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THE AMERICAN  
OCCUPATIONAL THERAPY  
FOUNDATION

May 2013

## Research Resources



Merry May Greetings to *Research Resources* colleagues:

As an outcome of the AOTA centennial visioning process, six occupational therapy practice areas were identified for the 21st century and have been selected as a framework for some of the themes of our 2013 *Research Resources* newsletters. In April, *Research Resources* focused on Children and Youth, with a special emphasis on autism spectrum disorders. This month, research in the area of Health and Wellness will be highlighted.

In some 21st century practice areas, the occupational therapy contributions are well defined. In the area of Health and Wellness, however, we still have important work to do even though occupational therapy leaders have long advocated for our involvement in this area. Interdisciplinary research and inter-professional programs are particularly important in health and wellness. Evidence on health and wellness may be found in literature associated with public health, community health, prevention, health promotion, health education, healthy lifestyle, physical activity, fitness, and self-management. At the individual level, we need to develop and investigate our contributions in primary health care, lifestyle coaching, and health education. At the community or population level, we need to be more involved in research on public and community health, prevention, health promotion, self-management programs and healthy lifestyle campaigns.

May has been designated as [National Physical Fitness and Sports Month](#). The Physical Activity Guidelines recommends that we:

- \* engage in 2 ½ hours of moderate aerobic activity each week
- \* complete muscle-strengthening activities 2 days a week

We know that our colleagues in related professions have made significant contributions to research on physical fitness and

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## OTJR Seeks Articles

*OTJR: Occupation, Participation and Health* encourages submission of original research reports of assessment/measurement development, efficacy of interventions (preventive, restorative, and compensatory), intervention outcomes, translational research, and basic research (including occupational science). Reports that examine OT interventions and contribute to the evidence for theoretically based occupational therapy practices are welcomed. High quality, rigorous quantitative,

sports. However, I wonder if the unique perspectives and knowledge base of occupational therapy might provide added value to the national dialogue on how to help people achieve these recommended physical activity levels across the lifespan.

### Breaking News:

At the American Occupational Therapy Association annual conference, AOTF and AOTA announced a major collaborative initiative to support intervention research that builds evidence to guide practice. Later this month, we will be providing the details on the Request for Applications (RFA). In the meantime, we hope you will provide your generous support to fund research supported by this initiative. You can easily give \$10 by texting **AOTF** to 80888 for immediate support of this initiative or by using our secure [web site donation page](#) and putting Intervention Research under Remarks.

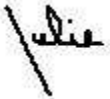
We believe

**Research + Evidence = Improved Practice.**

Well, I'm off to clean up the yard after the long winter! I think this qualifies as either some moderate aerobic activity or muscle strengthening activities or both!

We invite you to survey the sample of publications that were assembled by our staff in the Wilma L. West Library. As always, we welcome your ideas on ways we can improve this monthly newsletter, and we thank you for your support of AOTF.

Warm regards,



Julie D. Bass, PhD, OTR/L, FAOTA  
Associate Director, Institute for the Study of Occupation and Health  
Director of Research  
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## Resource Notes:

### Highlighting physical activity as it relates to health promotion and occupational therapy

My guess is that all of us have either read or been told by a health care provider the importance of developing the practice or habit of engaging in physical activity every day. Some of us who took that advice to heart may have noticed that after incorporating more physical activity into our daily routine, we did feel better and noticed more energy to participate in other activities. If like me, doing strength exercises was a new experience, you may have also experienced like me, a new self confidence in my abilities to engage in different activities. Also, if like me, you have had recent medical problems, you may have noticed that being in good physical shape was a real plus in how your body responded to the assault and the treatment and how you had more confidence during the rehabilitation period.

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qualitative, or mixed methods research reports are especially encouraged. For more information on publishing in this peer-reviewed journal, see its [website](#).

## OTJR: Occupation, Participation and Health: Spring

*OTJR: Occupation, Participation and Health*, published quarterly by the American Occupational Therapy Foundation, Inc.,

offers original research articles of professional interest to the practicing occupational therapist with a focus on occupation and fostering interdisciplinary research. Visit: [OTJR Online.](#)

### Guest Editorial:

[Information Overload: Strategies to Maintain Competence in a Changing World](#)

Glenn Goodman, PhD, OTR/L.

### Feature Articles:

[Participation Patterns of Urban Preschoolers Attending Head Start](#)

Meredith P. Gronski, OTD, OTR/L, Ann Niemann, MA Ed. Christine Berg, PhD, OTR/L.

[Effect of Gravity on Movement and Muscle Characteristics for Daily Occupational Performance in Sitting and Side-lying Positions in Adults](#)

Kinsuk Maitra, PhD, OTR/L, Hae Yean Park, PhD, OT.

[Differential Item Functioning in a Computerized Adaptive Test of Functional Status for People With Shoulder Impairments Is Negligible Across Pain Intensity, Gender, and Age Groups](#)

Bhagwant S. Sindhu, PhD, OTR, Ying-Chih Wang, Leigh A. Lehman, PhD, Dennis L. Hart, PhD.

[Relationships Between Meaningful Activity, Basic Psychological Needs, and Meaning in Life: Test of the Meaningful Activity and Life Meaning Model](#)

Aaron M. Eakman, PhD, OTR.

[Interventions Affecting Self-Care, Productivity, and Leisure Among](#)

## Education Opportunities

### Johns Hopkins University School of Nursing Summer Research Institute on Developing Behavioral Interventions (June 12-14, 2013, Baltimore, Maryland)

This [institute](#) is designed to help participants develop testable interventions that have the potential for implementation in practice environments and advance appropriate trial designs. AOTF is offering partial scholarships for two OTs. Find the application [here](#); deadline is **May 31**.

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## Fellowship Opportunity

### National Space Biomedical Research Institute's (NSBRI) Postdoctoral Fellowship Program

These two-year [fellowships](#) are available in any U.S. laboratory carrying out space-related biomedical or biotechnological research. NSBRI, funded by NASA, is a consortium of institutions studying the health risks related to long-duration spaceflight and developing the medical technologies needed for long missions. Detailed program and application submission information [is available](#). The application deadline is **June 7, 2013**.

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## Online Resources

### Communication and Dissemination Strategies to Facilitate the Use of Health Related Evidence -- April 8 Draft Comparative Effectiveness Review

AHRQ has an established network of Evidence-based Practice Centers (EPCs) that produce Evidence Reports/Technology Assessments to assist public-and private-sector organizations in their efforts to improve the quality of health care. The EPCs now lend their expertise to the Effective Health Care Program by conducting [comparative effectiveness reviews](#) (CERs) of medications, devices, and other relevant interventions, including strategies for how these items and services can best be organized, managed, and delivered.

### Fostering Independence, Participation, and Healthy Aging Through Technology

On April 18, the IOM-NRC [Forum on Aging, Disability, and Independence](#) released a prepublication of the summary report for a workshop held on December 19, 2012. This workshop sought to provide an overview on how the independence, community integration, and well-being of individuals aging with or aging into disability can be improved through use of technology. For more information, please visit the forum's webpage.

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## OT: History in Focus

[Adults: A Scoping Review](#)

Mary Ann McColl, PhD, MTS, Mary Law, PhD.

## Support AOTF

The [American Occupational Therapy Foundation](#) is a nonprofit organization dedicated to supporting our profession today and for the future. Gifts to AOTF help us make a real difference for so many people in our profession through:

- \* Scholarships
- \* Research support and publications including *Research Resources* and *OTJR*
- \* Development and recognition of leadership
- \* Education and maintenance of the largest collection of occupational therapy resources in the country.

Learn more at [www.aotf.org](http://www.aotf.org) or [Donate Now](#).

## Dates to Remember

AOTA/NBCOT Student Conclave, November 15-16, 2013, Jacksonville, Florida

AOTA Conference, April 3-6, 2014, Baltimore, Maryland.

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## Early Roots: Nurturing the Idea of Occupational Therapy in Health and Wellness

Those familiar with occupational therapy history are aware that the original idea of occupational therapy playing a role in wellness has roots in both the Settlement House movements as well as with Adolf Meyer and his vision of the mental hygiene movement (started with Clifford Beers). Meyer's theory of psychobiology, although largely overlooked, asserted that there was a clear relationship between the life experiences of individuals, their adaptation to those experiences, and their physical and mental health. As occupational therapy practice migrated to physical rehabilitation, spurred on immeasurably by the task of providing care for wounded soldiers from two world wars, the idea of using occupational therapy for prevention in community-based contexts was largely buried in history books.



Wilma L. West, President  
Emerita of the AOTF

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## Conference Announcements

**The 2013 Southwest Conference on Disability (October 8-11, 2013, Albuquerque, New Mexico)**

[Call for papers](#) is now open on the following themes:

- The Rehabilitation Act at 40: Promises Kept, Promises Still to Keep
- Assistive Technology: Opening the Door for People with Disabilities
- When the Community, Business and Government Collaborate, People with Disabilities Work
- Access to Health for Women with Disabilities
- Brain Injury: A Family Affair Across the Lifespan

The deadline for proposals is **May 28, 2013**.

**Educating Scientists in Research Ethics for the 21st Century (June 3-6, 2013, Annapolis, Maryland)**

This [trainer-of-trainers conference](#) co-sponsored by the AAAS and the University of Pittsburgh, is designed to prepare faculty and administrators to establish or improve instruction in research ethics

**2013 Neurorehabilitation Workshop: "I - TREAT" (Instruction in Techniques to Rehabilitate, Evaluate, and Assess in Stroke) (June 22, 2013, Columbus, Ohio)**

[A hands-on stroke workshop](#) for physical and occupations therapists, "I-TREAT" will bring together leaders in physical therapy, occupational therapy, and neuroscience to provide clinicians with hands-on training in stroke treatment, evaluation, and assessment.

**3rd Global Conference Making Sense Of: Chronicity (Sept 23-25, 2013, Oxford, United Kingdom)**

The apparent increase in and diversity of chronic conditions calls for better understandings of the spaces between health and illness that chronic patients occupy, often for most of their lives and raises questions not just about those that suffer, but also about those that care for them, available treatments and care, and social inclusiveness.

**4th Brain Development and Learning: Making Sense of the Science Conference (July 24-28, 2013, Vancouver, British Columbia)**

An [interdisciplinary conference](#) devoted to improving children's lives by highlighting innovative programs and by making the newest research and applicable to those who work with children.

### 12th European AAATE Conference (Association for the Advancement of Assistive Technology in Europe) Conference (September 19-22, 2013, Vilamoura, Portugal)

Presentations are sought which will contribute to the advancement of assistive technology, not only in technological areas, but in all the fields closely related with this domain of knowledge: education and training, service provision, research, industry, legislation.

### The Cochrane Collaboration's 2013 Colloquium (September 19-23, 2013, Québec City, Québec)

The focus of this year's [colloquium](#): Better Knowledge for Better Health will focus on evidence that informs health care decisions at every level -- from patient to practitioner, to institutional or government policy maker. Founded in 1993, The Cochrane Collaboration is the largest global network of scientists, researchers, health policy-makers and consumer advocates involved in the production of systematic reviews of healthcare evidence.

### 16th International Congress of World Federation of Occupational Therapists (June 18-21, 2014, Yokohama, Japan)

Presented in collaboration with the 48th Japanese OT Congress & Expo, the [WFOT Congress](#) themes are: disaster preparedness, response and recovery, inter-professional collaboration and the role of OT, wisdom: learning from the past, tradition for the future, innovations and challenges in OT, education and research: meeting the demands from the field, evidence-based practice and quality of OT, the nature of human occupation, community & OT. The Call for Abstracts/Proposals deadline has been extended until **May 14, 2013**.

### Nordic Network on Disability Research - 12th Research Conference (May 30-31, 2013, Turku, Finland)

[NDR2013 conference](#) welcomes a wide range of contributions applying social, cultural, historical and philosophical perspectives to the study of disability.

### Canadian Disability Studies Association 2013 Annual Conference (June 5-7, 2013, Victoria, British Columbia)

[CDSA's 2013 theme](#) "Disability @ the Edge" reflects the ways in which disability both pushes and is pushed to the edges of varied cultural, social and political realms. It is part of the Congress of the Humanities and Social Sciences, June 1-8).

### AOTA Specialty Conference -- School-System Practitioners (July 26-27, 2013, Minneapolis, Minnesota)

Registration and hotel information will launch May 8, 2013. [Speakers](#) have been announced.

### AOTA Education Summit (October 4-5, 2013, Atlanta, Georgia)

The [summit](#) will cover: pedagogy and instructional design; foundations for OT/OTA education and practice; and capacity building with the profession and academia.

### 5th Annual Health Literacy Research Conference (October 28-29, 2013, Washington, DC)

This [interdisciplinary meeting](#) for investigators dedicated to health literacy research is an opportunity to advance the field of health literacy, a method to raise the quality of our research, and an venue for professional development.

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## About Us

AOTF is a 501(c)3 dedicated to the advancement of research, education, and public awareness of occupational therapy so that all people may participate fully in life regardless of their physical, social, mental, or developmental circumstances.

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For more information about the American Occupational Therapy Foundation and its Institute for the Study of Occupation and Health, see our web site: [www.aotf.org](http://www.aotf.org).

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## Resource Notes Continued

The articles below explore the impact of physical activity on individuals' health and well-being, on their participation in other activities, and on their self-confidence. They look at the old and the young, and at individuals with physical or mental health disabilities. A few address the barriers that may prevent participation in physical activities.

Arbesman, M & Mosley, LJ. (2012). [Systematic review of occupation- and activity-based health management and maintenance interventions for community-dwelling older adults](#). *The American Journal of Occupational Therapy*, 66, 277-283.

Boyce, KO & Fleming-Castaldy, RP. (2012). [Active recreation and well-being: The reconstruction of the self identity of women with spinal cord injury](#). *Occupational Therapy in Mental Health*, 28, 356-378.

Cole, F. (2010). [Physical activity for its mental health benefits: conceptualising participation within the Model of Human Occupation](#). *The British Journal of Occupational Therapy*, 73, 607-615.

Crawford, A, Hollingsworth, HH, Morgan, K & Gray, D. B. (2008). [People with mobility impairments: physical activity and quality of participation](#). *Disability and Health Journal*, 1, 7-13.

de Groot, GCL & Fagerström, L. (2011). [Older adults' motivating factors and barriers to exercise to prevent falls](#). *Scandinavian Journal of Occupational Therapy*, 18, 153-160.

Dwyer, G, Baur, L, Higgs, J & Hardy, L. (2009). [Promoting children's health and well-being: broadening the therapy perspective](#). *Physical & Occupational Therapy in Pediatrics*, 29, 27-43.

Hilton, C.L, Ackermann, AA & Smith, D. L. (2011). [Healthy habit changes in pre-professional college students: adherence, supports, and barriers](#). *OTJR: Occupation, Participation and Health*, 31, 64-72.

Jones, L. (2008). [Promoting physical activity in acute mental health](#). *The British Journal of Occupational Therapy*, 71, 499-502.

Letts, L, Edwards, M, Berenyi, J, Moros, K, O'Neill, C, O'Toole, C & McGrath, C. (2011). [Using occupations to improve quality of life, health and wellness, and client and caregiver satisfaction for people with Alzheimer's disease and related dementias](#). *The American Journal of Occupational Therapy*, 65, 497-504.

Radomski, MV, Finkelstein, M, Hagel, S, Masemer, S, Theis, J & Thompon, M. (2011). [A pilot wellness and weight management program for individuals with spinal cord injury: participants' goals and outcomes](#). *Topics in Spinal Cord Injury Rehabilitation*, 17, 59-69.

Reinseth, L, Uhlig, T, Kjekken, I, Koksvik, HS, Skomsvoll, JF & Espnes, GA. (2011). [Performance in leisure-time physical activities and self-efficacy in females with rheumatoid arthritis](#). *Scandinavian Journal of Occupational Therapy*, 18, (3), 210-218.

Sharp, N., Dunford, C., & Seddon, L. (2012). [A critical appraisal of how occupational therapists can enable participation in adaptive physical activity for children and young people](#). *The British Journal of Occupational Therapy*, 75, 486-494.

Stav, WB, Hallenen, T, Lane, J & Arbesman, M. (2012). [Systematic review of occupational engagement and health outcomes among community-dwelling older adults](#). *The American Journal of Occupational Therapy*, 66, 301-310.

Vanner, E.A, Block, P, Christodoulou, CC, Horowitz, B. P & Krupp, L. B. (2008). [Pilot study exploring quality of life and barriers to leisure-time physical activity in persons with moderate to severe multiple sclerosis.](#) *Disability and Health Journal*, 1, 58-65.

Ziviani, J, Poulsen, A & Hansen, C. (2009). [Movement skills proficiency and physical activity: a case for Engaging and Coaching for Health \(EACH\)-Child.](#) *Australian Occupational Therapy Journal*, 56, 259-265.

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## History Continued

It was not until Wilma West, an incredibly important figure in the evolution of the field during the forty-year period from 1950-1990, began urging the field to think about prevention in community-based contexts. West, who served as president of both organizations (as well as serving for a period as the principal executive staff person for the association while it was headquartered in New York) breached the subject in her Eleanor Clarke Slagle lecture in 1957 and repeated these ideas in subsequent published articles and presentations. As a leader among leaders, Wilma West influenced other voices, particularly Ruth Brunyate Weimer, who also advocated for occupational therapy's role in prevention and wellness. Today, the role of occupational therapy in early childhood intervention and school based programs is well established and has been for over nearly forty years. Moreover, many occupational therapists, particularly in private practice, are comfortably involved in adult-focused prevention, health promotion, and wellness programs in both industry and communities. Yet, despite the early genesis of the ideas behind them, it took nearly forty years for them to gain momentum as an established part of occupational therapy practice.

References:

West, WL (1967). The occupational therapist's changing responsibility to the community, *American Journal of Occupational Therapy*, 21 (5), 312-316.

West, WL (1968). The 1967 Eleanor Clarke Slagle Lecture: Professional responsibility in times of change. *American Journal of Occupational Therapy*, 22, (1), 9-15.

West, WL (1969). The growing importance of prevention. *American Journal of Occupational Therapy*, 23(3), 323-331.

Meyer, A. (1935). The birth and development of the mental hygiene movement. *Mental Hygiene*, 19, 29-37.

*Photo courtesy of the AOTA Archives, Wilma L. West Library, AOTF.*

AOTF is pleased to present OT: History in Focus, recollections of, through photos and reports, events and people that have shaped and defined the profession during its distinguished history.

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