

**Experience of tetraplegic patients toward Activities of Daily Living  
(ADL) education program at inpatient unit of Occupational Therapy  
department in CRP**

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## Abstract

Activities of daily living are the central part of occupational therapy practice. People with Spinal Cord Injury (SCI) especially having tetraplegia face great deal difficulty performing the daily activities without any support. So it is a good step by occupational therapists at In-patient Occupational Therapy units, CRP to educate about ADL in a group. This study focused about the experience of tetraplegic patients toward that ADL education program. The objectives were to find out the patients understanding and achievement of ADL education program. It also tried to identify the possible lacks of this program and patients suggestions for upgrading programs. This study was conducted in a qualitative research design. Six participants were selected from in-patient CRP unit through purposive sampling. Researcher used semi structured questionnaire & open ended face to face interview for collecting data. Participants were selected from the Centre for the Rehabilitation of the paralysed (CRP) as this is the only specialized center for the spinal cord injury patients in Bangladesh. The data were analyzed according to SCI patients' opinions and their views toward the ADL education program through the content analysis.

The out come of this study is that the patients were learning their daily activities from ADL education program in a group. But sometimes they were deficient in this program such as having no enough space in the program. Though few participants attended regularly in the program, but most of them thought that organizing the space with allowing greater number of participants could make it effective more. As a client centered profession's practitioner, occupational therapists should know the patients opinion in ADL education program. The program might be more effective organizing the program based on the clients' opinion.

**Key words:** ADL education program, Tetraplegic patient, Experience and Inpatient unit of Occupational Therapy Department.