

The value proposition of having an Occupational Therapist on your team



Presented by Nicola MacNaughton

Disclosure of Financial Support

- **This presentation received financial support from** the Canadian Association of Occupational Therapists **in the form of** help in preparing the presentation material and funding to travel to Toronto to deliver this session.
- **Potential for conflict(s) of interest:**
 - Nicola MacNaughton is the former president of Canadian Association of Occupational Therapists. An association who advocates for better access to occupational therapy services at a National level, a topic that will be discussed in this session.

The value proposition of having an Occupational Therapist on your team

The objectives of this session are to:

1. Articulate the value proposition of occupational therapists in your own family practice.
2. Identify and explore resources to be put into place to support the input of occupational therapists.
3. Design an evaluation plan to demonstrate the added value of collaborating with occupational therapists.

Put an **OT** on **your team!**





“Occupation is as necessary to life as food and drink.”

Dr. William Rush Dunton, Jr. (1919)

Occupational therapists enable patients to engage in meaningful activities (self-care, work and leisure)

(Townsend & Polatajko, 2013)

Home Care

- | | |
|--|--|
| • Home assessment and interventions reduce risk of falls by 20 - 40% | (Campbell et al., 2005; Gagnon & Lafrance, 2011, Salkeld et al., 2000; Smith & Widiatmoko, 1998) |
| • Occupational therapist interventions increase patients autonomy for meal preparation and bathing | (De Coninck et al., 2017) |
| • Interprofessional community care that include occupational therapy reduce the number of acute care admissions by 50% | (Béland et al., 2006) |

Chronic Pain

- | | |
|---|--|
| <ul style="list-style-type: none">• Interprofessional pain programs offer the best clinical care and the most cost-effective long term option | <p>(Marin et al. 2017; Pietila et al., 2013; Rodriguez et al., 2007)</p> |
| <ul style="list-style-type: none">• Lifestyle Redesign occupational therapy program: when integrated into a patient's medical plan of care, improve patient functioning, self-efficacy, and QOL of people with chronic pain | <p>(Uyeshiro, Simon & Collins, 2017)</p> |

Mental Health

- Social and life skills training are effective for children with aggressive behaviors and adults with mental illness

(Arbesman et al., 2013; Gibson et al., 2011)

- Occupational therapy-led lifestyle interventions reduced the levels of anxiety for people with panic disorders by 40% at 20 weeks

(Lambert, Harvey, & Poland, 2007)

- Occupational therapists support engagement in new and healthy occupations which support recovery from substance addiction

(Leppard et al., 2018)

Occupational Health

- Mental health team interventions that include an occupational therapist reduced work-loss days, increased productivity and the return to work was 3 months earlier compared to control group

(Schene et al. 2007)

- Workplace interventions delivered by occupational therapists improve functional status in workers with musculoskeletal disorders

(van Vilsteren et al., 2015)

Driving

- | | |
|---|----------------------------|
| • Occupational therapy interventions have positive and significant effects on older drivers' safety and performance | (Golisz, 2014; Stav, 2014) |
| • Occupational therapists support drivers in self-monitoring their driving health and address physical and cognitive changes resulting from aging, injury, or disease | (AOTA, 2015) |

Capacity Assessment

- Occupational therapists' performance assessment using daily activities have been shown to successfully discriminate between normal and impaired cognitive functions and is recognized as a stepping stone in the diagnosis of Alzheimer disease

(Rodakowski et al., 2014; Nygard, 2003)

Dementia

- Occupational therapists use assistive technology to improve the safety of people living with dementia which has shown to decrease falls by 50%

(Brims & Olivier, 2018)

- Cognitive interventions used by occupational therapists, such as errorless learning strategies have a long term effect in maintaining performance in activities of daily living

(Bier et al., 2008; Smallfield & Heckenlaible, 2017)

Autism

- Occupational therapists implement sensory integration interventions shown to improve function, participation and quality of life of children and adults with autism

(Schaaf et al., 2018; Lin & Huang, 2017)

- Occupational therapists support the optimization of interpersonal relationships and family dynamics and help people find and maintain rewarding employment

(Law et al., 2012; Gal et al., 2013)

Image from cover of book: The Curious Incident of the Dog in the Night-Time (Haddon, 2003)

Roles of occupational therapists in primary health care

- Assessments -

- Accommodation for work or school
- Assistive devices program/coverage
- Cognitive or perceptual
- Disability
 - tax credits
 - parking permit
 - insurance claim
- Driving aptitude
- Eligibility for assisted public transit
- Ergonomics
- Guardianship/trustee
- Home safety
- Independent living
- Long-term care placement
- Supported living and/or personal care

(McColl & Dickenson, 2009)

Roles of occupational therapists in primary health care - Interventions -

- Functional Assessment for return to work
- School health liaison
- Case Management
- Prevention of falls and other safety-related issues
- Consultation on childhood disorders
- Developmental screening for infants and children
- Community integration
- Community resource linkage

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(McColl & Dickenson, 2009)

Roles of occupational therapists in primary health care - Interventions -

- Counselling regarding:
 - Mental health and substance use
 - Activities of daily living
 - Employment
 - Fitness and recreation
- Support for caregivers
- Palliative care
- Provision of adaptative aid and technology
- Wheelchair/mobility consultation
- Self-management of chronic conditions (ex. pain)
- Health promotion and prevention

(McColl & Dickenson, 2009)

2. Resources to support the input of occupational therapists



Some of the clinics who **put an OT on their team**

Nova Scotia

Québec

Ontario

Manitoba

Some of the clinics who put an OT on their team

Nova Scotia

Occupational therapists are hired as wellness navigators on the Community Health Teams (CHTs) in Dartmouth and Spryfield, Nova Scotia. The CHTs program, from Primary Health Care, Capital District Health Authority (CDHA) provides support and access to a range of wellness programs that complement services and programs already available in the community.

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Ontario

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Manitoba

In 2011, the Winnipeg Regional Health Authority and the University of Manitoba joined forces to create the Northern Connections Medical Centre, a primary care clinic that offers screening, diagnosis, medical management and education to help patients manage diabetes (Type 1, Type 2 and gestational) and other health conditions. The clinic hires several health professionals such as occupational therapists.

Main options to include an occupational therapist as part of your team:

1. Physician-led interdisciplinary primary health care team includes an occupational therapist with government funding. Named differently across Canada. Examples:
 - Family Health Teams in Ontario
 - Groupe de Médecine Familial in Québec
2. Physician hires an occupational therapist using their operating budget
3. Referral to an occupational therapist through the public and private sector

Funding for occupational therapy services in primary health care

National Level Funding

Provincial/Territorial Level Funding

Program Level Funding



Image from (Best Coloring Pages, 2018)

Funding for occupational therapy services in primary health care

National Level Funding

- Primary health care is among the national priorities
- Funding exist for the delivery of health care services to specific groups (First Nations people living on reserves, Canadian forces, veterans, refugee claimants)
- Engagement in health promotion initiatives as well as disease monitoring and prevention

Provincial/Territorial Level Funding

Program Level Funding

Funding for occupational therapy services in primary health care

□ National Level Funding

□ Provincial/Territorial Level Funding

- Differ across provinces and territories in terms of occupational therapy services coverage
- Trend toward continuing development of interprofessional primary health care teams across Canada
- Government programs, for example: Home Care funding, Assistive Devices Program and Ontario Disability Support Program

□ Program Level Funding

Funding for occupational therapy services in primary health care

□ National Level Funding

□ Provincial/Territorial Level Funding

□ Program Level Funding

- Automobile insurance programs
- Extended health insurance from employers
- Workplace Safety and Insurance Board
- Veteran Affairs Canada
- Long term disability insurance programs

Recommendations for the integration of occupational therapists

Understand OT

Educating the team

Engaging physicians

Culture of collaboration

Program-based care

Trust

Communication

Co-location

Interprofessional meetings

Inspired from Donnelly, Brenchley, Crawford, & Letts (2013)

Models of Integration in Primary Care

	Clinic	Self-management	Case management	Outreach	Com. Dev.
OT Role	Therapist	Educator	Manager	Clinical expert	Community developer
Location	Primary care	Primary care	Primary care	Rehab center	Community
Services	<ul style="list-style-type: none"> - Traditional scope of practice - Health Promotion 	<ul style="list-style-type: none"> - Education - Support - Follow-up strategies 	<ul style="list-style-type: none"> - Liaison - Support - Advocacy 	<ul style="list-style-type: none"> - Consultation - Specialized clinical skills 	<ul style="list-style-type: none"> - Community development - Advocacy - Skills-training

(McColl & Dickenson, 2009, p. 48)

Discussion in small groups

- What process and outcome indicators do you use to appraise the performance of your practice and the value of adding different health professionals to the team?



The Canadian Institute of Health Information (CIHI) recommends 24 indicators that are measurable by providers to appraise primary health care performance

- Child immunization
- Colon cancer screening
- Breast cancer screening
- Cervical cancer screening
- Screening in adults with diabetes
- Smoking cessation advice in PHC
- Influenza immunization, 65+
- Well-baby screening
- Blood pressure testing
- Screening for modifiable risk factors in adults with coronary artery disease
- Screening for modifiable risk factors in adults with hypertension
- Treatment of dyslipidemia
- Treatment of acute myocardial infarction
- Treatment of anxiety
- Blood pressure control for hypertension
- Overweight and obesity rate
- PHC services meeting client's/patient's needs
- Wait time for immediate care for a minor health problem
- PHC support for self-management of chronic conditions
- PHC team effectiveness score
- Unnecessary duplication of medical tests reported by PHC providers
- Maintaining medication and problem lists in PHC
- Uptake of information and communication technology in PHC organizations
- PHC provider full-time equivalents

Occupational therapy services support 38% of these performance indicators:

- Child immunization
- Colon cancer screening
- Breast cancer screening
- Cervical cancer screening
- Screening in adults with diabetes
- **Smoking cessation advice in PHC**
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Tools to assess the impact of adding an occupational therapist

Health Utilization Scale

Assess emergency room use, hospital use and physician visits in the past 6 months with a single question on self-rated health.

<https://www150.statcan.gc.ca/n1/en/pub/11-522-x/2003001/session11/7706-eng.pdf?st=UgwGt7h7>

Lifestyle Behaviour Index

Examine the stability of lifestyle behavior. Provide a valid measure of change in smoking, alcohol consumption, physical exercise and dietary habits.

<https://www.conferenceboard.ca/e-library/abstract.aspx?did=6651>

Functional Independence Measure (FIM)

Assess autonomy in self-care, sphincter-control, transfers, communication, and social and cognitive function.

<https://www.stroking.ca/pdf/FIMappendixD.pdf>

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Tools to assess the impact of adding an occupational therapist

Caregiver Strain Index

A 13-item tool that measures strain related to care provision.

http://www.npcrc.org/files/news/caregiver_strain_index.pdf

Short Form Health Survey Questionnaire (SF-36)

Self-reported general health (physical functioning, role-physical, bodily pain, general health, vitality, social functioning, role-emotional, and mental health).

https://www.rand.org/health/surveys_tools/mos/36-item-short-form/survey-instrument.html

EuroQol-Visual Analogue Scales (EQ-VAS) EQ5D includes EQ-VAS

The EQ-VAS examines quality of life. https://euroqol.org/wp-content/uploads/2016/09/EQ-5D-5L_UserGuide_2015.pdf



In sum, occupational therapists bring value to your team by:

- Reducing workload and improving efficiency
- Facilitating clients' management of their chronic health conditions
- Improving clients' autonomy in daily activities and minimizing caregiver burden
- Contributing to prevention and health promotion efforts

Questions and Comments



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- ▶ FMF app Session #: **S286**
- ▶ Fmf.cfpc.ca Session Name: **The Value Proposition of Having an Occupational Therapist on Your Team**

YOUR FEEDBACK IS IMPORTANT TO US!

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Occupations are classified into three categories:

- Self-care
- Productivity (paid and unpaid, ex. work, school, volunteering)
- Leisure

Additionally, we examine and act on the **person** and contributing factors in their **environment**

Person:



- Physical
- Affect
- Cognition
- Spirituality

Environment:

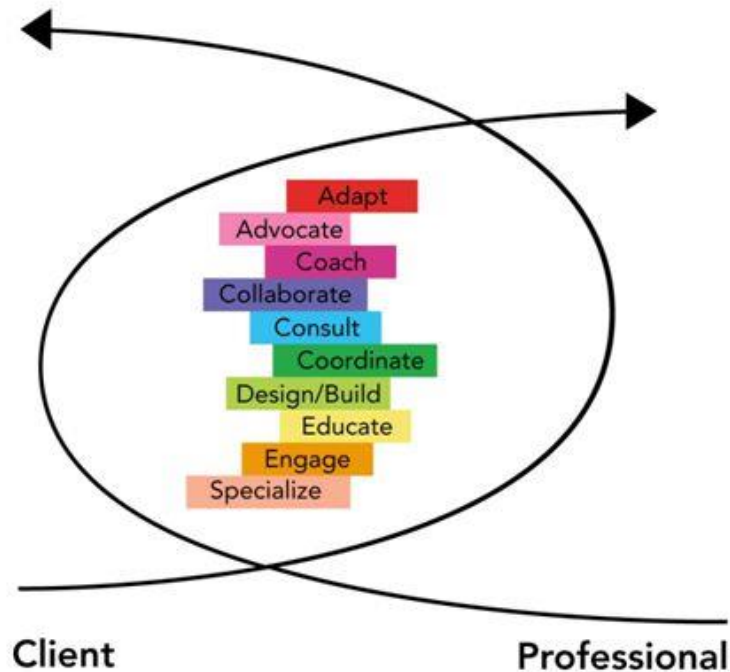


- Physical
- Institutional
- Cultural
- Social

Canadian Model of Client-Centred Enablement (CMCE)



Figure 4.3 Canadian Model of Client-Centred Enablement (CMCE)



Townsend, E. A., Polatajko, H. J., Craik, J., & Davis, J. (2007). Canadian Model of Client-Centred Enablement. In E. A. Townsend and H. J. Polatajko, *Enabling occupation II: Advancing an occupational therapy vision for health, well-being, & justice through occupation*. p. 110 Ottawa, ON: CAOT Publications ACE.