

1. Core elements of an activity analysis

1.1 Core elements of an activity analysis



**Core elements of an activity analysis
in Occupational Therapy practice**

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1.2 Introduction

Introduction

An activity analysis is a tool used by Occupational Therapists to assess suitability of an activity for use in treatment to facilitate attainment of therapy outcomes. The process of conducting an activity analysis entails analysing an activity, its constituent parts, its properties, the performance demands it has on a person and the environment.

There is a range of approaches of analysing activities depending on the theoretical basis of the approach, however these approaches share commonalities in core concepts / elements of an activity analysis.

Knowledge of activity analysis and developing the skill of conducting one is regarded as an important competency in Occupational Therapy. The Occupational Therapy students are introduced to activity analysis in the first year of study and then continue to accumulate more knowledge of the tool through overt instruction and application in an assignment in second year. This resource will be useful to students that are at this level and beyond.

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1.3 Core elements of an activity analysis

Core elements of an activity analysis

1. Activity process
2. Environmental considerations
3. Characteristics of the activity
4. Precautions and Ethical considerations
5. Meaning and purpose

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1.4 Activity Process

1. Activity process

The focus is on identifying how the activity is performed and this process encompasses factors such as:

- a) Steps and sequencing - refers to the steps taken in performance of the activity and the sequencing of the steps
- b) Time - the length of time required for completion of the activity and the time required for completion of each step of the activity

1.5 Environmental considerations

2. Environmental considerations

- a) Materials and equipment needed
- b) Structure of the activity and its requirements on the physical setting (space demands) and positioning of the person and the materials used
- c) Preparation - some activities require preparation before performing the actual activity

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1.6 Characteristics of the activity

3. Characteristics of the activity

- a) Inherent demands - the demands of the activity on the person. These demands are the performance components required for performance of the activity
- b) Inherent properties - the characteristics of the activity that enable differentiation from other activities (identifying what makes this activity this activity). According to Cynkin & Robinson (1990:44) these characteristics include "procedures, processes, end products, materials, equipment and interpersonal field and built-in time dimensions.". These properties also include the properties of the objects.
- c) Social demands - the behaviour expectations and rules set by society for how
- d) Standard of performance expected, with reference to the quality of participation or end product and quantity. The quality of participation could also include whether special knowledge and skills are required to participate in the activity.

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1.7 Precautions and contraindications Precautions/Ethical considerations

4. Precautions and Ethical considerations

When analysing an activity, it is important to note and document the precautions that have to be taken when performing the activity.

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1.8 Meaning and purpose

5. Meaning and Purpose

When analysing an activity, it is important to identify how the activity is relevant to the client. Activities often hold some significance or meaning for the client. This significance is often informed by the client's social environment or context.

The question to ask is,



Why is performing this activity important for the client?

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1.9 Tasks

Tasks

Analyse the following activity using the Activity analysis guide

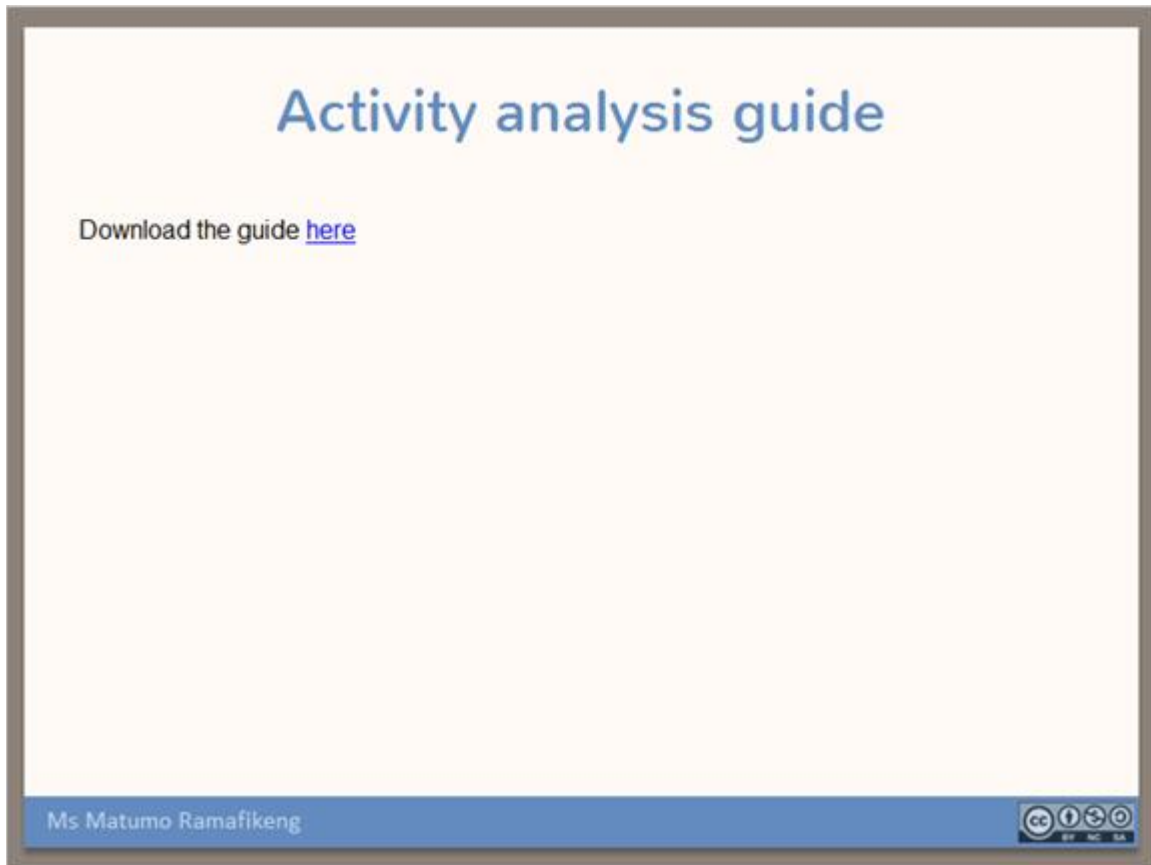
- 1) Braaing meat
- 2) Typing a document



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1.10 Activity analysis guide



Activity analysis guide

Download the guide [here](#)

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1.11 Example of analysis of brushing teeth

Example of analysis of brushing teeth

In the previous slide you would have read through the Activity Analysis guide. For this exercise, an example has been worked out for you with the exception of the **activity process, inherent properties** and **precautions**. Click [here](#) to download the example in a Word document format. You may complete the sections within the document, or continue in this interactive exercise.




Skip task

Continue

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AA Guide 1 (Slide Layer)

Student Name:		
Client details:		
Name of activity	Brushing teeth	
Description of activity	Brushing teeth at a sink in a shared bathroom	
Occupational Performance Area	Self-care	
Analysis of activity:		
Environmental considerations:		
Materials/Equipment	Physical setting	Positioning
Toothbrush, toothpaste, water in a cup, sink	Sink below shoulder level, Good lighting,	Standing facing sink

Steps 

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steps (Slide Layer)

Activity Process:		
Steps	Time required	Preparation required
		Collect water in a cup Put toothpaste on the toothbrush

Remember, it should be micro deep. Examples: unfolded the cap of the toothpaste.

[Submit](#)

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steps answer (Slide Layer)


If your answer looked something like this, you are on the right track!

Process of untwisting the cap of the tooth paste, applying tooth paste to brush, wetting tooth brush, back and forth motion in mouth to clean. Usually performed at morning and night.

Inherent
properties

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inherent properties (Slide Layer)

Inherent Properties	
	<ul style="list-style-type: none">- Toothpaste is edible- Toothbrush has solid handle and soft to medium bristles- Consistency of the toothpaste should be semisolid- Water temperature- warm

Submit

Ms. Maunro Benifkeng

ip answer (Slide Layer)

Consult the Activity Analysis guide for further help with your answer.

Precautions

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precautions (Slide Layer)

Precautions <input type="text"/>	Do not brush too hard to avoid bleeding gums
--	--

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pre answer (Slide Layer)

Consult the Activity Analysis guide for further help with your answer.

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1.12 Additional resources


Additional resources

Watch the following for more examples.

[Activity Analysis in Occupational Therapy](#)

[Occupational Therapy Activity Analysis Face Washing](#)

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1.13 References

References

Cynkin, S. & Robinson, A.M. 1990. Occupational therapy and activities health: Toward health through activities. Boston: Little, Brown.

Hersch, G., Lamport, N.K. & Coffey, M.S. 2005. Activity analysis: application to occupation. Slack Inc.

Thomas, H. 2012. Occupation-based activity analysis. Thorofare, NJ: SLACK.

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"...and wash your face" by Cathy Stanley-Erickson (CC-BY-ND). [Flickr](#)

A woman brushing her teeth by Bill Branson (Public Domain). [Wikimedia Commons](#)

1.14 Acknowledgments

Acknowledgments

Technical

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