

Celeste Bailly

Independent Study and Mentorship

Mr. Speice

February 26, 2018

Clarification and Correction

Mentor Visit Assessment 1

Mentor: Alice Petranek

Profession: Occupational Therapy

Location: 3193 Main St #105, Frisco, TX 75034

Date of Visit: February 26, 2018

Time: 4:00-4:45 pm

Assessment:

Prior to my first mentor visit, I worried that all of the experience that I had taken in during the observation would simply go over my head, and that I would not take away as much as I had hoped I would. This mentor visit was significant in that it was an opportunity to go over, one-on-one, the notes that I had taken at the previous observation. I was not allowed to ask questions or request elaboration during the observation because my mentor and her patient were in an active therapy session, but this was my chance to have terms defined and procedures explained in greater detail.

The duration of the visit went relatively in this manner: I would reference something she did during the therapy session, and ask what its purpose was. She would then explain the procedure in detail and give me some specific terminology that can be

used to describe either the patient's symptoms or the method used to treat them. First and foremost, Mrs. Petranek explained that the patient's difficulty with constructing speech patterns after their stroke was a result of *dyspraxia*. Later, she also corrected my misunderstandings by restating that there is a fundamental difference between PT and OT, so that I would no longer refer to her *manual therapy* procedures as "physical therapy." Regarding these manual therapeutic measures, she specified that the type of massage she performed on the patient's hand and wrist was called a *retrograde massage* because she began in the tips of the fingers and slowly moved up the hand in order to push excess fluids out of the hand and decrease painful swelling.

The second major concept that we went over was the process of having the patient practice small-scale exercises to build up muscle control in the hand. The task of picking up magnetic objects from a magnetic surface and placing them on a different surface is called *prehension*. She made sure that he was performing these practices with his weaker hand by holding down the dominant hand, an act known as *forced use*. One of the most significant key terms that she explained which ties into this practice is *grading your grip*, when a patient practices self-correcting their muscle movements while holding objects. A therapist is not able to get inside a person's hand and have control over their muscles, so the patient must learn to control them correctly on their own.

The final major procedure she explained to me was *movement therapy*, in which the patient would stand up and perform full-body exercises to practice broad coordination and control. She clarified that the only real reason she usually had the patient do ten reps of each movement was that ten is a compatible number that is easy for patients to remember. There is no real significance of the performance of exactly ten reps.

Through this visit and the explanations that it entailed, I have had several preconceived notions both confirmed and corrected. This was a very effective way to become more educated regarding the purposes and terminology of the practices performed in a typical OT session. I will likely find that these skills will be applicable to almost all of Mrs. Petranek's patients, as well as in Pediatric OT which I have yet to observe. I plan to implement this new knowledge into the descriptions of the components in my final product because the therapeutic techniques can be tied into the purposes of the structures that I have created for children. I will likely create an informative brochure as a part of my final product which I will use as an opportunity to implement my OT vocabulary into the explanation of my final product and therefore inform the public regarding ways in which they can take steps to further develop the motor skills and sensory awareness of their children.

PDF of Notes:

<https://drive.google.com/file/d/1gPx6TWrnQcbG9FqlYH45FuocVmXpv7kc/view?usp=sharing>