

SETTING

OT Clinic

PATIENT

You are a single 28-year-old professional chef, living alone. Five months ago, you badly burned your right hand with hot oil in the kitchen and required skin grafts. The movement is now limited, despite hand therapy. You want to return to work in a food-related role, but not as a chef, as you are fearful of having another accident. You are looking for ways to manage when cooking and cleaning at home, as your hand gets painful after 10-15 minutes when gripping implements (e.g., knives, etc.).

TASK

- Find out what help is available for you in adjusting to household tasks, including cooking.
- Discuss your desire to return to work and find out what options are available to you.
- If the therapist suggests ways to return to working in a commercial kitchen, resist strongly – you are extremely anxious about returning to that environment and possibly getting burnt again.

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THERAPIST

Your patient is a single 28-year-old professional chef, living alone. The patient was badly burned in a kitchen accident five months ago. Skin grafts and hand therapy have been conducted. Some function has been restored, but the patient has limited movement in his/her right hand.

TASK

- Advise the patient on equipment and approaches he/she can use to manage household chores.
- Ask about the patient's wish to return to work doing alternate tasks in the catering industry.
- Determine how to proceed with a 'Return to Work' plan that suits the patient's new requirements.
- Deal with the patient's anxieties about the potential for further injury from burns.