

CANADIAN OCCUPATIONAL PERFORMANCE MEASURE

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The Canadian Occupational Performance Measure (COPM) is an individualized measure designed for use by occupational therapists to detect self-perceived change in occupational performance problems over time.

Client Name:		
Age:	Gender:	ID#:
Respondent (if not client):		
Date of Assessment:	Planned Date of Reassessment:	Date of Reassessment:

Therapist:
Facility/Agency:
Program:

STEP 1: IDENTIFICATION OF OCCUPATIONAL PERFORMANCE ISSUES

To identify occupational performance problems, concerns and issues, interview the client, asking about daily activities in self-care, productivity and leisure. Ask clients to identify daily activities which they want to do, need to do or are expected to do by encouraging them to think about a typical day. Then ask the client to identify which of these activities are difficult for them to do now to their satisfaction. Record these activity problems in Steps 1A, 1B, or 1C.

STEP 2: RATING IMPORTANCE

Using the scoring card provided, ask the client to rate, on a scale of 1 to 10, the importance of each activity. Place the ratings in the corresponding boxes in Steps 1A, 1B, or 1C.

STEP 1A: Self-care

Personal Care
(e.g., dressing, bathing,
feeding, hygiene)

Functional Mobility
(e.g., transfers,
indoor, outdoor)

Community Management
(e.g., transportation,
shopping, finances)

IMPORTANCE

STEP 1B: Productivity

Paid/Unpaid Work
(e.g., finding/keeping
a job, volunteering)

Household Management
(e.g., cleaning,
laundry, cooking)

Play/School
(e.g., play skills,
homework)

STEP 1C: Leisure

Quiet Recreation
(e.g., hobbies,
crafts, reading)

Active Recreation
(e.g., sports,
outings, travel)

Socialization
(e.g., visiting,
phone calls, parties,
correspondence)

IMPORTANCE

STEPS 3 & 4: SCORING - INITIAL ASSESSMENT and REASSESSMENT

Confirm with the client the 5 most important problems and record them below. Using the scoring cards, ask the client to rate each problem on performance and satisfaction, then calculate the total scores. Total scores are calculated by adding together the performance or satisfaction scores for all problems and dividing by the number of problems. At reassessment, the client scores each problem again for performance and satisfaction. Calculate the new scores and the change score.

Initial Assessment:

OCCUPATIONAL PERFORMANCE PROBLEMS:

1. _____
2. _____
3. _____
4. _____
5. _____

PERFORMANCE 1

SATISFACTION 1

Reassessment:

PERFORMANCE 2

SATISFACTION 2

SCORING:

Total score = $\frac{\text{Total performance or satisfaction scores}}{\text{\# of problems}}$

PERFORMANCE SCORE 1

SATISFACTION SCORE 1

PERFORMANCE SCORE 2

SATISFACTION SCORE 2

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=

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=

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=

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=

CHANGE IN PERFORMANCE = Performance Score 2 - Performance Score 1 =

CHANGE IN SATISFACTION = Satisfaction Score 2 - Satisfaction Score 1 =

ADDITIONAL NOTES AND BACKGROUND INFORMATION

Initial Assessment:

Reassessment:

*This form will be completed electronically by the therapist and stored securely in the patient's electronic medical record (Epic).

Goal Attainment Scale (GAS)

GAS is a method of scoring the extent to which patient's individual goals are achieved in the course of intervention. In effect, each patient has their own outcome measure but this is scored in a standardized way as to allow statistical analysis. In GAS, tasks are individually identified to suit the patient, and the levels are individually set around their current and expected levels of performance.

Each goal is rated on a 5-point scale, with the degree of attainment captured for each goal area:

If the patient *achieves* the expected level, this is scored at 0.

If they achieve a *better* than expected outcome this is scored at:

+1 (*somewhat better*)

+2 (*much better*)

If they achieve a *worse* than expected outcome this is scored at:

-1 (*some progress but did not achieve expected outcome*) or

-2 (*much worse than expected, no progress toward goal*)

Goals are weighted to take account of the relative importance of the goal to the individual, and/or the anticipated difficulty of achieving it. Goals are identified, and incorporated into the single GAS score. The composite GAS (the sum of the attainment levels x the relative weights for each goal) is transformed into a standardized measure or T score with a mean of 50 and standard deviation of 10.

CURRENT GAS SCORES

GAS GOAL	SCALE	PRE SCORE	POST SCORE	IMPORTANCE	DIFFICULTY	WEIGHT (Importance x Difficulty)
1.	+2: +1: 0: -1: -2:					
2.	+2: +1: 0: -1: -2:					
3.	+2: +1: 0: -1: -2:					

BASELINE GAS SCORE	
FOLLOW UP GAS SCORE	
CHANGE IN GAS SCORE	

Note: There are inherent difficulties in examining the bias of ordinality. Use of the clinical change score of 10 points will help to minimize over-interpretation of differences.