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### Author Biographies

Jennifer Woods is a senior occupational therapist at the Christie NHS Foundation Trust, working with inpatients across a range of cancer pathways, and has recently developed an occupational therapy drop-in service. She is Vice Chair of the College of Occupational Therapists' HIV, oncology and palliative care specialist interest group and has a strong interest in palliative rehabilitation and professional development. Jennifer gained APPLE accreditation in 2014 from Salford University and has experience of supporting newly qualified occupational therapists through their preceptorship and student clinical placements.

Helen Bowker's experience has included a rotational band 5 within acute settings, intermediate care and both bed base and community. She is currently the lead occupational therapist at the Christie NHS Foundation Trust, covering a maternity leave position. As a result of being involved with predominantly palliative patients, Helen is passionate about not writing off patients just because they have a terminal diagnosis, and that even achieving simple goals can improve their quality of life. Helen has extensive experience of supporting students on clinical placements and newly qualified health professionals during their preceptorship.

### Session S58.1

#### Occupational therapists: A metaphorical analysis of their lived experience of the phenomenon of effective occupational therapy with children and young people (CYP)

**Avantaggiato-Quinn M: Northumberland Tyne & Wear NHS Trust**

The increasing numbers of children and families who use specialist community and in-patient services may reasonably expect them to be effective. Despite regulatory requirements for occupational therapists to appraise the effectiveness of their service, there is little empirical evidence to suggest that they do so.

The aim of this doctoral research was to explore the phenomenon of 'effective occupational therapy' with children and young people (CYP) with complex mental health/learning disabilities (MH/LD), through the lived experience of occupational therapists.

Of five objectives, one specifically sought to gather metaphors of 'effective occupational therapy' from participants and then offer an interpreted metaphorical explication of the phenomenon.

Heideggerian (1962) interpretive phenomenological methodology guided the use of metaphorical analysis (Ricoeur and Thompson, 1981). Using a reflexive relational approach (Finlay and Evans, 2009), in-depth interviews were carried out with eight occupational therapists (OTs) working in specialist CYP services.

All respondents offered a summative metaphor which was then analysed using Nvivo® software and themed. An interpreted synthesised metaphor will be presented, aiming to evoke the sensorial, emotional and practical journey experienced by occupational therapists when effective occupational therapy happens.

There is scant evidence of what effective occupational therapy is with young people with complex MH/LD. This paper aims to provide baseline insights into the metaphorical themes shared by participants against which other occupational therapists working in similar and different clinical areas can appraise their own practice, thereby facilitating the required regulatory evidence:

of working towards increasingly effective occupational therapy interventions.

Ethical approval was granted by the Ethics Review Panel, Northumbria University, 2014.

### References

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### Keywords

Children and families, Learning disability, Mental health

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### Author Biography

Maria Avantaggiato-Quinn is Clinical Director of Allied Health Professional Services at Ntw, a large mental health and disabilities trust, recently rated as outstanding by CQC. Maria recently completed a Professional Doctorate in Occupational Therapy, specialising in occupational therapy in child mental health and learning disabilities. Representing AHPs on the Local Workforce Action Board (LWAB), chairing the NE HEE AHP and the MH/LD sub group, Maria strategically influences on behalf of occupational therapy and AHPs. She was previously Chair of the English Board and Council Member for England at COT/BAOT and is an alumni of Leadership Fellows of the Health Foundation.

### Ongoing research

### Session S58.2

#### Myth or reality? How do occupational therapists address the spirituality of children with physical disabilities?

**Harrison V, Cox D: University of Cumbria**

The founders of the profession of occupational therapy (OT) proposed one of the profession's values to be the belief in the importance to health and wellbeing of a balance between mind, body and spirit (Meyer, 1922/1977). Since that time it has been acknowledged that spirituality does have a place as a legitimate concern of occupational therapy; however, its place in practice continues to be debated and researched but often poorly understood. Research in relation to children's spirituality, within occupational therapy, is particularly sparse, which led to an interest in determining how this poorly understood aspect of occupational therapy theory was used in practice.

A qualitative design utilising Interpretive Phenomenological Analysis (Smith, Flowers & Larkin 2009) was used to determine the views, through workshops and one-to-one semi-structured interviews, of occupational therapy practitioners and academics within the UK as to the role of spirituality when working with children with physical disabilities. This presentation will discuss the findings of the research which reveal interesting insights into the way spirituality is embedded in our practice, to the benefit of the children we work with. The importance of the child-centred relationship and the contribution of occupational therapists in developing a child's identity are highlighted. The theory developing from this research will hopefully contribute in enabling practitioners to understand and have confidence in this element of their practice.

Ethical approval granted from the University of Cumbria Ethics Committee – approval references: UoC 12/39 & 13/34.

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Children and families, Occupational therapy

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### Keywords

Dementia, Occupational therapy

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## Older people

### Session S59.1

#### Does ecotherapy improve the quality of life for people living with dementia? A pilot study

**Waterhouse A, Wilson D, Gregory S, McNulty H, Deriziotis S, Douch R, Sampson H, Orleans-Foli S, Mandalia P, Manalo M, Sampson H: West London Mental Health NHS Trust**

Introduction: The advancement of quality of life for people with a diagnosis of dementia is widely accepted as an important outcome in dementia care (Department of Health 2013). Although there is a growing body of research being undertaken into the benefits of ecotherapy with working age adults, there is currently very little evidence demonstrating the effectiveness of ecotherapy group work with dementia clients (Wilson *et al.*, 2010).

Hypothesis: Clients who attend an ecotherapy group programme will experience an increase in their quality of life as measured by EQ-5D visual-analogue scale compared to a control group of participants receiving treatment as usual.

Methodology: Non-randomised control study of ecotherapy in patients with mild to moderate dementia. Primary outcome measure was EQ-5D completed by participants at the end of an eight week programme. Secondary outcome measures included GDS with participants, ZBI and NPI with their study partners. Brief qualitative feedback was obtained from caregivers of those in the ecotherapy arm of the study.

Results: Results indicated improved in EQ-5D visual analogue in both the intervention and control groups. Similar findings appeared in secondary outcome measures. There was overwhelmingly positive feedback from the caregivers of people in the intervention group.

Discussion: In this sample it was not possible to tell if there was a significant difference between the intervention and control groups on the primary or secondary outcome measures. Interesting positive feedback from the qualitative work provides support for progressing this study to an appropriately powered randomised study to understand if this is an intervention worth pursuing.

Ethical approval granted by the NRES Committee London – Stanmore, Reference – 15/LO/0759.

### References

- Department of Health. 2013. Improving care for people with dementia. Department of Health. Accessed November 2014 from: <https://www.gov.uk/government/policies/improving-care-for-people-with-dementia>

## Older people

### Session S59.2

#### Exploring the role of occupation for spouse-carers before and after the death of a spouse with dementia

**Mattock S: Central and North West London NHS Foundation Trust, McIntyre A: Brunel University**

When a person with dementia dies, their former spouse-carer can find their personal resources depleted, leaving their mental health vulnerable and making re-engagement in life difficult (McLaughlin and Ritchie 1994). Hoppes and Segal (2010) argued that occupational engagement was key in the reconstruction process following bereavement. This qualitative study aimed to explore whether the occupations of spouse-carers contribute in the transition to the post-care period.

This interpretative phenomenological study explored the lived experience of former spouse-carers who were between one and five years' post bereavement. Participants were recruited by purposive sampling from two branches of the Alzheimer's Society. In-depth interviews collected data, which were subject to template analysis (King 2004).

Exploration of the data produced themes of: continuity, roles and occupations, support and change and transition. Many of the findings supported published literature. However, a new finding emerged, where spouse-carers engagement in a 'sustaining occupation' (researchers term) appeared to counter the effect of role overload (Mattock and McIntyre 2016).

Key ways that occupations of spouse-carers contributed to the transition to post-care were identified:

- 'Sustaining occupations'
- Maintaining spouse-carers identity
- Continuing bonds with the deceased care-recipient
- Developing new roles

The first two of these began before bereavement and assisted in equipping spouse-carers for the transition to post-care. The second two followed bereavement and enabled spouse-carers to build confidence and re-engage with life.

As dementia threatens the identities of spouse-carer and care-recipient, occupational therapists should be vigilant of occupations that preserve identity and encourage them to be continued (Mattock and McIntyre 2016).

On July 16th 2010 Brunel University, School of Health Sciences and Social Care, Research Ethics committee gave ethical approval for the research