

Pinnacle Health Systems
Occupational Therapy Department
Activity Analysis

Choose an activity or task with your supervisor to analyze. You will use the following outline, which is based on the *Occupational Therapy Practice Framework*. Choose only the areas that are relevant to the task and be specific about why it is relevant.

Example: Task: Keyboarding

Praxis is required to competently motor plan the sequence of the use of the digits and wrist in order to complete the typing of text.

- I. Identify the Area of Occupation that the task involves. More than one area may be involved:
 - a. ADL
 - i. Bathing
 - ii. Bladder and bowel management
 - iii. Dressing
 - iv. Eating
 - v. Feeding
 - vi. Functional mobility
 - vii. Personal device care
 - viii. Personal hygiene and grooming
 - ix. Sexual activity
 - x. Toilet hygiene
 - b. IADLs
 - i. Care of others
 - ii. Child rearing
 - iii. Communication management
 - iv. Community mobility
 - v. Financial management
 - vi. Health management and maintenance
 - vii. Home establishment and management
 - viii. Meal preparation and cleanup
 - ix. Religious observance
 - x. Safety and emergency management
 - xi. Shopping
 - c. Rest and Sleep
 - i. Rest
 - ii. Sleep
 - iii. Sleep preparation
 - iv. Sleep participation

- d. Education
 - i. Formal education participation
 - ii. Informal personal education needs or interests exploration
 - iii. Informal education participation
- e. Work
 - i. Employment interests and pursuits
 - ii. Employment seeking and acquisition
 - iii. Job performance
 - iv. Retirement preparation and adjustment
 - v. Volunteer exploration
 - vi. Volunteer participation
- f. Play
 - i. Play exploration
 - ii. Play participation
- g. Leisure
 - i. Leisure exploration
 - ii. Leisure participation
- h. Social participation
 - i. Community
 - ii. Family
 - iii. Peer, friend
- II. Identify the client factors of values, beliefs, spirituality that may influence the task
 - a. Values
 - i. Person
 - ii. Organization
 - iii. Population
 - b. Beliefs
 - i. Person
 - ii. Organization
 - iii. Population
 - c. Spirituality
 - i. Person
 - ii. Organization
 - iii. Population
- III. Identify the client factors of body functions that are necessary to the task
 - a. Mental functions (affective, cognitive, perceptual)
 - i. Higher level cognition (judgment, concept formation, metacognition, cognitive flexibility, insight, attention, awareness)
 - ii. Attention (sustained, selective, divided attention)
 - iii. Memory (short-term, long-term, working)
 - iv. Perception (discrimination of sensations, multi-sensorial processing, sensory memory, spatial, temporal relationships)
 - v. Thought (recognition, categorization, generalization, awareness of reality, logical/coherent thought, appropriate thought content)

- vi. Mental functions of sequencing complex movement (execution of learned movement patterns)
- vii. Emotional (coping and behavioral regulation)
- viii. Experience of self and time (body image, self concept, self-esteem)
- b. Global mental functions
 - i. Consciousness (level of arousal, level of consciousness)
 - ii. Orientation (orientation to person, time, place, self and others)
 - iii. Temperament and personality (emotional stability)
 - iv. Energy and drive (motivation, impulse control, appetite)
 - v. Sleep (physiological process)
- c. Sensory functions and pain
 - i. Seeing and related functions, including visual acuity, visual stability, visual field functions (detection/registration, modulation, integration of sensations from the body and environment, visual awareness of environment at various distances)
 - ii. Hearing functions (tolerance of ambient sounds, awareness of location and distance of sounds)
 - iii. Vestibular functions (sensation of securely moving against gravity)
 - iv. Taste functions (association of taste)
 - v. Smell functions (association of smell)