Appendix C

RA Focus Group Structure

Aims:
To establish which of the techniques tough in hospital are being used at home and what other home environment adaptations the subjects feel are necessary to improve their level of functioning in and around the house.

Physical Structure:
Groups will be held in the OT group room. There will be 4 subjects per group, 1 facilitator, 1 observer/scribe and an OTA for translation. The group will be videotaped.

Introduction:
Subjects will be introduced to all the members of the team.
The subjects will be asked how they are coping at home with their day to day tasks.
The OT will establish which of the techniques taught in hospital, to preserve their joints, are being used.

Topics and Questions for discussion:
Techniques taught in hospital will be repeated to refresh their memories.
The OT will then facilitate the focus group by asking:
• Are they still exercising daily? And using AD?
• How are they coping at home?
• What of what they learned in hospital is being used at home? And the benefits thereof.
  • What subjects feel they still need to know
  • What specific problems are they still experiencing
  • What activities cause pain
  • How they think this can improve (Personal objectives)
A discussion regarding these aspects may include possible solutions by the OT or another subject.
Subjects should also formulate their own objectives for the next two weeks regarding how they plan to improve their level of functioning.

Closure:
The OT must summarise the complaints that were made during the focus group and ensure that all the group members are satisfied that their opinion is being reflected.
Possible temporary solutions and personal objectives should also be summarised.

The OT will inform subjects of the home visit date when all the solutions will be implemented.