

The value proposition of having an Occupational Therapist on your team



Presented by Nicola MacNaughton

Canadian Association of Occupational Therapists  Association canadienne des ergothérapeutes

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- **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.

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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!**



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1. The value proposition



Mental Health	
<ul style="list-style-type: none"> 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)
<ul style="list-style-type: none"> Occupational therapy-led lifestyle interventions reduced the levels of anxiety for people with panic disorders by 40% at 20 weeks 	(Lambert, Harvey, & Poland, 2007)
<ul style="list-style-type: none"> Occupational therapists support engagement in new and healthy occupations which support recovery from substance addiction 	(Leppard et al., 2018)

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1. The value proposition



Occupational Health	
<ul style="list-style-type: none"> 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)
<ul style="list-style-type: none"> Workplace interventions delivered by occupational therapists improve functional status in workers with musculoskeletal disorders 	(van Vilsteren et al., 2015)

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1. The value proposition



Driving	
<ul style="list-style-type: none"> Occupational therapy interventions have positive and significant effects on older drivers' safety and performance 	(Golisz, 2014; Stav, 2014)
<ul style="list-style-type: none"> Occupational therapists support drivers in self-monitoring their driving health and address physical and cognitive changes resulting from aging, injury, or disease 	(AOTA, 2015)

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1. The value proposition



Capacity Assessment	
<ul style="list-style-type: none"> 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)

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1. The value proposition



Dementia	
<ul style="list-style-type: none"> 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)
<ul style="list-style-type: none"> 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)

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1. The value proposition



Autism	
<ul style="list-style-type: none"> 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)
<ul style="list-style-type: none"> 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)

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1. The value proposition



**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)

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1. The value proposition



**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

continued on next slide...

(McColl & Dickenson, 2009)

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1. The value proposition



**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)

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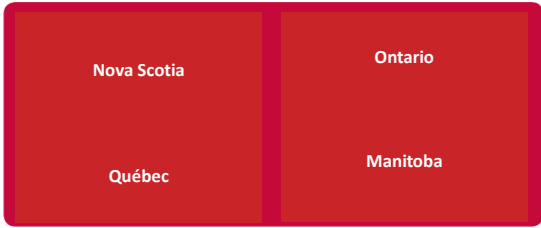


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2. Resources to support the input of occupational therapists



Some of the clinics who put an OT on their team



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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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Québec
Since 2002, the Quebec Government initiative « groupes de médecine de famille (GMF) » has provided financial support to integrate other health professionals such as occupational therapists.

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Ontario

Since 2010, funding has been available to include occupational therapists within the Family Health Teams, an interprofessional model of primary care. Ontario's initiative is one of the first examples of large-scale integration of occupational therapists into primary care teams in North America.



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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.

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2. Resources to support the input of 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



2. Resources to support the input of occupational therapists

Funding for occupational therapy services in primary health care

National Level Funding

Provincial/Territorial Level Funding



Program Level Funding



2. Resources to support the input of occupational therapists

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



2. Resources to support the input of occupational therapists ▣▣

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

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2. Resources to support the input of occupational therapists ▣▣

Funding for occupational therapy services in primary health care

National Level Funding

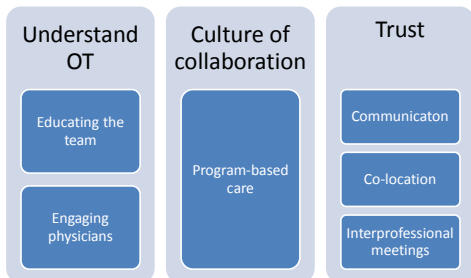
Provincial/Territorial Level Funding

Program Level Funding

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

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Recommendations for the integration of occupational therapists



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

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The value proposition



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

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Questions and Comments



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- ▶ 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

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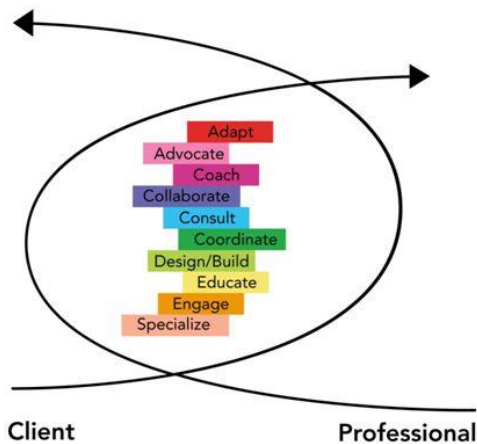


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Canadian Model of Client-Centred Enablement (CMCE)



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.

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