

Occupation-Centered Practice

1. Which occupational therapy leader hypothesized that, “Man, through the use of his hands, as energized by his mind and will, can influence the state of his own health”?

- A. Adolf Meyer
 - B. Mary Reilly
 - C. Ann Fisher
 - D. Glen Gillen
-

2. Which of the following constructs is present in all definitions of occupation, regardless of when it was created or the country of origin?

- A. Environment
 - B. Context
 - C. Meaning
 - D. Independence
-

3. The definition of occupational therapy according to the American Occupational Therapy Association recognizes the _____.

- A. Complexity of providing therapy in health care settings
 - B. Restrictive nature of third-party reimbursement
 - C. Distinction from other rehabilitation professionals
 - D. Healing health promoting quality of occupation
-

4. Occupation-centered practice is a therapeutic approach that

- A. Focuses on occupation as an end goal and uses occupation in combination with other approaches to achieve outcomes
 - B. Solely uses occupations as the primary therapeutic medium in practice to achieve client goals
 - C. Prioritizes the building of skills which are foundational to participation in occupations that are meaningful to the client
 - D. Infuses functional activities when co-treating with other disciplines in interprofessional settings
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5. Occupation-based practice is a therapeutic approach that

- A. Aims to accomplish occupational goals by a combination of occupation and other skill building approaches
- B. Promotes occupational engagement through the use occupation as a therapeutic medium
- C. Focuses on the building of skills necessary to participate in occupations meaningful to the client
- D. Uses occupation language in documentation to justify reimbursement

6. Since the founding of the profession of occupational therapy, it has been established that engagement in occupation is health promoting. What is the one occupation that has been shown in the literature to be detrimental to health?

- A. Work
- B. Home maintenance
- C. Caregiving
- D. Running

7. The use of authentic occupation as a therapeutic medium includes all the following EXCEPT:

- A. Materials consistent with the occupation
- B. Context consistent with the occupation
- C. Execution of the occupation
- D. All the steps of the occupation

8. The therapeutic use of occupation should be meaningful to the client and have purposeful value as indicated by:

- A. Therapist-identified activity
- B. Creation of an item or task execution
- C. Exercise repetitions
- D. Associated with a clinical protocol

9. Intentional selection of therapeutic approaches should be guided by:

- A. Client's areas of need and weakness
- B. Client's areas of success and strength
- C. Equipment and space availability
- D. Approach used in the previous session

10. Which of the following strategies may facilitate infusion of occupation into practice?

- A. Establish an "occupation of the week" calendar to infuse into the clinic
- B. Assess functional performance on every client upon admission
- C. Creation of occupation kits with all materials in one location
- D. Be spontaneous

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Occupation-Centered Practice

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Learning Outcomes

1. Explain the value of occupation – centered practice in occupational therapy
2. Recognize occupation – centered approaches from other therapeutic methods used in practice
3. Distinguish the elements of occupation – centered practice and how to capitalize on each to optimize the infusion of occupation in practice

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History of Occupation in Practice

- Dates back to the 1700 with Philip Pinel in France
- Incorporating documents of the profession 1917
- Adolf Meyer - philosophy of occupational therapy in 1922
- Mary Reilly – Slagle lecture in 1961
- Ann Fisher – Slagle lecture in 1998
- Glen Gillen – Slagle lecture in 2013

Man, through the use of his hands, as energized by his mind and will, can influence the state of his own health.

(Reilly, 1961)

The term occupation conveys the powerful essence of our profession—enabling people to seize, take possession of, or occupy the spaces, time, and roles of their lives. Occupation is activity that is both purposeful and meaningful to the person who engages in it.

(Fisher, 1998)

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Defining Occupation

- “The things that people do that occupy their time and attention; meaningful, purposeful activity; the personal activities that individuals choose or need to engage in and the ways in which each individual actually experiences them” (Schell, Gillen, & Scaffa, 2014, p. 1237)
- “the everyday activities that people do as individuals, in families and with communities, to occupy time and bring meaning and purpose to life. Occupations include things people need to, want to, and are expected to do” (World Federation of Occupational Therapists, 2019, para. 2)

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Defining Occupation cont.

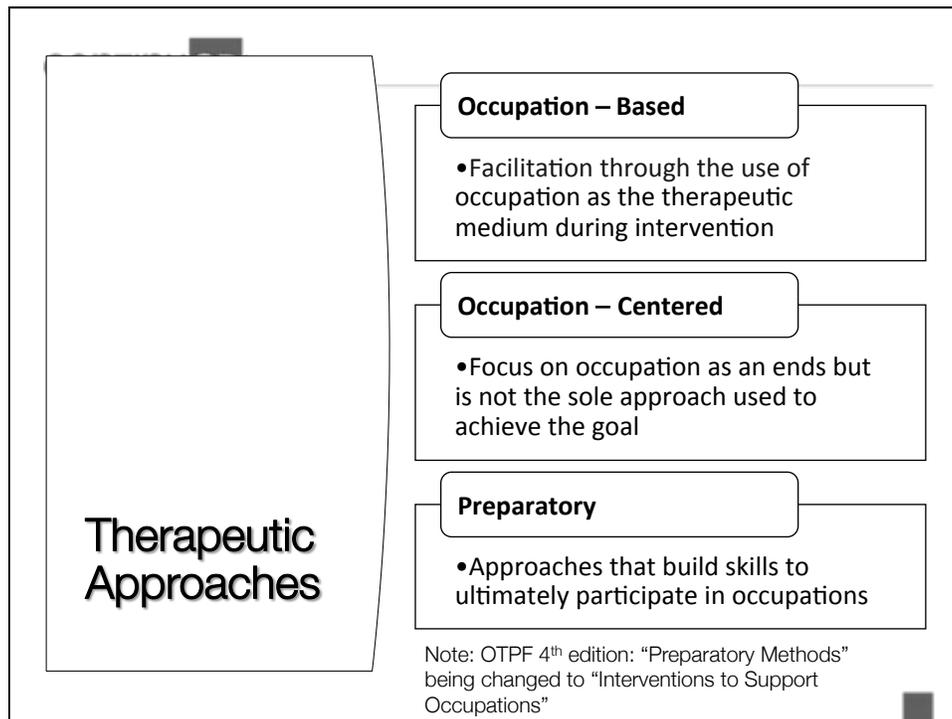
- “Activities . . . of everyday life, named, organized, and given value and meaning by individuals and a culture. Occupation is everything people do to occupy themselves, including looking after themselves . . . enjoying life . . . and contributing to the social and economic fabric of their communities” (Law, Polatajko, Baptiste, & Townsend, 1997, p. 32)
- “It refers to all aspects of actual human doing, being, becoming, and belonging. The practical, everyday medium of self-expression or of making or experiencing meaning, occupation is the activist element of human existence whether occupations are contemplative, reflective, and meditative or action based” (Wilcock & Townsend, 2014, p. 542)

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Occupational Therapy Defined

- “the therapeutic use of everyday life activities (occupations) with individuals or groups for the purpose of enhancing or enabling participation in roles, habits, and routines in home, school, workplace, community, and other settings”
AOTA, 2014, p. S1)

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How Occupation is Infused into Practice

- Activities holding personal meaning, and cultural and developmental relevance to the individual facilitates treatment of the “physical, cognitive, and psychosocial components of performance” (p. 358)
- To keep occupation at the center of practice, practitioners must infuse occupation into the therapeutic process
- Occupation as means - incorporating occupation into the intervention
- Occupation as ends - overarching goal of OT intervention

(McLaughlin Gray, 1998)

Value of Occupation in Practice

- Participation in occupation has a positive health and quality of life outcomes for older adults (Stav, Hallenenen, Lane, & Arbesman, 2012)
- Occupation-centered interventions yield:
 - Better outcomes in those with mental illness (D'Amico, Jaffe, & Gardner, 2018)
 - Reduced decline, improved performance, and enhanced behaviors among those with dementia (Smallfield & Heckenlaible, 2017)
 - Social and emotional skills for children at the Tier 1, universal, whole population level (Arbesman, Bazyk, & Nochajski, 2013)
 - Improved cognitive performance after stroke (Gillen, Nilsen, Attridege, Banakos, Morgan, Winterbottom, & York, 2014).

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Current State of Occupation in Practice

- Occupational therapy has shifted to more medical-model based practice
- Barriers
 - Limited equipment
 - High productivity demands
 - Time constraints
 - Facility generated goals
 - Physician orders
 - Insurance companies
 - Limited space (Che Daud, Judd, Yau, & Barnett, 2016)
 - Lack of education and professional development
 - Client opposition to occupation-centered care (Colaiani & Provident, 2010)
 - Client acuity



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Constructs of Occupation-Based Practice

(Psillas, 2019)

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- Actual doing vs. simulated performance
- Use actual occupation items vs simulated materials or gesturing
- Performed in a context consistent with the occupation

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Scenario: Client with a distal radius fracture with decreased pronation



Authentic Occupation

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- Client identifies the meaning vs therapist chosen
- Creation of item or execution of task vs exercise
- Associated with client-stated goal

Meaningful & Purposeful Value

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Scenario: Individual with brain injury and limited isolated finger control

Meaningful & Purposeful Value



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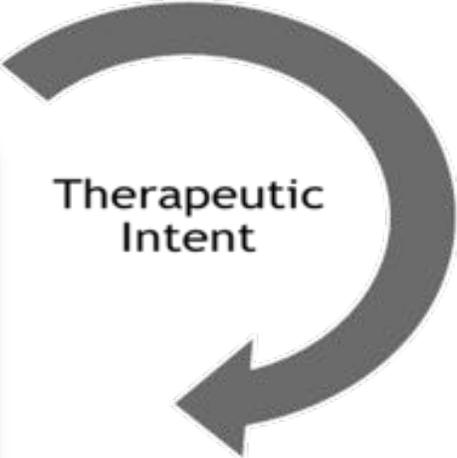
- Addresses skill or occupation in need of development
- Addresses relative weakness
- Therapeutically beneficial

Therapeutic Intent

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Scenario: Client with impaired balance



Therapeutic Intent

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Engaged Participation

Actively Engaged

Coaxed or Intermittent Participation

Passive

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Scenario: Parent education in infant massage



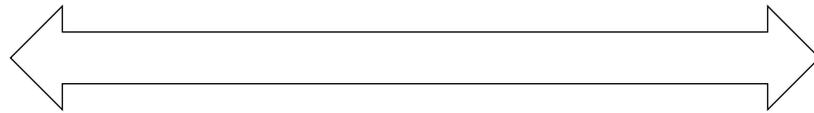
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Assessing Your Own Practice

- Consider each therapeutic interaction in a session
 - Functional mobility
 - Sitting balance exercises
 - Adaptive dressing
 - Education to observe hip precautions
- Think about a single interaction and ask yourself:
 - Is it an actual occupation?
 - Is it meaningful to my client?
 - Is it intentionally therapeutic?
 - Am I engaging my client?

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Self-Assessment of Practice



Medical
Model

Occupation
- Based



Tips to Enhance Practice with Occupation

- Administer an occupational profile on each client
- Identify occupations commonly engaged in by the clientele
- Create occupation “kits”
- Plan ahead

Professional Goal Setting



- How can you change your practice?
 - Tomorrow?
 - One month from now?
- How can you change practice beyond you, extending to your clinic or facility?

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Questions?



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