

The value of occupation and occupational therapy evidence summary

This can be used to support discussions about occupations and occupational therapy, shaping innovative occupation-focussed service delivery or building a business case for quality improvements. Students, learners and educators might also find it useful as a summary of the current research.

This summary is the result of a mini evidence search and not a comprehensive search.

Scope/questions covered in the evidence search

The search found evidence to help to answer the following questions:

- What is occupation and occupational therapy?
- What do occupational therapists mean by occupation?
- What is the value of occupation and occupational therapy?

Definitions

The World Federation of Occupational Therapists published a document of definitions used by member organisations.

wfot.org/resources/definitions-of-occupational-therapy-from-member-organisations

These are the definitions we have used in this summary:

Occupation: Daily activities that reflect cultural values, provide structure to living and meaning to individuals; these activities meet human needs for self care, enjoyment and participation in society.

Occupational therapy: enables people to achieve health, well being and life satisfaction through participation in occupation.

The most recent definitions found from the search comes from the American Occupational Therapy Association.

<https://doi.org/10.5014/ajot.2020.74S2001>

The framework defines occupation as '**personalized and meaningful engagement in daily life events by a specific client**' and occupational therapy as the '**therapeutic use of everyday life occupations with persons, groups, or populations (i.e., the client) for the purpose of enhancing or enabling participation**'.

Overall, occupational therapy can be described as a complex and dynamic process (Pentland et al, 2018) and takes place in a wide variety of settings (World Federation of Occupational Therapists, 2022).

Activity is 'a form of action that is objective and not related to a specific client's engagement or context (Schell et al., 2019) and, therefore, can be selected and designed to enhance occupational engagement by supporting the development of performance skills and performance patterns'.

The article gives further explanation and examples of occupations.

Fisher (2013) proposed an occupation related taxonomy distinguishing between the terms occupation-centered, occupation-based and occupation-focussed as follows:

- **Occupation-centred practice** – holds occupation as the central focus of therapy and aligns practice with the core theoretical tenets of the profession.
- **Occupation-based** – direct engagement in occupation as the means of evaluation or intervention.
- **Occupation- focussed** – occupation may not be the medium used in therapy, but occupational engagement is the intended outcome of therapy.

A scoping review by Ford et al (2022) concluded that occupation-based and occupation-focussed terminology were used interchangeably and inconsistently in literature. The authors suggested that it is timely to consider how this is problematic for our professional identity and perceptions of occupation in practice.

In summary, occupation-based practice was represented in various ways in the literature:

- Addressed occupational issues using occupation as the therapeutic medium to increase occupational engagement.
- Applied the term occupation-based to refer to practice that broadly addressed physical or mental health, which was done with links to occupation. Some studies aimed to address physical or mental health through decontextualised discussions of performance components that aimed to increase occupational engagement across many aspects of life. These included topics such as stress management, fatigue management and pain management.
- Described research, theory, and practice tools.

Some authors agreed that occupation-based practice needed to include occupation in the therapeutic process.

Generally, when papers described occupation as the therapeutic medium, they also emphasised the inclusion of client-driven goal setting and interventions.

What is the value of occupation and occupational therapy?

The value of occupation

Occupations generally focus on:

- Self-care
- Being productive
- Leisure

These examples are taken from RCOT's web page on commission occupational therapy.
rcot.co.uk/about-occupational-therapy/commissioning-occupational-therapy

A search was conducted using some of those examples to see if strong evidence was available that highlighted the impact of occupation-based interventions. Many papers reflect that more research is needed. However, positive outcomes that were reported in the research include:

- Improvements in activity participation
- Health, sleep

Beisbier et al (2020) conducted a systematic review to examine the effectiveness of activity and occupation-based interventions to promote instrumental activities of daily living. Examples included occupation and activity-based interventions in a school setting such as organised activities at break-time, after-school activities, class game time, had a positive change on student participation in physical activity. This intervention came under the theme of health maintenance and management. If students participate more in physical activity that will have a benefit on their overall health and fitness.

Other interventions fell within the scope of diet and nutrition. For example, an after-school programme covering cooking, nutrition and gardening. Outcomes under this category included improvements in healthy eating behaviours.

Activities under the category of 'rest and sleep' (sleep preparation activities, sleep education, coaching, cognitive activities for skills in relaxation, and sleep hygiene) improved overall sleep outcomes. Quality rest is essential to overall health, well-being and occupational participation.

- **Improvements in performance of activities of daily living**

Laverdure et al (2021) reported that interventions under the theme of supporting engagement in occupations included adaptive skills training to help children with ASD, young children with cerebral palsy participating in ADL tasks in an adaptive environment, children with idiopathic arthritis participating in a clinic-based and home programme all showed improvement in occupational engagement and activities of daily living.

Authors found that engagement in occupations and activities, practice within and across environments, and coaching and feedback improved participation and performance in ADLs and functional mobility.

- **Social connection and social relationships, communication**
- **Mood, reduced levels of distress, reminiscence**

Durocher et al (2021) focused on the benefits of art activities in long-term care settings. Fourteen papers were included in the review and eight of those included participants with dementia. Four outcomes were identified: improvement in mood, improving quality of life and wellbeing, improvements in reminiscence and verbal and non-verbal communication, the creation, establishment, deepening and maintenance of social relationships for older adults in long-term care.

Ng et al (2023) looked at the benefits of occupational participation in outdoor spaces. One of these included social engagement. Social isolation decreased following an outdoor activity intervention.

The value of occupational therapy

As highlighted by Bolt et al (2019) in their scoping review, occupational therapy is a holistic, client-centred and goal-orientated approach.

In various settings, research has demonstrated the value and impact of occupational therapy.

Two reviews (Lockwood et al 2022, Wales et al 2022), have shown the economic value and impact on readmissions in acute settings. Wales et al (2022), found that preliminary evidence provided support for the economic value of occupational therapy services in TBI rehabilitation, discharge planning, subacute stroke rehabilitation and rehabilitation before and after hip replacement. However, further research is needed. Lockwood et al (2022) found that occupational therapy interventions could be effective in reducing readmissions in some adult hospitalised patients.

A systematic review looking at reablement (Bennett et al, 2022), demonstrates the effectiveness of occupational therapy within the community setting. The authors found that in studies where there was occupational therapist involvement, improved effect was shown at three months.

In primary care, evidence highlights how occupational therapy increased quality of life, improved the self-perceived performance of daily activities and were cost effective for particular groups of people, such as those with dementia, stroke or Parkinson disease (Bolt et al, 2019).

Raj et al (2021), looked at home-based occupational therapy for adults with dementia and their carers, the authors found evidence to support the effectiveness of occupational therapy to promote the performance of activities of daily living and reduce caregiver burden. Uceda-Portillo et al (2024), also investigated the effectiveness of occupational therapy interventions for adults with dementia, but within nursing homes. Their findings showed that the interventions such as those based on participation in recreational activities or reminiscence, could improve the perceived quality of life.

The evidence shows the skills that occupational therapists have in bringing a holistic approach to interprofessional teams and how therapists work with service users. Donnelly et al's (2023) scoping review on occupational therapy services in primary care, states that "occupational therapists can bring their health promotion lens and unique understanding of everyday activities and function to primary care teams to support physicians and the broader team meet the more complex health and social needs seen in primary care."

Steede et al (2022), in a qualitative synthesis of service user experiences in acute mental health settings, found that service users described their relationship with occupational therapy staff as being different. They felt they were equal and being treated as "normal."

The profession works with a wide variety of people who need support and this includes children and young people. Seoane-Martín et al (2023) showed the effectiveness of having occupational therapists in schools, particularly in the areas of participation of children with additional needs, literacy skills and working with neurotypical children.

Prevention and early intervention

The American Occupational Therapy Association (2020) identify three critical roles that occupational therapy practitioners have in health promotion and prevention. These are:

- To promote healthy occupations and lifestyles for everyone
- To incorporate occupation as an essential element of health promotion strategies
- To provide occupation-based interventions, not only to individuals, but with families, communities and populations.

The vision of the RCOT Workforce Strategy (2024) is that as well as occupational therapists being positioned within the community, the workforce should be positioned to focus on prevention and early interventions, minimising the need for crisis interventions and dependency on care services. Pizzi et al (2017) state that the key to best practice that promotes health, well-being and quality of life is "to provide the most significant opportunity for productive and powerful engagement in occupation that is meaningful to the client's own life".

The scoping review by Molitor et al (2023), highlighted the need for research to identify the effectiveness of occupational therapy interventions within this area of practice to improve opportunities for the profession.

AI and tech enabled care

The research highlights some examples of occupational therapists co-designing technological solutions and how it can complement occupational therapy. Field et al (2021), describe the development of a remote-working software that could be used to undertake home assessment and consultations.

A systematic review by Goodall et al (2020), identified and explored the different types of technologies used in creating individualised, meaningful activities for people living with dementia. Their findings suggested that the use of individualised technology in advancing dementia care. They state that technology can be used to complement occupational therapy as well as other approaches such as reminiscence therapy and life story work.

Encouraging occupation-based practice

Aside from discussions in the literature regarding definitions of occupations and occupation-based practice, there are several reviews that gathered qualitative data from recent graduates investigating their understanding of occupation and using occupation in practice.

Occupation is challenging to define but as Bolt et al (2022) found in their study, being able to use occupation-based practice increases job satisfaction.

Two papers offered approaches to facilitate occupation-based practice. One paper (Bolt et al, 2022) focussed on a hospital setting and suggested student interprofessional activities and a buddy system for new graduates. The other (Roberts et al, 2022) surveyed students and suggestions included practice examples and encouraging students to think about occupation in their own lives.

How can we assess the impact of occupational therapy?

Outcome measures can be used to evaluate the effectiveness of occupational therapy interventions and services by identifying what change has occurred over time. Useful resources are listed on RCOT's website (<https://www.rcot.co.uk/practice-resources/occupational-therapy-topics/assessments-and-outcome-measures>) including a checklist developed by the Allied Health Professions (AHP) Outcome Measures UK Working Group (2019).

References

Definitions

1. **American Occupational Therapy Association (2020) Occupational Therapy Practice Framework: Domain and Process—Fourth Edition. American Journal of Occupational Therapy, 74(Supplement 2).** <https://doi.org/10.5014/ajot.2020.74S2001>

“The fourth edition of the Occupational Therapy Practice Framework: Domain and Process (hereinafter referred to as the OTPF–4), is an official document of the American Occupational Therapy Association (AOTA). Intended for occupational therapy practitioners and students, other health care professionals, educators, researchers, payers, policymakers, and consumers, the OTPF–4 presents a summary of interrelated constructs that describe occupational therapy practice.”

2. **Black MH, Milbourn B, Desjardins K, Sylvester V et al (2019) Understanding the meaning and use of occupational engagement: Findings from a scoping review. British Journal of Occupational Therapy, 82(5), 272-287.** <https://doi.org/10.1177/0308022618821580>

“Introduction: It is theorized that occupational therapy practice is underpinned by the construct of occupational engagement, with a focus on examining the subjective meaning of occupation. The theoretical definition of occupational engagement presents significant challenges to its use, evaluation, and measurement within evidence-based contemporary occupational therapy practice.

Method: A scoping review was conducted to examine how occupational engagement is defined within occupational therapy literature and how occupational engagement is evaluated.

Results: Twenty-six journal articles were identified. Definitions were fragmented and inconsistent across studies. Key themes relating to definitions of occupational engagement included active involvement in occupation, finding value and meaning, balanced engagement, subjective experience of engagement, developing identity through occupation, and social and environmental interactions. Measures seeking to understand occupational engagement were varied across studies, with a consistent measure applied only in the area of mental health.

Conclusion: The lack of consistency in definitions and measurement of occupational engagement presents significant issues for occupational therapy practice and evaluation. There is a need for a common definition of occupational engagement to be applied in the literature. Outcome measures seeking to understand occupational engagement are also required; however, these rely on a clearly defined construct.”

3. **Ford E, Di Tommaso A, Gustafsson L, Molineux M (2022) ORD, Describing the occupational nature of practice: a scoping review. Scandinavian Journal of Occupational Therapy, 29(5), 353-362.** <https://doi.org/10.1080/11038128.2021.1968949>

“Background: Describing how occupation is used in practice can be challenging for occupational therapists. Occupation-centred, occupation-based, and occupation-focussed terminology are frequently used interchangeably and ambiguously to describe practice. However, ambiguous language creates confusion and inadequately demonstrates the value of occupation.

Aims/Objectives: This scoping review aimed to identify how occupation-centred, occupation-based, and occupation-focussed terminology are defined and represented in occupational therapy literature.

Materials and methods: A five-step scoping review included papers published between 2014 and 2019 from four databases. Extracted data were summarised to outline how the terms were being used within the literature.

Results: Initial searching yielded 819 articles and 35 papers met inclusion/exclusion criteria. Within current literature, occupation-focussed and occupation-based terminology were inconsistently described. A limited number of articles used occupation-centred and occupation-focussed terminology to describe practice, whilst occupation-based was more prominent. Occupation-based terminology was represented in numerous ways to describe assessments, practice tools, interventions, research, and theory. Discrepancies between the description and implementation of occupation-based practice were most prominent within interventions.

Conclusion and significance: Findings demonstrated that occupation-based and occupation-focussed terminology were used interchangeably and inconsistently in literature. It is timely to consider how this is problematic for our professional identity and perceptions of occupation in practice.”

4. **Iwama MK, Thomson NA, Macdonald RM (2009) The Kawa model: The power of culturally responsive occupational therapy. *Disability and Rehabilitation*, 31(14), 1125-1135.**
<https://doi.org/10.1080/09638280902773711>

“The Kawa (Japanese for river) model, developed by Japanese and Canadian rehabilitation professionals, presents an important and novel alternative to contemporary ‘Western’ models of rehabilitation. Rather than focussing primarily on the individual client, the Kawa model focusses on ‘contexts’ that shape and influence the realities and challenges of peoples’ day-to-day lives. The first substantial model of rehabilitation practice developed outside of the West illuminates the transactional quality of human-environment dynamics and the importance of inter-relations of self and others through the metaphor of a river’s flow. The model’s reflection of Eastern thought and views of nature presents a useful point of comparison to familiar rational and mechanical explanations of occupation and well-being. In this article, the rationale for an alternative model in rehabilitation is presented, followed by an explanation of the structure and concepts of the Kawa model. Implications for culturally responsive practice as well as the model’s significance to the advancement of culturally safe rehabilitation worldwide are discussed.”

5. **Kielhofner G, Burke, JP (1980) A Model of Human Occupation, Part 1. Conceptual Framework and Content. *American Journal of Occupational Therapy*, 34(9), 572-581.**
<https://doi.org/10.5014/ajot.34.9.572>

“This paper, the first of four, presents the structure and content of a model of occupation. The model is proposed as the first step in the development of a paradigm of occupation for the field of occupational therapy and is designed for application in practice and research. It draws upon the theory of open systems to build a structural framework. Concepts relevant to human occupation are integrated into this framework. Subsequent papers will add concepts to the model and demonstrate its application in clinical practice.”

6. **Law M, Baptiste S, McColl M, Opzoomer A (1990) The Canadian Occupational Performance Measure: An Outcome Measure for Occupational Therapy. *Canadian Journal of Occupational Therapy*, 57(2), 82-87.**
<https://doi.org/10.1177/000841749005700207>

“The Canadian Association of Occupational Therapists, in collaboration with Health and Welfare Canada have developed and published a conceptual model for occupational therapy, the Occupational Performance model. This paper describes the development of an outcome measure, The Canadian Occupational Performance Measure (COPM), which is designed to be used with these guidelines for client-centred clinical practice. The COPM is an outcome measure designed for use by occupational therapists to assess client outcomes in the areas of self-care, productivity and leisure. Using a semi-structured interview, the COPM is a five step process which measures individual, client-identified problem areas in daily function. Two scores, for performance and satisfaction with performance are obtained. This paper describes the rationale and development of the COPM as well as information about its use for therapists.”

7. **Law M, Cooper B, Strong S, Stewart D, Rigby P, Lotts L (1996) The Person-Environment - Occupation Model: A Transactive Approach to Occupational Performance. Canadian Journal of Occupational Therapy, 63(1), 9-23.** <https://doi.org/10.1177/000841749606300103>

“Occupational therapy theory, practice and research has increasingly emphasized the transactional relationship between person, environment and occupation. Occupational performance results from the dynamic relationship between people, their occupations and roles, and the environments in which they live, work and play. There have, however, been few models of practice in the occupational therapy literature which discuss the theoretical and clinical applications of person-environment interaction. This paper proposes a Person-Environment-Occupation Model of occupational performance which builds on concepts from the Occupational Therapy Guidelines for Client Centered Practice and from environment-behaviour theories. The model describes interactions between person, occupation and environment, outlines major concepts and assumptions, and is applied to a practice situation.”

8. **Pentland D, Kantartzis S, Clausen MG, Witemyre K (2018) Occupational therapy and complexity; defining and describing practice.** <https://www.rcot.co.uk/sites/default/files/OT%20and%20complexity.pdf>

“This publication aims to describe and define contemporary occupational therapy, and explores, expands and illustrates the unique complexity of the profession.”

9. **World Federation of Occupational Therapists (2018) Definitions of occupational therapy from member organisations.** <https://wfot.org/resources/definitions-of-occupational-therapy-from-member-organisations>

This document includes the WFOT Definition of Occupational Therapy (2012) and Statement on Occupational Therapy (2010); and the definitions of occupational therapy used by WFOT Member Organisations.

10. **World Federation of Occupational Therapists (2022) WFOT Occupational therapy human resources project 2022 Numerical** <https://wfot.org/resources/occupational-therapy-human-resources-project-2022-numerical>

“The full report of the WFOT Human Resources Project 2022, presenting information on occupational therapy and occupational therapists globally, listed numerically.”

Value of occupation and occupational therapy

11. **American Occupational Therapy Association (2020) Occupational Therapy in the Promotion of Health and Well-Being. American Journal of Occupational Therapy, 74(3), 7403420010p1–7403420010p14** <https://doi.org/10.5014/ajot.2020.743003>

“A balanced pattern of occupations enhances the health and fulfills the needs of individuals, families, communities, and populations ([American Occupational Therapy Association \[AOTA\], 2014b](#); [Hocking, 2019](#); [Meyer, 1922](#)). *Occupations* are personalized “everyday activities that people do as individuals, in families, and with communities to occupy time and bring meaning and purpose to life” ([World Federation of Occupational Therapists, 2012](#), para. 2). The purpose of this statement is to describe occupational therapy’s role and contribution in the areas of health promotion and prevention for internal and external audiences. AOTA supports and promotes the involvement of occupational therapy practitioners¹ in the development and delivery of programs and services that promote health, well-being, and social participation of all people.”

12. **Beisbier S, Laverdure P (2020) Occupation- and activity-based interventions to improve performance of instrumental activities of daily living and rest and sleep for children and youth ages 5–21: A systematic review. American Journal of Occupational Therapy, 74(2).** <https://doi.org/10.5014/ajot.2020.039636>

“Importance: Practitioners seek evidence from intervention effectiveness studies to provide best-practice services for children.

Objective: To examine the effectiveness of occupation- and activity-based interventions to improve instrumental activities of daily living (IADLs) and sleep outcomes for children and youth ages 5–21 yr.

Data sources: MEDLINE, PsycINFO, CINAHL, ERIC, OTseeker, and Cochrane Database of Systematic Reviews.

Study selection and data collection: The American Occupational Therapy Association research methodologist conducted the first review of literature published from 2000 to 2017. The results were exported, and we completed the subsequent stages of review. Only peer-reviewed Level I, II, and III evidence was reviewed. Preferred Reporting Items for Systematic Reviews and Meta-Analyses guidelines and the Cochrane risk-of-bias guidelines were used to compile evidence and risk-of-bias tables.

Findings: We reviewed 96 articles; 28 studies met the inclusion criteria for IADL and rest–sleep outcomes. Analysis resulted in several themes: rest–sleep, health management (nutrition–dietary, physical activity–fitness, wellness), and the IADLs of driving, communication management, and safety. Strong evidence exists for interventions embedded in school programming to improve physical activity and fitness and for sleep preparation activities to maximize quality of rest and sleep. Moderate-strength evidence exists for interactive education and skills training interventions to improve health routines, dietary behaviors, and IADL participation and performance.

Conclusions and relevance: Use of skills-focused training in activity- and occupation-based interventions was supported. Service provision in the context of natural environments, including school settings and with parental or caregiver participation, is recommended for children and youth ages 5–21 yr with varied abilities and diagnoses.

What this article adds: Occupational therapy practitioners can confidently examine their current practices and choose activity- and occupation-based interventions and methods of service delivery that are supported by evidence.”

13. **Bennett C, Allen F, Hodge S, Logan P (2022) An investigation of Reablement or restorative homecare interventions and outcome effects: A systematic review of**

randomised control trials. *Health & Social Care in the Community*, 30, e6586–e6600. <https://doi.org/10.1111/hsc.14108>

“The effect of Reablement, a multi-faceted intervention is unclear, specifically, which interventions improve outcomes. This Systematic Review evaluates randomised controlled trials (RCTs) describing Reablement investigating the population, interventions, who delivered them, the effect and sustainability of outcomes. Database search from inception to August 2021 included AMED, ASSIA, BNI, CINHALL, EMBASE, HMIC, MEDLINE, PUBMED, PsycINFO, Google Scholar, Web of Science, [Clinicaltrials.gov](https://clinicaltrials.gov). Two researchers undertook data collection and quality assessment, following the PRISMA (2020) statement. They measured effect by changed primary or secondary outcomes: no ongoing service, functional ability, quality of life and mobility. The reviewers reported the analysis narratively, due to heterogeneity of outcome measures, strengthened by the SWiM reporting guideline. The search criteria resulted in eight international studies, five studies had a risk of bias limitations in either design or method. Ongoing service requirement decreased in five studies, with improved effect at 3 months shown in studies with occupational therapist involvement. Functional ability increased statistically in four studies at 3 months. Increase in quality of life was statistically significant in three studies, at 6 and 7 months. None of the studies reported a statistically significant improvement in functional mobility. Reablement is effective in the context of Health and Social Care. The outcomes were sustained at 3 months, with less sustainability at 6 months. There was no statistical result for the professional role regarding assessment, delivery and evaluation of interventions, and further research is justified.”

14. **Bolt M, Ikking T, Baaijen R, Saenger S (2019) Scoping review: occupational therapy interventions in primary care. *Primary Health Care Research & Development*, 20(e28). <https://doi.org/10.1017/S146342361800049X>**

“This is the second article in a series of two about occupational therapy and primary care. The first article (see *PH&RD*...) described the position of the profession in primary care across Europe and the scope of the profession. In this article the broad scope of the profession is illustrated with various examples of occupational therapy interventions. The interventions are identified by means of a literature search. A questionnaire (the questionnaire is available by mailing the author) was sent out to experts across Europe which resulted in both relevant literature and evidence-based examples. The evidence level of these examples differs from expert opinion (5), case series (4), case–controlled studies (3), cohort studies (2) and randomized-control trial (1). The article ends with recommendations in four areas how to develop, establish or strengthen the profession in primary care.”

15. **Donnelly C, Leclair L, Hand C, Wener P, Letts L (2023) Occupational therapy services in primary care: a scoping review. *Primary Health Care Research & Development*, 24(e7). <https://doi.org/10.1017/S1463423622000123>**

“Aim:

To examine and describe the current evidence about occupational therapy services in primary care.

Background:

Interprofessional primary care teams have been introduced to support the changing demographics and provide more comprehensive and coordinated care. Occupational therapists have the opportunity to play an important role in this expanding area of practice. To do so, occupational therapists must develop roles built on evidence and a clear understanding of the care delivery context.

Methods:

A scoping review was conducted based on the scientific and grey literature. Studies that described or examined the occupational therapy role with clients (individuals, groups, communities, populations) of all ages, conditions or occupational issues in a primary care context and that presented or referred to an occupational therapist working in a primary care setting were included. Studies were excluded if they were not in English or French. The Canadian Model of Occupational Performance and Engagement was used to chart the data.

Findings:

129 articles were identified, with 62 non-research and 67 research-focussed articles. A total of 268 assessments and 868 interventions were identified. The top interventions offered by occupational therapists were referring to/advocating for/coordinating/linking to and navigating community services ($n = 36$ articles), chronic disease management ($n = 34$ articles)/self-management education ($n = 28$ articles), health promotion ($n = 30$ articles) and falls prevention ($n = 27$ articles). The predominant focus in the literature is on adult and older adult populations.”

16. **Durocher E, Njelesani J, Crosby E (2022) Art activities in long-term care: A scoping review. Canadian Journal of Occupational Therapy, 89(1), 36-43.**

<https://doi.org/10.1177/00084174211064497>

“Background: Outcomes of using art in therapy overlap with goals of occupational therapy with older adults in long-term care, which include improving and maintaining health and well-being through engagement in occupations. There is a lack of evidence about how art activities could complement or inform occupational therapy.

Purpose: The purpose of this scoping review is to map existing literature about how art activities are used in long-term care.

Methods: Six electronic databases were searched. Fourteen studies met inclusion criteria and were analyzed to identify patterns and discrepancies.

Findings: The analysis suggests **art activities can contribute to well-being by improving mood, promoting communication and reminiscence, and supporting the development and deepening of social relationships.** **Implications:** Occupational therapists should consider incorporating art activities as these offer therapeutic benefits and can be adapted to individual strengths and preferred type and level of participation.”

17. **Field B, Read J, Jones N, Fegan C, Lanfranchi V (2021) Occupational therapists need to be involved in developing and evaluating technological solutions to support remote working. British Journal of Occupational Therapy, 84(2), 69-71.**

doi:[10.1177/0308022620979517](https://doi.org/10.1177/0308022620979517)

An editorial describing the development of a remote-working software that could be used to undertake home assessments and consultations.

18. **Goodall G, Taraldsen K, Serrano JA (2021) The use of technology in creating individualized, meaningful activities for people living with dementia: A systematic review. Dementia, 20(4), 1442-1469.** doi:[10.1177/1471301220928168](https://doi.org/10.1177/1471301220928168)

“There is a growing interest in using technology to provide meaningful activities for people living with dementia. The aim of this systematic review was to identify and explore the different types of digital technologies used in creating individualized, meaningful activities for people living with dementia. From 1414 articles identified from searches in four databases, 29 articles were

included in the review. The inclusion criteria were the study used digital technology to deliver an individually tailored activity to participants with dementia, the process of individualization was described, and findings relating to the mental, physical, social, and/or emotional well-being of the participant were reported. Data extracted from the included studies included participant demographics, aims, methods, and outcomes. The following information on the technology was also extracted: purpose, type, training, facilitation, and the individualization process. A narrative synthesis of the results grouped the various technologies into four main purposes: reminiscence/memory support, behavior management, stimulating engagement, and conversation/communication support. A broad range of technologies were studied, with varying methods of evaluation implemented to assess their effect. Overall, the use of technology in creating individualized, meaningful activities seems to be promising in terms of improving behavior and promoting relationships with others. Furthermore, most studies in this review involved the person with dementia in the individualization process of the technology, indicating that research in this area is adopting a more co-creative and inclusive approach. However, sample sizes of the included studies were small, and there was a lack of standardized outcome measures. Future studies should aim to build a more concrete evidence base by improving the methodological quality of research in this area. Findings from the review indicate that there is also a need for more evidence concerning the feasibility of implementing these technologies into care environments.”

19. **Laverdure P, Beisbier S (2021) Occupation- and activity-based interventions to improve performance of activities of daily living, play, and leisure for children and youth ages 5 to 21: A systematic review. American Journal of Occupational Therapy, 75(1).**
<https://doi.org/10.5014/ajot.2021.039560>

“Importance: The findings support the use of occupation- and activity-based interventions to improve the occupational participation of children and youth with disabilities.

Objective: To examine the effectiveness of occupation- and activity-based interventions to improve participation and performance in activities of daily living (ADLs), play, and leisure in children and youth.

Data sources: MEDLINE, PsycINFO, CINAHL, ERIC, OTseeker, and Cochrane Database of Systematic Reviews; reference lists of retrieved articles; and tables of contents of selected journals were searched to identify peer-reviewed studies published between 2000 and 2017.

Study selection and data collection: Studies addressing occupation- and activity-based interventions and outcomes for children ages 5 to 21 were selected and appraised using Preferred Reporting Items for Systematic Review and Meta-Analysis Protocols guidelines, evaluated for risk of bias, and synthesized to develop practice recommendations.

Findings: Fifteen Level I (meta-analyses, systematic reviews, and randomized controlled trials), 5 Level II (two groups, nonrandomized), and 3 Level III (one group, pretest-posttest, retrospective) studies were examined and categorized by type of intervention and outcome. Each study used occupation- or activity-based interventions and reported ADL, play, or leisure outcomes. Intervention themes identified include supporting engagement in occupations, supporting participation with cognitive supports, and using technology to support occupational participation and performance.

Conclusions and relevance: Strong evidence indicates that engagement in occupations and activities, practice within and across environments, and coaching and feedback improve participation and performance in ADLs and functional mobility. Moderate evidence supports the use of collaborative goal setting, modeling, and guided participation in

play and leisure. Moderate evidence also supports technological interventions for ADL, play, and leisure performance.”

20. **Lockwood KJ, Porter J (2022) Effectiveness of Hospital-Based Interventions by Occupational Therapy Practitioners on Reducing Readmissions: A Systematic Review With Meta-Analyses. American Journal of Occupational Therapy, 76(1), 7601180050.**
<https://doi.org/10.5014/ajot.2022.048959>

“Importance: Readmission to the hospital can lead to poorer patient outcomes and increased health care costs. The effect of occupational therapy interventions for adult hospitalized patients on readmission rates has not been previously evaluated.

Objective: To systematically examine the published literature to determine the effects of occupational therapy interventions for adult hospitalized patients on readmission rates.

Data Sources: Systematic search of five electronic databases was performed from database inception until May 2020, supplemented by citation and reference list searches.

Study Selection and Data Collection: This review is reported in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines and was registered prospectively; methodological quality of the included studies was assessed using the Downs and Black checklist. Meta-analyses were conducted with clinically homogeneous data; the overall body of evidence was graded for quality.

Findings: Meta-analysis of 7 studies with 16,718 participants provided low-quality evidence that 1-mo readmission rates were reduced when adult patients hospitalized for general medical and surgical care received additional occupational therapy interventions compared with standard care. Subgroup analysis of 4 studies provided moderate-quality evidence that interventions focusing on the transition from hospital to the community were effective in reducing 1-mo readmissions to hospitals compared with standard care.

Conclusions and Relevance: Occupational therapy interventions can be effective in reducing readmissions among some adult hospitalized patient populations, including those admitted for surgery or management of acute medical conditions, with stronger evidence to support transitional care interventions.”

21. **Molitor LW, Naber, A, Duncan K, Wall J, Wookey H, Steineke T (2023) Health Prevention Interventions for Adults in the Community: A Scoping Review of Intervention Characteristics. Occupational Therapy In Health Care, 38(2), 385–399.**
<https://doi.org/10.1080/07380577.2023.2212288>

“This scoping review was designed to determine which adults receive preventative health interventions, the types of interventions for modifiable risk factors, the health professionals, including occupational therapy practitioners providing these interventions, and where they are delivered to adults in the community. The databases searched were PubMed, Ageline, and CINAHL and included research meeting the inclusion criteria and published between 2016–2021. All included studies addressed health prevention. 5,399 articles were screened with 83 of these included in the final review. Older adults, White and Black individuals, and females were the most prevalent individuals and groups to receive health prevention interventions and occupational therapy professionals were involved in 5% of the reviewed studies. As there is a need for preventative health interventions to help reduce negative health outcomes and occupational therapy professionals have important skills in health prevention this study illustrates the types of health prevention provided to adults receiving intervention in the

community and points to areas of opportunity for occupational therapy professionals.”

22. **Ng L, Oliver E, Laver K (2023) Beyond garden design: A review of outdoor occupation in hospital and residential care settings for people with dementia. Australian Occupational Therapy Journal, 70(1), 97- 118.** <https://onlinelibrary.wiley.com/doi/10.1111/1440-1630.12826>

“Introduction

Access to outdoor space is widely recommended for people with dementia. However, there is limited information on the occupations of people with dementia within these spaces. We sought to review the research literature to identify the occupations of people with dementia in outdoor spaces in residential aged care and/or hospitals and report on features that support occupational participation as well as the benefits of occupational participation in these spaces.

Methods

Scoping review. We searched electronic databases involving health, design, and horticulture literature. Studies were included if they involved people with dementia and considered occupations within gardens or garden-like spaces of hospitals, subacute rehabilitation facilities, or residential aged care.

Results

We identified 19 articles meeting the review criteria. Outdoor spaces for people with dementia varied in design and supported a range of occupations with the most common being social occupations, gardening, and physical activities. **Quantitative studies suggested that benefits of outdoor occupations for people with dementia were improvements in activity participation, social connection, mood, agitation, light exposure, and sleep. Qualitative studies supported these findings and identified additional perceived benefits such as engagement, maintaining identity, health, and reduced levels of distress. Benefits were also reported for families and staff.**

Conclusions

Current literature shows that many occupations can be done outside and that these are beneficial for people with dementia. Despite the wide range of benefits, multiple studies reported that outdoor spaces remain under-utilised. More work is required to design spaces for occupational engagement, support access to outdoor spaces, and promote occupational participation.”

23. **Pizzi MA, Richards LG (2017) Promoting Health, Well-Being, and Quality of Life in Occupational Therapy: A Commitment to a Paradigm Shift for the Next 100 Years. American Journal of Occupational Therapy, 71(4), 7104170010p1–7104170010p5.** <https://doi.org/10.5014/ajot.2017.028456>

“Since the inception of the profession of occupational therapy a century ago, a clarion call to link health with occupation and occupational engagement has been heard. For decades, leaders in the profession have emphasized the need for prevention and health promotion as well as for development of assessments and models linking health with occupation. This article addresses the need for an increased presence of occupational therapy in health and wellness, emphasizing participation over performance, to optimize the health, well-being, and quality of life of individuals, communities, and populations.”

24. **Raj SE, Mackintosh S, Fryer C, Stanley M (2021) Home-Based Occupational Therapy for Adults With Dementia and Their Informal Caregivers: A Systematic Review. American Journal of Occupational Therapy, 75(1), 7501205060p1–7501205060p27.** <https://doi.org/10.5014/ajot.2020.040782>

“Importance: People with dementia require tailored interventions to support participation and performance in their desired occupations, and informal caregivers need interventions that reduce caregiving burden to enable them to continue with their roles.

Objective: This systematic review investigated whether home-based occupational therapy interventions for adults with dementia and their informal caregivers optimized care recipients’ performance of daily occupations and reduced caregiving burden and improved caregivers’ sense of competence.

Data Sources: Eight databases were searched from 1946 to November 2019 using MeSH terms, keywords, and subject headings as appropriate for each database. Inclusion criteria were quantitative studies investigating the effects of home-based therapy provided by a qualified occupational therapist for adults with dementia and their informal caregivers.

Study Selection and Data Collection: Study selection, data collection, and methodological quality assessments using the Critical Appraisal Skills Programme criteria tool were performed independently by two reviewers. Data analysis involved a two-stage process.

Findings: From 1,229 articles identified through searches, 970 titles and abstracts were screened for eligibility after removal of duplicates. Twenty studies reported in 22 articles were included. Moderate evidence supported interventions provided jointly for adults with dementia and their informal caregivers using a combination of intervention strategies. Included studies demonstrated high risk of bias, particularly in blinding of outcome assessments.

Conclusions and Relevance: Combining individualized interventions framed in client-centeredness can enhance occupational performance for adults with dementia, reduce caregiving burden, and improve informal caregivers’ sense of competence. Further research on leisure and home management occupations is warranted.”

25. **Royal College of Occupational Therapists (2024) Occupational therapy workforce strategy 2024-2035.** <https://www.rcot.co.uk/workforce-strategy>

26. **Seoane-Martín ME, Rodríguez-Martínez MC (2023) Potential Role of Occupational Therapist Intervention in Elementary School for Children with Additional Support Needs: A Systematic Review. Children, 10(8), 1291.** <https://doi.org/10.3390/children10081291>

“1) Background: The main activity children engage with is learning through play or formal education. The aim of this systematic review is to analyze the role of occupational therapy in the school setting for children with additional support needs or disabilities. (2) Method: We conducted a systematic review using the preferred reporting items for systematic reviews and meta-analyses (PRISMA) guidelines. This systematic review was registered in PROSPERO (CDR42022314271). The search was performed in the following databases: ERIC, Dialnet Plus, PubMed, OTseeker, Cochrane, Scopus, CINAHL, and PsycINFO. (3) Results: In total, 1954 studies were identified, from which 18 articles were selected. These studies were heterogeneous and showed different types of intervention of the occupational therapist in school environments. (4) Conclusions: The main conclusions highlighted the effectiveness of the occupational therapist within the school environment, the importance of an interdisciplinary team to cover the special needs students within the school and the need for intrinsic motivation for an active and inclusive participation of the students with special needs. However, there is a need for more homogeneous studies with a larger sample size that specifically focus on the school context and include the involvement of occupational therapists in order to replicate the findings obtained.”

27. **Spalding K, Gustafsson L, Di Tommaso A (2022) Occupation-based group programs in the inpatient hospital rehabilitation setting: A scoping review. Disability and Rehabilitation, 44(10), 2138-2148.**
<https://doi.org/10.1080/09638288.2020.1813818>

“Purpose: Occupation-based practice involves the inclusion of meaningful occupations in the therapeutic process and is promoted within hospital-based general rehabilitation contexts for individual clients or within a group setting. The purpose of this paper is to summarise the current literature regarding the types of occupation-based group programs used within general inpatient rehabilitation and the reported outcomes.

Methods: A scoping review was conducted and included papers if they described an occupation-based intervention, delivered in a group setting, conducted in an inpatient rehabilitation hospital context, with an adult population. Studies were collated, summarized and key findings are presented.

Results: Ten articles met inclusion criteria. **The results indicate that occupation-based groups are used in inpatient rehabilitation across a variety of settings, the approach is valued by the occupational therapy profession and it appears to have an influence on patient satisfaction and experience.** However, the impact on a patient's confidence and occupational performance outcomes post-inpatient rehabilitation remains unclear.

Conclusions: There is a dearth of evidence on the impact of occupation-based group service focus in the inpatient rehabilitation setting. Considering the importance of occupation to the profession, further investigation into the use of this approach in a group setting is required. Implications for rehabilitation Occupation-based groups are used in inpatient rehabilitation to achieve more therapy time but there is variability in group processes and outcomes measured. Patient centred occupation-based groups appear to have an influence on patient satisfaction and experience. For the occupation-based groups reviewed, providing explicit links between patient goals, therapeutic activity and real life was important for improving outcomes. There is a growing focus for the use of occupation-based groups in occupational therapy and more research is needed to establish effectiveness.”

28. **Steede K, Gough R (2022) Service User Experiences of Occupational Therapy in Acute Mental Health Settings: A Qualitative Evidence Synthesis. Occupational Therapy in Mental Health, 38(4), 364–382.** <https://doi.org/10.1080/0164212X.2022.2064031>

“The inclusion of service user perspectives in the development of acute mental health services is recommended in policy. Therefore exploration of their experiences in this setting is merited. This study synthesized qualitative research on service user experiences of occupational therapy in the acute mental health setting using thematic synthesis. The synthesis shows the unique role of occupational therapists in the setting. Service users identified the impact of the profession through environmental transformation, therapeutic relationships, and occupation-focused interventions. Issues of accessibility and availability of interventions were identified. Further research on this topic in a wider range of cultural contexts is recommended.”

29. **Uceda-Portillo C, Aranda-Valero S, Moruno-Mirallas P (2024) Occupational Therapy Interventions to Improve the Quality of Life of Older Adults with Dementia Living in Nursing Homes: A Systematic Review. Healthcare, 12(9), 896.**
<https://doi.org/10.3390/healthcare12090896>

“The increase in older adults with dementia presents challenges in promoting research to improve the quality of life of this population. The objective of this study was to assess the

scientific evidence on the effectiveness of occupational therapy interventions in improving the quality of life of older adults over 65 years old with dementia living in nursing homes. The databases used were PubMed, Web of Science, OTSeeker, clinicaltrials.gov, Dialnet, Scopus, Cochrane, and SciELO between 2013 and 2023. The studies were selected and evaluated according to the Cochrane guidelines. The review was carried out following the PRISMA 2020 Statement. Sixteen articles met the inclusion criteria and were categorized into four groups according to the focus of the intervention: “meaningful activities/occupations”, “physical, cognitive and sensory functioning”, “performance areas”, and “physical and social environment and staff training”. The strength of evidence was moderate, and the risk of bias was low. The findings revealed that occupational therapy interventions based on participation in recreational activities, reminiscence, performance-based activities and the physical and social environment, and specialized staff training, could improve the perceived quality of life of older adults with dementia living in nursing homes.”

30. **Wales K, Lang D, Rahja M, Somerville L, Laver K, Lannin NA (2022) Economic Effects of Occupational Therapy Services for Adults in Acute and Subacute Care Settings: A Systematic Review. American Journal of Occupational Therapy, 76(1), 7601180080.**
<https://doi.org/10.5014/ajot.2022.049078>

“Importance: Research supports the clinical effectiveness of hospital-based occupational therapy to improve functional outcomes, but no synthesis of economic evaluations of occupational therapy services provided in these settings has been published.

Objective: To determine the economic value of occupational therapy services in acute and subacute care settings.

Data Sources: MEDLINE, CINAHL, CENTRAL, EconLit, Embase, National Health Services Economic Evaluation Database, PsycINFO, ProQuest (Health and Medicine and Social Science subsets only), OTseeker, and gray literature.

Study Selection and Data Collection: Eligible studies used trial-based or modeled economic analyses and included an adult population (ages ≥ 18 yr) and occupational therapy assessments or interventions provided in acute and subacute care. Two authors independently assessed abstracts and then full text. Articles were then appraised using the Evers Consensus on Health Economic Criteria.

Findings: The authors identified 13,176 unique abstracts and assessed 190 full-text articles for eligibility. Ten studies were included in the systematic review; they varied in their primary objectives, methodology, costs, and outcomes. Studies examined the cost–benefit, cost-effectiveness, cost–utility, or cost minimization of a range of occupational therapy services. Five studies suggested that occupational therapy services offer value for money (lower cost, higher benefit); 4 suggested that they offer higher cost and benefits. One study that investigated upper limb rehabilitation did not indicate value for money.

Conclusions and Relevance: The findings suggest that occupational therapy for adults poststroke and post-traumatic brain injury, acute discharge planning, and pre- and post-hip replacement is cost-effective, but further research is needed to substantiate these findings.”

31. **Wall G, Isbel S, Gustafsson L, Pearce C (2023) Occupation-based interventions to improve occupational performance and participation in the hospital setting: A systematic review. Disability and Rehabilitation, 46(13), 2747-2768.**
<https://doi.org/10.1080/09638288.2023.2236021>

“Purpose: To critically review the evidence for occupation-based interventions in improving occupational performance and participation outcomes in the hospital setting.

Methods: Five databases were searched from 2000-2022. Peer-reviewed studies of any design investigating the impact of occupation-based interventions in the hospital setting were included. Methodological quality was assessed using the appropriate tool for each study design. Following data extraction, a narrative synthesis was conducted.

Results: Thirty-three studies comprising of 26 experimental, five non-experimental, and two mixed methods studies were included ($n = 1646$ participants). Results indicate good evidence to support occupation-based interventions to improve occupational performance and participation outcomes in inpatient rehabilitation; it is unclear whether they are more effective than any control/alternative intervention. Research in the acute and mental health hospital settings were scarcer. Understanding the benefits of occupation-based interventions was enhanced through qualitative results including improving independence and confidence to discharge home, increasing motivation for therapy, connecting with others, and peer-based learning.

Conclusions: Heterogeneity and methodological weaknesses across existing studies limits the conclusions that can be drawn on the impact of occupation-based interventions in the hospital setting. More rigorous research should be conducted with better reporting of intervention design and the use of robust measures of occupational performance. Implications For Rehabilitation. The use of occupation-based interventions should be considered to improve occupational performance and participation outcomes in the hospital setting. There is good evidence to support the impact of occupation-based interventions on improving occupational performance and participation outcomes in the inpatient rehabilitation setting; evidence in the acute and mental health settings is scarcer. **Occupation-based interventions are valued by both patients and clinicians for their impact on patient outcomes and the patient experience.”**

Encouraging occupation-based practice

Occupational therapists' experiences of implementing occupation-based practice

32. Bolt B, Lalor A, Barclay L, Brown, S, Growse L (2022) Occupational therapists' experiences of implementing occupation-based practice in neurology, and its impact on professional identity. *British Journal of Occupational Therapy*, 85(8), 595-602. <https://doi.org/10.1177/03080226211058368>

“Introduction: Facilitating engagement in meaningful occupations underpins occupational therapy intervention. Occupation-based practice, while linked to improved professional identity and job satisfaction for occupational therapists, is challenging to implement, particularly in hospital settings. This study aimed to explore occupational therapists' perceptions of their role, and facilitators and challenges to implementing occupation-based practice in neurology.

Method: This qualitative descriptive study included semi-structured interviews with seven occupational therapists working in Australian acute/sub-acute neurology settings.

Findings: Three themes identified: Conceptualisation versus implementation of occupation-based practice; Use of occupation-based practice impacts role satisfaction; Promoting the profession. Participants described using occupations in their practice as important, however, reported that the challenges of the neurology environment hindered their ability to carry out occupation-based practice.

Conclusion: This study provides insights into occupational therapist's perceptions regarding

occupation-based practice in neurology settings, finding there is a need for occupational therapists to promote their role and use of occupations in neurology settings, and that occupation-based practice impacts job satisfaction. The study highlights occupational therapists working in neurology settings would benefit from a number of approaches including student interprofessional activities, potential buddy system for new graduates and experienced clinicians, and increased support by the profession to maintain their identity as occupation-based specialists.”

Occupational therapists’ understanding of occupation

33. **Cho E, Osenga S, Forwell S, Lee Bunting K (2023) Understanding occupation in Canada: Recent graduates’ perspectives. Scandinavian Journal of Occupational Therapy, 30(4), 488-496. <https://doi.org/10.1080/11038128.2023.2173646>**

“Background: A robust occupational perspective can fortify an occupational therapist’s professional identity, which is especially important as occupational therapists can struggle with professional identity. Occupational therapy curricula are critical to the development of an occupational perspective. Recent graduates can offer valuable insights on an occupational perspective, having transitioned from occupation-centred curricula into often medicalised practice settings.

Aims: This study explored how recent graduates from Canadian entry-level occupational therapy master’s programs understand the concept of occupation.

Materials and methods: Using an interpretive descriptive approach, rooted in constructivism, 13 English-speaking graduates (2017, 2018, 2019) from Canadian entry-level occupational therapy master’s programs were purposively recruited to participate in semi-structured interviews. Reflexive thematic analysis was used to analyse data, informed by reflexivity and member-checking.

Results: Four themes were described: (1) occupation: more than doing, (2) occupation is broad, abstract, and context-dependent, (3) occupation is not well understood: the fall out, and (4) navigating the challenge of describing occupation.

Conclusion: Participants’ experiences aligned with much of the previous literature, including the challenges of describing occupation and frustrations with navigating this in practice. Yet, participants described how flexible and critical understandings of occupation facilitate the use of an occupational perspective across practice settings, supporting professional resilience.”

34. **Di Tommaso A, Wicks A, Scarvell J, Isbel S (2019) Experiences of occupation-based practice: An Australian phenomenological study of recently graduated occupational therapists. British Journal of Occupational Therapy, 82(7), 412-421. <https://doi.org/10.1177/0308022618823656>**

“Introduction: The call for occupational therapists to embrace occupation-based practice has increased in recent decades. Little is known about how occupational therapists perceive and implement occupation-based practice. This study aims to uncover the experiences of new and recent graduates using occupation in their practice.

Method: A phenomenological design guided the development of semi-structured interviews. New and recent Australian occupational therapy graduates were interviewed about their experiences of occupation in their practice. Interview transcripts formed the data and themes were developed by thematic analysis.

Findings: Eighteen occupational therapists were interviewed. Three main themes emerged from the data. Overall, graduates found it challenging to embrace occupation in their everyday practice, deciding it is more pressing to remediate impairments than to enable occupations. Some participants stated that occupation-based practice was unrealistic given the efficiency pressures of their practice environments. However, graduates felt that with more experience they would be able to implement occupation in their daily practice.

Conclusion: Recently graduated occupational therapists in Australia find it challenging to consistently implement occupation in their daily practice. Confidence to apply occupation-based skills is an important factor for implementing occupation in practice. Some recent graduates are choosing impairment-based techniques over occupation-based practice.”

35. **Jones KB, Schell BAB, Neville M, Pickens ND (2023) Novice Occupational Therapy Practitioners' Use of Occupation in Practice: A Scoping Review. Occupational Therapy in Health Care, 37(2), 210-229.** <https://doi.org/10.1080/07380577.2022.2025513>

“An occupation-centered perspective is a foundational component defining occupational therapy practice. A scoping review was conducted of research studies from 2002 – 2020 describing novice occupational therapy practitioners and occupation. Ten articles met the inclusion criteria. Novices acknowledged that using occupation was a source of professional tension, describing a mismatch between their education and workplace expectations. The cognitive load of occupation-centered practice influenced novices’ avoidance of occupation. Few articles address novices’ experiences using occupation in their practice. Existing research primarily addresses barriers limiting novices’ use of occupation such as lack of supervision and confidence.”

36. **Roberts M, Miller M, Wilding C (2022) Growing occupation-centred therapists for the future: Understanding student experiences of learning about occupation and its place in occupational therapy practice. Australian Occupational Therapy Journal, 69(2), 205-213.** <https://doi.org/10.1111/1440-1630.12784>

Introduction: Occupational therapy entry-level education is integral to how students obtain deep understanding of occupational therapy's core philosophy of occupation and its place in practice. However, there is a lack of research that explores occupation-centred education from the perspectives of students. Therefore, this study aimed to identify Australian entry-level occupational therapy students' experiences of learning about occupation, and its place in practice.

Methods: A qualitative descriptive design was adopted. Overall, 20 students participated in four focus groups lasting between 45 and 75 min. Data were audio-recorded and transcribed verbatim. Transcripts were analysed in two phases, using reflexive thematic analysis.

Findings: There were three themes that encapsulated what helped students to better understand occupation and its place in practice: (1) making occupation real; (2) relating occupation to me; and (3) theory as a focussing lens. There was also a range of pedagogical strategies that helped students to better understand occupation: using active and interactive teaching and learning strategies. One additional theme indicated a challenge to helping the students understand occupation and its place practice: when practice education settings were not centred on occupation.

Conclusion: Learning about occupation and occupation-centred practice may be facilitated by using practice examples, encouraging students to think about occupation in their own lives, teaching and applying occupation-centred theory, and employing interactive learning and teaching strategies. Student learning in practice settings where occupational therapy is centred

on occupation is imperative. Further exploration of students' perspectives of learning about occupation across multiple occupational therapy programmes is warranted.”

How can we assess the impact of occupational therapy?

37. Allied Health Professions (AHP) Outcome Measures UK Working Group (2019) Key questions to ask when selecting outcome measures: a checklist for allied health professionals. <https://www.rcslt.org/wp-content/uploads/media/docs/selecting-outcome-measures.pdf>

“The checklist is intended to guide discussions and support decision-making. It contains some key questions to ask when considering which outcome measure is most suitable for your area of practice.”