

WHAT DO OCCUPATIONAL THERAPISTS USE AS A FRAMEWORK OF INTERVENTION?

Occupational Therapists use the Occupational Therapy Practice Framework: Domain and Process (OTPF) to describe the concepts that ground OT practice and provide the basic principles and vision of the profession.

The Big Picture - Why OTs Care About Engagement in Occupation

You as a provider should now recognize that OT, using the principles found in the OTPF, helps people improve their level of independence with occupations. But why is engaging in occupations important? What are the complex and interdependent reasons occupation relates to health? The dynamics of occupation, much like dynamics in music, are the things that stimulate growth and change within a process. To more easily explain this concept, let's use the example of self-feeding.

Being able to feed oneself doesn't only support the biological need for nutrition and survival, it also supports cultural traditions, habits, and social connections. Ultimately, the aim of teaching a person to feed themselves again allows the person to derive pleasure, meaning, and fulfillment from eating. This profoundly affects health and wellness.

Example: Stroke survivor with dominant UE hemiplegia

Goal of Patient	Therapeutic Interventions	Mechanism of Action	Dynamics of Occupation Affected
Improve the skill of self-feeding using the dominant, hemiplegic upper extremity (UE)	Neuromuscular re-education	Theory of Neuroplasticity	Meets biological need of nutrition and survival
	Adaptive Equipment	Learning by Doing	Meets psychological need/occupation of confidence.
			Meets social need of fellowship with family at a dinner table (vs. being fed) at particular times of day (habit)
			Meets cultural need for eating particular foods or celebratory events and revered holidays

The purpose of developing a grassroots curriculum to educate providers about OT is to improve collaboration between providers and therapists in order to improve patient outcomes. The current speed at which we must acquire knowledge in healthcare limits the ability to learn about the profession of OT. Therefore, occupational therapists must advocate for their own profession through education.

OT Intervention

The first step in OT intervention is a detailed evaluation. An evaluation includes medical history, a report of objective and subjective data with both qualitative and quantitative findings, an assessment of findings, and the creation of occupational-based performance goals based on the patient's reported and evaluated deficits. Quantitative goals should reflect a minimally clinically important difference (MCID).

Intervention is then provided to achieve progress toward goals using skilled methods such as cardiovascular exercise, ADL retraining/adaptation, motivation interviewing, decision balance tools, motor imagery, action observation, circuit training, dual-task exercise, and mindfulness meditation.



Scan the QR code to learn more, or visit: bit.ly/OTVideo3

Sources

The American Journal of Occupational Therapy, 2020, Vol. 74(Supplement_2), 7412410010p1-7412410010p87.

Van Stan, J. H., Dijkers, M. P., Whyte, J., Hart, T., Turkstra, L. S., Zanca, J. M., & Chen, C. (2019). The Rehabilitation Treatment Specification System: Implications for Improvements in Research Design, Reporting, Replication, and Synthesis. *Archives of physical medicine and rehabilitation*, 100(1), 146-155.