Pizzi Health and Wellness Assessment (PHWA)

Interpretation Guide

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The clinical reasoning skills of the practitioner are crucial in interpretation of the data from the PHWA in order to develop the best interventions based on the data. The PHWA is a good assessment to guide the practitioner in developing interventions that promote or support positive health, well-being and quality of life. The PHWA should be used in conjunction with the occupational profile for a complete and holistic picture of the client.

This is a very client-centered assessment, as you are asking the client to participate in self-reflection and ultimately problem-solve areas of health they deem most important for which interventions can be developed. The practitioners’ clinical reasoning is crucial to ask deeper questions of the client in order to best facilitate the therapy process. If there are no solutions from the client, this can be interpreted as them needing much more assistance and guidance from the practitioner.

PHWA Part 1

This section requests clients’ initial impression, or ‘gut’ reaction, to their health status; their perceptions of health. They should complete this section in 30 seconds or less. Many factors are involved in one’s reflecting or perceptions which is considered in the next section, however an initial first impression often reveals much about one’s ‘feelings about’ one’s occupational status.

PHWA Part 2

The occupational questions related to each area of health require some motivational interviewing, digging deeper into the clients’ rationale for their perceptions of health. This provides deeper understanding of past, present and future values, beliefs, patterns of participation, roles and habits related to health and to doing, being, belonging and becoming occupational beings. As the therapist guides the client, it is vital that time is permitted for clients to be involved and engaged in the revealing of their own health, well-being and quality of life through both directive and Socratic questioning.

**The questions**

The first question requests that clients reflect deeper on their initial ‘gut’ reaction related to each area of health.

The second question begins to make the link between health and occupational participation.

The third question involves the client in problem-solving strategies towards either improving or maintaining health, well-being and quality of life. It also asks clients to reflect on barriers towards healthy living in each area of health.

The two additional questions for each section are crucial for development of interventions and provide insight into the client’s motivation for change.

* The first question asks clients to reflect on their perceptions of quality of engagement in that area of health, relative to the things they do on a daily basis.
* The second question provides insight to the therapist regarding motivation to make changes in health behaviors in that specific area.

When Part I and II are complete, the therapist then creates a more holistic picture of the clients’ health status and links it to occupational participation, taking into account perceived barriers stated by the client. Critical thinking is vital to piece together all factors the PHWA reveals, from an initial impression, to a reflective impression, to the clients’ perceived rating of quality of engagement and finally, interest in improving participation.

The assessment provides therapists with a clear path towards health and wellness interventions for clients, while remaining true to being client-centered and occupation focused. At the very least, this assessment increases one’s awareness that health influences one’s participation in occupation, their being ‘in the world’ and their occupational identity.

Section 1 Ratings Key:

Add up all the scores. Note that these are general scores. There may be one or more scores that are outliers, needing more attention than others.

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| --- | --- | --- |
| Score | Level of health | Risk level for health issues |
| 48-60 | Excellent/very good health | Low risk |
| 30-47 | Good/fair health | Moderate risk |
| Below 30 | Poor health | High risk |