**MCQ’s for Opinion piece – “Informal caregivers for stroke survivors - what does occupational therapy offer?”**

(Answers on the last page)

1. “Many people suffer stroke – at least 13.7 million worldwide per year”.
2. This is the number of people who experience a stroke each year
3. This is the number of people who die of stroke each year
4. The following author/s described how caregivers play an important role in the lives of the people they care for, acting as *“hidden healthcare team members”.*
5. Doidge, K., 2012
6. Kniepmann, K., 2012.
7. Moghimi, C., 2007.
8. Owusu-Ansah, F.E., 2015.
9. Thomas, M. and Greenop, K., 2008.
10. Dibsdall, L. and Rugg, S., 2008.
11. In the article, caregiving is described as a co-occupation. Who is quoted to describe co-occupation as being all about *'doing' - doing things 'for, to, with and because of'* another person?
12. Doidge, K., 2012
13. Kniepmann, K., 2012.
14. Moghimi, C., 2007.
15. Owusu-Ansah, F.E., 2015.
16. Thomas, M. and Greenop, K., 2008.
17. Dibsdall, L. and Rugg, S., 2008.
18. Caregivers often experience occupational loss when they limit or quit participation in activities they previously found meaningful and important. Which author is referenced when the consequences of occupational loss are listed as “higher stress levels, lower energy levels, and decreased psychological well-being”?
    1. Doidge, K., 2012
    2. Kniepmann, K., 2012.
    3. Moghimi, C., 2007.
    4. Owusu-Ansah, F.E., 2015.
    5. Thomas, M. and Greenop, K., 2008.
    6. Dibsdall, L. and Rugg, S., 2008.
19. Within the domain of occupational therapy, as outlined by the 3rd edition of the occupational therapy practice framework (American Occupational Therapy Association, 2014), the occupational therapist needs to consider the caregiver’s (1) occupations, (2) client factors, (3) performance skills, (4) performance patterns; and (5) contexts and environments.
    1. Caregivers typically experience a significant impact on their everyday habits, routines and rituals. The occupational therapy framework (3rd edition) describes these habits, routines and rituals to be part of her:
20. Occupations
21. Client factors
22. Performance skills
23. Performance patterns
24. Contexts and environments.
    1. The domain of occupational therapy, as described by the occupational therapy practice framework (3rd edition), consider the caregiver’s own values and beliefs as part of her:
25. Occupations
26. Client factors
27. Performance skills
28. Performance patterns
29. Contexts and environments.
30. This sentence in the article refers to ‘co-occupation’: *“Both parties are affected by the other's performance of the activity”*
31. True
32. False
33. The main recommendations made in this article are the following:
34. Provide continuity of care for both the caregiver and patient, even using strategies such as telephone consultations and web-based training.
35. Ensuring caregivers understand the importance of remaining engaged in activities and occupations they find meaningful.
36. Advocating for regular respite for caregivers**.**
37. Lobbying on a policy level for reimbursement of consultation and coaching services which is focused on the caregiver.
38. Investigating how caregivers' "roles reinforce their values and beliefs".
39. Only i, ii, iii and v.
40. Only i, ii, iii, and iv.
41. All (i – iv)
42. We argue that occupational therapy has the potential to assist caregivers in resuming participation in activities they value, to maintain or regain a sense of occupational balance – also in the best interest of the stroke survivor, who will benefit from a healthy caregiver.
43. True
44. False
45. The article recommends that remove consultation, coaching and training should be offered to caregivers and stroke survivors, by means of telephone consultations, video calls, or web-based modules). The main benefit stated is that of:
46. alleviating social isolation for both the caregiver and stroke survivor.
47. offering support in the caregiver and patient's real environment rather than the simulated environment of the rehabilitation unit.
48. providing a sense of continued support after discharge.

ANSWERS:

1. a

2. c. Moghimi, C., 2007.

3. a. Doidge, K., 2012

4. b. Kniepmann, K., 2012.

5.1 d - Performance patterns

5.2 b - Client factors

6. a – True

7. c - All (i – iv)

8. a - True

9. b - offering support in the caregiver and patient's real environment rather than the simulated environment of the rehabilitation unit.