



School of Health Professions

After Work Lectures

An inspiring implementation challenge: Effective evidence based occupational therapy

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Thursday, 9th December 2010, 6 P.M. - 7 P.M.
Hörsaal TS O3.08, Technikumstrasse 71, Winterthur



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An inspiring implementation challenge: Effective evidence based occupational therapy

Evidence based practice (EBP) was seen as a difficult approach in occupational therapy (OT) because of a believed lack of evidence within our profession. Now that the evidence regarding the efficacy of OT is increasing as is shown by several systematic reviews, EBP should become easier to apply. The connection between clinical reasoning, incorporating evidence of client centred and occupation based practice, is our future challenge. Occupational therapy has several theoretical models to address each issue and what we need are theories that combine these issues.

In this lecture Esther Steultjens will show, based on recent evidence regarding the implementation of EBP in Dutch Occupational therapists (OTs) and based on the existing evidence from scientific studies, from both a theoretical and practice standpoint possibilities for occupational therapy to become best practices. With best practices described as high quality of OT practice that is effective, client centred, evidence based, occupation based and efficient. The relationship between different types of evidence and the other issues to consider in OT will be addressed. An example of a best practice will show how OTs raised their professionalism and were really able to combine in their clinical reasoning the available evidence with all described issues.

Esther Steultjens started working as a researcher after 16 years of OT practice experience. The effectiveness of occupational therapy was her PhD topic. She is a senior lecturer in the European Master of Science in Occupational Therapy, professional masters in neurorehabilitation and several post graduate programmes. Her own company Ergologie focusses on developing and implementing new knowledge in occupational therapy and rehabilitation.

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