Occupational Therapy PSP

66 How does occupational therapy make a difference and have impact on everyday lives?

The purpose of this question is to explore the unique contribution that occupational therapy makes to people who access services and the impact it has on their everyday lives.

27-Jul-20 1 Evidence addressing this question is largely anecdotal in nature or from conference abstracts (eg, Stuart-Neil, 2016) and there are no research studies directly addressing this question. This is an area of uncertainty.


Occupational Therapy PSP

66 How can occupational therapists ensure that person-centred practice is central to how they work?

Occupational therapists consider person-oriented client-centredness to be a core principle of the profession. However, it is agreed that in some areas of practice a person-centred approach can be more difficult to achieve, and that the people who access occupational therapy services do not always agree that they have experienced person-centred practice.

27-Jul-20 2 The evidence addressing this question is largely comprised of conversational pieces and smaller scale studies. The question has partially been addressed in the evidence base.


Occupational Therapy PSP

66 What are the long-term benefits of occupational therapy intervention?

This question asks about the enduring impact of occupational therapy interventions after the intervention has finished. Does the person who accessed occupational therapy services continue to benefit from the intervention once they have been discharged from occupational therapy? What is the nature of any lasting benefits? How do they compare to the benefits measured at discharge?

27-Jul-20 4 There is limited evidence addressing this question. Title is an area of uncertainty.


What are the benefits or impact of occupational therapy in primary care settings? (e.g. services delivered by your local general practice, surgery, community pharmacy, dental and optometry (eye health) services) The delivery of occupational therapy services in primary care settings is a relatively new and emerging area of practice. It helps to address people's needs at an early stage and provides preventative care and self-management which can also help to reduce demand on other services. This question aims to explore the benefits and impact of this emerging area of practice for individual people accessing services in this way, and more broadly for the effective and timely delivery of health and social care services across communities.

27-Jul-20

Existing evidence is mostly commentary or news based articles on the benefits of OT in primary care, or small survey or focus group based studies that look at where OTs are currently practicing in primary care. This is an area of uncertainty.


27-Jul-20

Other than a few discussion papers, there is no clear evidence addressing this question. This is an area of uncertainty.

How can occupational therapy services be more inclusive of both mental and physical health? A core belief of occupational therapy is that mental and physical health and overall well-being are interlinked. This holistic view of people means that both mental and physical health are included as key components of the curriculum when studying to become an occupational therapist. However, it can be a challenge to maintain this holistic view in different practice settings that do not necessarily support such an integrated approach.

27-Jul-20

Although there is literature examining occupational therapy involvement in self-management, it is largely in the area of specific interventions and their effectiveness. No evidence was located that specifically addresses the role of OT in this area. This is an area of uncertainty.

What is the role of occupational therapy in supporting self-management? (e.g. helping people with illness to manage their health on a day-to-day basis) Occupational therapy provides practical support to empower people to facilitate recovery and to overcome barriers to participating in the activities that they need, want or have to do. This question aims to explore the specific role occupational therapy has in enabling people to take the lead in managing their health and well-being and any on-going health condition that they may be living with.

27-Jul-20

This is an area of uncertainty.

What is the role or impact of occupational therapy in reducing hospital admissions? Occupational therapy is increasingly being recognised as having a role in preventing people from vulnerable groups (such as frail, older people and people living with long-term conditions) from being unnecessarily admitted into hospital. Experience suggests that home/access visits, access to occupational therapy in primary care settings, and inclusion in prevention and response services reduces hospital admissions. This question aims to explore this area in more detail to provide stronger evidence about the nature of the role and the impact it has. This includes the impact on the lives of the people accessing those services, the impact on the demands for, and effectiveness, timeliness and efficiency of acute services.

27-Jul-20

Other than the non-OT specific paper listed, no up-to-date evidence found. This is an area of uncertainty.


Ocational Therapy PSP

**How can occupational therapists work most effectively with other professionals to improve outcomes for people who access occupational therapy services?**

Ocational therapists work with a wide range of other professionals, statutory and non-statutory service providers and commissioners. To ensure effective services, therapists need to work collaboratively with these groups with the aim of providing improved services to and outcomes for the people who access their services. This question aims to explore the most effective ways for occupational therapists to engage and work with these people and groups, for the benefit of the people who access their services.

17-Jul-20

**What is the cost-effectiveness of occupational therapy services?**

There is a lack of economic evaluations of occupational therapy service delivery. It is acknowledged that many will live uncomfortably at the thought that ‘cost’ might be prioritised over other measures, such as the outcomes and experiences of the people who access occupational therapy services. In the context of limited public funding, and the expectation that statutory services spend tax-payers' money wisely, it is important that the profession can demonstrate that our services make a difference to people’s lives and are cost-effective in doing so.

This question therefore aims to provide evidence about the extent to which different occupational therapy services and interventions offer value for money and are therefore worth investing in.

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**What is the cost-effectiveness of occupational therapy services?**

There is currently one systematic review (Green and Rod, 2017) that considers economic evaluations in OT (which concludes a lack of robust evidence). Studies published after this study focus on specific areas. This area has not been comprehensively researched. This is an area of uncertainty.


**How does the amount of occupational therapy received affect outcomes for people who access services?**

In the context of limited resources and services, it is important to acknowledge that while withholding services too early may restrict the benefits of occupational therapy for people who access services, it is possible that continuing to provide services beyond a certain point might not lead to any further gains. In these circumstances, others who might benefit from occupational therapy might unnecessarily miss out on or have delayed access to services.

This question therefore aims to explore how the frequency and duration of a range of occupational therapy interventions influences the outcomes for people, and whether an optimal amount can be identified for maximal effectiveness for each.

17-Jul-20

The evidence addressing this question is limited, comprising largely of anecdotal pieces and small scale studies. This is an area of uncertainty.


Occupational Therapy PSP
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What is the role of occupational therapy in addressing social, political and environmental issues at a societal level to address well-being and participation?

Occupational therapists work not only with individuals but also with groups and communities. Occupational therapists view disability from a social model perspective and social justice is a core value of the profession. This question therefore aims to explore the role of occupational therapy at a societal, rather than an individual or small group level, with a view to expanding the reach of its benefits to more people.

27-Jul-20

12

The evidence addressing this area is mostly conversational and sparse in existence. This is an area of uncertainty.


Occupational Therapy PSP

66 How can occupational therapists work effectively with digital technology to enhance their interventions and lives of people who access services? (e.g., using smart devices to manage health and illness)

In the context of increasing everyday use of digital technology in various aspects of life, this question is about how occupational therapists can use it effectively in the delivery of their interventions and as part of their interventions to support, enable and empower people to manage their own health conditions, live their lives and do the things they need, want or have to do.

27-Jul-20

14 There is emerging evidence addressing this question but as yet it is varied in scope and quality, and is limited. This is an area of uncertainty.


Occupational Therapy PSP

66 How does assistive technology, compensatory equipment and housing adaptations provided through occupational therapy impact on the lives of people who access services?

While there is some evidence addressing this question, for the most part it is based on small-scale studies and there is a recognized need to expand and further develop the evidence-base.

This question therefore aims to explore if and how occupational therapy interventions such as providing a range of assistive technologies (such as environmental controls), large and small compensatory equipment (such as wheelchairs and kettle-tippers) and recommending adaptations to homes (such as the installation of stairlifts or level access wetrooms) make a difference to people’s lives. Do people benefit from these interventions and do they enable people to live their lives more easily?

27-Jul-20

15 There is some evidence addressing this question – mainly small scale studies. This question has partially been addressed in the evidence base.


Other than a small number of papers concentrated in specific areas of healthcare and testimonials from patient experience websites and media libraries, there is very little research-based evidence to answer

Other than theoretical discussion papers listed here, other evidence tends to focus on mental health or other areas of recovery rather than in both areas of mental and physical.

There is some evidence addressing this area, but varied in nature and quality.

This question aims to explore whether there is value in using occupation as a focus for interventions, and how the effectiveness of interventions may vary depending on whether an occupation focused or occupation based perspective is taken.

Therapy PSP

What is the nature of the relationship between occupation and health and well-being?

The aim of this question is to provide research evidence about the nature of the recognised inter-relationship between occupation, mental and physical health and overall well-being that underpins the occupational therapy profession.

Occupational therapy draws on a broad range of skills and operates in a wide range of contexts within and beyond statutory health and social care provision. The scope of occupational therapy practice spans mental and physical health and working with a wide range of people from various groups and communities at various points across the lifespan. Occupational therapy adopts a person-centred, holistic, psychosocial approach that aims to empower people accessing services to self-manage, self-determine and participate in the everyday occupations’ or activities that are individually meaningful to them.

All of these features mean that the profession can be challenging to precisely and neatly describe, and the ‘tools’ in the occupational therapy ‘toolbox’ can superficially appear to be common sense. How the profession is perceived continues to be of interest to many, and this question aims to explore those views from a range of perspectives.

Occupational Therapy PSP

What is the value of occupation as an intervention and how does effectiveness vary with the way it is used? (e.g. ‘occupation-focused’ interventions based on understanding a person, their environment and the meaningful occupations in their life, or ‘occupation-based’ interventions in which doing a meaningful occupation forms the focus)

Occupation" is a term that refers to the practical and purposeful activities that allow people to live independently and have a sense of identity. They are the meaningful things that people need, want or have to do, and therefore vary from person to person.

The way occupational therapists use occupations within their interventions can vary. For example, an intervention might be ‘occupation-focused’ and aim to support a person to resume a meaningful occupation (such as returning to and participating in a sport after a myocardial infarction, or heart attack). Alternatively, an intervention might be ‘occupation-based’ in which case an activity that is already meaningful to an individual might be used to help achieve specific goals (such as running with a local club in to help managing depression).

This question aims to explore whether there is value in using occupation as a focus for interventions, and how the effectiveness of interventions may vary depending on whether an occupation focused or occupation based perspective is taken.

Occupational Therapy PSP

What do other people (including healthcare professionals and other colleagues occupational therapists might work with, people who access services and their families and carers) think about the role of occupational therapy?

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