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College of Occupational Therapists

AND Specialist Section – Trauma and Orthopaedics Annual Conference

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Session 3.4

Doing-being-becoming-belonging: occupational adaptation within dementia caregiving

Hooper E, Lancashire Care NHS Foundation Trust

The Alzheimer's Society (2014) estimate that there are up to 670,000 informal caregivers supporting people living with dementia in the U.K., and it is acknowledged that they are ‘the most important resource available for people with dementia’ (DH, 2009 p.12). Dementia caregiving is known to be a life-altering experience and it is important that caregivers are supported to adapt to this role in order to maintain their occupational wellbeing.

This paper will present the outcomes of a study which explored the lived experience of dementia caregivers with a view to:

- Broadening understanding of ways in which caregiving impacts positively and negatively upon occupational wellbeing.
- Formulating recommendations for occupational therapy practice with dementia caregivers.

Method: A systematic literature review of primary qualitative research was conducted, using the conceptual model of doing-being-becoming-belonging (Wilcock, 1998 Rebeiro et al., 2001) to shape data analysis. Fourteen studies were included in the review. Ethical approval was not required.

Findings: The lived experience of dementia caregiving is laced with threats to wellbeing within the domains of doing, being, becoming and belonging, and is hallmarked by occupational disruption. Whilst it is evident that these issues are salient across caregivers, some attain purpose, meaning and personal growth through their caregiving experience, whereas others lapse into a state of occupational dysfunction. This juxtaposition of experience makes it apparent that successful occupational adaptation is a significant factor in determining wellbeing for caregivers.

Implications: Occupational therapists have a role in facilitating occupational adaptation, enabling dementia caregivers to foster wellbeing and achieve a life balance which is in congruence with their values. Factors that support successful occupational adaptation within the domains of doing, being, becoming and belonging will be offered during this presentation.

References


Keywords
Dementia, Research, New or emerging roles, Education

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Session 4

Developing research capacity and partnerships in mental health occupational therapy

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Recovering Ordinary Lives – the strategy for occupational therapy in mental health services 2007–2017 (College of Occupational Therapists 2006) was reviewed in 2014. Over 200 occupational therapists from the United Kingdom (UK) participated and highlighted a major concern about the lack of research evidence base (Smyth 2014).

As a result of this the College of Occupational Therapists (COT) and its Specialist Section – Mental Health carried out a survey in 2015 to explore occupational therapists views about how to best develop research capacity and partnerships in mental health (Smyth 2015). After ethical clearance from COT, a survey monkey tool was developed, circulated by email to occupational therapists working in mental health in the UK. 145 occupational therapists responded and the results were analysed by COT and its Specialist Section – Mental Health.

The respondents indicated three areas of activity would boost research capacity and partnerships: opportunities to network and make links with research orientated colleagues opportunities to develop research skills including formal training and opportunities for better coordination of research leaders.

In response to the findings, this workshop aims to allow delegates to explore strategies to develop research capacity and partnerships. It will use principles of action learning which involves working on real life challenges in a supportive environment (Leonard and Marquardt 2010). Delegates will work in small groups to share skills, experiences and knowledge for developing fresh ideas related to research skills and capacity development. They will be guided through the action learning process to identify achievable short and long term personal targets. This will enable them to maximise the opportunities for themselves and their colleagues both within their local area and via online media. The workshop will end with delegates committing to carrying out their personal targets on their return to the workplace.

References


Keywords
Mental health, Research

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Session 7
Writing for publication

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Introduction: Many occupational therapists want to share the outcome of a successful development document an analysis of their innovative practice or disseminate the results of a research project. Despite good intentions, they often find it challenging to write in a style suitable for publication. They may fail to submit for publication, fail to resubmit when requested to make revisions, or are disheartened if their efforts are criticised or if they are unsuccessful. Thus the results of many interesting projects are not communicated.

Methods: This writing workshop will guide participants through each stage of the publication process from initial idea to responding to reviewers’ comments. It will explore motivation for writing selection of key messages and target audience choice of a relevant publication and working with co-authors. Practical guidance will be given on how to organise material and structure a paper, follow submission guidelines (British Journal of Occupational Therapy Submission Guidelines, 2015), edit a thesis into an article and respond to reviewers’ comments.

Results: Participants will receive an explanation of the process of submission for publication in academic journals and will be directed to reliable resources to assist their writing. They will have the opportunity to share their experiences, discuss current plans and problems, develop a personal publication plan and receive expert advice, thus improving their chances of successful publication.

Impact on service users: Disseminating the results of successful projects can improve the services provided by occupational therapists.

Implications for occupational therapy: Improving the quality of the evidence published on the effectiveness, benefit, and value of occupational therapy will enable occupational therapists and key stakeholders to make informed decisions.

References
British Journal of Occupational Therapy, Submission Guidelines, Available at https://uk.sagepub.com/en-gb/eur/journal/british-journal-occupational-therapy#submission-guidelines

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