

## **BACHELOR THESIS ABSTRAKT**

**Name, Surname:** Jana Račanová

**Supervisor:** Bc. Zuzana Rodová M.Sc.

**Title:** Instruments for evaluation of the structure of the day in the occupational therapy

### **Abstract:**

The bachelor thesis is theoretical-practical. The thesis summarizes the basic information about the tools used in occupational therapy to evaluate the structure of the day and the areas related to it. It is the structure of the day that is important component in the occupational therapy assessment and together with the other areas assessed it allows the occupational therapist to take a holistic view of the patient. Assessing all of the factors that may be affecting an individual's health is essential for setting appropriate therapeutic plans and goals. Therefore, the theoretical part includes chapters dealing with concepts related to the structure of the day that should not be overlooked in occupational therapy practice. Basic concepts of the profession (occupation, activities, habits) as well as concepts such as participation, occupational balance, roles, etc. are described. At the same time, the work includes brief information about models that address the issue.

The aim of the practical part is to translate one of the instruments, namely the Occupational Balance Questionnaire 11 (OBQ11), and to test it in a standard occupational therapy practice with patients with different diagnoses. Six case studies were written that summarize background information about the patients, findings from the testing of the OBQ11, and recommendations for follow-up interventions based on the data collected from the OBQ11. Different options of completing the questionnaire were tried during testing. Furthermore, the bachelor thesis also includes feedback from patients and recommendations for using the questionnaire. The OBQ11 seems to be a useful occupational therapy tool for assessing subjective perceptions of satisfaction with the amount and variability of activities. No cultural adaptation is required for the instrument, so it can be used in Czechia without further adaptation.

**Key words:** occupational therapy, occupation, occupational balance, structure of the day, assessment