What client factors does the client see as supporting engagement in desired occupations, and what aspects are inhibiting engagement (e.g., pain, active symptoms)?	Supporting Engagement <ul style="list-style-type: none"> Introspection, reflection, motivation to return to playing music 	Inhibiting Engagement <ul style="list-style-type: none"> Limiting beliefs in regards to being able to play as he did before
Values, beliefs, spirituality (p. 51)		Supporting Engagement <ul style="list-style-type: none"> Uninjured digits are mobile without edema or pain Otherwise normal health and function 	Inhibiting Engagement <ul style="list-style-type: none"> Pain, edema, and hypersensitivity Wound AROM, finger length discrepancy, Strength and endurance in affected digit Recurrent thoughts about trauma Anxiety about adjusting to life as an amputee 	
Body functions (p. 51) (e.g., mental, sensory, neuromusculoskeletal and movement-related, cardiovascular functions)		Supporting Engagement <ul style="list-style-type: none"> Initial adaptation of left-hand use with left third finger held in protective extension. 	Inhibiting Engagement <ul style="list-style-type: none"> Neuromuscular re-education required for technical picking and note selection. 	
Client Goals	What are the client's priorities and desired targeted outcomes related to the items below?	Occupational Performance Return to work and performing with adaptive use of left third finger.		
	Prevention Resolve unsafe tools that led to trauma. Engage in wound care and exercises at home to prevent infection and contractures.	Health and Wellness Resolve anxiety surrounding return to work, re-frame injury as opportunity to learn new playing techniques. Recommend mental health counseling as needed.		
	Quality of Life Creative music outlet, use of finger prosthetics. He reports finding purpose in trying out new techniques for picking strings.	Participation Return to meaningful engagement in musical performances and crafting musical instruments.		
	Client's priorities and desired targeted outcomes (p. 65)			

	Role Competence Full expression of musical vulnerability during live performances, participate fully in band sound fullness.
	Well-Being Positive coping strategies for new disability and maintain a positive attitude for future challenges.
	Occupational Justice Client would like the opportunity to fully participate in performances using amputated digit with and without prosthetic finger.

For a complete description of each component and examples of each, refer to the *Occupational Therapy Practice Framework: Domain and Process, 4th Edition*.

Resources

American Occupational Therapy Association. (2020). Occupational therapy practice framework: Domain and process (4th ed.). *American Journal of Occupational Therapy*, 74 (Suppl. 2), 7412410010. <https://doi.org/10.5014/ajot.2020.74S2001>.

American Occupational Therapy Association. (2021). Improve your documentation and quality of care with AOTA's updated occupational profile template. *American Journal of Occupational Therapy*, 75 (Suppl. 2), 7502420010. doi: <https://doi.org/10.5014/ajot.2021.752001>

The occupational therapy evaluation and re-evaluation CPT® codes established in 2017 require the inclusion of an occupational profile. For more information visit <https://www.ota.org/practice/practice-essentials/coding>.

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Created for the American Occupational Therapy Association by Michelle Auch, OTD, OTR/L, CHT