



College of  
Occupational  
Therapists



# New Graduate Bulletin

## Issue (6) February 2017

Hello new grad bulletin readers, Kelly here- welcoming you to the latest issue! I hope graduate life is treating you well and you are forming new connections with those working in our profession. For the welcome message in this bulletin I thought it would be a lovely idea for you to get to know who we all are in the Education and Research Team at the College of Occupational Therapists (COT). Though we operate as one united team, we are actually made up of three sub-teams, Education, Research and the Library.

Kelly Hiscox, Student liaison officer: *"I raise awareness of the importance of student membership to COT, through; social media, formulating resources to promote the value of student membership and on visits to HEI's. I maintain effective links with all of the national HEI's that are running COT accredited occupational therapy programmes."*

Maureen Shiells, Education Manager (Pre-registration): *"My role is to ensure that our students receive the best quality support throughout their student career. By reviewing and interpreting educational policy, working with educators in HEI's both in occupational therapy and other allied health professions, it is my wish to be partly responsible to provide a strong and stable foundation for your studies."*

Dr Stephanie Tempest- Education Manager: Professional Development: *"I head up the Professional Development team within the Education and Research Team. I have responsibility for supporting the learning needs of all occupational therapists and support workers. Part of my role is to lead on the new ['Career Development Framework: guiding principles for occupational therapy personnel'](#)."*

Dr Jo Watson, Assistant Director- Education and Research: *"I supervise the College's Education and Research Team and have responsibility for leading and shaping the occupational therapy profession in terms of pre-registration education, continuing professional development and research. It is my role to develop key strategic partnerships across the UK with stakeholders and decision makers in the education and research sectors and to identify and respond swiftly to opportunities and challenges as they emerge in these areas."*

Angie Brown, PA/Education Administrator. *"I am PA to the Assistant Director- Education and Research and also provide administrative support to the Education and Research Team as a whole. I am the first point of contact for career enquiries and other general enquiries."*

Clair Parkin, Education Manager (Quality and Standards): *"I am responsible for managing and maintaining the College's accreditation process. I work with Higher Education Institutions to achieve and maintain accreditation of their pre-registration occupational therapy degree provision and approval by the World Federation of Occupational Therapists."*

Caroline Grant, Education Officer (QA and Guidance): *"I am responsible for running the endorsement and practice placement educator schemes at the College; auditing the quality of learning opportunities and raising standards of education and training. I also work on the accreditation of pre-registration occupational therapy degree programmes in England, Wales, Scotland and Northern Ireland."*

Kinza Ahmed, Administrative Assistant: *"The first half of my split role is to provide administrative support in the Education department – administering and monitoring databases and schemes related to quality & standards work. The second half of my role is in the COT library ensuring the provision of high quality resources and services to members & COT staff."*

Mandy Sainty, Research and Development Manager: *"I'm the person to contact if you are interested in: a research career, finding out about the informatics agenda for occupational therapy; or need to discuss any thorny research ethics queries!."*

Lesley Gleaves, Research and Development Administrator: *"I provide support for major funding schemes like the College's Annual Awards for Education, Research and CPD, and the UKOTRF Research Grants, I'm the secretary to the Research and Development Board."*

Pauline McDonald, Research and Development Officer: *"I am responsible for a range of evidence-based resources including- 'Supporting Practice – Evidence and Resources' (SPEaR) topics, [occupational therapy evidence fact sheets](#), and the fortnightly [R&D@COT bulletin](#)- as well as the 'Evidence Update' item for each edition of OTnews. I have also recently written a series of [CPD blogs](#) featuring insights from occupational therapists about their research journeys."*

Angie Thompson, Research and Development Officer (Projects): *"I work in the Research and Development side of the team, assisting with the creation and revision of COT's practice guidelines and the facilitation of the UK Occupational Therapy Research Foundation grants."*

Anne Jenkins, Librarian: *"I am responsible for the strategic development of COT Library services and resources to support the work and research of members and COT staff."*

Andrew Hughes, Assistant Librarian. *"As the library's principal literature searcher I carry out searches for professional members, specialist sections and COT staff. I am also responsible for the Library's current awareness services including the monthly [hOT Topics](#)".*

Lorna Rutherford, Deputy Librarian: *"In addition to the day to day enquiry work, my responsibilities include acquiring relevant print and electronic journals and making these accessible to our members. I help our members use the services we provide including conducting user education sessions and workshops. I also maintain the library catalogue and ensure publications are included, correctly recorded and can be searched and found."*

**As you can see we are a very busy team!**

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## News

### The new... Professional Standards for 2017

Shaped by new legislation, national policy and the latest standards from the Health and Care Professions Council, COT's [Professional Standards for Occupational Therapy Practice](#) follow the occupational therapy process that emphasises the relationship between occupation, health and wellbeing. Using these professional standards to guide and govern your practice will help you to be safe and effective in your work, to provide a service that is of high quality but also value for money. They should be read alongside the [Code of Ethics and Professional Conduct](#) (COT 2015) as together they describe a level of practice and a set of professional values and behaviours that should inform your everyday thinking and practice, and underpin your professional judgement and actions. An online audit tool is available to help you monitor, review and develop your practice against the standards as a CPD activity.

The professional standards, the Code and the audit tool can all be downloaded from our website.



**Julia Roberts**

Quality Programme Manager  
College of Occupational Therapists

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## AHPs INTO ACTION:

### NHS England recognise our power to transform health and social care services

On 17 January 2017 NHS England published AHPs into Action. This report is a blueprint for how Clinical Commissioning Groups (who purchase healthcare on behalf of their local communities), provider organisations (such as hospital trusts or community care providers), health leaders and local authorities can fully utilise and involve Allied Health Professionals (AHPs) in transformation programmes and the delivery of NHS England's Five Year Forward View.

The report was created as a result of a crowdsourcing exercise which saw more than 16,000 contributions from over 2,000 AHPs, other health, social and care professionals, patients and the general public. The result is a report which demonstrates how the 12 Allied Health Professional groups (of which Occupational Therapists make up around 20%) can be at the forefront of innovative changes to patient care and shaping future health policy. It makes a compelling case for us to be involved in the development of the sustainability and transformation plans being developed across the country.

It also offers 53 examples of AHPs working to drive and support change by working innovatively. Eleven of these feature Occupational Therapists as the lead clinicians, or as a part of multidisciplinary teams.

Chief Allied Health Professions Officer (CAHPO) for England, Suzanne Rastrick, said: "Allied Health Professions into Action' demonstrates a shared commitment to make greater use of the full range of allied health professionals in all aspects of service delivery to promote the adoption of new ways of working across the health and care system and to improve patient care".

Welcoming the report, Julia Scott, CEO of the College of Occupational Therapists said: "This report clearly lays out the huge potential of the Allied Health Professions to be part of the solution to many of the issues currently facing the health and social care system. The challenge now is for commissioners to recognise this potential and for them to invest in services such as Occupational Therapy which have been shown to deliver better patient care at a lower cost. There is no longer any excuses as to why Occupational Therapists and other Healthcare Professions are not central to every region's plans to deliver a financially sustainable health and care system which provides high quality, person centred care for everyone."

Access the AHPs into Action: Using Allied Health Professionals to transform health, care and well-being here- <https://www.england.nhs.uk/ourwork/qual-clin-lead/ahp/>

**Andrew Sharratt**

Media Officer

College of Occupational Therapists

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## An update on Project Phineas

A new COT website will be launched in early May, as part of 'Project Phineas', the long-term digital redevelopment project that the College is running. The new site is just the first phase of Phineas, which will improve how we communicate and engage with our members digitally, and ensure that we are creating digital content in an accessible and user-friendly way.

The site has been developed with three key aims in mind: a clearer/simplified navigation and site menu, an improved site search function and a mobile friendly/responsive design – allowing the site to be viewed and used on any type of device or computer!

Further updates on the new site will follow on our social media channels, current website and member emails, so keep your eyes peeled for the latest exciting developments!

**James Patterson**

Digital Manager

College of Occupational Therapists

## Resources

### Have you seen our latest hOT Topics?

A new [hOT topic](#) (a starting point and overview of key readings) is published each month. So far this year, the following topics have been added to the collection

We have two new hOT Topics for 2017:

1. 'School-based occupational therapy'
2. 'Obsessive-compulsive disorder'

hOT Topics are a brilliant resource to help you to explore evidence for specialist areas of practice, and can be a useful starting point if you are entering into a new practice area. You can access all of our hOT Topics by following this link [www.cot.co.uk/hot-topics/hot-topics](http://www.cot.co.uk/hot-topics/hot-topics)

**Andrew Hughes**

Assistant Librarian

College of Occupational Therapists

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## New publications available in the COT Library

The COT library is constantly expanding its collection of occupational therapy literature, are you up to date on what you can access?

Etheses may be available for immediate download through the [COT library catalogue](#) or you may need to order a copy.

To access [ebooks and eteses](#) and many of the COT documents and publications you will need to be logged in as a member to the COT website



Many of the older theses are now available through the library catalogue for members to access together with more recently published electronic theses.

Access our collection of OT related [e-journals](#)

### **New additions to the Library:**

Chief Allied Health Professions Officer's Team (2017) *Allied health professions into action: using allied health professionals to transform health, care and wellbeing 2016/17 - 2020/21*. London: NHS England.

Godfrey, Nicola (2013) *The occupational impact of anorexia nervosa: altered occupational meaning, motivation and engagement*. University of Leeds, MSc: Leeds Metropolitan University, MSc.

### **Items of interest for researchers:**

New upgrade to the TRIP database 2017, <https://blog.tripdatabase.com/2017/01/17/whats-new-for-early-2017/>

#### **Lorna Rutherford**

Deputy Librarian  
College of Occupational Therapists

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## **Are you signed up to the R&D and informatics bulletins?**

When you are starting out in your new post there can be so much information coming your way that it can be difficult to know what is important. As a member of COT you can make sure you keep on top of the news, developments and opportunities in relation to two key areas – research and informatics. All you need to do is to sign-up and start receiving: [R&D@COT](#) – the fortnightly research/evidence bulletin- and [COTIM](#) – which focuses on the informatics agenda and includes electronic care records and digital technology developments. Both are quick and easy to browse through and are there to support busy occupational therapists – just like you! Sign up, or lose out!

#### **Mandy Sainty**

Research and Development Manager  
College of Occupational Therapists

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### Delegate registration now open!

Now is the time for you to register for your place at the COT annual conference #COT2017.

We are offering professional members the cheapest conference registration since 2003. COT professional members can attend for just £269 - a 50% discount off the full standard rate.

\*The discounted rate is only available if you book before 8th May 2017 and where full payment is made- so don't miss out!\*

\*Standard rate available from 8 May 2017\*

#### Confirmed plenary speakers:

- **Professor Winnie Dunn**, one of the most recognised and respected names in the global occupational therapy sector. She is author of the Sensory Profile and the Infant/Toddler Sensory Profile and co-author of the Adolescent/Adult Sensory Profile.
- **Paul McGee**, a personal development pioneer whose distinctive and effective principle- SUMO (Shut up and move on)- will help you think differently about everything you do. Be prepared to learn how to seize opportunities and reach your potential in your professional and personal lives.
- **Professor Diane Cox**, delivering the prestigious Elizabeth Casson Lecture who has made research in occupational therapy approachable and accessible
- **Dr Jennifer Creek**, a celebrated occupational therapy researcher and author whose publications have been essential reading for occupational therapists at all stages of their career.
- **Tina Coldham** has campaigned for a better understanding of mental health issues. She has enduring mental health issues, and uses her personal experience to inform and influence health and social care professionals.

Keep up to date on all of the COT conference news and book your place here:

[www.cotannualconference.org.uk](http://www.cotannualconference.org.uk)



**Vandita Chisholm**

Marketing Manager

College of Occupational Therapists

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# Help to define occupational therapy practice

The College of Occupational Therapists invites you to take part in a research study to support the revising of *Occupational therapy defined as a complex intervention* (Creek, 2003), published by COT. This study is a great opportunity for you to help us develop an up-to-date picture of professional occupational therapy practice. We recognise that there have been considerable changes since 2003, both within professional practice and the wider context, and we want to make sure that the revised document is current and can be used to aid occupational therapists, researchers, service users and commissioners or managers.

The study is open to all qualified occupational therapists, student occupational therapists and those currently employed in occupational therapy support roles, and you can participate NOW by completing an online questionnaire (available from <https://qmu.onlinesurveys.ac.uk/ot16>). Testing indicates it will take approximately 10 to 15 minutes to complete, though it may take longer depending on how much consideration you give to the questions. Your answers will help us generate an up-to-date understanding of how occupational therapists practice, why we do so in certain ways, and what factors influence the process.

If you have any questions, please contact Angie Thompson, COT Research and Development Officer, at [Angie.Thompson@cot.co.uk](mailto:Angie.Thompson@cot.co.uk).

## Angie Thompson

Research and Development Officer (Projects)  
College of Occupational Therapists



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## Attend the Mental Health, the Value of Occupational Therapy Workshops

### Background:

The COT publication "*Recovering Ordinary Lives –the strategy for occupational therapy in mental health services 2007-2017*" finishes soon. For almost ten successful years it has helped shape practice and drive leadership across the UK. You have told us that the strategy has been extremely useful for marketing and promoting the value of occupational therapy for people diagnosed with a mental health condition. You have also told us that further work to continue this promotion to those outside of the profession is required.



## **The project:**

COT are therefore excited to announce plans to replace the strategy with four new documents, one per UK country, for the purpose of marketing and promoting the profession's impact and value in mental health to be launched in 2018. This new project is called **"Mental Health – the Value of Occupational Therapy"**.

These will build on the work already started by the COT campaign *Occupational Therapy – Improving Lives, Saving Money* where members sent examples of their practice to COT for inclusion in new campaign publications.

## **The workshop:**

COT are working closely with relevant Specialist Sections, mental health managers in each country and consultants who have formed an external reference group to guide the project. Your contribution will be vital too.

This is your chance to say "this is what I do and here are the results". If you ever wanted to shout from the roof tops about why your work matters, get involved now and attend one of these free workshops to find out how to fill out the mental health DEMO template which will form the main content of the new publications. [Access the templates and guidance here:](#)

## **Workshop Dates and Times:**

Tuesday 28th March 2017 10:30am – 12:30pm

Tuesday 18th April 2017 1:30pm – 3:30pm

Tuesday 30th May 2017 10:30am – 12:30pm

Workshops will be held at the College of Occupational Therapists.

***For further information and to book a place, please contact [Ashleigh.Watkins@cot.co.uk](mailto:Ashleigh.Watkins@cot.co.uk) with your name, COT membership number and the date of the session you would like to book.***

***Please note this is a free event for COT members only. Places are offered on a first come, first served basis and places are not guaranteed until you have received your confirmation email.***

## Closing



Thank you for reading this issue of the New Graduates Bulletin, I hope you have enjoyed it.

I'd love to hear your feedback, please either tweet me @kellyhiscox or email me [Kelly.Hiscox@cot.co.uk](mailto:Kelly.Hiscox@cot.co.uk)

**Look out for the next issue of the bulletin coming to inboxes in *May 2017***

**Remember, if you miss an issue you can always access the archive of all published New Grad bulletins: <https://www.cot.co.uk/become-ot/new-graduates-2016>**



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