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Recommendation

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Definition

A recommendation is a practical suggestion to implement an action aimed at improving the client's functional outcome and quality of life. These suggestions are usually found at the end of a written clinical assessment report that details the results and their implications for the client. The recommendations are usually made as a direct result of interpreting and integrating test results with historical data and developmental, medical, and psychosocial information. The assessment ideally elucidates the underlying cause or causes for the presenting problems (e.g., the client has moderate attention and memory impairment after a brain injury, which is impacting his or her ability to retain information presented in his or her university classes), which leads to specific recommendations to address the problems. These suggestions (recommendations) may be aimed at particular treatments (for instance, recommending medication to treat severe anxiety and depression, DBT group for borderline personality disorder) and strategies for helping to improve functioning in daily life (e.g., using a day planner and

organizer to remember appointments and to establish a daily routine) or to clarify the clinical picture by suggesting additional clinical studies or assessments (e.g., neuroimaging to investigate possible brain lesions, ophthalmology to investigate a visual defect). The recommendations can be directed to the client (e.g., practice progressive relaxation to reduce stress) or be directed toward the family member or caregiver (attend support group meetings) or request consultation by another professional (independent living assessment by an occupational therapist).

Cross-References

- [Assessment](#)
- [Ecological Validity](#)

References and Readings

- Donders, J. (Ed.). (2016). *Neuropsychological report writing*. New York: The Guilford Press.
- Postal, K., & Armstrong, K. (2013). *Feedback that sticks: The art of effectively communicating neuropsychological assessment results*. New York: Oxford University Press.
- Wilson, B. A., Winegardner, J., van Heugten, C., & Ownsworth, T. (Eds.). (2017). *Neuropsychological rehabilitation: The international handbook*. London: Taylor and Francis.