

ISSN 0445-7706

IJOT

Volume : 49

Issue : 1

January - March 2017



AIOTIA Estd. 1952

The Indian
JOURNAL
of **OCCUPATIONAL**
THERAPY

An Official Publication of The All India Occupational Therapists' Association

Regd. with Office of Registrar of News Papers of India wide Regd. No. 1653/57



The Indian Journal of Occupational Therapy

Registered with Office of Registrar of News Papers of India vide Registration No. 1653/57

An Official Publication (since 1956) of
ALL INDIA OCCUPATIONAL THERAPISTS' ASSOCIATION

Founder Council Member World Federation of Occupational Therapists
Registered Under Bombay Public Trust Act, Bom. 1950-E-1118

Website : <http://aiota.org/ijot>

ISSN 0445-7706

Editorial Board : 2016-2020



Editor-in-Chief
Dr. Anil K. Srivastava

B.Sc., O.T.D., D.Y.Ed., P.G. (Rehab), FACOT
Lucknow



Editor
Dr. Shashi Oberai
MSc (OT), PGCR, PGCCR
Navi Mumbai



Associate Editor
Dr. Punita V. Solanki
MSc (OT), ADCR
Mumbai



Assistant Editor
Dr. Lakshmanan S
MOT
Bangalore



Assistant Editor
Dr. Nitesh K. Shrivastav
MOT
Lucknow



IJOT Website Convener
Dr. Joseph Sunny
MOT
Cochin

Review Board Members

Dr. Anita D. Gupta, India
Work Rehabilitation, Developmental Disability
Dr. Anuradha V. Pai, India
Neuro-Musculoskeletal Sciences, Teaching Technology
Dr. Ashley Jayapaul, Singapore
Child/Adolescent Mental Health, Adult Neurodevelopmental Disorders
Dr. B.D. Dasari, UK
Musculoskeletal Sciences, Research Methodology
Dr. Chavan Shashidhar Rao, Kuwait
Developmental Disability
Dr. Harsh Vardhan, New Zealand
Pervasive Developmental Disorders
Dr. Jayashri S. Kale, India
Cardio-Pulmonary Sciences, Neuroscience
Dr. Joseph K. Wells, USA
Community Based Health, Ethics & Management
Dr. Jyothika N. Bijlani, India
Neuro-Developmental Disorders

Dr. Kamal Narayan Arya, India
Neuroscience, Physical Rehabilitation
Dr. Nandu Nandoskar, Australia
Ergonomics, Occupational Health and Safety
Dr. Neeraj Mishra, India
Neurosciences, Developmental Disabilities
Dr. Odette Gomes, India
Mental Health
Dr. Pankaj Bajpai, India
Locomotor Disability & Developmental Disability
Dr. Pratibha M. Vaidya, India
Hand Therapy, Pediatric Rehabilitation
Dr. R. K. Sharma, India
Sports Injury, Hand Rehabilitation
Dr. Sanjay K, Singapore
Neuro-Developmental Disorders, Sensory Processing Disorders
Dr. Sebestina Anita Dsouza, India
Neuroscience, Ergonomics, Geri-Care

Dr. Shailaja S. Jaywant, India
Developmental Disability, Musculoskeletal Sciences
Dr. Shovan Saha, India
Hand Rehabilitation, Assistive Technology
Dr. Sujata Missal, India
Neuroscience, Ergonomics
Dr. Sunita Koutarapu, India
Musculoskeletal & Sports Sciences, Teaching Technology
Dr. Suryakumar Shah, USA
Neuro-Musculoskeletal Rehabilitation, Geri-Care, Epidemiology
Dr. Vaithi M. Perumal, Saudi Arabia
Developmental Disability, Mental Health
Dr. Vijay Suple, Canada
Community Based Rehabilitation, Physical Rehabilitation
Dr. Zarine D. Ferzandi, India
Mental Health, Neurosciences

Contact Details

**Submission of News,
Academic Events and
Information**

Editor
Dr. Shashi Oberai

06, Anita Villa,
Plot No.: 39, Sector 12, Vashi,
Navi Mumbai-400703,
Maharashtra, India
Mobile No.: +91-9820962641
Email:
editor.ijot@aiota.org

**Submission of
Manuscripts and Letters
and Enquiry about status of
Submissions**

Associate Editor
Dr. Punita V. Solanki

NM Medical, Sej Plaza,
Marve Road, Off. S. V. Road,
Malad West, Mumbai-400064,
Maharashtra, India
Mobile No.: +91-9820621352
Email:
asso.editor.ijot@aiota.org

**Invitation to Authors for
Manuscript Submission,
Promotion and Updates on
Indexing**

Assistant Editor (Promotion)
Dr. Lakshmanan S

Centre for Addiction Medicine,
National Institute of Mental Health
and Neurosciences, Hosur Road,
Bengaluru-560029, Karnataka, India
Mobile No.: +91-9902652502
Email:
asst.editor.p.ijot@aiota.org

**Requests for Subscription,
Complaints for Non-Receipt of
Journals and Placement of
Advertisements**

Assistant Editor (Subscription)
Dr. Nitesh K. Shrivastav

2/302, Vivek Khand,
Gomti Nagar,
Lucknow-226010,
Uttar Pradesh, India
Mobile No.: +91-8853263445
Email:
asst.editor.s.ijot@aiota.org

The Indian Journal of Occupational Therapy

About AIOTA and IJOT

All India Occupational Therapists' Association (AIOTA) is registered under Bombay Public Trust Act, Mumbai 1950-E-1118. (Website: www.aiota.org) AIOTA is the founder council member of World Federation of Occupational Therapists' (Website: www.wfot.org). Indian Journal of Occupational Therapy (IJOT) is an official publication of AIOTA since 1956 (with ISSN) to date, with Print ISSN No.: 0445-7706. The first journal was published in 1955 before ISSN registration. The IJOT is registered with the Office of Registrar of News Papers of India vide Registration No: 1653/57. The Abbreviated Key Title for Citation is *Indian J. Occup. Ther.*

Editorial Statement

- v The Indian Journal of Occupational Therapy (IJOT) is published quarterly (four times a year), as: Issue 1: January-March, Issue 2: April-June, Issue 3: July-September and Issue 4: October-December, effective from January, 2017.
- v Guidelines to Authors for Submission: Visit AIOTA/IJOT website (www.aiota.org/ijot) for download.
- v The official language of the Journal is American(US) English.
- v IJOT welcomes submissions of original scientific research papers, review papers, case reports, preliminary articles, conference (OTICON) abstracts (of oral and poster: research papers only), editorials, and specialist issue editorials, on all aspects of occupational therapy. It also includes publication of book reviews & letters to the editor.
- v The conference (OTICON) abstracts (of oral and poster: research papers only), will be published every year in IJOT - Issue 2: April-June.
- v IJOT welcomes contributions/announcements on news, academic events and information related to occupational therapy, allied healthcare and rehabilitative aspects, from all over the world.
- v **Submissions**
 - Associate Editor - Manuscripts and Letters to the Editor
 - Editor - Write-up on News, Academic Events & Information
 - Editor-in-Chief - Editorial, Specialist Issue Editorial, and Book-Reviews

Circulation

Print Issues of IJOT will be circulated to occupational therapy institutions, government and professional organizations in India,

WFOT, contributors, advertisers and subscribers from January, 2017 onward. Authors will receive print issues of IJOT in two copies for records of their publication. Life and Provisional Members of AIOTA will have only online access to full-text IJOT articles (in PDF format) at the AIOTA website with login.

Subscription Rates

(Inclusive of Postage by Registered/Speed Post/Courier)

(Effective from January, 2017)

India: Single Issue: Rs. 550.00

Annual Subscription (Four issues/year): Rs. 2000.00

Foreign: Inclusive of postage by Air-mail

Single Issue: US \$ 30.00 (or Equivalent to Indian Currency)

Annual Subscription (Four issues/year): US \$ 110 (or Equivalent to Indian Currency)

Payments

All payments to be made by Demand Draft/Multicity Cheque in favour of "All India Occupational Therapists' Association" payable at Mumbai and preferably from nationalized banks and be sent to Editor-in-Chief, IJOT (the subscription rates are subject to revision).

Advertisement

The Journal offers good opportunities for advertising. Prospective advertisers may contact Assistant Editor (Subscription), IJOT for commercial information.

Disclaimer

The Editors disclaims any responsibility or liability for statements made, opinion expressed or claims made by authors, readers and advertisers.

Copyright & Photocopying Rights

No part of the publication may be reproduced or transmitted in any form by any means, electronically or mechanically, without the written permission from the Editor-in-Chief. The Editorial Board reserves the right to refuse any matter for publication and decision of the Board must be accepted as the final.

Editorial Office

Editor-in-Chief (IJOT)

93, Laxmanpuri, Faizabad Road,
Lucknow-226 016, Uttar Pradesh, India
Tel.: +91-522-2350482, 9415405095, 9140879761,
Email: editorinchief.ijot@aiota.org
Website: www.aiota.org/ijot

Indexing Status of the Journal (Current)

- | | |
|---|---|
| 1. The bibliographic details of the Indian Journal of Occupational Therapy is available in ICMR-NIC Centre's IndMED database: http://indmed.nic.in | 4. OTD Base, Canada (Abstracts of the Journal): www.otdbase.org |
| 2. For full text Data Base of the Journal at ICMR-NIC Centre, India site: www.medind.nic.in | 5. German Portal of Occupational Therapy: www.ergoethemen.de |
| 3. EBSCO Publishing's Data Base, USA: www.epnet.com | 6. Informatics India, Bangalore: www.j-gate.informindia.co.in |
| | 7. CNKI Scholar, China: www.eng.scholar.cnki.net |
| | 8. Indian Citation Index: www.indiancitation.com |
| | 9. OTseeker, Australia (Abstracts of the Journal): www.otseeker.com |

Donations are exempted from Income-tax under Section 80G

NEWS AND INFORMATION

ANNOUNCEMENT

Fellowship in Advanced OT: Neuro Developmental Disorders (India) FAOT: NDD (India)

The AIOTA's innovative academic program 'Fellowship in Advanced OT: Neuro Developmental Disorders (India)' FAOT-NDD (India) is all set to be rolled in Sept. 2017 by the Academic Council of OT [ACOT], to enhance the knowledge base of India's dynamic post graduates in the field of Occupational Therapy. The fellowship brings together expertise across the globe, who have through their immense contribution has taken Pediatric occupational therapy practice to higher standards. This fellowship offers an opportunity to imbibe practical knowledge in the subject through didactic as well as web-based learning and strengthen clinical practice in light of advanced techniques and latest evidences. CEUs and transcripts shall be awarded. The duration of fellowship program will be 9 months commencing from Sept 18, 2017 - June 17, 2018. *For more information write to Dean ACOT (deanacot@aiota.org) and/or visit AIOTA Website: www.aiota.org*

OTs Appointed in Government Hospital in Tamil Nadu

In an historical development Occupational Therapists were appointed on newly created 18 posts in government hospitals of Tamil Nadu State in Jan.2017.

Information:

Dr. Raghu Ram

Convener TNAIOTA

tnaiota07@gmail.com

AIOTA Awards & Honors

Following members of AIOTA were honored with prestigious Awards during OTICON'2017: the 54th Annual Conference of AIOTA at Jaipur from Feb. 17-19, 2017 for their meticulous contribution towards the profession and AIOTA:

President AIOTA's Crown of OT Award

Dr. Kit Sinclair (Hong Kong)

AIOTA's Life Time Achievement Award

Dr. M. M. Sangoi (New Delhi)

Dr. G. C. Jain (Jaipur)

AIOTA's Professional Excellence Award

Dr. Jayashri S. Kale (Mumbai)

Dr. Kishor Kumar (Patna)

AIOTA's Young OT Achiever Award

Dr. Harsh Vardhan (New Zealand)

AIOTA Meeting at NDMA, New Delhi

A 3 member delegation of AIOTA under the leadership of Dr. Anil K Srivastava, President AIOTA, Dr. Kit Sinclair, formerly President WFOT & Global Brand Ambassador Disaster Management and Dr. Neeraj Mishra, EC member AIOTA met the officials of National Disaster Management Authority (NDMA) on Feb. 20, 2017. The delegation had a meeting with Shri R K Jain, IAS, member NDMA and another senior official from NDMA Shri G S Sharma. The delegation was accompanied by Dr. Saurabh Dalal, Consultant Disaster Rehabilitation and Medical Preparedness, NDMA. The meeting was aimed towards the involvement of Occupational Therapists in the Disaster Management process. The NDMA officials were positive and suggested a few things to chalk out a roadmap for the future to which AIOTA agreed:

1. Formation of a Disaster Management cell in AIOTA
2. Identification of 40 members to be an active part of this cell and who are ready to offer voluntary services during any disaster situations.

3. Conducting a national level orientation workshop for these 40 members and other members of AIOTA in collaboration with the Maharashtra state chapter of NDMA and the representatives from the national body of NDMA at Mumbai.
4. Intensive capacity building strategies for inclusion of OT in various stages of the disaster management process.

Inclusion of OT in RPWD Act 2016 and Autism Certification Board

AIOTA is making all efforts for an appropriate inclusion of occupational therapists in RPWD Act 2016 and Autism Medical Certification Board.

Events

Jan. 5-6 : Smt. Kamlaben P. Patel Institute of Physiotherapy and Occupational Therapy, Anand Gujrat organized Workshop on 'Hand Splinting' and 'Drawing Competition' for students on World Cancer Day Awareness Program on Feb 4.

Jan. 16 : AIOTA member Dr. Karthik Mani, MSc, OTD, OTR/L gave a live radio interview on 'Office Computer Ergonomics' on Super Human Radio on 16th January 2017. The podcast of the interview is available at <http://superhumanradio.com/shr-1971-evidence-based-ergonomics-education-gelatin-joints.html> (16th-56th minute)."

Feb 21: Dr. Anant Kumar EC Member of UPAIOTA and OT at Dr. R.M.L. Institute of Med. Sciences, Lucknow was invited to deliver Guest Talk on 'Assistive Devices & Technology' on Feb. 21 and on Sensory Integration on March 2, 2017 at C.R.C. Lucknow

Mar. 5: TNAIOTA organized a COTE at JKKMMRF College of OT, Erode, Tamil Nadu on 'Recent Trends in Psychiatric Rehabilitation'.

Mar. 29-30: Pt. D.D.U. National Institute for Persons with Physical Disabilities, New Delhi organized Seminar on 'Therapeutic Intervention in Autism Spectrum Disorders' at Hindi Bhawan, New Delhi.

Mar.31-April 2 : 5th Annual Conference of Indian Federation of Rehabilitation (IFNRCON 2017) was organized at Mumbai. Vice President AIOTA - Dr. Shashi Oberai and Dean -ACOT Dr. Jyothika Bijlani were invited as Resource Faculties.

April 2 - 9 : OT School & Centre GMCH Nagpur organized Autism Awareness Program in collaboration with Nagpur Branch of AIOTA in the college campus.

May 7: Workshop for OT's on 'Practical in Low Temperature Plastic Splints' by Dr. Shovan Saha (Manipal) at Praytna, Cochin. Information: Dr. Joseph Sunny, Email: josephsunnymot@gmail.com

Sept. 2-3 : 14th annual conference of Indian Academy of Pediatrics Chapter of Neuro-Developmental Pediatrics is being organized in New Delhi with the theme "Overcoming Challenges, Building Strengths" for developmental pediatricians, occupational therapy/physiotherapy, speech and language therapy, school teachers and special educators, psychologists and counsellors. Information: Dr. Shambhavi Seth, DNB (Pediatrics) Email : shambhaviseth@gmail.com

Sept. 22-23 : 6th Annual National Conference of Society for Hand Therapy (SHT), India at Mumbai, India. Details Available at: <http://www.isscon2017.com/> and <http://www.slideshare.net/SHTIndia/6th-annual-national-conference-of-sht-india-brochure-2017> and www.societyforhandtherapyindia.in

Oct. 4-8: MYOPAIN 2017: The 10th World Congress on Myofascial Pain Syndrome and Fibromyalgia Syndrome is being organised at ITC Gardenia, Bangalore, India. Information: Dr. Deepak Sharan, Email: deepaksharan.rehabilitation1@gmail.com

Oct. 10-12 : 'Asean Conference on Healthy Ageing 2017' will be organized at Sarawak, Malaysia. Theme- Ageing: Challenges, Successes & the Journey Ahead. Information : Professor Nathan Vytialingam Website : <http://www.acha2017.com>

ALL INDIA OCCUPATIONAL THERAPISTS' ASSOCIATION

EXECUTIVE COMMITTEE AIOTA 2016-2020



Dr. Anil K. Srivastava

President AIOTA, Executive Chairman ACOT & WFOT Delegate Lucknow

+91-0522-2350482, +91-9415405095, +91-9140879761 | president@aiota.org



Dr. Shashi Oberai

*Vice-President &
1st Alternate Delegate WFOT*

Navi Mumbai
+91-9820962641
vicepresident@aiota.org



Dr. Satish S. Maslekar

*Honorary Secretary &
2nd Alternate Delegate WFOT*

Aurangabad
+91-9822344021
secretary@aiota.org



Dr. Pratibha M. Vaidya

Honorary Treasurer

Mumbai
+91-9821536404
treasurer@aiota.org



Dr. Z. D. Ferzandi,
Ex-officio Member

Mumbai
+91-9820742360
zarine.ferzandi@gmail.com

EC-Members



Dr. S. K. Meena

Jaipur
+91-9414058796
skmeena@rediffmail.com



Dr. Joseph Sunny,

Cochin
+91-9600005002
josephsunnymot@gmail.com



Dr. Amitabh Dwivedi,

Jaipur
+91-9785400214
akdwivedi123@yahoo.com



Dr. Neeraj Mishra,

New Delhi
+91-9990663836
neeraj_1_ot@yahoo.co.in



Dr. R.K. Sharma,

Gurgaon
+91-9811147423
kumarrk52003@yahoo.co.in



Dr. Lalit Narayan,

New Delhi
+91-9810806492
lalitot1966@gmail.com

Executive Committee : Academic Council of Occupational Therapy (2016-2020)



Dr. Jyothika Bijlani

Dean
Mumbai
+91-9820964567
deanacot@aiota.org



Dr. V. S. Bole,

EC-Member
New Delhi
+91-9891269990
s_v_bole@rediffmail.com



Dr. Veena Slaich

EC-Member
New Delhi
+91-9811143898
vslaich@yahoo.com



Dr. Jayashri S. Kale

EC-Member
Mumbai
+91-9869604369
jayashrikale@yahoo.com



Dr. Shovan Saha

EC-Member
Manipal
+91-9880059426
shovansaha@yahoo.com

**For AIOTA / WFOT Accredited BOT / MOT Education Programs in India visit:
<http://aiota.org/pdf/BOT/bot.pdf> and <http://aiota.org/pdf/MOT/mot.pdf>**

THE INDIAN JOURNAL OF OCCUPATIONAL THERAPY

Volume : 49

Issue : 1

January - March 2017

CONTENTS

1. Editorial : The Indian Journal of Occupational Therapy and OTICON'2017: Jaipur
Anil K Srivastava 2
2. Occupational Therapy: Going Beyond Boundaries: A Case Series
Chaitrali Kulkarni 3-7
3. Effect of Loaded Sit-to-Stand Resistance Exercise on Walking Speed and Balance in Chronic Stroke Patients
Soumyakanta Sahu, Subrata Kumar Halder 8-11
4. Targeting Clinical Markers of Respiratory Muscle Dysfunction in Acute Care
Vijay Batra, Meenakshi Batra 12-16
5. Building a Case for Qualitative Research in Indian Occupational Therapy
Sumita Rege, Vinita Acharya 17-21
6. Compensation Received by Occupational Therapists in India: A National Survey
Karthik Mani, Ingrid Provident 22-28
7. The I'm-Perfect Fathers Group: A Gathering of Fathers of Children with Disabilities
Raviraj Shetty, Jehanzeb Baldiwala, Tanya Vasunia 29-33
8. Book Review:
Patient Safety: Protect Yourself from Medical Errors
Punita V Solanki 34
9. News and Information 35

If Undelivered, Please Return to :
Editorial Office :
93, Laxmanpuri, Faizabad Road,
Lucknow- 226 016, UP, INDIA

Published and Printed by :
Dr. Anil K. Srivastava
Editor-in-Chief, IJOT
for All India Occupational
Therapists' Association

Printed at : **Shanti Printers & Advertisers**, Lucknow # 9415584065