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Splint wear connections map (interactive).pdf

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1 | Motivators to wear splints

Practical, help with task
Support
Heavy, lifting, carrying
Hand positions, angles
In case they are needed
Physical task
Other
Condition pain
In a lot of pain
Reduce pain and aching
Task causes pain
Keep doing things (future)
No reason to remove

2 | Negative things about wearing splints

Practical issues with splint
Dirty, Unhygienic
Restricting
In the way, Bulky
Annoying, Nuisance
Makes pain worse
Velcro
Don/Doff
Hot and sweaty
Misc
Wet
Negative social reactions
People ask questions or comment
Draws attention, Focus on me, Stand out
Look or treated disabled, Like something is wrong
Have to explain it, People don't understand
People look at you
In way of socialising
Other
Ask if need help, Want to be independent
Negative feelings
Frustrating
Embarrassing
Feel different
Other
Appearance
Not attractive
Visual, Too noticable
Get scruffy, Look scruffy
Colour
Other
Tasks harder, doesn't do enough
Makes tasks more difficult
Can't grip
Have to find new ways to do things
Not helpful enough
Other

2 | Positive things about wearing splints

Positive feelings
Various positive feelings
Doing the right thing
Practical, help with tasks
Extra support
Splint helps
Keep in right position
Other
Reduces pain
Reduces pain or aching
Makes more comfortable
Support of family and friends
People help
Friend or family support
Other
Enabled, can do task
Can do task, Enabling
Other
Keep doing things (future)
Can do more, Do for longer
Continue doing things

3 | Motivators to not wear splints

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Other
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People ask questions or comment
Look incapable
Draws attention
Other
Doesn't help achieve task
Can't do task wearing splint
Impact negatively on situation
Other
Appearance
Way they look
Other
Alternative way to do things
Alternative way, Use other assistive device
Get someone else to help
Other
Break from wearing
Not allowed to, Recommended not to
Other
Negative feelings
Feel different
Other
Don't have splint on them, laziness
Don't have splint on them
Other
Don't want to wear
Misc

4 | Negative things about not wearing splints

Pain, swelling
Aches, Pains
Other
Harder to do things
Frustrating, Annoying
Less able, Can't do task
Don't get extra support
Struggle to lift
Other
Rather wear something
Could do with something, Should be wearing
Happier if could wear, Unhappy because can't
Other
4 Positive things about not wearing splints
Positive feelings
Various positive feelings
Content not needed
No negative responses
Friends and family help
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Strong connections

Mid connections

Weak connections

Weakest connections

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Have to explain it, People don't understand
People look at you
In way of socialising
Other
Ask if need help, Want to be independent
Negative feelings
Frustrating
Embarrassing
Feel different
Other
Appearance
Not attractive
Visual, Too noticable
Get scruffy, Look scruffy
Colour
Other
Tasks harder, doesn't do enough
Makes tasks more difficult
Can't grip
Have to find new ways to do things
Not helpful enough
Other

2 | Positive things about wearing splints

Positive feelings
Various positive feelings
Doing the right thing
Practical, help with tasks
Extra support
Splint helps
Keep in right position
Other
Reduces pain
Reduces pain or aching
Makes more comfortable
Support of family and friends
People help
Friend or family support
Other
Enabled, can do task
Can do task, Enabling
Other
Keep doing things (future)
Can do more, Do for longer
Continue doing things

3 | Motivators to not wear splints

Practical issues with the splint
Gets wet
Dirty, Unhygienic
Restricting
In the way, Bulky
Don/Doff
Makes pain worse, Uncomfortable
Velcro
Other
Don't need to wear
Don't need it
Not doing anything
Other
Negative social reactions
People ask questions or comment
Look incapable
Draws attention
Other
Doesn't help achieve task
Can't do task wearing splint
Impact negatively on situation
Other
Appearance
Way they look
Other
Alternative way to do things
Alternative way, Use other assistive device
Get someone else to help
Other
Break from wearing
Not allowed to, Recommended not to
Other
Negative feelings
Feel different
Other
Don't have splint on them, laziness
Don't have splint on them
Other
Don't want to wear
Misc

4 | Negative things about not wearing splints

Pain, swelling
Aches, Pains
Other
Harder to do things
Frustrating, Annoying
Less able, Can't do task
Don't get extra support
Struggle to lift
Other
Rather wear something
Could do with something, Should be wearing
Happier if could wear, Unhappy because can't
Other
4 Positive things about not wearing splints
Positive feelings
Various positive feelings
Content not needed
No negative responses
Friends and family help
Misc

Strong connections
Mid connections
Weak connections
Weakest connections

1 | Motivators to wear splints

Practical, help with task
Support
Heavy, lifting, carrying
Hand positions, angles
In case they are needed
Physical task
Other
Condition pain
In a lot of pain
Reduce pain and aching
Task causes pain
Keep doing things (future)
No reason to remove

2 | Negative things about wearing splints

Practical issues with splint
Dirty, Unhygienic
Restricting
In the way, Bulky
Annoying, Nuisance
Makes pain worse
Velcro
Don/Doff
Hot and sweaty
Misc
Wet
Negative social reactions
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