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Keywords

Dementia, Occupational therapy, Older people

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Author Biographies

Sarah Mattock qualified in 1986 and specialised in older adults' mental health. Working with people with dementia and their spouse-carers triggered this research, completed as part of an MSc in Occupational Therapy in 2011. BJOT published the study in 2016. Sarah remains involved in research alongside an active caseload.

Dr Anne McIntyre qualified in 1980 and left practice to join Brunel University London in 1997. She is a senior lecturer and MSc Occupational Therapy (pre-registration) programme lead. Anne is an active researcher, with expertise using qualitative methods with people with dementia, falls, and carers. She publishes widely.

Session S60

Circle dance as a tool for working with groups

Borges da Costa A: University of Cumbria, Department of Health, Psychology and Social Studies, Cox D: University of Cumbria, Director of Research & Head of the Graduate School; Professor of Occupational Therapy, Research Office & Graduate School

Aim: This workshop will provide an opportunity for the delegates to experience circle dance and to reflect on the therapeutic use of this form of dance.

Background: Circle dance is a revival of a very ancient art form, which for thousands of years has allowed different cultures and peoples to express themselves through the language of movement and dance. The circle dance repertoire includes traditional dances from different countries and cultures in addition to contemporary choreographies. Participants hold hands in a circle and repeat a pattern of steps, following the rhythm dictated by the music and related to specific dances.

The author has been using circle dance since 1995, both in Brazil and the UK, in a clinical setting as well as in non-institutional and community settings. The author completed her PhD in 2014, investigating circle dance as a medium to promote occupational well-being. Academically, this study was informed by a contemporary trend in occupational therapy and occupational science and the need for sound evidence-based practice.

Session plan: The author will provide an overview of the session and relevant background information. Delegates will learn and practise simple circle dances; all the dances will be fully

explained. There will be time at the end for participants to reflect on their experience and to ask questions.

Pre-requisites: none. Contra-indication: none.

Resources: access to PA system/projector, electricity. Space for participants to form a circle holding hands so they can dance in a circle.

Keywords

Mental health, Occupational therapy, Students

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Ongoing research

Session S61.1

Making Waves: Asset Based Community Clinics for People With Chronic Obstructive Pulmonary Disease

Sewell L, Kerslake M, Lord V, Krumins S, Taylor A: Coventry University

Background: People with Chronic Obstructive Pulmonary Disease (COPD) experience breathlessness and fatigue which can decrease their ability to participate in everyday tasks, reduce their mental well-being and increase social isolation. Pulmonary rehabilitation (PR) has been shown to improve exercise capacity and health status for people with COPD (Bolton *et al.* 2013), with occupational therapists increasingly involved in such programmes. Unfortunately, uptake of PR and occupational therapy input is not universal (Steiner *et al.* 2015). The Making Waves (MW) project is an asset-based community development that is co-created by people who have COPD, clinicians and the voluntary sector. Each of the seven Midlands based groups provide self-management support, clinical advice and self-selected activity programmes, which aim to improve participants' levels of self-management and mental well-being.

Aims: The evaluation (commencing Jan 2017) aims to explore the feasibility of the MW community clinic model.

Methods: A total of 210 participants (30 from each site) will be asked to complete validated measures of health status at baseline, 3 months and 6 months, alongside self-reported healthcare utilisation data. Health status measures include the COPD Assessment Test, the Warwick & Edinburgh Mental Well Being Scale and the Patient Activation Measure. Additionally, participant narratives will be collected through completion of 14 semi-structured interviews (2 from each site).

Results: It is hoped that the evaluation will establish the feasibility of the MW clinics and describe participants' levels of health status and well-being. Results may also inform opportunities for effective occupational therapy interventions that can be delivered within this model.

Ethical approval has been granted by the East Midlands – Derby Research Ethics Committee (IRAS: 207109, REC REF: 16/EM/0502).

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