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## The Development of an Occupational Therapy Craft Toolbox for Outpatient Pediatric Settings

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# The Development of an Occupational Therapy Craft Toolbox for Outpatient Pediatric Settings

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## Introduction

Pediatric occupational therapists provide a wide range of interventions to address patient deficits. They are often limited in their schedules when it comes to developing a variety of crafts and tasks to support patients throughout their treatment plans. This results in repetitive or sometimes mundane treatment approaches and increased factors that increase experiences of burnout over time (Poulson et al., 2014; Gupta et al., 2012; Poulson et al., 2012).

Purpose of Capstone:

- Obtain clinical practice skills in an outpatient pediatric setting
- Develop a craft-based occupational therapy toolbox to support the needs of therapists experiencing or approaching burn out when intervention planning.

## Site Description

A Plus Pediatric Rehab (APP)

- Children and Youth ranging from infancy to 18 years
- Children with autism, cancer, developmental delays, genetic syndromes, neurologic disorders, orthopedic conditions, sensory integration disorders, tremors, brachial plexus injuries, cerebral palsy, and physical injuries
- Expanding to provide services for Adult population.

## Summary of Needs Assessment

Needs identified by OT department at APP:

- Research and provide in-services reviewing pediatric assessments supported by Texas Medicaid for sensory related issues that impact ADLs.
- Research and provide in-services reviewing therapeutic modalities for adult populations
- A theme-based toolbox with crafts for different holidays, topics, and special events to support therapists when overloaded by productivity standards.



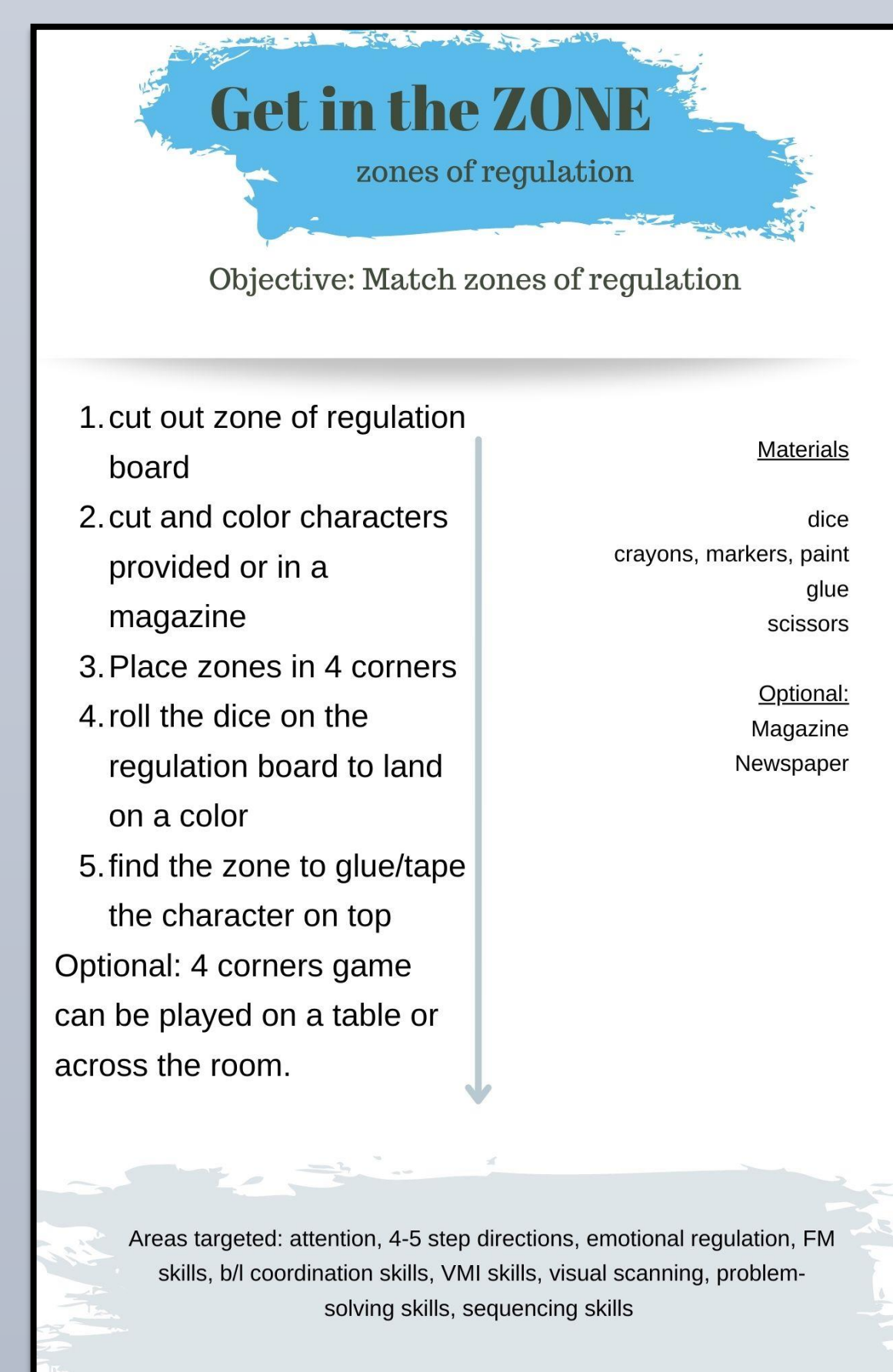
Vineland-3 Assessment in-service via PowerPoint presentation

## Literature Review Summary

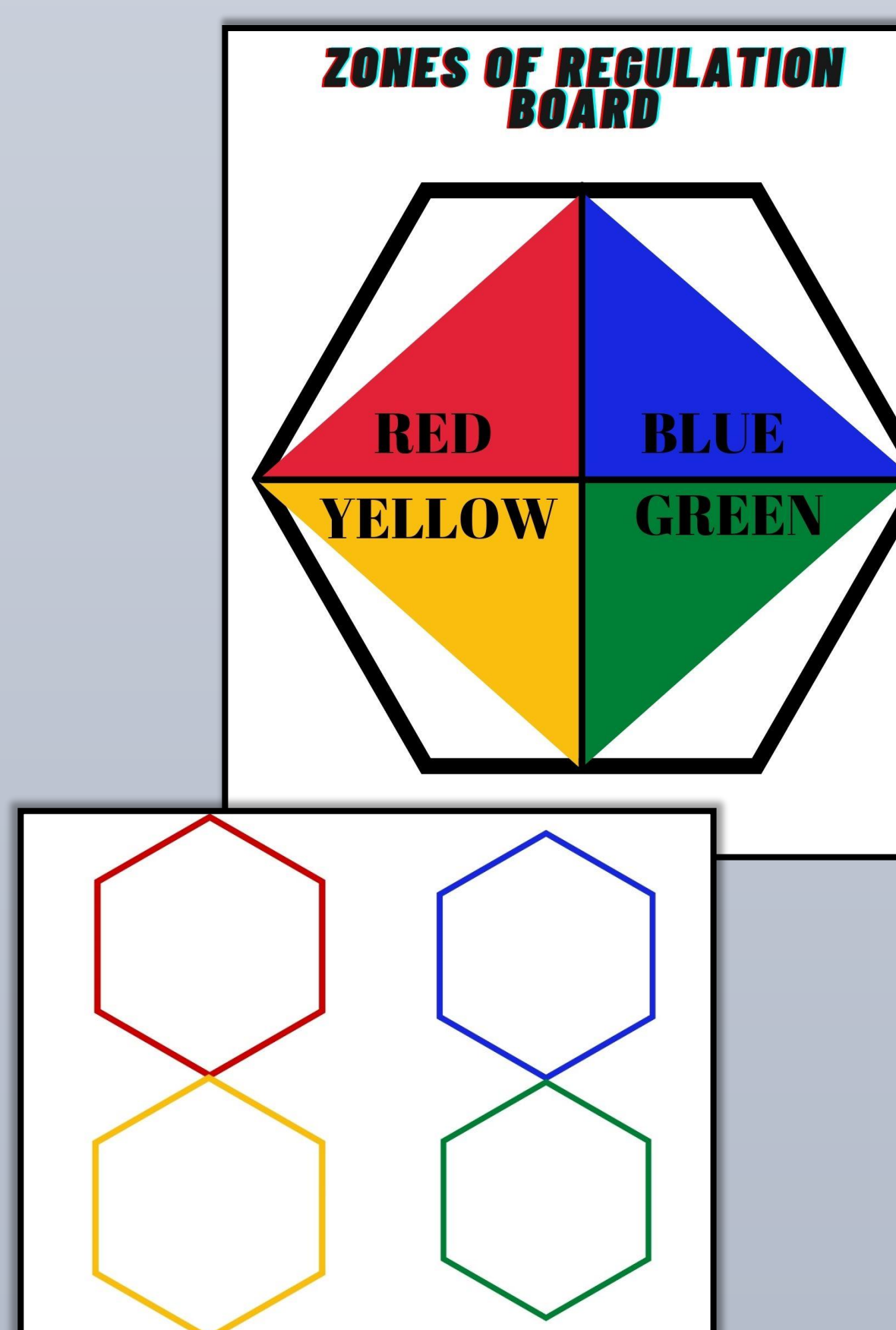
- **Emotional and self-regulation skills:** Decreased self-regulation skills associated with sensory processing disorders play a major role in a child's engagement in occupations (Laurent & Gorman, 2017). OT strategies to improve behavior: cognitive-based interventions, mind-body awareness and sensory-based coping strategies (Pfeiffer et al., 2018).
- **Burnout:** Key factors: perceived workload, decreased work engagement, emotional exhaustion, and excessive demands with time (Poulson et al., 2014; Gupta et al., 2012; Poulson et al., 2012). Results of burnout: high turnover rates, low work engagement, health risks associated with the heart and decreased sleep, low commitment, and job dissatisfaction (Poulson et al., 2014; Gupta et al., 2012; Poulson et al., 2012).
- **Crafts in OT:** Began in the 19<sup>th</sup> century (Leenerts, 2016; Schwartz, 2018). Benefits of crafts: "development of problem-solving skills, attention, sequencing (Leenerts, 2016, p.1)." Therapeutic crafts were most effective with patients with neurocognitive, psychosocial, or sensory challenges and with adult and older adult populations (Leenerts, 2016).

## Capstone Project Description

The OT pediatric craft toolbox consists of theme-based crafts that address FM and VMI skills, emotional regulation skills, multistep instructions, eye-hand coordination, bilateral coordination skills, visual scanning, matching, utensil management, and feeding skills to support participation in ADLs. Each craft includes optional suggestions for the activity to meet the patient's needs, whether it be to make the task more challenging or simple. Along with pictures, the craft toolbox includes names for the crafts, objectives, materials needed, instructions, and areas targeted for each item. Examples of the crafts are provided throughout the poster (Zones of Regulation Craft Activity, Patient Birthday Hat Craft, and Halloween Craft). After a few in-service trainings reviewing pediatric assessments to the occupational therapy department, the therapists and directors agreed that with Texas insurance coverage options for the population served, the most practical assessment reviewed would be the Vineland-3. This was purchased for the facility during the capstone experience.



Zones of Regulation craft instructions



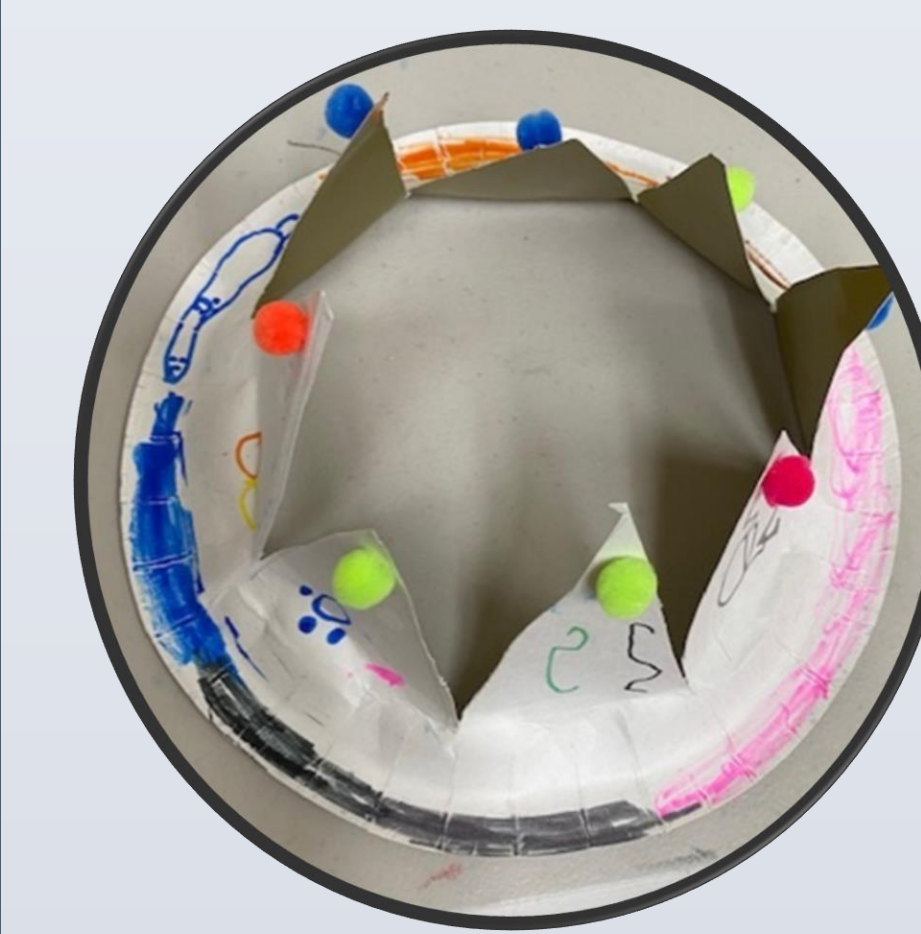
Zones of Regulation craft game board examples



OT Pediatric Craft Toolbox Design

## Learning Objectives Achieved

1. The capstone student successfully met productivity standards with a full caseload by the end of 16 weeks from the start date.
2. Professional development through providing three in-services to OT department demonstrating up-to-date, evidence-based practice (including assessments and interventions).
3. Program Development by providing at least three occupation-based interventions implementing crafts/play.



Patient Birthday Hat Craft



Halloween craft

## Implications for OT Practice

Due to the high interest and request for resources for crafts within pediatric populations and success rates with patient engagement at APP, occupational therapists may benefit from collaborating as a department to develop a toolbox of craft activities to increase further work engagement, satisfaction, and patient self-actualization through the therapeutic use of crafts. Although burnout is often reported by pediatric occupational therapists, therapeutic use of crafts can provide a means to improve patient outcomes while overcoming monotonous and stressful working conditions. Ultimately, a craft toolbox adds variety and creativity to sessions, is effective within pediatric populations, and supports therapists with treatment planning while overcoming demanding productivity standards.

## Future Recommendations

1. Commit to adding one craft per therapist once a week to the OT pediatric toolbox to add a variety to planning/reduce the possibility of redundant approaches when providing treatment.
2. Promote patient-led interventions: encourage patients to choose their craft through visual boards, recall their top 2 crafts, or work on a craft with a partner such as a caregiver, or peer if available.
3. Include a designated space for the occupational therapy department with craft materials (construction paper, recycled cardboard or cartons, Styrofoam, plastic bottles/caps, fabric, etc.) to support intervention planning and allocation of resources for therapists.

## References & Acknowledgements

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References Available Upon Request