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Objectives

- Background
- What is occupational therapy?
- Where do occupational therapists work?
- What are occupations?
- Occupational therapy's role in health promotion and non-traditional settings
- Occupational therapy's role at Parker Place

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My background:

- Bachelor of Science from The University of Tampa
 - Major: Allied Health with a concentration in Occupational Therapy
 - Minor: Psychology
- Doctor of Occupational Therapy degree from Nova Southeastern University
 - Entry-level Clinical Doctorate (NOT A PhD)
- Why OT?
- Why Parker Place?

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OTD Fieldwork and Clinical Experience

- 3 Level I Fieldwork Rotations
 - 3 weeks full-time in a psychosocial/mental health setting
 - 3 weeks full-time in a podiatric setting
 - 3 weeks in an adult/physical disabilities setting
- 2 Level II Fieldwork Rotations
 - 12 weeks full-time in inpatient adult rehab
 - 12 weeks full-time in outpatient pediatrics
- Research Component
 - Promoting Safe and Comfortable Sex for the Mature Adult: Efficacy of An Occupational Therapy Program
- Doctoral Residency/Capstone
 - 16 weeks of in-depth experience in one or more of the following: clinical practice skills, research skills, administration, leadership, program and policy development, advocacy, education, or theory development

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Research: Promoting Safe, Comfortable Sex

- AOTA considers sexual activity an Activity of Daily Living
- Health care professionals are uncomfortable talking about this with patients!
- Older adults are among some of the highest percentages of STI's
- Created an educational program for safe and comfortable sex for the mature adult
 - Dysfunction
 - Tips for comfortable and safe positioning for individuals experiencing pain/particular physical limitations
 - Condom and lubricant guide
 - Adaptive solutions (positioning, devices to increase comfort and pleasure)
- Presented at MOTA, FOTA, potentially AOTA, Publication

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What is occupational therapy?

- The American Occupational Therapy Association defines OT as: "the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability."
- Goal: Enhance participation, independence, and engagement in meaningful daily activities



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What settings can OT's work in?



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Common OT Misconceptions

1. We only work with the "upper extremity", and PT works on the "lower extremity"
2. We only work in schools or hospitals
3. OT and PT are basically the same thing
4. OT's help people get jobs
5. OT's only help people go to the bathroom and take showers
6. OT is for older adults or people with disabilities
7. OT's just play games and do puzzles with kids

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Difference between PT and OT



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OT Requirements

- Graduate from an Accreditation Council for Occupational Therapy Education (ACOTE)-accredited educational program
- Since 2007, the required degree level is a master's or doctoral degree
- It is projected that within the next 4 years, the requirement will move to a doctoral degree only, however currently licensed practitioners will be grandfathered in.



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Specialist's and Certifications

- Certified Hand Therapist
- Assistive Technology Professional
- Seating and Mobility Specialist
- Neuro-Developmental Treatment Certified
- Certified Autism Specialist
- Certified Aging in Place Specialist
- Certified Brain Injury Specialist
- Certified Diabetes Educator
- Certified Psychiatric Rehab Practitioner
- Certified Lymphedema Specialist
- Certified Stroke Rehab Specialist
- Certified Driver Rehab Specialist
- Sensory Integration Specialist
- Aquatic Therapist
- Gerontology Specialist
- Hippotherapy/Equine Therapy Specialist
- Low Vision Specialist
- Mental Health Specialist
- Clinical Anxiety Treatment Specialist
- Environmental Modification Specialist
- Certified Aging in Place Specialist

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Examples of traditional OT settings

- Acute Care-Hospital
- Acute Inpatient Rehab
- Skilled Nursing Facility
- Home Health
- Outpatient Hand Therapy
- Research Settings
- NICU
- Neurorehab
- Mental Health
- Academia
- Pediatrics
- School Systems
- Early Intervention



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Examples of non-traditional OT settings

- Driving Rehabilitation
- Business Owner/Entrepreneur-Private Practice
- Corporate Health Consulting
- Private Health Coaching
- Home Modification Specialist/Universal Design
- Case Manager
- Assistive Technology Professional
- Educator
- Community-Based Mental Health
- Parker Place

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Framework

"All aspects of the occupational therapy domain transact to support engagement, participation, and health"

Occupations	Contexts	Performance Patterns	Performance Skills	Client Factors
Activities of daily living (ADLs) Instrumental activities of daily living (IADLs) Health management Rest and sleep Education Work Play Leisure Social participation	Environmental factors Personal factors	Habits Routines Roles Rituals	Motor skills Process skills Social interaction skills	Values, beliefs, and spirituality Body functions Body structures

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"Occupational therapists support health and participation in life through engagement in occupation"

(KATZ, 2008, p. 426)

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What are Occupations?

- **Activities of Daily Living (ADLs):** bathing, showering, toileting, dressing, eating, feeding, functional mobility, personal hygiene/grooming, sexual activity
- **Instrumental Activities of Daily Living (IADLs):** care of others, care of pets, child rearing, communication management, driving/community mobility, financial management, home maintenance, meal preparation/cleanup, religious expression, safety, shopping
- **Health Management: social and emotional health promotion,** symptom/condition management, communication with health care providers, medication management, physical activity, nutrition management, personal care device management

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Occupations Continued

- Rest and Sleep
- Education
- Work
- Play
- Leisure
- Social Participation



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Literature: Glycemic Control

- One study focused on the impact of occupational therapy intervention on glycemic control and psychosocial well-being in US adults (mean age 22.6 years)
- The participants received OT 2x a week to focus on:
 - Assessment and goal setting
 - Living with diabetes
 - Access to health care and advocacy in health care settings
 - Establishing and maintaining health-promoting habits and routines
 - Receiving desired support from family and friends and connecting to the diabetes community
 - Managing stress and coping skills
 - Reflecting on progress and future planning
- Results indicated that the intervention group showed improvements in HbA1c, diabetes-related quality of life, and habit strength

(Pylek et al., 2018)

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Literature: Lifestyle Redesign

Lifestyle Redesign Weight Management Program: University of Southern California's Department of Occupational Science and Occupational Therapy

- Participating in an intensive 6-month lifestyle modification program
- Implementing a reorganization of lifestyle rather than just dieting
- Losing weight while eating nutritionally dense, healthy whole foods
- Developing healthy habits of eating and daily activity
- Enabling prospective bariatric clients to lose enough weight to improve surgical outcomes or eliminate the need for surgery entirely

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Literature: Occupation-Based Wellness Program

One study (2016) examined the influence of a 6-week occupation-based wellness program on lifestyle changes such as habits, routines, behaviors, and participation in meaningful daily activities

- Program education, self-awareness, behavior modifications, suggestions for increasing physical activity and healthier food options
- Results indicated a positive change in daily routines, sleep, food selection, occupational engagement, family involvement, and physical activity, developing healthier habits

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Common barriers to physical activity

- Time
- Place
- Access
- Self-esteem
- Stress



Role of OT:

- Help identify these barriers and how to overcome them
- Utilize occupation-based assessment and intervention
- Understanding the intersection of the person, environment, and occupation

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OT's Role in Health Promotion

- OT's are skilled at understanding the interactions among a person, their environment, and the activities, and how these interactions can impact a person's health and wellness.
- OT's can analyze a person's habits, roles, rituals, and routines to assess what supports or barriers are impacting healthy behaviors
- Educational training for adopting healthier eating habits; suggestions for increasing physical activity; education on stress management and coping strategies
- Contribute to an inter-professional team of physicians and health experts who specialize in education, nutrition, and exercise

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OT's Role in This Setting

- Occupational therapists relates well-being to engaging in and being satisfied with occupations and daily activities that increase a person's quality of life.
- Occupational imbalance/injustice/deprivation:
 - Due to covid-19 pandemic, lack of participation in meaningful occupations
- Reduce health disparities for underserved populations
- Social emotional skills, stress management and coping skills
- Health management abilities
- Family co-occupations
- Healthier eating habits, increasing physical activity, and preventing secondary disability related to obesity

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Why OT?

- We look at the WHOLE PERSON and utilize a strengths-based approach
- I assess their daily routines, habits, and roles to understand what is currently going on
- I assess what supports and barriers they have in their home life and environments
- Work with patient to maximize the supports, and to overcome the barriers
- I identify what is important and meaningful to the patient and tailor our sessions to be relevant, meaningful, fun, and "occupation-based"
- I have expertise in activity analysis: upgrading and downgrading to meet their needs
- I work with patients to increase their self-awareness, needs, wants, desires, and I help motivate them to make healthier changes that they can maintain forever.

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My role at Parker Place

1. Patient Focus Group (7 patients)
 - Accountability, cooking, money management, coping skills, motivation, etc.
2. Creating a family workshop
 - Education, meal prep, grocery planning, cooking
3. Educational resources about picky eaters
 - Sensory processing skills, slow progression and not forcing to try



"Occupational therapy serves to assist patients with chronic conditions develop healthy lifestyle habits and integrate their self-care activities into everyday routines."

-Elizabeth Pratak, PhD, CDE



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