

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)