2011

Lifestyle Redesign®: Current Applications in an Outpatient Clinic

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Recommended Citation
Dieterle, Camille; McCarthy, Karen; McNulty, Susan; and Rice, Chantelle, "Lifestyle Redesign®: Current Applications in an Outpatient Clinic" (2011). Collected Faculty and Staff Scholarship. 250.
https://scholar.dominican.edu/all-faculty/250
Develop action plans to improve life satisfaction and fulfill life goals.

Increase understanding of psychosocial and emotional issues related to managing headache.

Create a more balanced lifestyle.

**Headache Measures:**
- **Canadian Occupational Performance Measure (COPM)**
- **Pain Self Management**
- Successfully manage stress and explore relaxation techniques to prevent headaches.
- **Increase**
- **The Migraine Disability Assessment Test**
- **Headache Impact Test**

Better manage time and stress.

Develop healthy eating and physical activity routines.

Increase motivation and focus.

Create a balance between productivity, rest, and leisure.

Utilize energy conservation and pacing techniques.

Gain better control over blood sugar, cholesterol, and blood pressure.

Decrease fat mass.

**References**


**Outcomes**

Outcome measures are assessed at the initial evaluation and re-assessed every 8 weeks until discharge.

- General Measure for all programs: RAND Short Form-36, Health-Related Quality of Life Measure
- Pain Measures:
  - Canadian Occupational Performance Measure (COPM)
  - Pain Self-Report Scale
- College Student: Surry
  - headache Measures:
    - Migraine Specific Quality of Life Questionnaire
    - Headache Management Self-Report Scale
    - The Migraine Disability Assessment Test
    - Headache Impact Test
- **Eight Measures:**
  - O' erall: eight
  - MI
  - Fat Mass

**Lifestyle Redesign®**

The process of incorporating health-promoting habits and routines into one's daily life.

Lifestyle Redesign® is the partnership between the client and the OT.

The purpose of this presentation is to provide an overview of OT practice in order to broaden the scope of practice to include prevention and wellness treatment and to empower OT’s to incorporate these types of services into their practice settings.

The USC Occupational Therapy Faculty Practice offers several programs in Lifestyle Redesign®, an approach to chronic disease prevention and management developed by the USC Academic Medical Center and beyond.

One of the keys to Lifestyle Redesign® is the commitment to the client and the OT.

In the Lifestyle Redesign® approach to health the client does not just passively accept a prescription or checklist of things to do. The client is actively engaged in shaping habits and routines, choosing preferred activities, planning a schedule that fits, and agreeing to make changes they can live with, both literally and figuratively.

**Lifestyle Redesign®: Life Coaching / Mental Health**

The client is actively engaged in shaping habits and routines, choosing preferred activities, planning a schedule that fits, and agreeing to make changes they can live with, both literally and figuratively.

**Lifestyle Redesign®: Pain Management / Headaches**

Clients develop and optimize routines to improve overall well-being and academic performance.

Clients:  
- Improv e time and stress management skills
- Increase organization
- Create lifestyle balance
- Increase motivation and focus
- Reintegrate after returning from military service

**Lifestyle Redesign®: Movement Disorders**

Clients integrate healthy routines and habits that increase participation and engagement in meaningful and functional activity despite challenges with Multiple Sclerosis, Parkinson’s and other movement disorders.

Clients:  
- Manage stress and learn relaxation techniques
- Incorporate ergonomics and safety in their environment
- Utilize energy conservation and pacing techniques
- Increase healthy eating and participation in physical activity routines

**Lifestyle Redesign®: Weight Management / Diabetes**

Clients create and achieve personal, health, and professional goals.

Clients:  
- Develop action plans to improve life satisfaction and fulfill life purpose
- Create more balanced lifestyle
- Improv e problem-solving and stress mastery

**Lifestyle Redesign®: Mental Health**

Clients develop healthy eating and physical activity routines, time and stress management, and coping skills for psychosocial and emotional health.

Clients:  
- Develop healthy eating and physical activity routines
- Increase motivation and focus
- Create lifestyle balance

**Lifestyle Redesign®: Diabetes**

A specialized focus of our eight management program for people at risk diagnoses, including prediabetes or diabetes, the purpose of this program is to help the client integrate health-promoting and meaningful activities into their daily routines to prevent or better manage diabetes and increase quality of life.

Clients:  
- Increase understanding of diabetes and chronic conditions caused by diabetes
- Maintain better control over blood sugar, cholesterol, and blood pressure
- Decrease fat mass

**Lifestyle Redesign®: Headaches**

A specialized focus of our pain management program which incorporates lifestyle strategies to prevent headaches throughout one’s daily routines.

Clients:  
- Identify and manage headache triggers
- Successfully manage stress and ploare ation techni ues to prevent headaches
- Acquire healthier habits and routines

**Lifestyle Redesign®: Cancerology**

Clients develop healthy habits to support remission and instill a greater sense of well-being.

Clients:  
- Increase engagement in functional and meaningful activities
- Pre- and ant conditions through healthy habits including healthy eating, physical activity, increased sleep, lifestyle balance
- Decrease stress and psychosocial issues related to life changes

**Purpose**

The purpose of this presentation is to provide an overview of OT practice in order to broaden the scope of practice to include prevention and wellness treatment and to empower OT’s to incorporate these types of services into their practice settings.

**Lifestyle Redesign®**

The USC Occupational Therapy Faculty Practice offers several programs in Lifestyle Redesign®, an approach to chronic disease prevention and management developed by the USC Academic Medical Center and beyond.

Our therapists are Lifestyle Redesign specialists and offer the ultimate in customization for each consultation or therapy session. Lifestyle change is a complex, comprehensive process and takes time and consistency, therefore our treatment approach is often structured for long-term interaction.

One of the keys to Lifestyle Redesign® is the partnership between the client and the OT.

In the Lifestyle Redesign® approach to health the client does not just passively accept a prescription or checklist of things to do. The client is actively engaged in shaping habits and routines, choosing preferred activities, planning a schedule that fits, and agreeing to make changes they can live with, both literally and figuratively.

**References**