



B.P.K.K
BAHAGIAN PEMBANGUNAN KESIHATAN KELUARGA



PERKHIDMATAN TERAPI CARA KERJA KESIHATAN PRIMER
KEMENTERIAN KESIHATAN MALAYSIA

INTEGRATING THE WeCare® PROGRAM TO ADDRESS OCCUPATIONAL DISRUPTION IN DIABETIC ELDERLY PATIENTS WITH NEUROPATHY AND LIMITED MOBILITY IN THE COMMUNITY

**Tengku Mohd Asri Tengku Makhtar 1,2, Mohd Zulkifli Abdul Rahim 2, Akehsan Dahlan 3,
Siti Nurbaya Mohd Nawawi 2, Shaharum Shamsuddin 2**

*¹Family Health Development Division, Ministry of Health Malaysia ²School of Health Sciences, Universiti Sains
Malaysia, Kubang Kerian, Malaysia, ³Faculty of Health Sciences, Universiti Teknologi MARA*



Prepared by:

**TENGKU ASRI TENGKU MAKHTAR
(PhD)**

*PhD OT (MAS) | MSc OT (MAS) | BSc (Hons) OT (UK) | Dip OT
(MAS)*

Reg. No. : MAHPC (OT) 00013

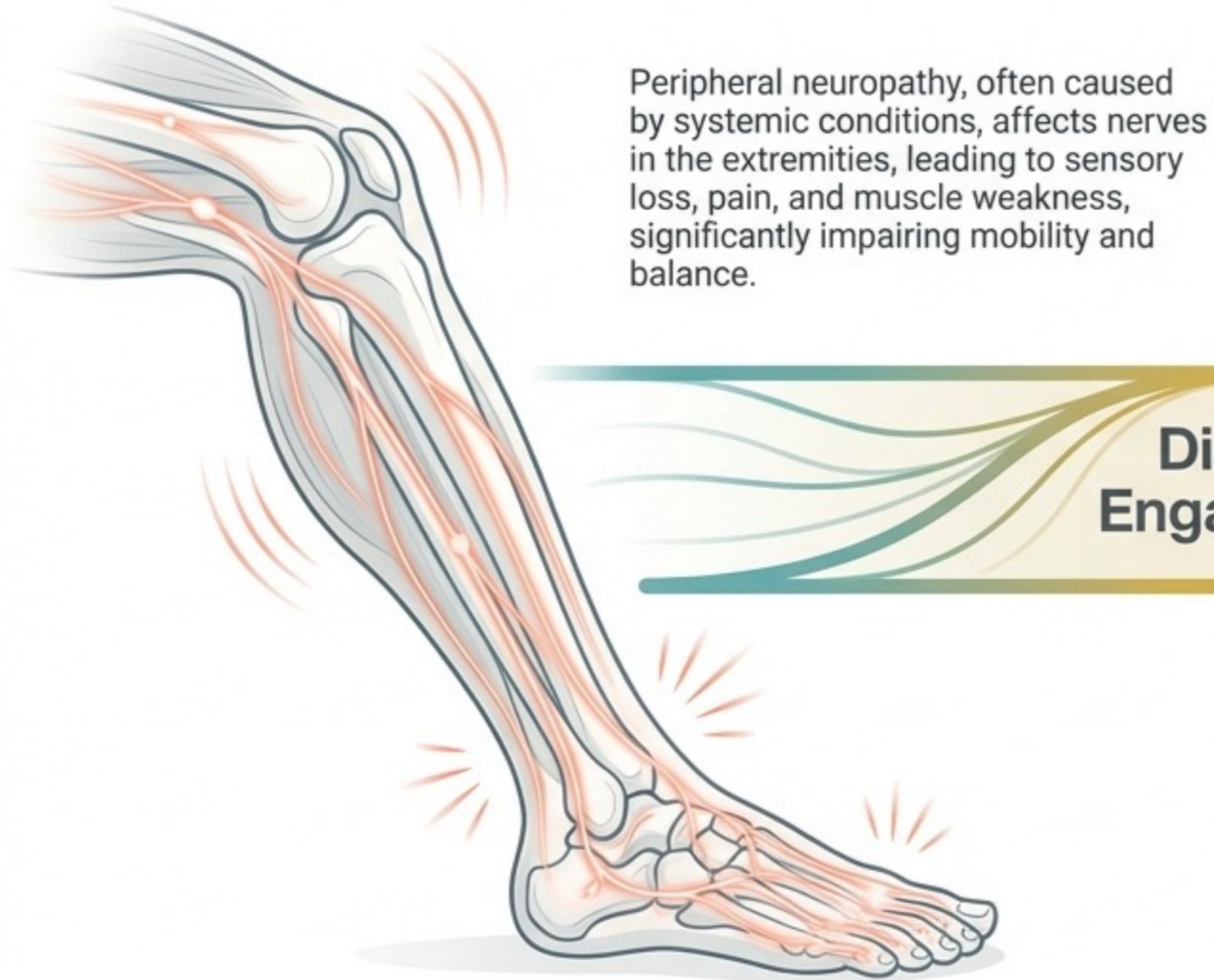
**SENIOR OCCUPATIONAL THERAPIST
Family Health Development Division
Ministry of Health MALAYSIA**

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The Silent Struggle: From Neuropathy to Occupational Disruption

Medical Reality

The Pathology: Peripheral Neuropathy & Mobility Limitations



Lived Reality

The Consequence: Occupational Disruption & Reduced Independence

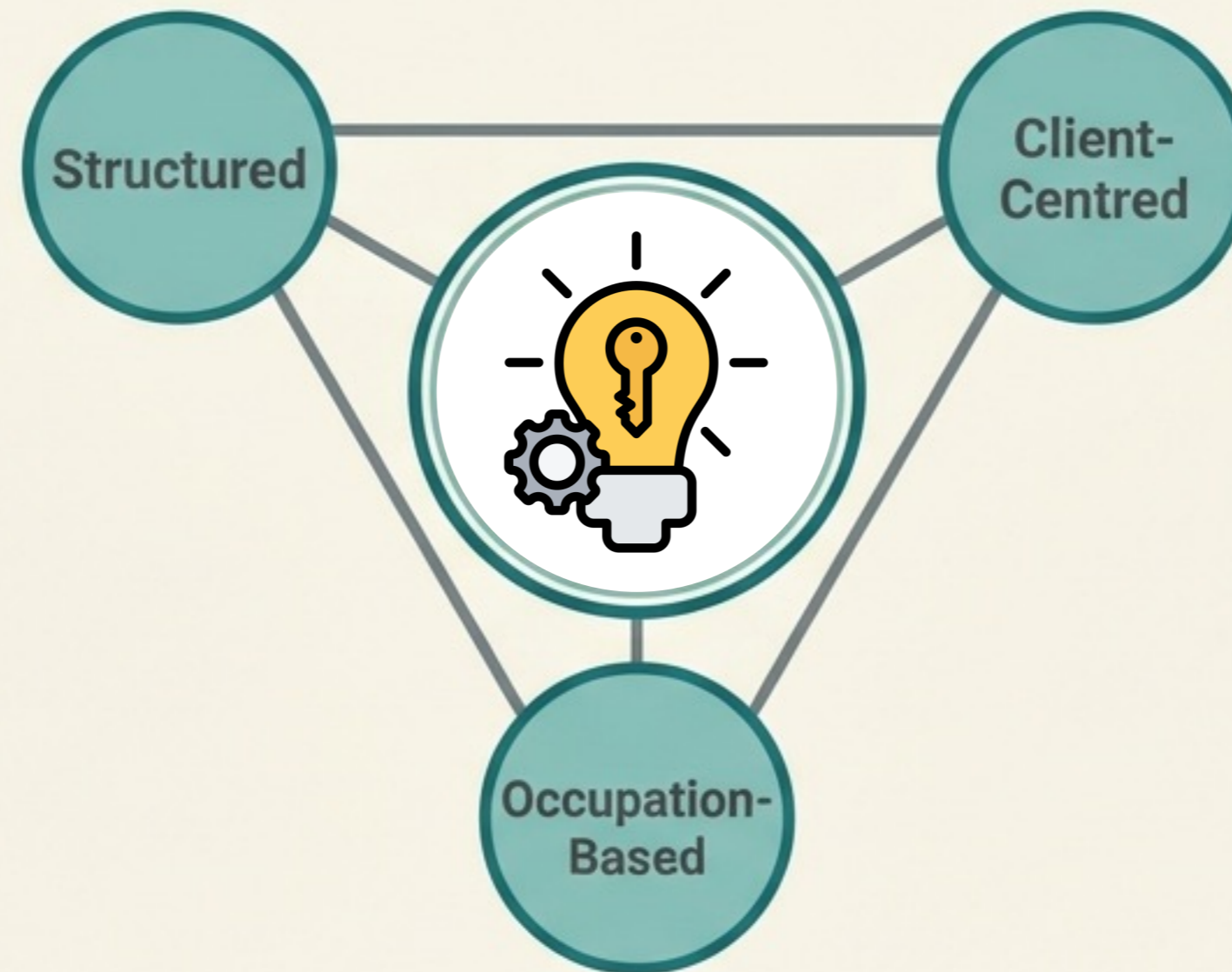
The physical limitations directly translate into occupational disruption, causing a decline in the ability to perform daily activities, hobbies, and social roles, ultimately leading to reduced independence and diminished quality of life.

**Disrupts
Engagement**



The WeCare Program: A Structured, Client-Centred Intervention

Targeting elderly diabetic individuals with neuropathy and mobility impairments.



To evaluate the **effectiveness OF THE WeCare[®] PROGRAM IN improving occupational performance and satisfaction** among elderly diabetic individuals with neuropathy and mobility impairments.

Single-Arm Clinical Trial Methodology

Conducted in **six major districts** of Negeri Kelantan

n = 30 Elderly Diabetic Participants

Week 1 - Week 6

Week 0

Baseline



Pre-Intervention
Assessment (COPM)

Intervention Phase

6-Week Duration

Week 6

Post-Intervention



Final Assessment
(COPM)

DATA COLLECTION & ANALYSIS

- **Data Collection:** Used standardised measures **Canadian Occupational Performance Measure (COPM)**- a tool for assessing individuals' perceived **performance and satisfaction** in daily activities- was used to assess the participants' occupational performance before and after the intervention.
- **Analysis Method:** Employed a quantitative approach through **statistical analysis**

Components of the WeCare Intervention

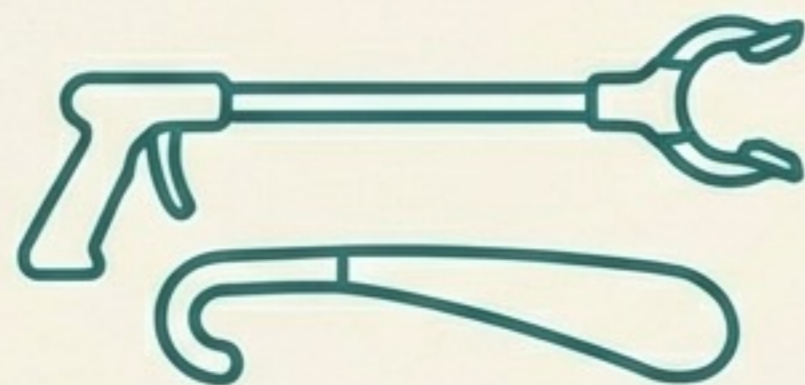
Delivered via weekly one-hour sessions.



Sensory Re-education



Energy Conservation Techniques



Adaptive Equipment Training



Psychosocial Support

Statistically Significant Improvements in COPM Scores



Patient Experience: Three Key Themes of Recovery

Autonomy



Increased autonomy in daily tasks.

Adherence



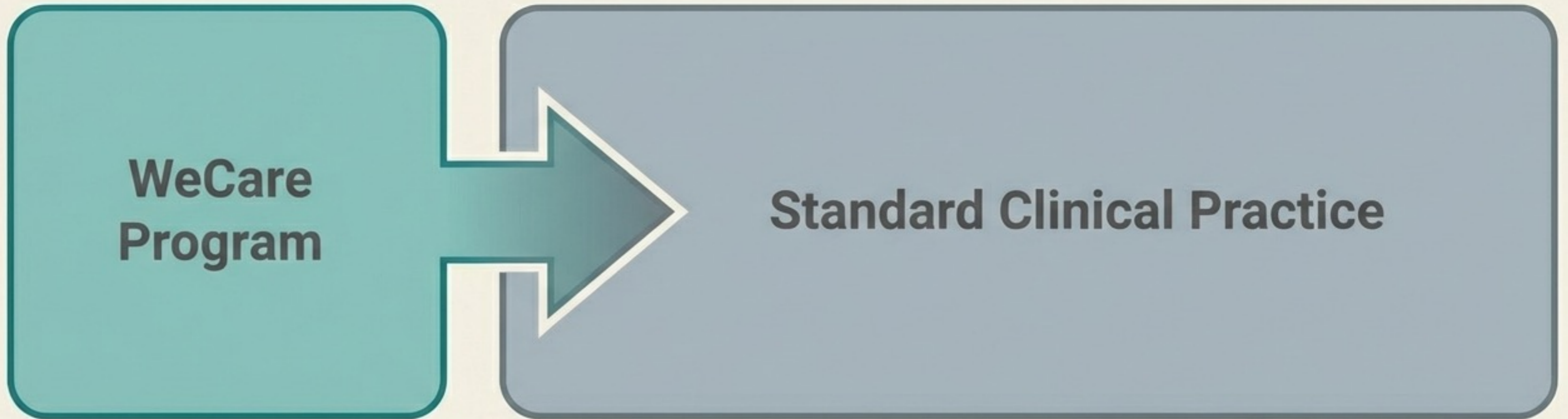
Better adherence to foot care and mobility practices.

Well-being



Enhanced emotional well-being and social participation.

Implications for Clinical Practice



- ✔ Supports integration of structured interventions into standard care.
- ✔ Reinforces OT role in diabetes management beyond blood sugar control.
- ✔ Promotes shift to patient-centred, community-based functional outcomes.

Enhancing Engagement, Restoring Independence

The WeCare Program effectively addresses functional limitations through structured, community-based care.



References

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