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## Posters

## Poster P1

**Outdoor activity holidays as occupations for people with multiple sclerosis: the effects on wellbeing****Shuttleworth E: University of Cumbria**

Introduction: Outdoor activity holidays have long been known to facilitate personal development for children and young people. Building on this knowledge, this study aims to investigate the effects of outdoor activity holidays for people with multiple sclerosis.

Method: The data for this qualitative research was generated through a focus group, comprising seven individuals from a regional multiple sclerosis support group who had attended an outdoor activities holiday approximately two months prior.

Findings: Four key themes were found which address the research question: empowerment, peer support, coping mechanisms and challenges to wellbeing. The participants believed that the outdoor activities holiday had a positive impact on their wellbeing, reporting effects related to overcoming challenges and experiencing the holiday as a support group. The holiday had an ongoing effect on the wellbeing of the participants, through the development of coping mechanisms. However, participants also discussed challenges to their wellbeing which were linked to the nature of multiple sclerosis and the risk posed by engaging in outdoor recreational activities.

Conclusion: This study shows that through attending an outdoor activity holiday, people with multiple sclerosis can experience a positive impact on wellbeing.

Ethical approval was received through the University of Cumbria ethical procedure.

**References**

Shuttleworth. E. Wilson S. 2016. Outdoor activity holidays as occupations for people with multiple sclerosis: the effects on wellbeing. University of Cumbria.

**Keywords**

Adult physical health, Long-term conditions, Occupational therapy

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## Poster P2

**An occupational perspective on recovery within Borderline Personality Disorder: a qualitative synthesis****Rogers R, Lowe J: Northumbria University**

There is currently a paucity of research exploring the meaning of recovery within Borderline Personality Disorder. It is important to occupational therapy practice to explore the meaning of recovery from the perspective of the service user, in order to ensure holistic, recovery-focused practice.

This study aimed to explore service user perspectives of the meaning of recovery within Borderline Personality Disorder, and to present the findings within an occupational therapy framework.

A systematic search strategy was employed to identify published research papers relevant for inclusion within this systematic appraisal. Papers identified for inclusion focused on service user perspectives of the meaning of recovery within Borderline

Personality Disorder (Falklof and Haglund, 2010; Katsakou *et al.*, 2012; Lariviere *et al.*, 2015).

Themes emerging from the qualitative data synthesis were recovery, concepts of self, and occupational performance, within an overarching theme of interpersonal relationships. These themes were explored in relation to current understandings of personality disorder, and the importance of this within recovery narrative frameworks in occupational therapy practice.

These themes were framed within the occupational therapy constructs of 'doing, being, becoming and belonging' in order to better understand the impact of Borderline Personality Disorder on the ability to achieve sustainable, long-term, holistic recovery. Recommendations for practice are presented in order to provide a better understanding of how to support and empower long-term recovery within this disorder, with regards to utilising meaningful occupation as a vehicle through which social integration and self-actualisation can be achieved.

Ethical approval for this project was obtained through Northumbria University.

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Long-term conditions, Mental health, Occupational therapy

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## Ongoing research

## Poster P4

**Informal interprofessional education on placement: the views and experiences of postgraduate (pre-registration) occupational therapy students****Quinn P, Morris K: University of Cumbria**

While the College of Occupational Therapists (2013) supports interprofessional education (IPE) at the pre-registration level, a review of existing literature has indicated a variety of barriers to achieving this, particularly for post-graduate level Occupational Therapy students (Pollard *et al.*, 2004; Howell, 2009).

While IPE is addressed informally by many students on placement, little is known about this phenomenon (Pollard, 2009). Therefore, the research question seeks to discover the views and experiences of postgraduate (pre-registration) Occupational Therapy students towards informal IPE on practice placement.

The research aims to:

- discover how IPE may occur on student placements
- determine the value students place upon IPE

- identify any barriers to effective IPE for students on placement, and how these are negotiated.

The research question shall be addressed using a convenience sample of 4–6 MSc (pre-registration) Occupational Therapy students. Research participants shall be asked to complete a short questionnaire, followed by a focus group surveying their views and experiences of IPE on placement. Data shall be analysed using an interpretative phenomenological approach, capitalising upon the researcher's recent practice placement experience (Shaw, 2010).

The completed research article is due to be completed by 8 May 2017. It is anticipated that research findings will inform occupational therapy educators and practice placement providers when arranging and evaluating student practice placements.

The research has been approved by the University of Cumbria ethics committee.

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### Keywords

Occupational therapy, Students

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### Poster P6

#### Practice development in Bosnia and Herzegovina: an international perspective

**Parker J: London South Bank University, Slunjski Tisma L: Institute for physical medicine and rehabilitation 'Dr Miroslav Zotovic'**

Occupational therapy (OT) staff from London South Bank University (LSBU) have been involved in a project to develop occupational therapy practice within Bosnia and Herzegovina. The partnership with the Institute for Physical Medicine and Rehabilitation 'Dr Miroslav Zotovic' in Banja Luka was supported by the Tropical Health Education Trust, reflecting the World Federation of Occupational Therapists' (WFOT) objectives to develop strong partnerships in order to increase the presence and visibility of occupational therapy internationally (WFOT 2013).

Occupational therapy practice in Bosnia and Herzegovina is in its infancy. Few health institutions employ occupational therapists and formal occupational therapy education began three years ago. Development also needs to be considered against the backdrop of complex political and challenging economic environments.

Three inter-country visits took place, with a view to completing a training needs assessment, understanding service provision in both countries and for LSBU staff to deliver two workshops. Service user involvement played an important part in the development of the services within the Institute. The workshops aimed to explore occupational therapy practice through the framework of the International Classification of Functioning, applying the bio-psychosocial model (World Health Organization 2001). Feedback from participants identified it as an excellent opportunity to exchange theoretical and clinical knowledge with British colleagues, as well as to gain insight into everyday clinical practice in both countries, identifying positive practice and areas for future development and collaboration.

Working within an established health and social care framework and community of occupational therapists within Britain, we often take for granted the opportunities our practice affords.

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### Keywords

Adult physical health, Children and families, Occupational therapy

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### Author Biographies

Janet is a Senior Lecturer in Occupational Therapy at London South Bank University. Janet has worked extensively in the social care sector as an occupational therapist, with a particular interest in housing and the impact of our environment on occupational performance. Before coming into higher education she was Director of Parker Knight Associates, a company delivering occupational therapy services and access consultancy to a wide range of clients in both the public and commercial sectors. As well as an occupational therapist she is a registered Access Consultant and a Fellow of the Higher Education Academy.

Lidija qualified as an occupational therapist in 2000. Since 2004 she has been working at the Institute for Physical Medicine and