ABSTRACT

Title: Adaptation of Performance of Activities of Daily Living in Patients with Hemiparesis

Subtitle: Training of Dressing up for Patients with Hemiparesis by the use of a Video Manual

Abstract: This bachelor's thesis deals with the possibilities of adapting the implementation of personal activities of daily living (pADL) in patients with hemiparesis. In particular, it focuses on the possibilities of training and adaptation during dressing up of the upper and lower part of the patient's body. The theoretical part summarizes the basic knowledge of the central nervous system, motor control and neurological diseases, which result in the partial paralysis of one-half of the body. Furthermore, the concept of pADL and their connection to the field of occupational therapy is explained. The following chapters are dedicated to the theoretical description of the possibilities of adaptation, training of activities of daily living and evaluation in the field of occupational therapy. Last, but not least, there is an overview of existing manuals that are currently available.

The aim of the practical part was to create a video manual, designed for people with hemiparesis to practice the activitity of dressing up. The manual includes 21 activities focused on dressing up, forms of adaptation of activities and environment, as well as the use of small compensatory aids. The task was to try out the video manual by the patients themselves and then obtain their subsequent subjective evaluation of its efficacy in practice. The evaluation was implemented by the form of an short structuralized interview and analysis of the activity, thus creating two casuister. The final outcome is the video manual, that can offer patients a new comprehensive form of instructions to reach an effective way for the practice of dressing up in training therapy. The results show, that this tool, will find use within home training of this activity as well.

Key words: hemiparesis, adaptation, activities of daily living, self-sufficiency, occupational therapy