



## **Occupational Therapy** **The Areas of Practice**

Occupational Therapy often referred to as OT, is an integral part of the healthcare system. The holistic healthcare status is lacking without mandatory inclusion of occupational therapy services. Occupational therapists focus on developing, recovering, or maintaining the daily living and working skills of people with physical, mental or cognitive impairments. Occupational therapists practice in the wide range of areas like paediatrics, neurological science, musculoskeletal conditions, mental health, geriatrics etc. The focus of occupational therapy is to approach the patient's care in a holistic manner.

### **OCCUPATIONAL THERAPY IN PEDIATRICS**

In India, 6.88% of the children in the age group 0-6 are estimated to be having physical, mental or intellectual problems. As far as a new born is concerned, his/her "occupation" is feeding on breast milk and exploring his/her surroundings. But babies who are premature and/or born with physical ailments may have incapability in some areas. Occupational Therapists help in making them maximum self-sufficient in his/her occupation. Hyper activity, autism and learning disability/dyslexia are some of the problems found commonly among children these days. Such children can be brought back to near normal life (completely/partly) through Occupational Therapy. An Occupational therapist can help Children with neurological disorders to overcome their developmental delay, day-to-day activity limitation and thus make them as independent as possible with their condition.

### **OCCUPATIONAL THERAPY IN NEURO-REHABILITATION**

The effect inflicted by stroke, brain injury and weakness of the nervous system upon a person and his family is very grave. The physical, intellectual, mental and emotional problems created by these diseases on the person, seriously affect the family and relatives. Affected with such problems, the ability of a person to do his job gets reduced and his financial liabilities get escalated. Occupational Therapist finds out the disabilities which stand as obstacles and prevent a person from engaging in his/her profession, daily activities and

entertainments. The therapist will endeavour to find solution through evidence based, scientifically proven innovative activities and therapeutic modalities.

### **OCCUPATIONAL THERAPY IN MUSCULOSKELETAL CONDITIONS**

In musculoskeletal diseases (eg. fractures and frozen shoulder) and post-surgical and burn conditions, Occupational Therapy is inevitable in making a person maximum self-sufficient and thus raises the quality of life. Occupational Therapist will help him to attain the original ability through Gross Motor & Fine Motor hand function training. Occupational Therapist also plays a vital role in the “Hand Rehabilitation” following plastic surgeries, tendon repair etc.

### **OCCUPATIONAL THERAPY IN MENTAL HEALTH**

It is evident that, the clear reflection of mental health problems will first appear in a person’s “occupation” (profession, self-care and entertainment). Mental health problems considerably reduce the efficiency in engaging “occupation” in many persons. Occupational Therapist will help persons to come back gradually to normal life by engaging them in “occupation” according to their ability and raising their concentration, interest and other skills to do the job.

### **OCCUPATIONAL THERAPY IN ERGONOMICS**

Ergonomics is a branch of science which examines whether the relation between a person and his occupation is healthy, finds problems in it and suggests solution. The efficiency of a person in his work will be decreased significantly if a smooth relationship doesn’t exist between his profession and his physical and mental health. Occupational Therapist finds out the areas and conditions of a person’s work which are problematic and suggests appropriate solutions for them, thus helps them for engaging smoothly and safely in the “occupation”.

All India Occupational Therapists ‘Association (AIOTA) issues Certification of Ergonomic Suitability of Seating, Educational and other ranges of products manufactured by concerned firms after carrying out inspection by the designated team of experts.

### **OCCUPATIONAL THERAPY IN GERIATRICS**

Occupational therapist can help elderly people lead active and independent lives. They do this by helping them (and/or their caregiver) choose and use equipment that will assist them in

their day to day activities and/or make appropriate modification to their environment. Dementia is a problem commonly found in elderly people. Because of this, elderly are prone for various accidents. They also face difficulties in personal relationships. In such situations, the Occupational Therapist helps that person to be free from these accidents through cognitive retraining activities and environmental modification.

### **OTHER AREAS OF OT EXPERTISE**

- Community Based Rehabilitation (CBR)
- Disaster Management
- Oncology & Hospice
- Sports Injury
- Cardio vascular thoracic conditions
- Acute & chronic general medical and surgical conditions

### **OCCUPATIONAL THERAPIST...**

**“Helping People with the Skills Needed to Live Life to the Fullest”.**