

# Occupational Therapy

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Professional Practice Leader (Charlton, King, West 5th)

## Scope of Practice

*The practice of Occupational Therapy is the assessment and diagnosis of physical, emotional, social and cognitive capacity and performance, occupational demands and environmental factors and interventions to enable participation in activities of everyday life to promote and optimize health and well-being.*

## Number of Members of Discipline:

SITE	FTE	POSITION
Charlton	17	Occupational Therapists (OT)
	5.8	Rehabilitation Assistants
	0.8	Behaviour Supports
	2.0	Disability Coordinator
	0.5	Manager
King	2.0	Occupational Therapists
West 5th	30.1	Occupational Therapists
	2.6	Occupational Therapist Assistants
OFFSITE Satellite Health Facility (SHF)	1.6	Occupational Therapists
	2.8	Rehabilitation Assistants
Youth Wellness Seniors Mental Health	0.6	Occupational Therapist
	1.0	Niagara Outreach Occupational Therapist
	3.6	Halton Outreach Occupational Therapist
Assertive Community Treatment (ACT)	2.0	Hamilton Occupational Therapist
	1.0	Brantford Occupational Therapist
Crisis Outreach and Supportive Team (COAST)	2.0	Occupational Therapist

## Major Achievements

### CARING

#### Clinical Practice:

- Involved in quality Improvement project: VERTEX Post-acute COPD Exacerbation virtual rehabilitation
- Co-developed and piloted an 8-week Attention Deficit Hyperactivity Disorder group for patients at East Region Mental Health Services and Community Psychiatry Clinic (OT with support of Nursing)
- Participate on the Falls Committee, PAC Subcommittee
- Occupational therapists participate in quality councils for GIM, Post Acute Quality and Operations Committee
- OT participate on unit-based councils to assist with quality of care

## CARING

### Clinical Practice Continued...

- Participated on the Bariatric Committee to support care, equipment needs and transitions for these clients
- Co-lead and participate in the skin and wound committee
- Participated in the 2024 Hillrom International Pressure Ulcer/Injury Prevalence Survey
- Participated in Admission Avoidance Team enhancements including improving coverage and staffing, improving, and streamlining data collection, and developing interprofessional documentation tools in Dovetale
- Initiated with Physiotherapy at Charlton a documentation process to integrate documentation for Rehabilitation Assistants when they are working for both disciplines with the patient. We have achieved a new note type and are working on a template for trial.
- Collaborated with Physiotherapy at Charlton Campus to complete a pilot trial of the integration of dedicated Rehabilitation Assistant time on the acute mental health units. We have noted increased time spent with patients for rehabilitation and individual improvements noted on a case-by-case basis.
- Collaborated on O2 titration education reciprocity with Hamilton Health Sciences so therapist that works in both organizations do not require repeat training; harmonized education standards across the organizations
- Advocated for equipment needs in post-acute care for bariatric commodes that meet infection control, nursing and patient needs allowing more independent toileting
- Developed and consulted co-staff in the creation of Individualized Plans of Care
- Developed an orientation program in collaboration with Registered Nurse to introduce clients to clinic services as well as community resources and supports that can be used while waiting for initial consultation within the Women's Health Concerns Clinic in response to an extensive wait list for services
- Developed the NESTS (Nutrition, Exercise, Sleep and Rest, Time for Self and Supports) Group at the Women's Health Concerns Clinic. This is a group that follows the perinatal mental health NESTS model and offers a virtual self-care group to clients on the wait list and clients registered with the clinic. It is facilitated by OT and RN.
- Developed an exercise peer-support group ("Stroller Fit") for clients registered with the Women's Health Concerns Clinic. Participants bring their babies, engage in postnatal exercises, and have an opportunity to connect with peers

## LEARNING

### Education:

#### Clinical Education

- Supported interdisciplinary shadowing of Psychology Residents, Physiotherapy students, Nurse Practitioner Students in the Regional Respiratory Day Program
- Supported shadowing for the following: Student OTs (Occupational Therapy Program Level 1-4), Student Social Workers, potential OT students

## LEARNING Continued...

### Formal Teaching

- Problem Based Tutorial (PBT) MAC / PBT
- Lecture at McMaster re: PTSD and DBT
- Transfer Lab (McMaster first year students)
- Clinical appointment with McMaster School of Rehabilitation Sciences - Assistant Clinical Professor (Part time) - 1
- Clinical appointment with McMaster School of Rehabilitation Sciences - Assistant Clinical Professor (Adjunct) - 2
- OT admission interviews
- Case-based teaching provided to Clinical Clerks within the Nephrology Program
- McMaster- OTP III Clinical Skills Refresher Session

### Internal Education

- Ongoing teaching of the residents and clinical clerks about the role of OT in Medicine.
- Education about oxygen titration for occupational therapists.
- Education on the role of OT provided to newly hired PSWs on Nephrology

### Research:

- SNAP: Incorporating a shorter duration novel alternate program (SNAP) stream into traditional pulmonary rehabilitation to improve patient goals and uptake to pulmonary rehabilitation – Poster Presentation at PT Congress, July 2023 ; data collection completed, on-going collaborative work on article preparation
- Clinical Research Coordinator for Beyond ICU Methods Centre – focusing on multi centre “REVIVE study: Frailty, Rehabilitation, and Hospitalization outcomes in adult and pediatric survivors of COVID-19”
- Process Evaluation of Complex Interventions in Critical Care: an integrative workshop (Facilitator role)
- Knowledge Translation of CYCLE and Design Principles for next steps of ICU based rehabilitation

- Team Member for CANCOV, CYCLE, and CanMeasure research projects

### Publications:

- Piatek, S, Bishop, E, Hassall, K, Fung, M, Harris, J, Hoogenes, J, & Kho, ME. (2023). Critical Care Canada Forum 2022 Abstracts. Can J Anesth/ J Can Anesth 70 (Suppl 1), 1–191. <https://doi.org/10.1007/s12630-023-02445-y>

## Building

### Staff:

- Life-Threatening Illness National Group (LIFTING) Health Research Training – completed year 1, currently in year 2
- AlphaFIM training and certification - 1
- FIM training and recertification -1
- Patient Engagement in Research certification - 1
- Foundations in Privacy in Research certification - 1
- TCPS2: Core – Research ethics involving Humans certification -1
- Assistive Devices Program Authorizer (ADP) - 5
- Emerging Leaders Program – engaging in a leadership project that focuses OT recruitment and retention - 1

### Internal Education:

- Gentle Persuasive Approach Coach - 1
- Crisis Prevention Intervention Coach - 1

### Professional Practice Development:

- Patient Centred Language in Acute Care
- Dementia and Driving – Centre for Addiction and Mental Health
- OT Month Retreat topics covered included:
  - ◊ Integration of New Standards of Practice for Occupational Therapists in Canada
  - ◊ Update Patient Centered Language in Acute Care
  - ◊ Update OT in Research Role

## Leading

- Co-lead the Skin and Wound Corporate Committee (Caring)
- Annual report of the Disciplines (Building)
- Representation for PAC on Education Executive Committee (Learning)
- Co-lead for the Education Operations Committee (Learning)

## External Activities:

### Presentations

- Canadian Society of Respiratory Therapists (CSRT) 2023 Conference (Charlottetown, PEI)- May 2023 "The Flip side of Proning"- presented with RRT (joint interdisciplinary presentation)
- July 2023, OT and Physiotherapy presented a poster about the 'Alternate Steam' at Canadian Physiotherapy Association Congress in Quebec



### Committees

- OT representative on the Anti-Racism, Anti-Bias, Anti-Oppression Committee at McMaster University
- Clinical Advisory Group McMaster University

## Major Initiatives for 2024/25:

### CARING

- Continue to develop and advance care to maximize scope of practice for Occupational Therapists and Rehabilitation Assistants

### LEARNING

- Continue participating and leading initiatives to support learning including supervising at other sites and role emerging placements

### BUILDING

- Develop a e-learning to support training for OTs wanting to complete the controlled act of Oxygen Titration
- Review and development plan to retain and attract new OTs to SJHH

### LEADING

- Continue to lead initiatives that support each of our strategic initiatives

