

The Tactical Occupational Therapeutic Program Design And Techniques

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SUMMARY

The author have already examined the tactical program; the way to solve a problem while one lead one's independent living suitable for one's needs. The tactical program is determined by factor analysis of a problem shown by data from observation, measurement, and examination, by constitution of each technique and a way of carrying it out as a solution, by evaluation of result of implementation of techniques, and by the ethical thinking which decides how much efforts are made by a person who implements a technique. Techniques are constituted by a method useful for the common problem caused by a disability and a method for solving a particular problem caused by each actor's situation with creativity and devices. The most important thing is a desire to improve oneself and efforts of devices of those who actually use techniques based on tactical program.

KEY WORDS

Occupational therapy, tactics, technique

Introduction

It is not easy to lead ADL (activity of daily living) truly independent. It is necessary to fully consider what to solve, how problems should be regarded, how to organize a whole plan for solving a problem, how related people cooperate to proceed with a plan with the passage of time, and what kind of achievement is to be gained. So, a whole plan should be organized as the strategic approach¹⁾ by evaluating actor's needs and by deciding a policy for achieving the needs.

After a design of a whole plan is made, it should be arranged to be suitable for the basis of each plan which made the whole plan. Each plan includes related people, people in charge, method, place, equipment, instrument, cost, and technique¹⁾. The basis of each plan means a problem coped with and analysis of its factors. Devices for arranging the design are necessary because some problems and their factors cannot be dealt with the present methods and need a

new and suitable one²⁾. These analysis of problem factors and the way to make and carry out a concrete plan are called tactical approach in this article. This article studies the planning of the tactical approach and techniques which are the concrete method for implementing the tactical approach.

1. Tactical Approach

1) About problems

(1)Extraction and synthesis of problems

Items of problems and numerical value are extracted from inspection of joint range of motion, muscular inspection, inspection of sense, inspection of intellectual ability, inspection of recognizing and acting ability, etc. Inspection of ADL and its evaluation table also show the extent of problems³⁾. By collecting and arranging these problems, evaluation step proceeds.

Let's see an example. It is a slightly abnormal

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value as a joint range of motion, if one cannot bend one's elbow joint more than 110 degree. This leads to the ADL problem of buttoning up and unbuttoning the top button of one's shirt³⁾. However, if one's wrist joint bends enough and operational function of the fingers is exquisite, there would be no problem. May be not in so many cases, the problem of the top button of a shirt can be a big trouble. However, this problem can be important if one is methodical or appearance means a lot in his or her occupation.

One abnormal value affects another item. From the composite point of view with another item, however, it is importance as a problem can be very little. A trouble does not directly become a problem, but sometimes one trouble has a lot of effect and significance.

In any cases, the process of evaluating a problem in a compound relation with other items and synthesizing the problem is necessary. Attention should be paid to the fact that there is a problem with a single meaning and that with composite meaning.

(2) Tactical arrangement of problems in strategic policy achievement

Problems in need of solution should be extracted in a process of achieving a policy strategically made, and tactics should be made to concretely solve these problems. The policy of solution or the purpose of solution has already been shown as a strategy¹⁾. Therefore, what matters in a step of tactics is to definitely show extent of the solution or its way as a solution purpose. It can be said that the definite indication of a solution purpose means to arrange the strategic problems tactically. In this way, each problem is tackled by replacing strategy with tactics. In order to tackle each problem, data from observation, measurement, and test need to be analyzed and factors of each problem should be clarified²⁾.

(3) Build-up and top-down

What has been discussed in (1) is to evaluate the problems extracted from a result of observation, test, and measurement, then to collect the significant points, and finally to show them in a form of a program. The purpose of a program made through this process is attained by a build-up for the future. So, there is a possibility that the real purpose cannot be seen until a result appears. However, a build-up is

excellent in getting good result evenly and gaining a recovery and improvement as a whole¹⁾.

With the method of (2) above, it is first indicated to what extent the things included in the policy are achieved. Therefore, how to solve a problem or to change its form into no-problem becomes a concrete purpose and a solution of the significant points, and this is the top-down method for solving a problem.

Top-down is excellent in getting a meaningful result in a short term. In this method, however, a problem which seems to have little relation to the achievement of the policy can be excluded from the items to solve¹⁾.

(4) Summary of tactical problems

Armchair work accounts for relatively large part of the strategic approach¹⁾. On the other hand, tactical approach is originally a practice and it is implemented as the tactical approach in clinical site.

In the tactical approach, it is important to regard the solution of a problem which leads to the achievement of the strategic policy as a main, and at the same time to know the real problem widely and fully. The order of solution is decided by categorizing as follows. ① A problem solvable right now. ② A problem which leads to the main problem and needs to be solved now to move to the next. ③ A problem secondary and circumferential but quite meaningful to an actor. ④ A present small problem, though which may have great meaning in the future.

2) Factor analysis of problems

Even if a problem is recognized as a problem, in many cases an effective solution cannot be formed without analysis of the problem factors.

Sometimes a therapist comes upon an effective solution after he or she well recognized a problem simply or compoundly, made his or her mind to solve it, and thought one thing and another. In such a case, an answer comes first and a reason will be explained later. In general, however, analysis of problem factors is necessary for getting an answer.

(1) Case related to actor's function and ability

When a problem is caused by damage of actor's function and ability, evaluation should be conducted in such respects as in which period, what kind of technique is adopted in what way, and to what extent

the function and ability recover, or how much to compensatory function and ability improve.

(2) Evaluation of environment and situation

It is evaluated how environment and situation including people around can be solved⁴⁾.

(3) Evaluation of result

Evaluation is conducted on how problems should be solved eventually and what results to be gained, and what the result means for the achievement of the strategic policy.

Then, to get a good result, it should be examined what is a factor of a problem.

(4) Evaluation of techniques

Practicable technique for solving a problem is evaluated. Technical problems which limit a result should be analyzed. Then a method for changing the technical limit is examined. These things are considered; ① whether the chosen technique is proper, ② whether an executor's skill is enough, ③ whether the executor's will is adequate, ④ whether the executor's intention is based on a right understanding, and ⑤ whether there is another possible technique.

It cannot be said that the examination of problem factors is done unless you evaluate techniques⁴⁾.

3) Implementation of actually useful program

The result of the examination of problem factors is shown in a form understood by others as each problem's solution purpose unified with a concrete method and as a program actually useful for solution. In this way, the strategic policy and purpose is achieved through the achievement of each tactical concrete purpose of solution.

The essence of the tactical approach lies in practice. So, the effect is recognized and achievement is accumulated when it is actually helpful.

4) Evaluation of result and response to a change of a problem

Tactical program is practice. Therefore, effect appears as a program is carried out. Sometimes the effect is visible in the middle of the program, sometimes it appears a few days later.

It is a proof that the program is effective at least now if effect is shown. So, the program may continue to be effective for a while. At the same time,

however, it can also mean that the program has already been inadequate.

It is important to always evaluate the program while it is into practice. Whether it is effective now, whether it is effective to go on with it, or whether its effect reduced and it became boring. In order to be a competent therapist, to be sensitive to a change of actor's reaction and to cope with it impeccably is important. That is, the tactical program is something which is put into practice with examination and preparation before hand, and it also used and thought as a method useful for achieving a tactical purpose according to the time and place.

Such a technique is significant and necessary as to show the effect and improve the situation, then further show the effect from the improvement, and leave the improved condition later on. Such a technique is useful as to grasp the effect and understand why the effect showed up, and to continue the action for increasing the effect. It can be said that the therapist is really competent when he or she used the technique to achieve a purpose of the tactical program.

Therefore, techniques and intention to achieve a purpose are needed for implementation of the tactical program. The technique which contains the ability in calmly examining and evaluating a method for increasing the effect and the ability in actually carrying out a program is necessary.

5) Tactical effect useful for achieving the strategic policy

When surrounding problems are solved first, it is not enough just to get some result.

To achieve strategic policy, each result of the tactical program should be shown. However, to pursue the result of each tactical program only does not reach the achievement of the strategic policy. While the effect of each tactical program is increased, combination and content of the tactical program which is carried out from the strategic point of view need to be changed.

Evaluation is necessary about the possibility of the change in the strategic policy caused by the effect of the tactical program. Tactics which does not know strategy is a low trick. Strategy which does not know tactics is a boast. Tactics without techniques cannot

be put into operation⁵⁾.

2. Technique

1) Technique and skill

Technique is explained, implemented, written, and measured.

Skill means a personal ability which each person has cultivated and accumulated with his or her creativity, efforts, devise, and experiences. So, a skill cannot always be explained to others⁶⁾.

All competent therapists have their own skills. It is important for development of professionals to turn one's skill into technique. Anyway, skill and technique are not the same⁶⁾. In this article, however, I include a skill in technique.

2) To develop technique

(1) Challenge to prognosis

It is important for a therapist as a technical expert to know a limit of today's technique and at the same time to believe that technique can be developed infinitely, then to make efforts to go beyond the limit of technique so as to develop technique⁷⁾.

In a sense, prognosis does not matter when one challenges. Prognosis is a value shown by the limit of technique so far. Therefore, while we satisfy that the result corresponded with literature prognosis, we have to be dissatisfied with our own technique which did not improve the prognosis more than a literature.

(2) Never give up and see a problem from diverse directions

A problem itself is versatile and human problem is not always the same but it changes and sways. So, there are many ways to solve a problem and their extent is not the same.

Solutions when one technical method is not enough are; ① to improve technique, ② to use another technique, and ③ to change recognition, direction, and side of the approach for solution.

Before you give up to solve a problem, you have to rethink the solution.

Sometimes a problem can change while you leave it and approach another relating problem.

One cannot be called a therapist until he or she solves a problem and achieves a good result. Those who merely use others and do not solve a problem

by themselves do not have the basic attitude and technique required for therapists. The existence of those as the one who is in charge of medical treatment, care work, and welfare is precarious. Even if we cannot cope with an actor eventually, is it OK if some improvement and progress are seen in our way to cope with another actor later on. In any cases, we should not give up.

(3) To take pride in improvement of technique and be humble

It is meaningless to carry out a program not accompanied by technique. It is the best result for a therapist to make an actor happy with improvement of technique. So it is important to be proud of being a therapist and keep the pride high. Having something to be highly proud of does not mean that the person is great. It can be a proof that the person is inferior in another technique. Humble attitude leads to a true pride like putting actor's true needs first and utilizing the useful technique which one can be proud of for achieving the needs. Pride without humbleness exposes its limit and incapacity in many aspects because a therapist is not an actor⁴⁾.

Therapy is a technique in which one responds to another. Technique is an act one conducts and shows. Therefore, there is no other way than to refine oneself for a therapist who achieved high technical power to stay competent⁵⁾.

3) Use of technique

Therapist's value does not appear without using technique. It is no use to hide technique inside. True value of technique can be maintained by using it and producing effect, then increasing and widening the effect.

Technique is used to achieve strategic policy and to increase tactical effect¹⁾. To transmit technique among a whole professional group will produce larger value of using technique¹⁾.

Therefore, to use technique has the following meanings; ① the basic meaning of using technique for implementation of actor's program, ② to transmit the technique to colleagues at workplace, ③ to announce, present, and convey the technique among a professional group, and ④ to make the technique widely open to the public and promote the use of it.

The principle and the way to grasp and use the tactical approach have been discussed above.

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戦術的作業療法プログラム立案と技術

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要 旨

主体（対象者）の各ニーズに応じて、自立生活を達成していく上での問題点解決の仕方を、戦術的プログラムと称して考察した。戦術的プログラムは、観察・測定・検査で得たデータが示す問題の要因分析、解決策となる個々の技術の構成と運用の仕方、技術実施で得る成果の評価、そして技術を実施する人の努力の有り様を決める倫理的思考、で決定される。技術は障害に起因した共通な問題に有効な方法と、主体個人の状況に因る独自な問題に対して創意・工夫して解決をはかる方法とで成り立っている。何よりも重要なのは、立てた戦術的プログラムに基づき実際に技術を用いる人（作業療法士）の向上心と工夫の努力である。