Position paper
Occupational therapy
and primary care

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Content

• Introduction, project group, participants
• Motivation & context in Europe
• Purpose of position paper
• Primary care, what is it?
• Procedure
• Occupational therapy in primary care
• Differences in Europe
• Best practices
• Recommendations
• Statement, questions & discussions
• Follow up
Project group
Introduction

- Name
- Profession
- Country
- What is your relation with OT?

- Why this workshop?
Different names

Ergotherapeut
Ergotherapeut
Occupazionale
RehabilitációsTerapija
RatnaArbetsterapeut
OccupationalTherapist
ErgoterapeitaTherapeuta
Toimintaterapeutti
Ergotherapeutin
Ergothérapeute
Delovniliojubjalfi

Workshop, EFPC conference Riga,
September 2016
Report of the
EXPERT PANEL ON EFFECTIVE WAYS
OF INVESTING IN HEALTH (EXPH)
on
Definition of a Frame of Reference in relation to Primary Care with a special emphasis on Financing Systems and Referral Systems
What is happening in Europe

- Public health and early detection, prevent people becoming ill
- Non communicable diseases, chronic conditions, mental health, refugees, migrants
- Smoking, drinking, food, obesity
- More towards manage disability and manage behaviour

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Coordinated/integrated health services (CIHSD) delivery defined

The management and delivery of health services such that people receive a continuum of services through the levels and sites of care within the health system, and according to their needs.

Services:
- Health Protection
- Health Promotion
- Disease Prevention
- Diagnosis
- Treatment
- Long-term care
- Rehabilitation
- Palliative care

Settings:
- Public health
- Primary care
- Secondary care
- Specialist care
- Community, home & social care
- Voluntary sector
- Pharmacies

Source: WHO/EURO, Roadmap, 2013
Purpose of position paper paper

- Outline the role of occupational therapy in primary care
- Inform stakeholders on all levels
- Demonstrate effectiveness
- Inspire & support
- Develop & strengthen

OT more visible, valued, available & accessible in Europe!
Significance of the statement to occupational therapists

Supports & underpins
- Variety of interventions
- Variety of setting
- Variety of client groups
Primary care
Opinion on Definition primary care – Definition

Core definition
“The expert Panel considers that the primary care is the provision of universally accessible integrated person-centered, comprehensive health and community services provided by a team of professionals accountable for addressing a large majority of personal health needs. These services are delivered in a sustained partnership with patients and informal caregivers, in the context of family and community, and play an central role in the overall coordination and continuity of people’s care. The professionals active in primary care teams include, among others, dieticians, general practitioners/family physicians, midwives, nurses, occupational therapists, optometrists, pharmacists, physiotherapists, psychologist and social workers”
WHO definition

“Primary Health care is received in the community, usually from family doctors, community nurses, staff in local clinics or other health professionals.

It should be universally accessible to individuals and families by means acceptable to them, with their full participation and at a cost that the community and country can afford.”
Procedure/Survey

- number of OT’s in primary care
- interest group
- financial systems
- accessibility
- main client groups
- main field of interest
- main challenges
Procedure/Questionnaire

Best practices with all levels of evidence
- RCT
- Positive experience
Procedure/literature research?

• Random literature research based on our existing knowledge
• Practice based
Occupational therapists

“What is the Matter?”

“What Matters to you?”

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Start of the day: short stop at the office and going to the first client.
Being a host

making tea
drinking tea with family
Assessment & re-training of skills and activities

- Observe, assess and evaluate the performance of activities of daily living
- Negotiate individual meaningful goals with clients, their caregivers and family
- Re-train the necessary functional skills
- Coach the client and his caregivers
Sitting in the garden

Getting out independently

Enjoying being outside

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Adapt the social & physical environment

- Assess the environmental context in which the client’s everyday activities take place
- Facilitate changes in the environment
Getting dressed and being safe

Trying socks aids

Preventing falls
Educate on symptom management & manage health conditions

provide individual or group interventions to help people with mental or physical health issues cope with their condition within the context of their daily lives.
Laying comfortable in bed
Adapt activities & assistive technology

- Inform and provide advice on the use of strategies, techniques and equipment to help people meet their goals.
- Assist the client to apply for those devices
- Train the client in the use of the device
Visiting friends and go shopping

Riding a bike safely

Taking hurdles
Being outside and gardening

Being outside without getting lost wandering
Support caregivers & family

- Inform the caregiver about the disease or dysfunction of the client.
- Work in partnership with the caregiver and identify issues of disbalance,
- Find alternative ways and solutions and help create a new balance.

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More specialist interventions

- Vocational rehabilitation & Reintegration
- Provide specialist input to help people to stay in or return to work
- Fitness to drive
- Health promotion / Life Style coaching
- Promoting social inclusion/community engagement
- Advising Technical & Adaptive devices

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Results/Survey

- 14 countries with occupational therapy in primary care
- The most common payment system is health insurance
- 11 countries offer the possibility for occupational therapy through direct access
- The main group of clients being treated by occupational therapists in primary care is the elderly
- The main challenge is the difficult accessibility to occupational therapy
Results/Best practices

- EDOMAH (COTiD)
- Mental health skype group
Statements, questions & discussions

- 2 sessions
- Statements on the screen
- Discussion
- Summary
Statement 1

Occupational therapy should be executed in the home, community, school and workplace instead of in institutions.
Statement 2

The best way occupational therapy in primary care can be organized is by:

- Referral by GP
- Referral by specialist(s)
- Accessible without referral
- From out of an institution
- Other
Statement 3

To work as occupational therapist in primary care one needs specific competences, such as:

- ....
- ....
- ....
- ....

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Summary 1

- What was the hottest topic?
- What was the easiest statement?
- On which everyone agreed?
- On which nobody agreed?
Question 1

How is the accessibility of OT in your country...

Good / reasonable/ non existent

Due to:
Finances / no OT available / where are they?
Question 2

Occupational therapist should work in:
- Mental health
- Social services
- Physical rehabilitation
- Vocational training / re-integration
- Other
Question 3

What are your recommendations for occupational therapy services in Primary Care

Related to:
- Specialist or generalist & professional development
- Alliances
- Public Relations
- Finances
Summary 2

Report from groups
Main challenges

The main challenge for occupational therapy in primary care is the difficult accessibility to occupational therapy services caused by:

- A lack of occupational therapists in primary care;
- A lack of knowledge among the general public and the medical professionals regarding the services of occupational therapy in primary care;
- A fragmentation of the organization of health care and social services;
- The complexity of the financing structures;

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The second challenge is the professional development and the limited possibilities to build a robust knowledge base.

Most occupational therapist work solitary in primary care without the possibility to be supported and learn from each other;

Scope of the profession;
- Referrals are
  - for very specific OT tasks which limits the scope of the profession
  - or the scope is too broad which results in a lack of focus

Cooperation between practice, education and research is not optimal
Recommendations in position paper

- A. Focus on occupational therapy services (specialist vs generalist) and Professional Development
- B. Making alliances
- C. Public Relations
- D. Financing and accessibility.
Primary Care & Education

Collaborative Exchange

Educators

Practitioners

Amsterdam University of Applied Sciences

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Primary Care & Education

Best Practice: Mobility Weeks

Occupational Therapy in Primary Care

November 23-25, 2016 - week 47

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Publication

Publication in Primary Health Care Research and Development by Cambridge Press
Questions?

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THANK YOU ALL!