




# Documenting the Use of Dance in Occupational Therapy



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# Documentation

Occupational therapists using dance as a treatment modality should follow general documentation guidelines

Treatment notes should reflect the provision of skilled occupational therapy service and focus on improving functional abilities (AOTA, 2018). When using dance in treatment, documentation should reflect and focus on the performance skills and performance areas being addressed in the session

The following slides provide simple examples of how occupational therapists might document the use of dance during treatment sessions



# ADL

Patient reached outside base of support with external auditory cue of rhythmic beat in order to improve dynamic standing balance needed to perform lower body dressing





# IADL

Patient engaged in rhythmic therex focusing on flex/ext of bilateral upper extremities for 3x15 reps in order to improve range of motion needed to reach for items when preparing meals.





# Functional Mobility



Patient engaged in tango dance sequence moving forward, backward, and side stepping to improve weight shifting, balance, and motor coordination needed for community mobility

Patient performed sit > stand transfer x3 during rhythmic dance sequence to improve functional mobility needed for commode transfer



# Cognition

Patient engaged in dance memory activity to improve working memory skills needed to engage in daily tasks such as following a schedule for a morning routine.





# Reference



American Occupational Therapy Association. (2018). Guidelines for documentation of occupational therapy. *American Journal of Occupational Therapy*, 72(Suppl. 2), 7212410010. <https://doi.org/10.5014/ajot.2018.72S203>