

## Abstracts

(in alphabetical order of last names)

**Di Patrizio-Rokai Shiwa**

***ENERGETIC, testing the impact of the multidisciplinary self-management group program on activity engagement for people with neuromuscular disease using the activity card sort-NL as an outcome measure***

**Introduction:** Muscle weakness, involuntary muscle activity and sensory loss are the major symptoms for patients with neuromuscular disease (NMD). These symptoms cause chronic fatigue, which has a profound impact on social engagement.

**Aim:** The purpose of this study is to investigate improvements in activity engagement on the Activity Card Sort (ACS) over time, for patients with NMD receiving Energetic, a multidisciplinary self-management group program and patients who received usual care.

**Methods:** The sample consist of 53 participants (N=53), >18 yr. old, with diverse neuromuscular diseases. Data is previously collected during a randomized controlled trial. There was a 1:1 randomization ratio with the following minimization factors: sex, diagnosis (FSHD, IBM, MM, other NMD) and work status (work/no work). The ACS-NL is used to measure the level of activity engagement over time. Statistical analysis is performed using multiple linear regression analysis to investigate improvement in activity engagement, with control for possible confounders: sex, diagnosis, work status and age.

**Results:** A statistically significant intervention effect was found for the social activities at 3 months follow up and at 11 months follow up ( $p = 0.04$ ). Sex had an effect on the intervention outcome ( $p = 0.04$ ). For the low-physical activities time 1 presented a significant negative change in activity engagement ( $p = 0.01$ ). The Energetic group presents a significant less negative difference in comparison the control group ( $p = 0.01$ ). Age seems to have an impact on intervention outcome ( $p = 0.04$ ).

**Conclusion:** The results support that Energetic improves social engagement and physical engagement.

**Keywords:** Activity Card Sort, Energetic, Occupational Therapy

**Firshman Penelope**

***Exploring the Experience of Occupation for Patients who were Discharged from Critical Care.***

***Looking Back: Survivors' Experience of Occupation throughout their Critical Illness.***

**Background:** People with life-threatening conditions are admitted to critical care units. Traditionally, they remain in bed; however, bedrest can lead to acute and chronic consequences such as pressure sores, muscle atrophy, sleep deprivation, delirium and post-intensive care syndrome. Patients report feeling distressed by their reduced autonomy over their daily lives. No studies have explored the experience of occupation during admission to critical care.

**Aim:** To explore the experiences of occupation within critical care environments for people who have been critically ill and have returned home within the last month.

**Method:** A purposive sample of four participants who had a critical care stay  $\geq 7$  days, completed semi-structured narrative interviews using photo-elicitation. Narrative analysis was used to emplot a single narrative.

**Findings:** The overarching narrative discusses the shock of sudden illness and the recovery pathway. For recovery the participants needed time to take stock; to adjust to loss of self, but also to adjust their occupations due to changes in expected competence. They did not describe any boredom. They needed support to gradually complete occupations and a safety net to try things out. Self-care tasks were important for wellbeing, to regain their humanity, sense of self and meet social expectations.

**Conclusion:** Critical care was not occupationally depriving due to the need to think and recalibrate. Occupational therapists can provide information, education and early future-orientated rehabilitation. Gradual return to occupations is an important part of recovery. Further research is needed into the occupational role in early rehabilitation.

**Keywords:** intensive/ critical care • occupation • experience • bedrest • rehab

Hoerder Roswitha

*“Justice becomes our agency.”*

***Occupational therapists in Germany reflect on the understanding of their practice in and with communities***

**Introduction:** Growing literature is describing the development of occupational therapy into community practice. The German Occupational Therapy Association calls for an active role of occupational therapy in creating living environments that support participation and social inclusion. To date no research has been conducted on how occupational therapists in Germany address individual and community needs in community practice. This study explored the practice processes of occupational therapists across various new practice settings to provide for an understanding how community practice is conceptualised within the German context.

**Method:** Qualitative interpretive description (Thorne, 2016) was used as a methodological framework. Individual interviews with five occupational therapists from different geographical areas and practice settings and one focus group were performed for data collection. Template analysis using a priori themes identified from relevant literature served as a structure for understanding the data.

**Findings:** Processes are characterised by a complexity deriving from the broadness of contexts for a single issue. Occupational therapists must navigate parallel processes to move from an individual to a community approach. Professional understanding and identity informed by occupational science concepts is essential for the practitioners to be able to work on a broader level of community.

**Conclusion:** The findings inform disciplinary thought and understanding of practice processes in community practice in Germany and elsewhere. Occupational science provides an additional theory base to the occupational therapy profession in strengthening its position and guiding practice on community level.

**Key words:** community practice, practice processes, interpretive description, occupational science

**Indermühle Yvonne**

***Swiss Generation Y occupational therapists' perceptions of their choice of workplace***

**Objectives:**

To explore the workplace choice of Swiss occupational therapists of Generation Y.

**Background:** A current health care shortage exists, which is expected to increase in the future. The WHO suggested among existing health workers to improve recruitment. The issue of recruitment is a key topic for the occupational therapy profession already. As more than a third of the future working population are employees of Generation Y, there is a need to gain more knowledge about employees' choices.

**Design:** A qualitative descriptive study was conducted with subjectivist epistemology and relativist ontology.

**Methods:** Ten occupational therapists born after 1982 participated in interviews. Transcripts were analysed using thematic analysis, taking an inductive approach.

**Findings:** Out of the dataset, three themes on how Generation Y occupational therapists choose their workplace emerged. "Belonging to a workplace which fits personal beliefs, and needs", "balancing work and private life" and "personal growth and development" were identified as themes in the data, which are considered when choosing a workplace.

**Conclusions:** This study has provided updated insights into the workplace choice of occupational therapists of Generation Y. The findings support in some aspects previous work on Generation Y and other generations but also relieve some differences. The choice of the workplace is a complex process, which highlights unique needs, and beliefs.

**Keywords:** occupational therapists, choice, workplace, Generation Y, Switzerland

**Luthringer Kauffmann Noémie**

***Exploring the meaning of Occupational Balance for mothers with a high demanding job: An Interpretative Phenomenological Analysis among Female Physicians with Children***

Balancing between occupations related to a high demanding job like being physician and a family life, is a growing phenomenon among French women and little is known about it from an occupational perspective in a French context. Occupational Balance is a core concept in Occupational Science and Therapy but despite an increasing interest for it, its definition is still discussed. This study aimed to explore how do female physicians with children gave meaning to their experience of balancing between their everyday occupations.

Based on an Interpretative Phenomenological Analysis, individual semi structured in-depth interviews were conducted among three French female physicians with children.

Three themes emerged from the analysis: Needing reciprocity between two meaningful roles, Navigating between being occupied and pre-occupied at the same time, Struggling against time to perform activities with meaning.

Balance was related to reciprocity meaning that each role should contribute to answer complementary and specific needs. Imbalance was experienced when participants could not be fully engaged in an occupation due to pre-occupations related to another occupation. Lacking time in terms of quality but also in terms of quantity was perceived as influencing balance since occupation could not be performed with meaning.

Findings provides new insights about Occupational Balance especially regarding conception of time from a subjective and qualitative point of view.

**Key words:** Occupational Balance, IPA, mothers, High demanding job, Well-being

Michael Danielle

### *Health in the Workplace*

#### ***Quantitative comparison of work characteristics rated by employees with and without a mental illness in South Africa***

There is limited research available on the perception that people without a mental illness have on people with a mental illness in the workplace. Inadequate information may impact the way in which people without a mental illness perceive people with a mental illness, which may influence the accommodations they are willing to create for them in the workplace. Thus, this study aims to explore how employees with and without a mental illness and from different work sectors in South Africa, rate the likelihood of people with a mental illness, displaying specified characteristics at work.

**Method:** A quantitative, descriptive cross-sectional design was used. An online questionnaire was completed by participants with and without a mental illness, across South Africa, in the public, business, retail, manufacturing and construction working sectors. T-tests were performed to find the difference between the ratings of the PWOMI and the PWMI, as well as see if the work sector, gender and age impacts the difference.

**Results:** T-test results show that there is a significant difference ( $p < 0.05$ ), for all 38 work characteristics. The participant's work sector, age and gender impacted the significant difference of the means with the construction sector having 19 questions with  $p > 0.05$ , males having 5 questions with  $p > 0.05$  and 35-46 year olds having 16 questions with  $p > 0.05$ .

**Conclusion:** PWOMI are unable to rate the challenges that PWMI face in the workplace, thus rejecting the null hypothesis. However, the age, gender and work sector may have an impact on the rating accuracy.

**Keywords:** Mental illness, workplace, work characteristics, challenges

**Nolan Victoria**

***“Food for the soul”***

***Experiences of young adults with developmental co-ordination disorder and/or dyspraxia engaging in meaningful occupations.***

**Introduction:** DCD is an impairment of motor co-ordination that affects around 5-6% of school age children worldwide. Motor difficulties continue throughout adolescence and adulthood affecting activities of daily living and quality of life. Little research has been completed from a qualitative perspective with young adults. This study focuses on young adult’s experiences of engaging in meaningful occupation.

**Method:** A qualitative narrative approach was used. Five young adults aged between 18-25 years were interviewed using 1:1 unstructured narrative interviews. Data from the interviews was transcribed verbatim and analysed using the narrative analysis method.

**Findings:** Three themes emerged – overcoming barriers to occupation, escapism and connecting with people through occupation. Participants faced occupational disruption in their early years but within adolescence started to make personal choices. Occupation was seen as a way to socialise with others, experience flow and escape from reality.

**Conclusion:** Whilst participants had challenges to overcome, they continued to enjoy occupations and found strategies to overcome barriers. An earlier diagnosis of DCD would provide valuable support from healthcare professionals and the school system for children, adolescents and adults to engage in meaningful occupations.

**Keywords:** DCD, meaningful occupation, young adults, narrative

**Uldry Rebeaud Floriane**

***Chronic Low Back Pain and Life Balance  
A Way to Recovery***

**Background:** Chronic low back pain has become one of the biggest problems for public health in the western world during the last half century. It affects a lot of areas of life of the individuals concerned, life balance included. Multidisciplinary programs have been developed to manage the intervention.

**Purpose:** the aim of this study is to evaluate the effect of a multidisciplinary program on the life balance of people with chronic low back pain.

**Methods:** a before and after study was applied to 31 subjects with chronic low back pain following a multidisciplinary program (the RACHIS Program). Life balance, impact of pain on daily life and quality of life were measured at baseline and study end.

**Results:** a major improvement in life balance was shown, as well as a reduction of the impact of pain on daily life and an improvement in quality of life for people with chronic low back pain after the RACHIS program.

**Practice Implications:** health professionals could choose such program to treat people with chronic low back pain. Life balance seems to be a relevant issue to take into account in occupational therapy practice.

**Key Words:** Lower back pain - Life balance - Impact of pain – Quality of life - Occupational Sciences



Schuhmacher Tanya

***Clinical Reasonings of Occupational Therapist in Selecting Activities to Delay Cognitive Decline Among Older Adults in Switzerland: A Qualitative Study***

**Background:** Older adults are likely to develop cognitive decline and/or dementia, being age its strongest risk factor. The socio-economic arena of Switzerland's society is burdened with the effects of dementia. There is a lack of preventive studies in Switzerland and despite evidences that participation in activities influences delaying dementia, this remains unexplored within occupational therapy.

**Aim:** To describe the clinical reasonings of occupational therapists in selecting activities to delay further cognitive decline and/or dementia among older adults in Switzerland.

**Methods:** A constructivist grounded theory approach was adopted in this research. Data collection was achieved through six in-depth, semi-structured interviews of occupational therapists working in dementia care in the German part of Switzerland. Theoretical sampling informed succeeding stages of data collection. Collected data were coded through initial, focused and categorization methods. A constant comparison analysis of data, codes, memos and categories were applied.

**Results:** A core category pursuing participation through meaningful and chosen activities emerged. This study highlights the importance of client's subjective experiences of activities in participation. Other categories linked to core category were, accepting occupational therapists as individual and weighing-in client's abilities.

**Conclusion:** This is the first empirical study on clinical reasonings of occupational therapists in dementia care in Switzerland. Occupational therapists select activities with personal value to clients as a medium to positively influence delay in cognitive decline and dementia. Findings provide occupational therapist knowledge in incorporating appropriate activities for intervention. Moreover, there is a further need to take client's subjective experiences of activities when developing a research program.

**Keywords:** occupational therapy, prevention, activities, participation, clinical reasoning

**Stoffel Anika**

***The Usability of Playgrounds for Children  
with Developmental Coordination Disorder***

Outdoor play is a fundamental component of children's health and wellbeing. However, environmental factors can influence children's play, culminating in play barriers and restrictions in the use of playgrounds by children with developmental coordination disorder (DCD).

This study describes the usability of playgrounds, focusing on the environmental characteristics of playgrounds, the children's performance in play activities and the occupational wellbeing for children with DCD on playgrounds.

A cross-sectional design was applied and parents of children (4–7 years) with DCD answered a self-administered questionnaire. The results present public playgrounds as valuable play space that can contribute to the occupational wellbeing of children with DCD. Parents (n=35) reported that their children showed a great variability in play activities on playgrounds. However, preliminary evidence indicates that reduced usability of playgrounds is related to limitations in play performance and constraints in the occupational needs for affirmation, accomplishment and coherence for some children with DCD. Limitations in play performance are found in specific play occupations, including play occupations of children's preferences due to the environmental characteristics of the playgrounds.

This increased understanding about the usability of playgrounds for children with DCD leads to important implications in the clinical practice of addressing children's play performance, occupational wellbeing and environmental barriers.

**Keywords:** Child, Outdoor Play, Playgrounds, Inclusion, Disability,

**Strempl Carmen**

***“Finding meaning in life came through volunteering”:  
Voluntary work as an engaging occupation for people with mental illness***

The meanings of occupations, which are generated through the subjective experiences of participating in occupations, are rarely explored for people with mental illness.

This study aimed to investigate the experiences and meanings of people with mental illness participating in voluntary work in Austria.

Five volunteers with a mental illness were interviewed and interpretative phenomenological analysis was adopted for data analysis. The results showed that participating in voluntary work was meaningful to the participants, because they experienced well-being through doing. Furthermore, they perceived themselves as being part of the community and could express and strengthen their identity through volunteering and the participants expressed experiences and meanings about volunteering with mental illness.

These findings were discussed in relation to the concept of meaning, occupational identity and occupational engagement. It was highlighted, that the phenomenon of participating in voluntary work can be experienced as a meaningful occupation with influence on health and well-being by people with mental illness.

From the experienced challenges can be derived, that services to support people with mental illness who are volunteering should be offered, to enable them to engage in this occupation and to enhance their mental health and well-being by that.

**Keywords:** Voluntary work, Mental illness, Meaning, Occupational engagement

**Strub Pascale**

***Occupational roles and Chronic musculoskeletal pain***

***A qualitative, narrative exploration of changes in occupational roles and participation within of people with chronic musculoskeletal pain over time***

**Objectives:** The purpose of this article was to explore the possible changes of occupational roles and the participation within these roles among people with chronic musculoskeletal pain (CMP), who participated in a multidisciplinary pain program, over time.

**Background:** CMP affects a large part of the population in Switzerland, causing a large amount of employees to go on sick leave and unemployment – thus effective interventions are needed to address this problem. Because more will be affected by CMP in the future.

**Design:** A qualitative, narrative methodology was adopted. Data analysis was conducted using a narrative analysis form called employment.

**Methods:** Five people with CMP were included in the study. They participated in a single life story interview coupled with timeline drawings.

**Findings:** The life experience of the participants revealed that their participation in occupational roles changed over time. The most important occupation identified by the participants was work. Consequently, they tried to maintain their respective roles as an employee. Some succeeded with sacrifices in occupations besides their employment as for example leisure activities. Their engagement in occupations besides work changed from active into passive occupations. Moreover, pain caused some to lose their work, and some to adapt to their new roles and new bodily needs.

**Conclusion:** CMP has the ability to disrupt a person's life, demanding a change in all occupational roles. The participants responded by losing an entire role, finding a new role gentler to their body, or learned how to adapt an already existing role to fit their new needs.

**Keywords:** Chronic musculoskeletal pain, participation, occupational roles

## Finding your way to the AUAS

The School of Health Professions is situated at Hogeschool van Amsterdam, Tafelbergweg 51, Amsterdam, which is a 8 min. walk from the Metro station Holendrecht.

The seminar will take place in several rooms.

◀ Lijst

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