



# Cognitive Rehabilitation

For Patients with Post Acute Covid Syndrome

An individualized approach to addressing  
cognition and return to work

Rebecca Choubah MOT R/L

# Objectives

- ▶ OT and Post Acute Covid Syndrome
- ▶ Discuss evaluation and treatment tools utilized with Post Acute Covid Syndrome at DHMC
- ▶ Discuss cognitive functional capacity evaluations for return to work
- ▶ Discuss patient resources for return to work

Dodson, M. (2019). Cognitive rehabilitation for practicing clinicians. Lecture conducted through Matheson Education and Training Solutions. Bedford, NH.

Performance



Components

### **Occupation**

Specific clusters of activities grouped together into meaningful labels such as “worker,” “parent,” “volunteer,” etc.

### **Participation & Performance**

Engagement in multiple activities that allow full participation in life

### **Activities**

Activities are made up of tasks performed in sequence or in parallel

### **Tasks**

Tasks are possible when components work together

### **Components/subcomponents**

Attention, memory, executive functions



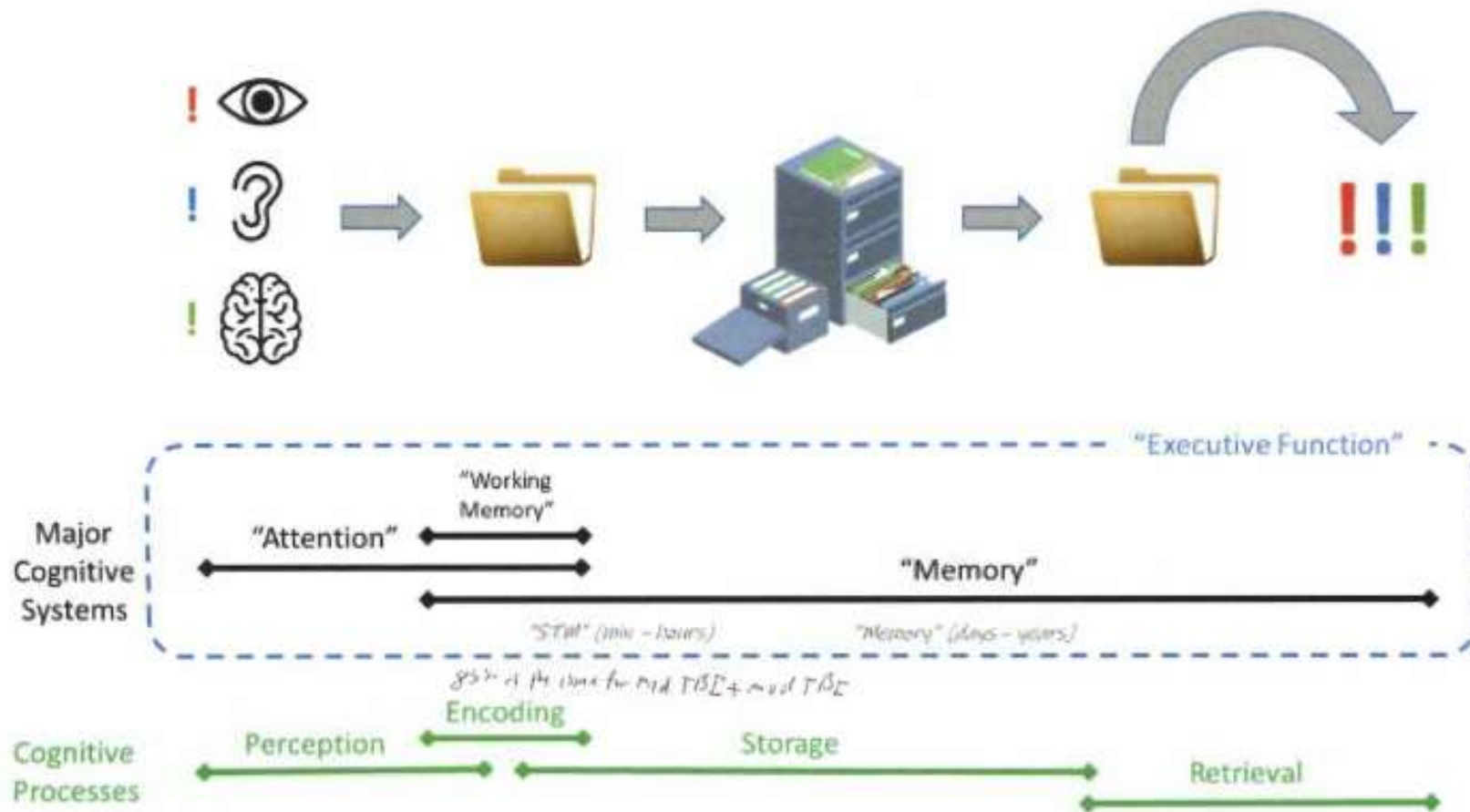
# Standardized OT Evaluation

- ▶ Using the areas of concern identified by the cognitive screening tool and patient interview, the OT picks additional assessment tools.
- ▶ Component based assessments:
  - ▶ Test of Everyday Attention
  - ▶ Rivermead Behavioral Memory Test



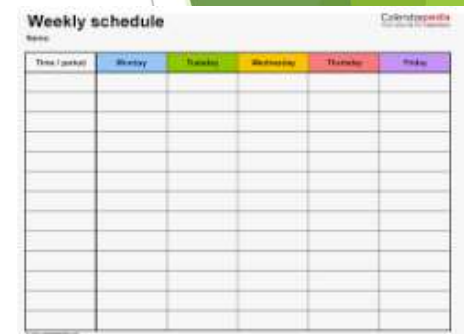
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## Cognitive Processing Model



## External Compensatory Strategies

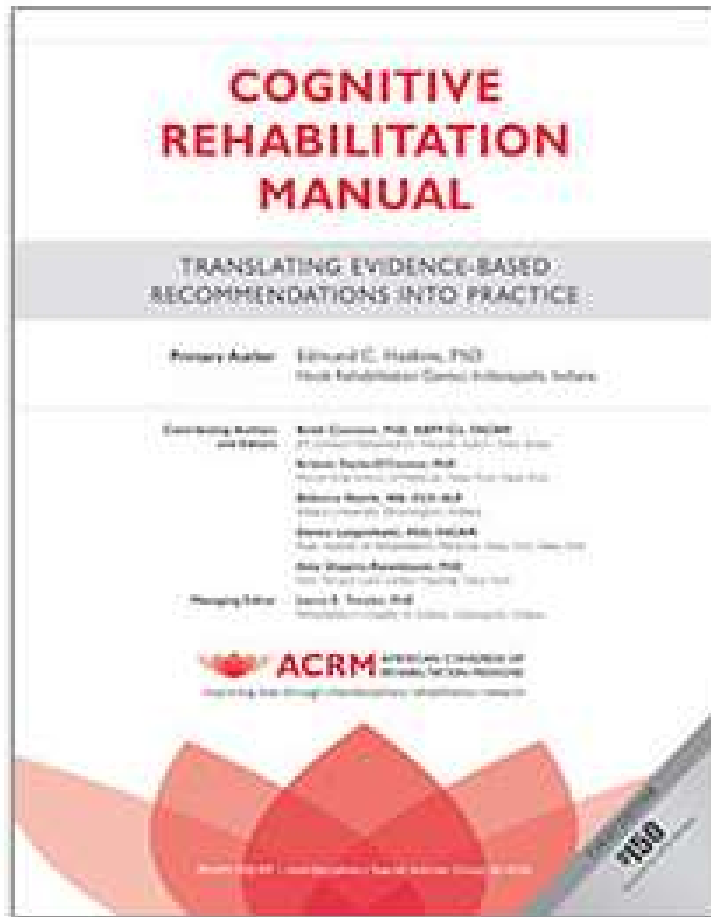
- ▶ Adapting the environment-by keeping a notepad by phone, use a large visual cue such as a whiteboard to grab one's attention
- ▶ Improve wellbeing and reduce stress
- ▶ Use mobile phone for its calendar, reminders, and other helpful apps
- ▶ Use alarms for medication reminders
- ▶ Use a timer to set pre-determined times for activities



## Internal Compensatory Strategies

- Breaking information into small chunks
- Make associations with prior knowledge and emotional memories
- Make a visual picture
- Make a mind map or spider diagram
- Use stories or rhymes
- Try first letter cuing to recall information

# External Compensatory Strategies



## ► Goal-Plan-Do-Review

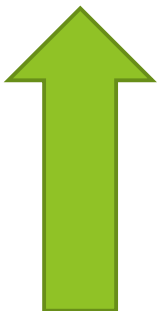


Haskins, E. (2014). L Trexler (Primary Ed). Cognitive Rehabilitation Manual. Reston, VA: American Congress of Rehabilitation Medicine.

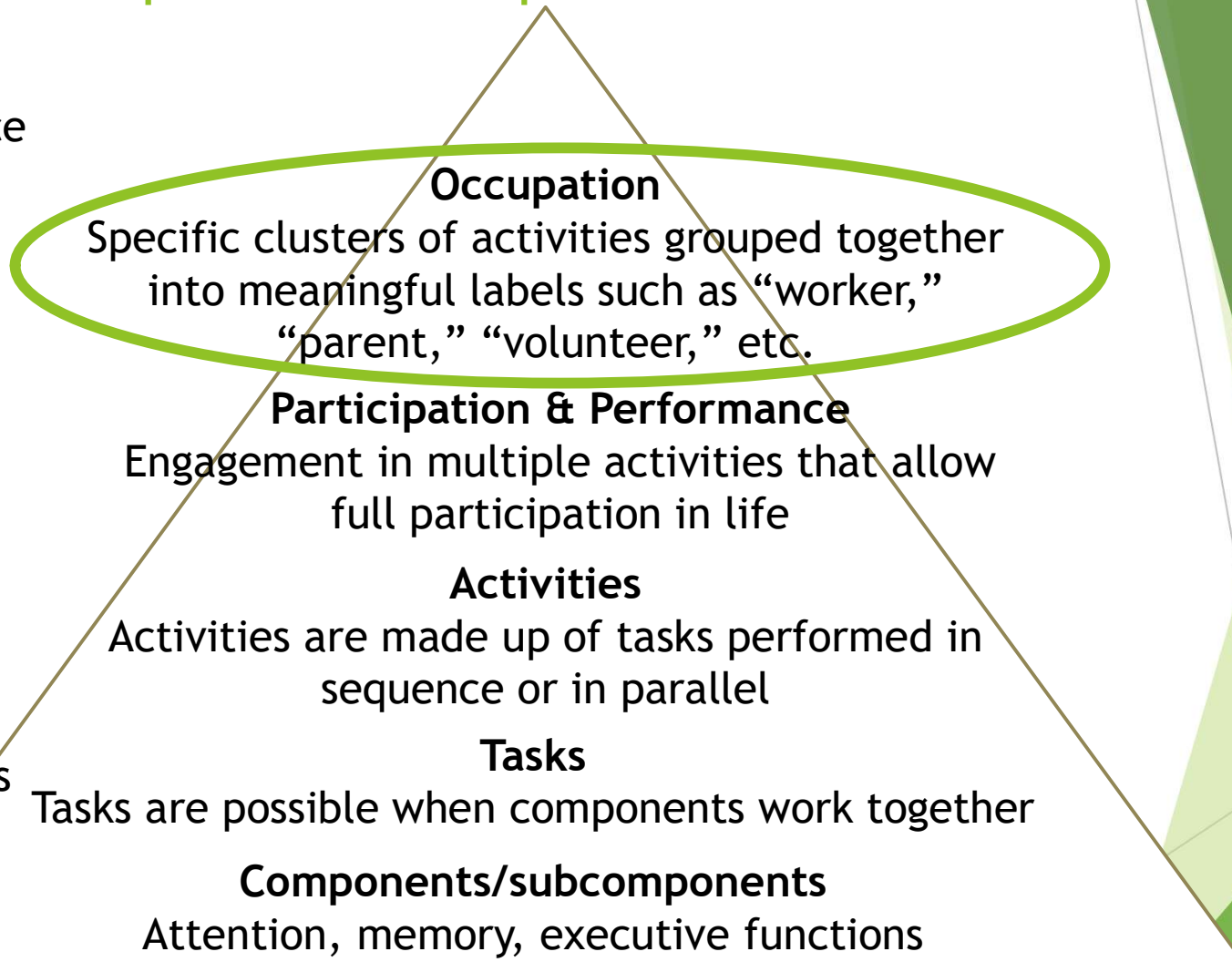


Goal: ability to transfer strategies to new activity to improve overall performance

Performance



Components



# Cognitive Functional Capacity Evaluations (CFCE)

- ▶ Length 4-6 hours
- ▶ Example questions that a CFCE can answer:
  - ▶ Does the client have a work tolerance and if so what level of physical and cognitive work can be tolerated?
  - ▶ Does the client meet the essential functions of their target job and if not what restrictions should be in place?
  - ▶ Would the client benefit from further rehabilitation services?
  - ▶ Is the client reliable in their report of pain, physical disability, and cognitive disability.
  - ▶ Did the client provide full physical and cognitive effort.

# Additional Resources

## Return to work resources:

- ▶ Vocational Rehabilitation- state specific resources grant funded; assist to remove barriers from people interested in returning to work
- ▶ Work Hardening- multiple days a week of endurance, strength training with a job specific focus completed with PT/OT

## Additional Resources:

- <https://www.aota.org/-/media/Corporate/Files/AboutOT/Professionals/WhatsOT/WI/Facts/Cognitive-impairments.pdf>

# References:

- ▶ Dodson, M. (2019). Cognitive rehabilitation for practicing clinicians. Lecture conducted through Matheson Education and Training Solutions. Bedford, NH.
- ▶ Giles, G. M. (2018). 2018 Eleanor Clarke Slagle Lecture- Neurocognitive rehabilitation: Skills or strategies? *American Journal of Occupational therapy*, 72.
- ▶ Haskins, E. (2014). L Trexler (Primary Ed). Cognitive Rehabilitation Manual. Reston, VA: American Congress of Rehabilitation Medicine.
- ▶ Koch, R. (n.d.). Functional Therapeutic Activities. Retrieved from <http://www.functionaltherapyactivities.com/index.html>
- ▶ National Academy of Social Insurance. What is Social Security Retirement Age? Retrieved from <https://www.nasi.org/learn/socialsecurity/retirement-age>
- ▶ "The Brain Injury Workbook: Exercises for Cognitive Rehabilitation" 2nd edition by Trevor Powell (2014).