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## Lifestyle Redesign®: Current Applications in an Outpatient Clinic

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## Purpose

The purpose of this presentation is to provide examples 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.

## Background: What is Lifestyle Redesign®?

*Lifestyle Redesign® is the process of incorporating health-promoting habits and routines into one's daily life* (Clark et. al, 1997).

The USC Occupational Therapy Faculty Practice offers several programs in Lifestyle Redesign®, an innovative, approach to chronic disease prevention and management developed by the USC Division of Occupational Science and Occupational Therapy.



The USC Occupational Therapy Faculty Practice creates Lifestyle Redesign® interventions for groups or individuals to meet the needs of 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 intervention.

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.

## Lifestyle Redesign® Life Coaching/ Mental Health

### Lifestyle Redesign® Life Coaching

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

- Develop action plans to improve life satisfaction and fulfill life purpose
- Create a more balanced lifestyle
- Improve problem-solving and stress mastery



### Lifestyle Redesign® Mental Health

Clients improve mental wellness through better management of lifestyle factors. Clients:

- Increase engagement in functional and meaningful activity
- Create routines of physical activity, sleep and healthy eating
- Create a balance between productivity, rest and leisure

## Lifestyle Redesign® Weight Management / Diabetes

### Lifestyle Redesign® Weight Management

Clients create and sustain a customized routine of health promoting and meaningful activities that result in weight loss and improved life satisfaction. Clients:

- Develop healthy eating and physical activity routines
- Prevent or better manage high cholesterol, high blood pressure and related conditions
- Increase understanding of psychosocial and emotional issues related to managing weight
- Improve stress and time management skills



### Lifestyle Redesign® Diabetes

A specialized focus of our weight management program for people with 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
- Gain better control over blood sugar, cholesterol and blood pressure
- Develop of healthier habits including healthy eating and physical activity routines, time and stress management, and coping skills for psychosocial and emotional health

## Lifestyle Redesign® Pain Management / Headaches

### Lifestyle Redesign® Pain Management

Clients increase ability to function with pain and learn coping strategies to increase participation in daily activities. Clients:

- Better manage time and stress
- Utilize energy conservation and pacing techniques
- Explore the use of adaptive equipment and technology



### 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 explore relaxation techniques to prevent headaches
- Acquire healthier habits and routines

## Lifestyle Redesign® Oncology

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

- Increase engagement in functional and meaningful activity
- Prevent chronic conditions through healthy habits including healthy eating, physical activity, increased sleep, lifestyle balance
- Better manage stress and psychosocial issues related to life changes

## Lifestyle Redesign® for the College Student

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

- Improve time and stress management skills
- Increase organization
- Create lifestyle balance
- Increase motivation and focus
- Reintegrate after returning from military service



## Lifestyle Redesign® Movement Disorders

### Lifestyle Redesign® for Multiple Sclerosis, Parkinson's and other 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 environments
- Utilize energy conservation and pacing techniques
- Increase healthy eating and participation in physical activity routines

## 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-Efficacy Scale
- College Student: Survey
- Headache Measures:
  - Migraine Specific Quality of Life Questionnaire
  - Headache Management Self-Efficacy Scale
  - The Migraine Disability Assessment Test
  - Headache Impact Test
- Weight Measures: Body Composition Readings (taken during weekly weigh-ins)
  - Overall Weight
  - BMI
  - Fat Mass

## References

Clark F, Azen SP, Zemke R, et al. Occupational therapy for independent-living older adults: a randomized controlled trial. *JAMA*. 1997;278:1321-1326.