

Review of Task-Oriented Interventions for Stroke Patients

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Article Info	ABSTRACT
Article type: Review article	Background and Aim: Task-oriented treatment is a training or treatment that patients can practice movement tasks in an environmental context and receive feedback. The Occupational Therapy (OT) Task-Oriented Approach emerges from a system model of motor behavior and was discussed in 1995 by Trombly in OT models that are occupation based and client centered. It is one of the new approaches in OT which has been neglected by therapists. Thus, in the present review article, the effectiveness of this approach in stroke patients was checked to help therapists and also provide the grounds for needs analysis in the future studies.
Article History: Received: 20 January 2020 Revised: 04 March 2020 Accepted: 14 May 2020	Materials and Methods: In the present study, keywords including Task oriented, occupational therapy, and stroke patients were searched in Scopus, Proquest, ScholarGoogle, PubMed, and ScienceDirect databases. Articles published between 1995-2016 were examined. From among the papers obtained, those meeting the inclusion criteria were selected and other articles were excluded.
Keywords: Occupational therapy Stroke Task oriented	Results: From a total of 48 articles, 13 most relevant studies were selected for a full review. The results revealed that task-oriented approach improved occupational performance in activities of daily living, functional movements of the upper extremity, level of independence in self-care, postural stability, and mobility of people involved. Conclusion: The review of the studies showed that task-oriented approach to rehabilitation is one of the effective techniques in improving movements of upper extremity in stroke.

