

Perryman, Michelle, Morris, Karen, Cox, Diane, Stoffel, V. and Taylor, Julie (2019) The concept of performance profiling and the external influences upon the occupational therapists' identity and reasoning. In: RCOT (Royal College of Occupational Therapists) 2019 Annual Conference and Exhibition, 18-19 June 2019, ICC Birmingham, UK.

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**Keywords**

Long term conditions, Managers, Mental health, Disadvantaged people

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**Poster P42****HEALTH AND WELLBEING WITHIN INDEPENDENT RETIREMENT LIVING**

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The student led clinic is run by the students to promote health and wellbeing within the occupational therapy role; it's currently in its third year. One aspect of the clinic has been the development of sessions focused on health and wellbeing within independent retirement living. We research, prepare and deliver the tailored sessions to this specific client group. 'For many older residents in care homes, a lack of activities to occupy their time is the main reason for their dissatisfaction with the care they receive. Increased activity and engagement can have a positive effect on quality of life and contribute to other important outcomes including mortality rates. Meaningful activity includes physical, social and leisure activities that are tailored to the person's needs and preferences. Activity may provide emotional, creative, intellectual and spiritual stimulation' (RCOT, 2018). We facilitate communication and education within each group session and one-to-one contacts to promote health and wellbeing tailored to the individual's needs, making every contact count. In preparation we research local groups,

local resources and national strategies for wellbeing. Our sessions have provided structured group and one to one contact that has facilitated mental wellbeing, optimum daily functioning, self-esteem and a sense of belonging and support within each residential location. Using past learning experience and clinical information gathered from previous clinics (which is transferable and gradable across all participant groups), we can continue to expand the original framework for this aspect of the clinic.

**References**

Rcot.co.uk. (2018). Living well in care homes 2013 | Royal College of Occupational Therapists. [online] Available at: <https://www.rcot.co.uk/practice-resources/rcot-publications/downloads/living-well-care-homes> [Accessed 30 Oct. 2018].

**Keywords**

Adult physical health, Dementia, Education and students, Older people

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**Poster P43****THE CONCEPT OF PERFORMANCE PROFILING AND THE EXTERNAL INFLUENCES UPON THE OCCUPATIONAL THERAPISTS' IDENTITY AND REASONING**

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This research initially sought to understand the perspectives of occupational therapists of performance profiling (Butler and Hardy 1992), a technique utilised within sporting psychology which quantifies perceptions of both the client and therapist. The research used a constructionist methodology (Burr 2015). The initial data collection included a workshop on performance profiling followed by either a focus group or an unstructured interview. Nine participants from three countries were asked two questions: 1) To share their thoughts about performance profiling and 2) whether they thought it could support occupational therapy practice. The data was firstly analysed thematically and secondly through the lens of constructionism to consider the perceptions to broader themes (Burr 2015). There was agreement that performance profiling could support occupational therapy practice by enhancing communication (Perryman and Morris 2015). The second analysis nurtured a model which displays how participants were dominated with thoughts of performance profiling to justify the occupational therapy service over the potential to grasp the client's voice. Meaning, the collaboration with the client was present but the relationship was stronger with the service. Knowledge and information were not at the forefront of the occupational therapist justification and was therefore considered as leaning on this relationship over being integrated into the occupational therapists' reasoning. This led the researchers to further question the concept of performance profiling as a tool to understand the identity of the occupational therapy profession and the external

influences upon our reasoning. This research is now being carried out as a PhD to explore this further.

Ethical approval was granted by the University of Cumbria, UK.

**References**

Butler, R. and Hardy, L. (1992) 'The Performance Profile; Theory and Application'. *The Sport Psychologist*, 253–264.

Burr, V. (2015) *Social constructionism*. 3rd Edn, Hove, East Sussex; New York, NY: Routledge.

Perryman, M. and Morris, K. (2015) 'Occupational Therapists' Perspectives on the potential use of performance profiling in Occupational Therapy Practice' Poster. College of Occupational Therapists National Conference.

**Keywords**

Managers, Education and students, Support workers

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