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Abstract Book

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Pathways to Belonging for Young Adults with Intellectual and Developmental Disabilities: Family Members' Perspective

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Introduction. Current policies that focus on social inclusion conform to societal ideals which fail to address the meaning derived from participating within their community. Emerging research suggests that understanding belonging, and how young adults (YA) with intellectual and developmental disabilities (IDD) come to feel they belong, is an alternative approach to understanding societal barriers experienced by individuals with disabilities. This study adds to the Pathways to Belonging project by analyzing the perspective of family members of individuals with IDD. Exploring the pathways to belonging (or not) can inform more intentional approaches when interacting with and servicing YAs with IDD.

Objectives. To understand how various contexts and conditions foster and support a sense of belonging (or not) experienced by YA with IDD from the perspectives of family members (FM).

Methods. 15 participants were recruited using purposeful sampling. Data was collected through semi-structured interviews with FMs who identified having close relationships with YAs with IDD between the ages of 18-35. Three authors used descriptive thematic analysis to interpret the data using NVIVO-12.

Results. The 4 major themes that emerged from the analysis were (1) having relationships with supportive familiar others, (2) connecting with others, and (3) having access to meaningful participation and community life.

Conclusions. Results broaden our understanding of how FM perceived the pathways to belonging (or not) for YAs with IDD. The findings highlight the importance of stable relationships, creating opportunities, and understanding individual needs to foster belonging for YA with IDD.

Usability and Clinical Utility of the Occupational Repertoire Development Measure

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Introduction. Understanding occupational repertoire development is central to paediatric occupational therapy, as it may identify potential challenges experienced by children as they develop. Until the introduction of the Occupational Repertoire Development Measure (ORDM), a web-based tool for children (aged 4-12) with two versions (parent [P] and child [C]), no measures specifically assessed occupational repertoire development. Previous studies (Njelesani, Davis & Pontes, 2020; Thomas et al., 2017) have shown that both measures have the potential to be clinically useful, understandable, and supportive of occupation-centred practice.

Objectives. The overall purpose of this study is to identify the usability and clinical utility of the ORDM along four dimensions: appropriateness, accessibility, practicability, and acceptability. This study addressed the first step of the overall purpose by evaluating the data collection process.

Methods. The data collection process was evaluated through analysis of each step by the student researchers, to help inform the larger purpose of the study. An exploratory analysis of mSUS data was conducted.

Results. 1 of 7 paediatric occupational therapists administered the measure and completed the survey. Analysis of the data collection process identified potential challenges with recruitment, dissemination of REDcap links and information provided on consent forms. Exploratory analysis of the mSUS appeared to be accurate for the client's age and ability.

Conclusions. These findings may inform further studies examining the clinical utility and usability of the ORDM with a larger sample size. Further, the mSUS has the potential to assist with a better understanding of the use of the ORDM in this population.

Co-designing a self-management and self-advocacy tool by and for autistic people to address burnout, inertia, meltdown and shutdown

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Introduction. In the scientific community, there is limited knowledge of the uniquely autistic experiences of burnout, inertia, meltdown, and shutdown (BIMS) which autistic people face on a daily basis that can lead to negative physical, emotional, sensory, and mental consequences. These terms are frequently discussed within the autistic community, yet their expertise in coping with these challenges are absent from the literature. There is a need to better understand these phenomena and design a support tool to help people cope with BIMS.

Objectives. The objectives of this study are to use autistic insider expertise to better understand BIMS and co-design a prototype support tool to help manage these challenges.

Methods. This study is the last phase of a three-phased co-design research methodology that explores the experiences and strategies associated with BIMS with eight autistic adults (co-designers). The co-designers share their expertise through virtual interviews or in written format to inform prototype development and provide feedback.

Results. The results of this study improve understanding of BIMS and can inform development of a prototype support tool that enables people to reflect on their experiences of BIMS, practice new strategies, and advocate for their needs. The tool provides a self-management and self-advocacy plan that aims to help make BIMS more manageable.

Conclusions. This prototype support tool, created by and for autistic people, is the first of its kind and aims to help people create a personalized plan to cope with BIMS. It can inform future research that draws on autistic knowledge to address challenges that they experience day-to-day.

Community-based group intervention for older adults with subjective cognitive decline and mild cognitive impairment: Qualitative analysis of participant experience

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Introduction. Older adults with subjective cognitive decline (SCD) and mild cognitive impairment (MCI) may experience functional challenges and withdraw from meaningful occupations. Early intervention may delay dementia onset by maintaining functional independence. Adult Strategies Put Into Real-world Environments (ASPIRE), a metacognitive group intervention designed to prevent functional decline for older adults with SCD and MCI, was delivered as part of a randomized control trial (RCT).

Objectives. The objectives are to (1) categorize positive and negative aspects of ASPIRE from participants' viewpoint; and (2) compare positive and negative aspects identified by ASPIRE participants to those identified by control participants.

Methods. This qualitative study uses summative content analysis. Older adults (n=203) with SCD or MCI who participated in the RCT provided written feedback regarding positive and negative aspects of their intervention. Responses were coded and catagorized to reflect their meaning. Between group comparison of categories was completed using $\chi 2$ analysis.

Results. Eight categories were identified. Significantly more positive aspects were identified in the ASPIRE group related to the categories of Everyday Life, Ambiance, and Individualization. Significantly more Content related feedback was provided by the control group. ASPIRE participants reported more negative aspects related to Program Structure, referring to repetition. No significant between group differences were found in the remaining categories: Method of Information Delivery, Facilitator, and Group.

Conclusion. Participants enjoyed the individualized, practical application of ASPIRE strategies to everyday life challenges. Group interactions and facilitator qualities were expressed positively in both groups, highlighting the power of group intervention for older adults.

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"Balancing a house of cards": Understanding the perspectives of developmental services leaders during COVID-19

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Introduction. The pandemic has highlighted a need to promote the mental health of essential workers, especially those working in the Developmental Services (DS) sector. It is necessary to further understand the experiences of staff and leaders in order to tailor mental health interventions specific to this sector.

Objectives. The study explored the impact of the pandemic on the mental health of staff in the DS sector in Ontario.

Methods. This qualitative descriptive study involved 20 semi-structured interviews with leaders (e.g., executive directors, supervisors) from the DS sector. Participants shared their perspectives on the impact of COVID-19 on their organization, specifically the mental health of staff and persons supported. Reflexive thematic analysis was used to examine the data.

Results. Participants indicated that the pandemic had considerable impacts at multiple levels, including leaders, staff, clients and the sector as a whole. The following themes emerged: 1) leaders experienced increased responsibilities leading to significant psycho-emotional impacts, 2) staff experienced increased stress, burnout, and fatigue, 3) clients experienced decreased engagement in occupations, and 4) COVID-19 highlighted the unmet needs of the DS sector.

Conclusions. Results showed the intertwining nature of mental health impacts at multiple organizational levels. Leaders' increased responsibilities during the pandemic heightened the psycho-emotional stress associated with their roles. The pandemic also highlighted cracks within the system of care for individuals with developmental disabilities across sectors. Overall, the results demonstrate the need for increased intersectoral collaboration, targeted mental health initiatives, and advocacy efforts to amplify the voices of the DS sector.

Occupational therapists' experiences of moral distress in interpreting pandemic guidelines

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Introduction. Anecdotal reports suggest that the College of Occupational Therapists of Ontario guidelines were difficult to interpret in paediatric settings and prompted moral distress. As occupational therapists (OTs) working in paediatrics provide a range of time-sensitive services to children with health concerns, these experiences of moral distress may impact their abilities to provide the best client-centred care.

Objectives. The objective of this study was to better understand experiences of moral distress in navigating guidance for clinical practice among OTs working in paediatrics in private and publicly-funded practice settings both before and during the COVID-19 pandemic.

Methods. The study involved a mixed methods design including an anonymous online quantitative questionnaire identifying participants' caseloads throughout the pandemic and their self-reported ability to interpret guidance and access to resources to help with that interpretation. Following the questionnaire, participants were invited to a qualitative virtual interview to further explore their experiences of practising during the pandemic.

Results. Quantitative findings indicate that therapists experienced concerns balancing the adherence to pandemic health guidelines and providing quality care for patients/clients. Results show a decrease in self-reported ability in guidance interpretation and access to guidance interpretation resources before the COVID-19 pandemic compared to that during the COVID-19 pandemic. Qualitative themes–including shifting to virtual therapy, accessing PPE, and concerns of best practice–further explain these findings.

Conclusions. This study explores a greater understanding of the moral distress therapists face practising in a pandemic environment. It brings awareness of current policy implications, improve current or future policy and guidance.

Social support and leisure participation among community dwelling older adults: A literature review

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Introduction. Participation in leisure activities is associated with positive health outcomes for community dwelling older adults. The social environment can contribute to leisure participation. It is important to understand the quality of social support for older adults regarding their engagement in leisure activities.

Objectives. The research question was: What is the nature and extent of the empirical literature on the relationship between social support and leisure activities among community dwelling older adults? The objectives were: (a) to describe the study characteristics and methodologies of the empirical literature, (b) describe the variables of interest, and (c) to descriptively summarize the results of these empirical studies.

Methods. Ten articles were identified from three databases. Data was extracted from the articles using a predefined chart. Data were analyzed using a descriptive summary approach.

Results. Most studies were published in the last 10 years (70%), performed in Western countries (70%), and with samples composed of mostly participants with a high school education or below (60%). All studies were cross-sectional and had mostly female participants. Social support and leisure activities were operationalized and measured varyingly across studies. Generally, a significant positive relationship between social support and leisure activities was reported.

Conclusions. Our results provide empirical evidence to occupational therapy models highlighting the importance of social support in enabling leisure participation in aging. More research is needed on understanding where and with whom leisure activities take place, and on social support beyond friends and family. Future research should also consider performing more studies in Eastern countries.

Occupational engagement in South Asian populations with type 2 diabetes

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Introduction. The increasing prevalence of type 2 diabetes (T2D) in South Asian (SA) communities in Canada is a growing public health concern. Research shows occupational therapists (OTs) can support clients with T2D with occupational engagement (OE). There is limited understanding of how OTs can support SA clients and the social/cultural factors that influence their OE. The Canadian Model of Occupational Performance and Engagement (CMOP-E) considers the interdependent influence of the person, environment, and occupation on OE.

Objective. Drawing on the CMOP-E, this study aims to understand the influence of social and cultural factors on the OE of SA community members in Peel, Ontario who live with prediabetes, gestational diabetes, or T2D and who are caregivers of children <18 years old.

Methods. Using a community based participatory research approach, twelve service providers from hospitals and community organizations and ten SA caregivers in Peel provided insight on their understanding of and experiences with T2D and OE through semi-structured interviews. Thematic analysis was conducted following Braun and Clark's (2006) six phase guide.

Results. Findings suggest that loss and gain of occupations is influenced by interactions between life course transitions and related shifts in social and cultural factors. We identified the following themes: 1) a shift in occupational identity associated with T2D, 2) loss of familiar supports with migration causes shifts in occupations and roles and 3) adjusting to different geographical conditions impacts OE.

Conclusion. Consideration of these interactions through the CMOP-E can inform culturally sensitive OT services to support SA communities with T2D.

Getting the Prosthetic Upper Limb Functional Index (PUFI-2) into clinical use: examining clinician experiences using the web-based measure in Pediatric Prosthetics Community

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Introduction. The Prosthetic Upper Limb Functional Index (PUFI) measures children's prosthesis use during bi-manual activities. Its clinical usage has declined due to its outdated content and software incompatibility; thus it has recently been updated as a web-based measure (PUFI-2). There is a need to understand clinicians' experiences implementing the PUFI-2's real-world practice and its impact on pediatric prosthetic-based care.

Objectives. To explore clinicians experiences using the PUFI-2, outlining the enabling and limiting factors that influence its clinical usability.

Methods. A 2-month implementation follow-up qualitative content analysis measured the experiences of 3 prosthetic clinicians. Participants utilized the PUFI-2 using a clinic-specific implementation map, completed a survey, and participated in Zoom interviews to expand on their experiences. Interview transcripts and comments from the survey were analyzed with line-by-line coding, followed by sorting codes into sub-categories and identifying themes.

Results. Two main themes with subcategories emerged: (1) Factors posing challenges to PUFI-2 use (challenge of getting the right technology platform, challenges with parent/client motivation to complete the PUFI-2), and (2) Factors promoting PUFI-2 use (helps inform care, flexible for virtual/hybrid/in-clinic delivery, has concise instructions for parent/client completion, adaptable for modifications in clinical use).

Conclusion. Participants identified enabling and limiting factors to administering the PUFI-2. The participants' recommendations reflect the importance of exploring clinicians' accounts on the PUFI-2's usability, as they will be the individuals to use their clinical reasoning and decide whether to actualize the PUFI-2 into clinical practice. A 5-month follow-up interview is scheduled to explore longer-term usability of the PUFI-2.

Navigating dating and romantic relationships for adult neurodivergent individuals: supporter concerns and needs

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Introduction. Romantic relationships are a source of connection, purpose and meaning across cultures and may convey mental and physical health benefits. Neurodivergent individuals have reduced participation in the areas of dating and romantic relationships, as compared to neurotypical individuals, and experience fewer benefits. Additional support can help narrow these gaps. Parents/caregivers play a large role in supporting neurodivergent individuals; however, research conducted to date has mainly focused on the challenges faced by neurodivergent individuals as they navigate romantic relationships. There is limited literature on the services and resources utilized and needed by parents/caregivers to best support neurodivergent individuals.

Objectives. The objective of this study is to explore parental/caregiver concerns and needs, as they support neurodivergent individuals in navigating dating and romantic relationships.

Methods. This study uses a mixed-methods design whereby the qualitative data is collected from interviews and analyzed using thematic analysis, and the quantitative data is collected from an anonymous survey and analyzed using descriptive statistics.

Results. Four themes emerged from the data including the need for individualized, practical, and ongoing support, the experience of high caregiver burden, common challenges faced by neurodivergent individuals, and the compromised well-being of the neurodivergent individual due to lack of success and isolation.

Conclusions. The insight provided by parents/caregivers in this study, may be used by clinicians that work with neurodivergent individuals and their parents/caregivers to inform the resources, programs, and services that they provide.

Interventions to Enable Occupation for Adults Living with Kidney Transplants: A Scoping Review

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Introduction. Kidney transplant recipients can have difficulty engaging in valued self-care, work and leisure activities post-transplant due to physical, cognitive, emotional and/or situational factors. Life participation is viewed as being fundamental to quality of life by kidney transplant recipients.

Objectives. To identify and describe interventions studied to address life participation in the adult kidney transplant population.

Methods. This study included adult (>18 years) participants who have undergone kidney transplantation. Six electronic databases were searched using search terms representing the population (kidney disease) and concept (interventions targeting life participation), and title and abstract review were completed independently by four students. Records were then divided into four subpopulations (kidney transplant, peritoneal dialysis, hemodialysis, pre-dialysis), and full-text review and data extraction were completed for the kidney transplant population by two students. SPSS was used to descriptively analyze the data.

Results. Of 11,301 studies included in the initial title and abstract review, 99 were examined for full-text eligibility and 34 were eligible. The majority of interventions studied to address life participation were physical interventions (56%), followed by cognitive interventions (15%) and mixed interventions (18%). Outcome measures to assess life participation commonly assessed self-care, work, and leisure activities (47%), or focused exclusively on self-care (18%), work (15%), or leisure (9%) activities.

Conclusions. Physical interventions are most commonly employed to enable life participation in kidney transplantation; however, they may not adequately address the breadth of challenges facing the kidney transplant population. Further research is needed to explore the impact of different intervention types on life participation.

Impact of eating disorders on paid or unpaid work participation and performance: A systematic review

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Introduction. Eating disorders (ED) are among the most persistent mental health disorders that can negatively impact the occupational and social functioning of individuals. Evidence has shown that individuals with ED often experience a negative impact on work participation and performance. Currently, there is a lack of knowledge around how ED symptoms impact individuals in the workplace, which can limit the effectiveness of current intervention programmes for individuals with ED.

Objectives. The objective of this study is to explore the effects of ED and specific ED symptoms that relate to changes in work performance and participation, and to summarise the most common metrics and assessments used to measure work participation and performance.

Methods. Original articles were identified through a literature search of the health databases Medline, Embase, CINAHL, Web of Science, APA PsycINFO, and Cochrane Library. Included studies contained individuals participating in paid or unpaid work, with no severe comorbidities. A qualitative or cross-sectional critical appraisal was conducted on the included studies, using the Critical Appraisal Skills Programme checklist and Joanna Briggs Institute checklist, or the Newcastle-Ottawa Scale.

Results. Six studies were included and critically appraised. The results of the study will inform how ED symptoms specifically impact work participation and performance.

Conclusions. The results can address gaps and enhance the knowledge on the impact of ED on work functioning. Our findings can guide assessments, policies, and interventions to better manage workplace function for individuals with ED.

Gender, disability, and sustainable employment: Challenges and opportunities for supporting autistic women in the workplace

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Introduction. Autistic women experience unique challenges in obtaining and maintaining meaningful employment, even when they are highly qualified. Although research has suggested that on-the-job supports are the greatest determining factor in employment of autistic individuals, the needs of autistic women are not being addressed. There is a current underrepresentation of employer and disability employment support professionals' perspectives on supporting autistic women compared to autistic men. This gap indicates a lack of understanding about the intersectional experience of being autistic and a woman in the workplace.

Objective. To learn directly from employers and disability employment support professionals about the challenges and opportunities they experience/observe in their practice regarding implementing workplace support for autistic women.

Methods. This qualitative study analyzed employer and disability employment service professionals' perspectives via three in depth, semi-structured interviews. An inductive approach to analysis was used to examine employer and disability employment support professionals' experiences with supporting autistic women in the workplace. Themes about the challenges and opportunities were identified.

Results. Our analysis revealed an overarching theme of Awareness and Understanding that highlights the current lack of acceptance for autistic women in the workplace and the challenges and opportunities for support within this theme. To further understand experiences, the analysis found two subthemes of Education: A Work in Progress and Individualized Inclusive Design.

Conclusion. This study highlights the need for increased awareness and understanding of autistic women's experiences in the workplace to provide effective support. Through education and individualized inclusive design, employers can better support autistic women maintain meaningful employment.

A Systematic Review Identifying Outcomes for Traumatic Lower Limb Loss

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Introduction. Lower limb amputation (LLA) is a life altering event that impacts health, functioning and well-being. People with traumatic LLA may experience limitations in activities of daily living, phantom limb pain, depression and anxiety. The development and use of standardized outcome sets at the clinical level will allow the comparison of outcomes locally, regionally and provincially, and will help identify more effective care models and clinical pathways.

Objectives. The objective of this systematic review was to identify all outcomes relevant to rehabilitation and community participation for adults with a traumatic LLA in the literature.

Methods. A search strategy was developed and the following databases were searched: OVID Medline, Embase, and CINAHL. The inclusion criteria was adult-onset traumatic major LLA, articles written in French or English, studies including an intervention and reporting patient outcomes, and $\geqq 50\%$ of the study population having a traumatic LLA. Outcomes were classified according to Dodds et al., framework.

Results. 7834 studies were screened and 49 were included. Data extraction is currently in progress. The results of this project will inform the development of a standardized core outcome domain set (CODS) for traumatic limb loss rehabilitation patients.

Conclusions. This study provides a list of outcomes published specifically for traumatic LLA. The next step is to engage individuals with a LLA to understand outcomes most important to them. A modified Delphi approach involving individuals with limb loss, clinicians and decision makers will be used to determine which outcomes should comprise the CODS for rehabilitation of individuals with LLA.

The occupational impacts of burnout, inertia, meltdown, and shutdown on autistic adults' lives

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Introduction. Autistic individuals describe burnout, inertia, meltdown, and shutdown (BIMS) as phenomena that significantly impact their daily lives. Despite these reports from autistic individuals, the occupational impacts of BIMS are not extensively described in the literature. Research co-produced by autistic individuals provides opportunities to identify meaningful outcomes desired by the autistic community, improves understanding of BIMS, and supports identification and clinical management of autistic individuals' needs.

Objectives. We aimed to understand how BIMS impacts occupational engagement through first-person perspectives of autistic adults.

Methods. We conducted a secondary analysis of data generated from the "Relax, Recharged, and Ready" (RRR) project. The RRR project used a co-design methodology to understand BIMS through first-person accounts from autistic adults and design a self-assessment and self-management tool. We conducted an inductive thematic analysis to examine the occupational impacts of BIMS through a recursive and iterative process of: data familiarisation; systematic data coding; generating initial themes from coded and collated data; developing and reviewing themes; refining, defining and naming themes; and writing the report.

Results. Autistic adults describe the significant impact of BIMS on their everyday lives, including their occupational choices, communication, and interpersonal relationships. Autistic adults describe that their skills, strengths, unique ways of thinking and abilities are often unrecognized by others in everyday life.

Conclusions. An insider perspective of how BIMS impacts autistic adults' occupational engagement could lead to better understanding of autistic adults' needs. This research has the potential to lay groundwork for advocacy and more funding and accommodations for autistic adults.

Exploring Methods to Personalize and Tailor Online Interventions for Informal Dementia Caregivers: A Scoping Review

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Introduction. Informal caregivers providing unpaid care to persons with dementia promote aging in place and help reduce burden on the healthcare system, but often do not receive sufficient education and support. Online interventions have emerged as a feasible and cost-effective solution to address their needs. Although many studies highlight the importance of personalizing and tailoring online interventions, little is known about this area in relation to online interventions for caregiving and the methods involved.

Objectives. To explore existing literature on methods used to personalize and/or tailor online interventions that support informal caregivers of persons with dementia.

Methods. The scoping review protocol by Levac, O'Brien, and Colquhoun (2010) and the PRISMA-ScR checklist guided the methodology and reporting of findings. Literature published between 1995 and 2022 was retrieved using a search strategy applied to six databases. Two researchers independently completed title and abstract screening, full text review, and data extraction.

Results. Thirty-four studies were included out of 4060 studies identified in the search. Extracted data were synthesized into eight themes. The most prominent themes were: tailoring interventions according to data provided by the caregiver, using a co-design approach to develop caregiver-informed interventions, and the capability of users to select/prioritize preferred features, topics, areas of learning, and areas of support.

Conclusions. Findings from this study will inform future content and design of online interventions for informal caregivers of persons with dementia. Occupational therapists may use this evidence-based information to guide interdisciplinary teams in the decision-making and design process of these interventions.

Effects of rapid palatal expanders on speech intelligibility and acceptability in children with cleft palate

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Introduction. An increasing number of children with cleft lip and palate are undergoing palatal expansion using rapid palatal expander (RPE) interventions. Healthcare providers play a vital role in supporting children during this time, providing education, and ensuring successful participation in their everyday activities. There is a current need to understand how this intervention affects children's speech throughout treatment.

Objectives. This study aims to determine how the rapid palatal expander intervention affects speech intelligibility and acceptability of children with cleft lip and palate at various time points throughout the intervention.

Methods. This study examines the data from a prospective longitudinal study utilizing speech recordings from children with cleft lip and palate treated with RPEs. Speech-language pathology students at the University of Toronto rated speech recordings for acceptability, hypernasality, and hyponasality. Descriptive statistics and ANOVA tests were used to examine changes in speech ratings across time.

Results. Results demonstrated that children's speech was most affected at time point 2 (immediately after RPE insertion). By time point 6 (at follow-up RPE removal) the speech had significantly lower mean ratings for acceptability, hypernasality, and hyponasality ($p < 0.05$, $p < 0.01$, $p < 0.05$, respectively) compared to time 2, indicating notable improvement in speech over time.

Conclusions. This study provides a greater understanding of the current RPE intervention and how it affects a child's speech throughout treatment. It will help guide future education initiatives that will enable healthcare providers to recognize these impacts and properly support and enable their patient's participation in activities of daily life.

Validation of the 5-item Workplace Outcome Suite on Employee Assistant Programs for Office Workers

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Introduction. Mental health disorders affect more than 300 million people worldwide and 70% of these people are employed (WHO, 2017). Thus, workplace mental health problems are a top concern for both employees and employers. Employee Assistant Programs (EAPs) are interventions that address mental health and aim to improve the occupational performance of office workers. To evaluate the effectiveness of these interventions, a standardized assessment tool, the Workplace Outcome Suite (WOS) (Lennox et al., 2010), was developed.

Objective. The purpose of this study is to determine if the new WOS 5-item version can be used to approximate the WOS 25-item version without excessive loss of reliability, validity, or sensitivity.

Methods. Secondary data analysis of WOS 25-item questionnaires conducted both pre- and post-EAP services. Quantitative data analysis includes descriptive statistics, Cohen's d, paired t-test, the Wilcoxon signed-rank (non-parametric test), and bivariate factor analysis.

Results. Findings demonstrate that the WOS 5-item version is successful in detecting changes in workplace functioning. Within all five constructs, users' scores were seen to improve after EAP interventions, indicating improvement in employee mental health. Significant changes were detected for absenteeism, presenteeism, work engagement, and workplace distress constructs. Bivariate correlation results indicate the WOS 5-item is a good representation of the 25-item version.

Conclusions. There are strong correlations between each item on the WOS-5 and the corresponding items in each construct on the WOS-25. This evidence suggests the WOS 5-item version can be used to approximate the WOS 25-item version without excessive loss of reliability, validity, or sensitivity.

OT and Employers' Role in Supporting Employment Among Individuals with EOD and MCI: A Review of the Literature

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Introduction. Individuals living with Early Onset Dementia (EOD) and Mild Cognitive Impairment (MCI) face a number of internal and external barriers to remaining meaningfully employed in the workplace, post-diagnosis. As it stands, there are no formal guidelines that inform how to best support this population in the workforce.

Objectives. Given the dearth of literature on supporting employment for individuals living with EOD and MCI, the objective of this study is to explore strategies to support employment amongst other similar populations, such as acquired brain injury, lupus, and multiple sclerosis.

Methods. This paper reviews the literature through multiple electronic searches on the topic of supporting employment among populations with a range of conditions. A summary will be provided on the current state of affairs within the literature and will inform supporting employment among individuals living with MCI or EOD.

Results. Seven themes were generated as a result of the literature review; education, pre-work, assistive devices, workstation design, accommodations, organization culture, and cognition & mental health. These themes contributed to building a framework that provides guidance for occupational therapists and employers when addressing employment among individuals living with EOD and MCI.

Conclusions. This literature review provides a greater understanding of how OTs and employers can support employment among individuals living with MCI or EOD. Establishing guidelines for working with these populations will help to improve the standard and reliability of care, lower service provision costs, and properly support employment goals.

Occupational therapists' perceptions of their role(s) in advance care planning

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Introduction. Patient-centered values are fundamental in both occupational therapy practice and advance care planning (ACP). Occupational therapy and ACP both derive meaning from a client's values, beliefs, and interests. Occupational therapists (OTs) could support ACP, however, there is a lack of understanding of the role(s) that OTs might play in ACP. As part of a larger project (iCAN-ACP), this study focuses on OTs' experiences with older adults (55+), particularly LGBT+, Chinese, and South Asian populations (some of Canada's largest marginalized and visible minority groups).

Objectives. To explore a) extent OTs perceive ACP as within their scope of practice; b) any experiences with ACP discussions; c) key factors enabling and/or limiting ACP discussions with the identified target populations; d) awareness and use of ACP tools.

Methods. Semi-structured interviews with 10 British Columbian and Albertan OTs, and 20 Ontario OTs recruited through practice and education networks, practice leads, and snowballing. Thematic analysis of the interview transcripts identified OTs' perspectives and experiences with ACP and enabled a comparison of ACP-related experience with majority population older adults and our minority groups of interest.

Results. OTs believe that ACP falls within their scope of practice, however, they listed a wide array of definitions of ACP. OTs bring a functional perspective to ACP that goes beyond a biomedical focus. Most OTs did not engage differently with minority clients, but noted difficulty navigating cultural family dynamics.

Conclusion. Findings illustrate how OTs perceive their role in ACP and their experiences with ACP discussions with the identified target populations.

Understanding Adaptations in New Mother's with Postpartum Depression: A Scoping Review

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Introduction. Postpartum depression (PPD), characterized by a range of depressive- or anxiety-related symptoms postpartum, affects about 67% of new mothers in Canada. As maternal health continues to become an emerging area of practice for occupational therapists, there is a need to identify factors that influence how new mothers with PPD adapt to this period of occupational change.

Objective. The objectives of this study were to summarize the current evidence on how new mothers overcome and experience PPD and/or depression-related symptoms; and to understand how the data align with our current understanding of adaptation in occupational therapy.

Methods. Using PRISMA guidelines, a review of peer-reviewed literature was completed between November 2021 to May 2022. Studies were included if it had related terms for PPD in the title or abstract, the primary focus was on maternal mental health, and if it focused on experiences of adaptation to PPD. Raw data were thematically grouped by three independent coders to identify themes of adaptation.

Results. Of 8363 articles screened, a total of 13 articles were included. Various methodologies were employed including, qualitative (n=9), phenomenology (n=2), meta-ethnography (n=1), and meta-interpretative synthesis (n=1). Preliminary analyses showed that occupational engagement (i.e., church, clubs, individual hobbies) and social support (i.e., familial and peer support) helped new mothers negotiate PPD-related challenges.

Conclusions. Understanding the processes of adaptation in new mothers can help inform and equip occupational therapists with evidence-based knowledge during this period of occupational change and can inform future maternal mental health studies and interventions.

Understanding the psychosocial needs of children, youth and families in inpatient rehabilitation. A mixed-methods retrospective chart review

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Introduction. Children and youth with long-term physical conditions are at greater risk of developing complex psychosocial and mental health problems. Limited data is available on the incidence and prevalence of mental health conditions and psychosocial needs of inpatient clients and their families. There is currently an increased demand for mental health services and resources at Holland Bloorview (HB).

Objectives. The objective of this study is to explore the current mental health experiences and psychosocial needs of children, youth and families at HB.

Methods. Thirty medical charts were randomly selected from the Specialized Orthopedic and Developmental Rehabilitation (SODR) unit for retrospective review. A concurrent nested mixed methods design was conducted. Analyses of descriptive statistics along with a phenomenological approach was implemented to understand lived mental health experiences of the clients.

Results. A total of 13.3% of clients were diagnosed with mental health conditions and 10% of caregivers also reported mental health issues. Almost half of the clients experienced intellectual, developmental and academic difficulties. At the same time, many families received support, most often, individualized funding followed by a special education placement for their child. The most common child strengths that were recognized included self-advocacy, strong listening skills and resiliency. Families identified both physical and mental healthcare goals for their child.

Conclusions. This study provides a greater understanding of the mental health experiences and psychosocial needs of children, youth and families at HB. It will help guide future practice to encompass a more holistic approach to pediatric rehabilitative care.

Gender Diversity in the Assessment of Motor and Process Skills

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Introduction. Gender diverse (GD) individuals have consistently experienced healthcare exclusion. One such exclusion, which affects GD individuals' participation in occupational therapy (OT), is that activities of daily living (ADLs) assessments, such as the Assessment of Motor and Process Skills (AMPS), have only been statistically normed with cisgender individuals. Assessments ought to be demonstrably valid with GD individuals who may evolve their gender-affirming ADLs over time.

Objectives. This study aims to understand if assessors perceive the AMPS to be an appropriate tool to use with GD individuals. It also explores AMPS assessors' confidence in using this tool with GD individuals and any concerns they have using the AMPS with this population.

Methods. An initial literature review to examine GD within AMPS, healthcare, and OT. Informed by the literature review, qualitative interviews were conducted with AMPS-trained OTs to determine their perspectives on using the AMPS with GD clients.

Results. Student authors examined 56 articles in the literature review. Subsequently, these authors completed 3 interviews, which led to the following key themes: 1) Clinicians' divergent levels of comfort and confidence in the use of the AMPS with GD individuals; 2) Questions and consideration regarding some of AMPS administrative and procedural dimensions (e.g., statistical weight of sex/gender in the AMPS algorithm).

Conclusions. OT as a profession has proclaimed its commitment to provide inclusive service for all individuals. To achieve this, it is essential we have a better understanding of whether or not our assessment tools can be used for all individuals.

Virtual Delivery of a Memory Intervention Program for Moderate-to-Severe Memory Impairment: A Mixed Methods Evaluation

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Introduction. The COVID-19 pandemic has created a need for online/virtual service delivery in healthcare, including specialized memory intervention programs. Memory Link is an established in-person memory intervention program that trains clients with moderate-to-severe memory impairment due to acquired brain injury (ABI) to use external compensatory strategies via mobile applications. There is a need to evaluate virtual adaptations made to program delivery of previously in-person only methods.

Objectives. The objective of this study was to demonstrate learning of mobile application operation skills through virtual training methods in memory-impaired participants. This study also looked at the overall client and caregiver experience of participating in such settings.

Methods. Trial-by-trial training data was collected from participants during each session for program evaluation. Learning was examined with descriptive statistics comparing pre- and post-intervention performance. Narrative interviews were conducted, and themes generated, to explore the client and caregiver experience of virtual training.

Results. This study found that there was an increase in app learning across all participants. Both participants' and caregivers' experiences reflected occupational engagement through convenience, enjoyment of the virtual program, and the learning of compensation skills.

Conclusion. Memory Link is still effective, despite virtual adaptations. Changes in cuing methods, and administering errorless learning techniques remotely, have not prevented success in compensation skills training. All participants had positive experiences enrolled in the remote program which adds to its overall success. The findings of this study can be used to inform future research of virtual errorless learning in moderate-to-severe ABI.

Occupational Therapy and Inuit Qaujimajatuqangit: Exploring complementarity to support mental health – A Scoping Review

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Introduction. Inuit in Nunavut die by suicide nine times more frequently than other people in Canada thus underscoring the crisis in mental health. Contacts with a community organization that supports Inuit in Iqaluit (Tukisigiarvik Centre) suggests that occupational therapy's values and approaches align well with Nunavut's Inuit Qaujimajatuqanjit (IQ), that is, Inuit Societal Values. However, Nunavut has fewer occupational therapists per capita than any other jurisdiction in Canada and none practice in mental health.

Objectives. The objectives of this study were to: identify and analyze IQ values; assess complementarity of IQ and Canadian occupational therapy (OT) values; determine what the profession of OT can learn from IQ values.

Methods. A scoping review of peer-reviewed and grey literature on IQ values was conducted using the Joanna Briggs Institute framework. Canadian OT values were extracted from competency guidelines, position statements, and academic articles. IQ values were summarized via thematic synthesis and were compared to current OT values through narrative summary.

Results. We derived four themes from our syntheses of IQ: maintaining balance and harmony; relationship building; wellness and healing; skills for Inuit survival. When compared to Canadian OT values, we found a stronger alignment between IQ and collaborative relationship-focused occupational therapy than client-centered enablement.

Conclusions. We anticipate that IQ values will provide insights for OTs when establishing collaborative relationships with Inuit communities to address mental health issues. The findings will inform: OT practices with Inuit communities; advocacy for OT services in Nunavut; and more broadly, build collaborative practice approaches with diverse populations.

Using Ecological Momentary Assessment (EMA) to Determine the Impact of Meaningful Occupations on Student Mental Well-Being During COVID-19

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Introduction. Students are one vulnerable group who have experienced challenges maintaining positive mental-welling during the COVID-19 pandemic. The abrupt switch to virtual learning has compromised activity engagement and participation, contributing to poor mood and increased stress. Before the pandemic, research suggests that greater engagement in meaningful activities promotes positive mental well-being, while lack of can contributes to poor mental well-being. Given that the restrictions have made it difficult for students to continue participating in pre-covid meaningful activities to cope with stressors, it is worth exploring how newly adopted activities compare.

Objectives. The research intends to use Ecological Momentary Assessment (EMA) to explore how meaningful activities affect mental well-being, determine which activities students find most meaningful and whether using EMA is feasible to collect data for this population.

Methods. Participants completed three surveys: 1) A pre-survey to capture meaningful occupations performed before and during the COVID-19 pandemic. 2) EMA survey to capture current occupations performed in real-time in conjunction with PANAS to capture mood. 3) A post-survey was administered to determine changes in meaningfulness and well-being.

Results. Average compliance rate between all three surveys was 88%. Participants were more likely to report ADLs as meaningful on the EMA survey. There was a positive correlation between meaningfulness and PANAS positive affect score.

Conclusion. EMA demonstrates significant potential to use within occupational therapy practice for exploring meaningful activities, occupational repertoire, and mental well-being within the student population.

Understanding Task Sequencing of Three ADLs in People with Dementia and Mild Cognitive Impairment: Protocol and Task Analysis Development

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Introduction. Individuals with dementia or mild cognitive impairment (MCI) may require assistance in completing activities of daily living (ADLs) due to difficulty meeting cognitive demands of planning and ordering different steps of the activity (i.e., task sequencing). There is limited understanding of the nuances of task sequencing in people with and without cognitive impairments. It is crucial to investigate task sequencing behaviours among people without dementia/MCI to act as a baseline for occupational therapists to consider individual variation versus errors due to cognitive impairments.

Objectives. The aim of the current study is to develop a study protocol exploring task sequencing with a group of volunteers and present preliminary data to act as a guide for future studies with older adults with and without dementia or MCI.

Methods. An observational mixed methods study was conducted using three data collection sources: eye-tracking technology, videos, and paper-based observations of volunteers (n=12) completing 3 household tasks. Data were integrated and analyzed in Noldus Observer XT using thematic and quantitative analyses.

Results. The study protocol consists of a detailed step by step methodology. Analysis of the volunteer data highlighted variations in task sequencing between individuals and across genders and ages.

Conclusions. This study highlighted complexities of task sequencing among a group of volunteers. These insights inform the future implementation of this protocol with a group of older adults with and without dementia or MCI. This study also provides direct implications for occupational therapists to consider when assessing and developing management plans for clients.

Examining proprioception maturation through comparing quantitative and qualitative handwriting characteristics

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Introduction. Handwriting is an essential life skill developed throughout childhood that influences school performance and self-efficacy. The critical period for fine motor and proprioceptive development, including the regulation of point pressure, is 7-10 years of age. Clinically, observations are used to assess point pressure during handwriting. The lack of objective measures limits the identification of proprioceptive deficits and the evaluation of intervention efficacy.

Objectives. To compare quantitative point pressure with pencil line shade, measured by a drawing value scale; and to identify the relationship between quantitative point pressure and contextual variables (grasp, cognitive load, writing surface, fatigue).

Methods. This is a pilot study of typically developing children 7-10 years old. A modified McMaster handwriting protocol was used to standardize paper/pencil and iPad/Apple Pencil handwriting tasks to measure quantitative point pressure and contextual variables. Descriptive statistics were used to describe handwriting proprioception characteristics and nonparametric T-Tests (Mann-Whitney U) to assess relationships between the variables.

Results. Seven participants (5 female, 2 male) were categorized as having "medium" or "dark" pencil/paper writing. Quantitative pressure values were calculated for the baseline task (median: medium = 0.15, dark = 0.20; IQR: medium = 0.12-0.15, dark = 0.17-0.31) and each contextual variable. The contextual variables did not have a strong influence on the variability in quantitative pressure point output.

Conclusions. Currently, clinicians may experience uncertainty relating handwriting observations to proprioceptive deficits. This research can inform the development of a protocol to assess point pressure during handwriting in a clinical setting, facilitating the identification of handwriting challenges.

Exploring on-campus mental health clinicians' experiences providing services to postsecondary students during the COVID-19 global pandemic

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Introduction. The COVID-19 pandemic has exacerbated mental health challenges in student populations and altered the delivery of mental health services. On-campus mental health clinicians provide essential support during a time of increased need and rapidly changing service delivery; yet campus clinicians' experiences of their well-being and daily occupations during the pandemic are not well-understood.

Objectives. This study explored on-campus clinician's experiences of the impact of the COVID-19 pandemic on their well-being and the delivery of mental health services to post-secondary students during the pandemic.

Methods. Nineteen on-campus mental health clinicians from post-secondary institutions across Canada (79% female, 10.5 years average in post-secondary mental health counselling positions), were recruited using convenience sampling and interviewed using a semi-structured interview guide. An inductive thematic analysis was used to systematically code and identify themes regarding clinicians' experiences providing mental health care throughout the pandemic.

Results. Clinicians' experiences of providing care during the COVID-19 pandemic was reflected in four themes labelled (i) adaptations to clinical practice (ii) accessing mental health services (iii) societal and political narratives in practice, and (iv) clinician well-being.

Conclusions. Findings of this study provide insight into clinicians' well-being and ability to perform daily occupations during exceptional circumstances. This research may guide future research on occupation-based interventions for health care clinicians while supporting occupational therapists' commitment to accessible service provision modalities.

Learning outcomes of combined in-person and at-home orthosis fabrication education

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Introduction. Prior to the COVID-19 pandemic, occupational therapy (OT) students received all orthosis fabrication education through an in-person laboratory-based environment supported by expert clinicians and instructional videos. Due to the pandemic restrictions, orthosis fabrication labs for OT students were transitioned to an at-home supported lab. Presently, there is no research investigating how a combined in-person laboratory and at-home learning of orthotic fabrication impacts the professional practice skill development and the practice implications for OT students entering the work field after graduation.

Objectives. This research will examine the learning outcomes of the experiential learning consisting of a combined in-person laboratory-based and an at-home supported (instructional videos, written instructions only) orthosis fabrication experience during the COVID-19 pandemic. The research will also explore the relevance of this combined learning experience to future curriculum development and application to clinical practice.

Methods. The study uses a phenomenological study design of two components: (1) 1-hour interviews of OT graduates to explore the influence of their combined learning on future practice; (2) analysis of retrospective self-evaluations completed in 2020 by participants following the combined learning experience.

Results. The results of this study indicated three main themes: orthosis skill development; transferable skills development: communication and independence; and future considerations for implementing combined learning.

Conclusions. Conclusions regarding themes and the learning models will be drawn after the results and discussion are further determined. The conclusions of this study hope to inform the future orthosis fabrication curriculums.

Occupational therapy perspectives on balance rehabilitation to inform exergame design for clients with cognitive impairment

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Introduction. People with dementia and mild cognitive impairment (MCI) experience balance challenges and an increased fear of falling, which contributes to increased falls risk. Occupational therapists (OTs) play a vital role in balance rehabilitation, but more insights are needed regarding how balance rehabilitation can be used to inform the design of exergames (i.e., games you play by moving) for this population.

Objectives. To understand the experiences and insights of OTs to identify important factors for the delivery of balance rehabilitation and the design of exergames specific for people with dementia and MCI.

Methods. Four OTs (female: 100%; mean age: 39.5 years; hospital-based: 75%) participated in 30-minute semi-structured virtual interviews, covering topics including balance rehabilitation at their practice setting and the feasibility of exergames. Two graduate students (VM and JL) conducted manual thematic analysis of the data to identify prevalent themes.

Results. The OTs provided information related to three main themes: (1) *Assessment and treatment planning* highlighted a client-centred and functional approach within their practice; (2) *Factors affecting balance* addressed physical, cognitive-perceptual, and environmental elements; and (3) *Exergame considerations* give insight into other person-centred and environmental factors that need to be addressed when developing exergames.

Conclusions. This study provides a greater understanding of how OTs working with populations who have balance challenges facilitate safe and accessible rehabilitation. The findings will help provide an understanding of how OTs approach balance rehabilitation and also could inform the development of exergames for people with dementia and MCI who experience balance impairments.

Exploring Patient Perspectives on Adaptive Gaming as a Meaningful Occupation in Complex Continuing Care

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Introduction. Individuals in Complex Continuing Care (CCC) often spend years of their lives at the hospital. This long-term hospitalization often leads to a reduced engagement in leisure and social occupations. While prior research has explored adaptive gaming as a remedial rehabilitative tool, there is limited research exploring adaptive gaming as an occupation or as a recreational program. With the release of the Xbox™ Adaptive Controller, West Park Healthcare Centre (WP) has introduced a program to enable adaptive gaming for residents, which to date has not been evaluated. There is a need to understand the meaning of adaptive gaming as an occupation, and the successes and limitations of the WP program.

Objectives. The objective of this study was to understand CCC patients' perspectives on adaptive gaming at WP. Specifically, we explored: the meaning of adapting gaming to participants; the perceived impact of adaptive gaming; and the role of the environment on patient experiences in the adaptive gaming program.

Methods. We conducted semi-structured interviews with adults who participated in the adaptive gaming program at the WP within CCC. A thematic analysis was conducted.

Results. Nine interviews were conducted. Four preliminary themes have been developed: Brain and Body: The Impact of Adaptive Gaming; The Role of the Environment; The Value of Leisure Activities; and Systems Accessibility.

Conclusions. This study provides an understanding of the participants' perspectives on the WP adaptive gaming program. The study will inform improvements to the program and provide information for other hospitals considering the implementation of a similar program.

Community integration following traumatic brain injury: A reflexive thematic analysis of lived experiences through a sex and gender lens

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Background. Community integration (CI) refers to one's level of engagement in home, social and productive activities. Traumatic brain injury (TBI) often results in challenges with CI, and men and women have been shown to differ in patterns of integration post-injury. There is limited qualitative research that explores the experiences of people with TBI as they integrate into their community.

Objective. The aim of this study was to explore how people living with TBI experience integration into home, social, and productive activities through a sex and gender lens.

Methods. This qualitative descriptive study involved a secondary analysis of 42 interview transcripts (47.6% women). Willer's Community Integration Questionnaire (CIQ) was used to conceptualize our understanding of CI. Reflexive thematic analysis was used to produce themes related to CI, and gender was considered throughout the coding process.

Results. The following themes were produced through analysis of the data: (1) mismatch between pre-injury occupational demands and post-injury abilities, (2) difficulty enacting gendered roles and responsibilities at home, (3) TBI symptoms as an *"emotional trend"*: women feeling invalidated and unsupported, and (4) *"slipping away"*: coping with changing abilities and identities.

Conclusions. Experiences of CI were associated with pre-injury occupational demands, roles and expectations as opposed to sex and gender alone. These findings suggest that clinicians should acknowledge the complex and multidimensional nature of each person's identity, and support them in coping with their altered abilities, relationships, roles, and routines following TBI.

Patient preferences for online patient education: A pilot case study of a community hospital in the Greater Toronto Area

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Introduction. Patient education plays an integral role in improving health outcomes and reducing patient anxiety. Even though online patient education is preferred by many individuals, hospital websites tend not to be used for this purpose. Thus, there is a need to learn more about patient preferences for online patient education and further develop hospital websites to better meet patient needs. This is of interest for occupational therapists (OTs) as effective online patient education can support OTs in empowering patients to better self-manage their health.

Objectives. This pilot case study partnered with Oak Valley Health (OVH) to explore the perspectives of their adult patients regarding online patient education on their hospital website.

Methods. An anonymous online mixed-methods survey was developed and implemented to gain an understanding of patients' experiences with respect to online patient education resources generally, as well as the OVH website specifically. Descriptive statistics and content analysis are used to examine quantitative and qualitative survey data, respectively.

Results. Findings offer limited insights into patients' online education search behaviours as well as patient preferences for educational topics and delivery format. This pilot case study best served as a pilot feasibility study - some key lessons for the conduct of such a study will also be shared.

Conclusions. Overall findings from the project offer some limited insights into how hospitals can better gauge, understand and meet their patients' education needs through their websites. Effective online patient education resources can support OTs in enabling patients to maintain health and return to meaningful occupations.

Exploring Special Olympics Canada coaches' concussion knowledge, attitudes, and practices

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Introduction. All athletes, including those with intellectual disabilities (ID), are at risk for concussion. Special Olympic Canada (SOC) coaches play an important role in concussion identification, management, and recovery of athletes with ID, thus must be aware of up-to-date concussion information and guidelines. Concussion knowledge gaps can be filled using targeted knowledge translation approaches. The concussion knowledge, attitudes, and intended practices (KAP) of SOC coaches is currently unknown.

Objectives. This study's primary objective was to describe the KAP of SOC coaches in the 2021-2022 sport season.

Methods. This study used a cross-sectional quantitative survey design. The online survey was completed by 93 SOC coaches (71% female). The survey questions included demographic and KAP information using true/false, multiple-choice, and Likert-scales. Mean section (K, A, P) and total scores were generated. Likert-scales were grouped by favourable/unfavourable responses.

Results. The average participant knowledge score was 80%; however, only 46% correctly identified emotional symptoms. Most participants believed they can recognize concussive symptoms and have a role in managing concussions, yet 32% of participants were not confident in concussion management and only 46% believed they had the knowledge to manage return-to-play. 88% of participants responded favourably for their intended practices.

Conclusions. This study showed that SOC coaches have high KAP related to concussions. Results of this study are promising as the KAP of SOC coaches is important in ensuring athletes with ID safely participate in sport occupations. Further education is needed to improve SOC coaches' confidence in concussion management and target specific knowledge gaps.

Clinician experiences using a newly integrated SDOH screening tool in pediatric rehabilitation

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Introduction. Examining social determinants of health (SDoH) is important in pediatric populations given the long-term implications of childhood adversity on healthy development. SDoH screening tools can help identify unmet social needs and assist clinicians to link families to appropriate services. Currently, Holland Bloorview is piloting a modified version of the social determinants screening toolkit called Health Leads. To guide continued hospital-wide implementation, an exploration of clinicians' experiences using the screening tool is warranted.

Objective. To explore clinicians' experiences incorporating a social determinants toolkit in their daily practice.

Methods. Data collection involved a 60 minute focus group over Zoom video-conferencing with 4 of 18 eligible clinicians. A qualitative descriptive exploratory approach was used, guided by the Person-Environment-Occupation (PEO) model

Results. Clinicians' experiences were categorized into 3 main themes; clinician context (person), service-delivery model context (environment), and tool context (occupation). The presence of child-guardian dyad interactions prominent within the service-delivery context of Holland Bloorview strongly influenced clinicians' experiences using Health Leads. These findings signify the importance of considering the specific service-delivery model used within a healthcare institution when determining best practices for implementation of SDoH screening tools.

Conclusion. Overall, gaining insight into clinicians' experiences demonstrated the following: (i) the need for a holistic lens when implementing new practices within healthcare settings and (ii) that conceptual frameworks from Occupational Science (e.g., PEO) can be used by organizational teams to facilitate this process. Study findings will help to inform best practices for continued implementation of the modified Health Leads screening tool at Holland Bloorview.

Creating a Functional Profile to Inform New Outcome Measures of Spasticity in Upper and Lower Limb adults Post Stroke

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Introduction. Stroke is the leading cause of disability among adults in Canada, with 741,800 stroke survivors in 2012-2013. Stroke often leads to muscle spasticity, in fact, 38% of stroke patients will experience spasticity within the first-year post-stroke. Spasticity causes pain and contractures which can interfere with the individuals' mobility, function and overall quality of life.

Objectives. To understand the level and type of care and medication the individuals who attend the Spasticity Management Clinic at UHN require. This understanding includes identifying which muscles are targeted in the upper and lower extremities when treated with Botulinum neurotoxin-A (BoNTA).

Methods. The population includes adults receiving treatment from a UHN spasticity clinic in Toronto. A quantitative, retrospective study design that reviewed patients' charts was used.

Results. The findings indicated that BoNTA injections are commonly used to treat spasticity. The average units injected was 2673.62 per patient with the average time interval between injections being 3.68 months. The most commonly injected lower extremity muscles included the gastrocnemius (36%), soleus (22%) and tibialis posterior (18%). While the most commonly injected upper extremity muscles included the flexor digitorum superficialis (23%), brachialis (21%) and flexor carpi radialis (20%). Anti-spasticity medication was another treatment approach used with Baclofen (53%) being the most prescribed.

Conclusions. This study provides a greater understanding about current practice of managing spasticity. The findings will help with cost effectiveness of spasticity treatment, inform rehabilitation teams on which muscles to be targeted, and set goals accordingly.

Interventions to enable occupation for adults on chronic peritoneal dialysis therapy

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Introduction. Chronic peritoneal dialysis (PD) treatment can act as a barrier for adults with chronic kidney disease (CKD) to participate in their activities of choice, negatively impacting their quality of life. Despite the prevalence of this issue, there are currently no known studies that synthesize the literature on available interventions for life participation in PD clients.

Objectives. The aim of this study was to investigate the literature on the breadth of interventions available to promote life participation in PD clients.

Methods. A scoping review was conducted according to the guidelines of the Joanna Briggs Institute (JBI) methodology. Six electronic databases were searched with the use of search terms related to peritoneal dialysis and life participation. In the initial research stage, four reviewers participated in pilot screening to remove duplicates of records. A title/abstract screening was completed by two of the reviewers. This was followed by a secondary screening to assess the eligibility of full-text articles/abstracts. The two reviewers performed data extraction with the use of an extraction table to record findings. Data was analyzed and categorized using common themes.

Results. The current evidence suggests physical and cognitive-based interventions can promote life participation in adults on PD.

Conclusions. Current evidence has not assessed life participation using holistic outcome measures that consider occupational differences among individuals. Future research should holistically measure life participation to accurately reflect individual perspectives and close the literature gap through exploring interventions that address personal affect, spirituality, the environment, or occupation to improve life participation.

Clinicians' Perspectives on Motor Skills-based Interventions in Occupational Therapy and Speech-Language Pathology for Children with Acquired Brain Injury

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Introduction. Following an acquired brain injury (ABI), occupational therapists (OT) and speech-language pathologists (SLP) often address new motor and cognitive challenges. Motor learning strategies (MLS) are therapeutic actions used to promote the acquisition and refinement of motor skills based on child and task-specific factors. However, little is known about their applicability in OT and SLP interventions for children with ABI.

Objectives. The aim of this study was to determine the relevance and applicability of using MLS in OT and SLP interventions for children with ABI and explore differences in MLS use between clinician groups.

Methods. This qualitative descriptive study involved individual semi-structured interviews with OTs and SLPs in the ABI program at Holland Bloorview Rehabilitation Hospital. Clinicians were recruited using convenience sampling and thematic analysis was used to identify themes related to MLS relevance and applicability.

Results. Preliminary results of this study highlight several factors that support the relevance and applicability of MLS in OT and SLP interventions and identify profession-specific differences, including child characteristics, the environment, the task/activity, and clinician experience and clinical reasoning. Themes for this study are being developed and refined while considering these factors.

Conclusions. This study provides a greater understanding of how OTs and SLPs view and apply MLS in pediatric ABI interventions. Through exploring clinician perspectives, profession-specific differences, such as how MLS are applied and discussed, were highlighted. These findings can contribute to a practice-informed approach with the goal of advancing intentional application of MLS in OT and SLP practice to improve client outcomes.

3D Printing and Amputee Care: Understanding Provider Perspectives on 3D Printing and Scanning for Prosthetic care using the Consolidated Framework for Implementation Research.

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Introduction. There is an increasing interest in the use of 3D printing and scanning for prosthetic care. Health care providers (HCP) play an important role in delivering accurate information and implementing new technologies in prosthetic care. Although 3D printing and scanning for prosthetic care has been around for many years, it is not widely implemented.

Objectives. The objective of this study is to gain understanding of provider perceptions of using 3D printing and scanning for prosthetic care through a pre-implementation lens.

Methods. A secondary analysis of qualitative data exploring HCPs' perceptions of 3D printing in prosthetic care was conducted. Analysis was guided by the Consolidated Framework for Implementation Research (CFIR).

Results. Although there is interest in 3D printing and scanning for prosthetic care, the majority of HCPs felt there was not sufficient evidence to justify the viability, quality, and cost of implementing 3D printing at this time. Available resources (e.g., 3D printing equipment, financial resources, human resources), access to knowledge and information, quality of 3D printed prosthetics, and lack of process measures were re-occurring barriers to implementation of the intervention.

Conclusions. This study provides a greater understanding of the current state of readiness for implementation of 3D printing for prosthetics from the perspective of HCPs who will ultimately use this intervention. Future research should target HCPs who have first-hand experience using 3D printing for prosthetic care to better understand the full scope of implementation elements.

Understanding perspectives of OTs and adults with chronic pain on the role of technology in chronic pain management

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Introduction. Technology is used as an intervention for pain management by adults with chronic pain (ChP) and occupational therapists (OTs). Little is known about subjective perspectives on technology use for managing pain and enhancing occupational participation.

Objectives. 1) What are the perspectives of adults with ChP and OTs on the use of technology for CP management, and 2) How can these perspectives be used to better support adults with ChP and OTs?

Methods. An initial literature review was completed to explore the existing evidence of technology use for ChP management. Adults with ChP (n=12) and OTs (n=6) were then recruited to participate in virtual semi-structured interviews, including a modified TUNGSTEN Show-and-Tell process, and demographic survey. Interviews were recorded and transcribed. Thematic analysis was used to identify key themes representative of technology use for ChP management.

Results. Themes related to facilitators, barriers, and the cost vs. benefit of using technology were identified, with differing perspectives emerging between groups. Facilitators and barriers (i.e., cost, access, convenience), and findings from the literature review were utilized to develop criteria to evaluate the use of technologies in ChP management. The criteria were organized into a framework, to support clinician or patient decision making in the choice of technologies for ChP management.

Conclusion. Understanding the differing perspectives of these groups regarding technology use will allow OTs to better meet the needs of their patients, with the framework aiding to facilitate understanding and communication between these two groups. Next steps include framework usability testing and development of an interactive user interface.

Readily available but how accessible? An analysis of the web accessibility of healthcare-related resources

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Introduction. As technology advances, more health information is readily available to the public. Individuals with disabilities rely on online healthcare-related resources to access educational information and promote informed decision-making in their care. The Web Content Accessibility Guidelines (WCAG) were created to provide universal web practices which complement the needs of all individuals. However, many websites and the resources within them (e.g., PDFs) do not prioritize WCAG, leaving individuals with disabilities at a disadvantage in terms of their autonomy and health literacy.

Objectives. The objective of this study is to investigate and describe the common web accessibility errors present on international occupational therapy and pediatric websites and the resources within them (e.g., PDFs).

Methods. This mixed methods study evaluates compliance to WCAG success criteria using automatic web accessibility evaluation tools (e.g., WAVE and AChecker) and manual checks to capture the human element. Descriptive statistics are used to examine the frequency of errors across several success criteria within the sample websites and PDFs. A subsequent thematic analysis is used to further examine how and why these errors violate the WCAG success criteria.

Results. The results of this study can inform web developers and contributors (e.g., OTs) on how to successfully produce accessible websites and PDFs to provide equal access to health information.

Conclusions. This study adds to the current understanding that many public facing websites and the resources (e.g., PDFs) within them are not accessible, including health-related websites meant to support informed decision-making among individuals with disabilities.

Can Older Adults Install Temporary Bathtub Grab Bars?

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Introduction. Bathing is one of the highest risk at-home activities for older adults. Grab bars are commonly recommended for individuals experiencing bathing disability or at high risk for falls. While commercially-available grab bars are frequently used by the older adult population, there is a need to understand whether older adults can install temporary grab bars according to manufacturer instructions.

Objectives. The objective of this study is to determine whether older adults can install temporary grab bars according to manufacturer instructions. This study also seeks to identify the safety of the installation of temporary grab bars in older adults and the ease/difficulty of installation of commercially-available solutions for safer bathing practices.

Methods. In this cross-sectional, quantitative research study design we evaluated whether participants could successfully install temporary grab bars, and what individual characteristics contributed as barriers and facilitators. Descriptive statistics were used to summarize findings.

Results. Participants preferred the suction cup grab bar over the rim-mounted grab bars for installation and transferring purposes. Several participants installed the suction cup grab bar in a location not recommended in standards. No rim-mounted grab bars were successfully installed. However, despite unsuccessful installation, participants identified similar perceived support from both the suction cup and rim-mounted grab bars for their bathing-related tasks.

Conclusions. This study provides greater understanding of functional use of temporary grab bars for older adults. Our findings indicate that clients who prefer to use temporary grab bars may need additional guidance regarding where, and how to install temporary grab bars.

Mental Health and Psychosocial Support for Youth with Upper limb Musculoskeletal Conditions: Access to Care and Available Resources

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Introduction. Youth with upper limb musculoskeletal (MSK) conditions experience aesthetic and functional differences placing them at higher risk for mental health concerns. Services focused on fostering mental wellbeing exist, but knowledge and access to these supports are limited.

Objectives. This study aims to describe and evaluate current resources, access to care and effectiveness of psychosocial interventions provided to youth with upper limb MSK conditions and their families from the perspective of health care professionals (HCPs).

Methods. A cross-sectional e-survey study of HCPs who work with youth with upper limb MSK conditions was conducted which included questions with an anchored visual analogue scale and open ended comments. Descriptive statistics and conventional content analysis were used to analyze the responses.

Results. 107 HCPs completed the survey. Of these participants 50 (45%) provided open-text comments. Collectively, HCPs were unsatisfied with the staffing available to support mental wellbeing of youth (Median 30.0, IQR 39.7) and parents (Median 30.0, IQR 50.0). The most common resources to support mental wellbeing were social workers (79%), occupational therapists (74%), and psychologists (54%). Thematic analysis of the qualitative comments found that the barriers to accessing care and appropriate resources included proximity to service providers, long wait times, and lack of provider availability.

Conclusions. HCPs are not satisfied with existing resources and access to mental health supports. Future research will focus on the perceptions of clinicians to explore these individual and systemic challengers and enablers that impact health services to foster mental wellbeing in youth with upper limb MSK conditions.

A capacity building intervention for parents of children with disabilities

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Introduction. There are significant barriers to accessing care for children with developmental disabilities in rural India. For parents to provide support to their children, they too need to be supported. To address this need, Amar Seva Sangam (ASSA) piloted a parent capacity building intervention that focused on peer support, knowledge sharing, and advocacy, through empowerment groups in their early intervention program.

Objectives. This study examined the impact of this parent capacity building intervention on parent empowerment, peer support, community integration, social inclusion, and advocacy skills, and the factors that influenced these outcomes.

Methods. A mixed methods study where study participants were recruited from members of 21 parent groups that occurred within ASSA centers or in the field (community). The Community Integration Measure and the Parental Empowerment through Awareness, Relationships, and Resources measures were translated into Tamil and administered by rehabilitation specialists at baseline and six months post implementation. Six focus groups were conducted six months after implementation to explore parents' experiences with the groups and their perceived impact.

Results. Qualitative analysis of focus groups yielded four main themes: peer support, knowledge sharing, advocacy, and social inclusion. Each theme was further categorized into two-three subthemes. The quantitative outcome measures yielded some statistically significant changes that varied between center and field-based groups.

Conclusions. This study provided a greater understanding of the impact of parent capacity building interventions and the benefits of these interventions in lower resource settings. It will help guide future interventions and be used to develop a parent group handbook.

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Identifying Barriers and Facilitators of Current Practice Models in Supporting Mental Wellbeing of Youth with Brachial Plexus Birth Injuries

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Introduction. Youth with brachial plexus birth injuries (BPBI) have a heightened risk of mental health issues such as depression, anxiety and diminished self-confidence. Despite this knowledge, evaluation of these concerns is rarely prioritized before physical interventions in clinical settings; therefore, mental health needs remain unmet and poorly understood.

Objectives. The objective of this study is to understand the perspectives of youth with BPBI and their families on the barriers and facilitators of addressing mental health concerns, to inform practice guidelines and promote meaningful participation.

Methods. An interpretivist qualitative approach was used to study the perspectives of youth with BPBIs and their families, using in-depth, semi-structured interviews. A purposeful sample was recruited through the SickKids Brachial Plexus Clinic. Two independent researchers transcribed and inductively coded the interviews before thematic analysis.

Results. Nine youth between 10 and 20 years (sex: 2M, 7F) and 8 caregivers (8 mothers) were interviewed separately (~60 minutes in length). Five youth (56%) had upper plexus injuries, seven had nerve or reconstructive surgery in infancy, and two had upper plexus injuries with spontaneous recovery and no surgical intervention. Four themes emerged from these data: multifaceted impacts on youth self-perception, pursuit of "normal" body image, pressure and consequences of advocacy, and practice recommendations.

Conclusions. This study expands understanding of the psychosocial experiences of youth with BPBI and their families, illuminating personal, societal, and structural impacts on youth's mental wellbeing and barriers to accessing support. These findings will help guide clinicians to better support the holistic needs of these families.

Clinician perspectives on a virtual Cognitive Adaptation Training education program

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Introduction. Cognitive Adaptation Training (CAT) is an evidence-based intervention often used by occupational therapists (OT) to improve functional outcomes in persons with schizophrenia spectrum diagnoses. Despite strong evidence for CAT, knowledge translation into practice is a challenge.

Objectives. To evaluate a shorter, virtual CAT education that addresses barriers to CAT implementation, while exploring the impact of OTs as health education trainers.

Methods. This quality improvement project evaluates an OT-led, program-wide, virtual, synchronous CAT education program provided to inpatient and outpatient front-line clinicians at a large mental health hospital. Mixed-methods data were collected at baseline, immediately post-training, and at 6-months follow-up to assess changes in participants' CAT knowledge, awareness, and confidence. Approximately 108 clinicians completed one of two levels of CAT education: Point-Person (half-day workshop) and Champion (full-day training with e-learning and supervision components).

Results. A significant effect of training over time on clinicians' awareness of CAT and confidence delivering CAT was found in the Point-Person group, as well as significant improvements in five of seven knowledge testing questions. The Champion training group demonstrated significant improvements in clinicians' attitudes towards clients with schizophrenia, awareness of CAT, and confidence using CAT. However, significant improvement was only seen in one of seven knowledge testing questions; though six of seven questions had a large effect size.

Conclusions. This evaluation supports the feasibility of virtual training to achieve widespread implementation of CAT. The prevalence of OTs in the Champion sessions (62% of clinicians), also supports OTs as healthcare education experts and leaders in knowledge translation.

Key characteristics of online patient navigation interventions: A scoping review

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Introduction. Patient navigation interventions (PNIs) can provide personalized support and promote appropriate coordination/continuation of healthcare services. Online PNIs have demonstrated excellent potential for improving patient knowledge, transition readiness, self-efficacy, and utilization of services. Given the increasing use of online interventions, there is an increasing need to determine the extent of the literature on online PNIs.

Objective. To describe what is known from the current literature about the key characteristics of online PNIs.

Methods. Guided by the JBI framework and the PRISMA-ScR checklist, a scoping review of five electronic databases was conducted. Two independent reviewers screened study titles/abstracts, followed by peer-reviewed full-text articles. Relevant data was extracted and descriptive statistics were used to describe study, population, and intervention characteristics.

Results. 8260 articles were screened. Data abstraction was completed for 100 studies of various study designs published between 2003-2022 in Western countries; 39 were randomized controlled trials. An increase in publications was observed since 2019. The majority of studies involved White females with a diagnosis of cancer; a lack of participants aged ≥70 years was observed. Most interventions used navigation, self-management and lifestyle changes, counseling, coaching, education, or a combination of support types. Variation was noted in terms of mode of delivery, duration, and frequency. Only a small number of studies described theoretical frameworks or change mechanisms for interventions.

Conclusions. This review has mapped the existing literature on online PNIs, and in doing so, has identified several gaps that should be addressed in future research and intervention development efforts.

Assessing the Impact of an Adapted, Parent-mediated Zippy's Friends Program on Coping and Social Skills in Children with Disabilities

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Introduction. Children with disabilities are more likely to experience mental health difficulties than typically developing children. Social and coping skills are necessary for children to be able to effectively navigate and overcome obstacles. Zippy's Friends is a well-researched 24-week school-based program for typically developing children. Parent-mediated programs have been demonstrated to be a useful method for fostering skill acquisition and well-being in children with disabilities. The study reports on the impact of an adapted parent-mediated Zippy's Friends program.

Objectives. The objectives of this study are to determine whether the program improves children's coping skills, social skills, and caregiver's performance and satisfaction with their knowledge of skills to support their children in the areas of social skills, coping skills, and relationships.

Methods. This study used a quantitative case study design to examine the impact of a virtual, parent-mediated Zippy's Friends program among four parents who participated in the seven-week program. Caregivers completed the Canadian Occupational Performance Measure, Social Skills Rating System and the KidCOPE pre- and post-intervention.

Results. Despite limitations in conducting this study, trends were identified among parent-rated coping and social skills, indicating that participation in this program may lead to an increase in children's coping and social skills.

Conclusions. This study provided further insight on the impacts of running a parent-mediated Zippy's Friends program on the development of coping and social skills among children living with a disability. The learnings from this study will be used to guide future iterations and research regarding the Zippy's Friends program.

Online concussion resources for Canadian School Staff: A systematic search strategy

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Introduction. School staff are well-positioned to support a youth's return to school post-concussion; however, they may not have the knowledge or resources to support students in their recovery. School staff may access resources online as they are readily available and can provide current concussion information; however, their quality and accuracy are unknown. It is therefore important to assess whether online concussion resources are accurate and targeted towards school staffs' needs.

Objectives. The objective of this study was to identify online concussion resources that are: (1) accurate according to the International Consensus Statement on Concussion in Sport; and, (2) suitable for Canadian school staff.

Methods. A five-phased systematic search strategy was used. The phases included: (1) initial identification of concussion resources; (2) concussion expert consultation; (3) inclusion and exclusion criteria; (4) content review; (5) material evaluation.

Results. A total of 824 resources were initially identified and 40 resources met the final criteria. Across all resources, 37.6% (n=310) were excluded as they were not designed primarily for school staff. Among resources reviewed for content accuracy according to the consensus statement, 42.5% (n=34) were excluded. When evaluating resources for readability, usability and suitability, 13% (n=6) were excluded as they were not suitable for school staff.

Conclusions. Online concussion resources are often not targeted towards school staff or contain accurate information on youth concussion. The resources identified can ensure that accurate information is provided to school staff to enhance their concussion knowledge and support students in their recovery.

Occupational therapists' perceptions of the relationship between occupation and health

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Introduction. The belief that engagement in occupation is health-promoting has traditionally been a foundational principle of occupational therapy. However, there has been a recent discursive shift regarding the relationship between occupation and health, indicating that the health-promoting or illness-producing characteristics of occupations are context-dependent. Research on the relationship between occupation and health has been supported primarily through opinion pieces and syntheses of published works and is missing an exploration of occupational therapists' perspectives.

Objectives. This study aimed to explore how occupational therapists perceive the relationship between occupation and health and how these perceptions shape client-centred, collaborative care.

Method. A co-constructivist qualitative paradigm was used. Focus groups and dyad interviews were conducted with Canadian occupational therapists with experience in direct client-care contexts. Data analysis occurred through an iterative process to identify concepts.

Results. Seven key mediators in the relationship between occupation and health were identified: function, motivation, quality of life, risk, safety, self-efficacy, and social determinants of health and access. Three foundational principles were identified: client-centred practice, holistic approach, and enabling occupational engagement. Based on practice setting, therapists emphasized different mediators when describing the relationship between occupation and health and implemented foundational principles differently.

Conclusions. This study further highlights that the relationship between occupation and health is complex and nuanced, with multiple conceptualizations. Future research must consider occupation and health within the contexts of the client and therapist. These findings emphasize the importance for occupational therapists to be reflexive of how their practice context shapes their approach to client-centred, collaborative care.

Enabling clients as partners on virtual teams: A scoping review

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Introduction. Developing partnerships among clients, family members and interprofessional healthcare providers improves quality of care. The shift towards virtual care has increased during the COVID-19 pandemic leading to the need for better preparing clients to attend synchronous virtual visits. Variable client engagement patterns in virtual care are largely based on access to technology and digital literacy. Adults (35-64) with chronic health challenges are motivated to manage their health using virtual care despite a lack of access/digital literacy.

Objective. To explore the resources/supports currently available that enable adults with chronic health challenges to participate as partners on their virtual care team.

Methods. This scoping review was guided by the Joanna Briggs Institute methodology. The search strategy encompassed 'virtual care' and related terminology. Databases searched include PubMed, MEDLINE, CINAHL and PsychInfo. Grey literature included Canadian Government and hospital websites alongside a Google search. Sources were screened, extracted, and analyzed in duplicate using Covidence and data was synthesized qualitatively.

Results. A total of 422 peer-reviewed sources and 336 preliminary grey literature sources were screened. In turn, 14 and 64 sources were included in the study respectively. The existing virtual care resources propose frameworks that embrace a "preparatory phase" prior to synchronous virtual visits. These frameworks foster an effective "webside manner" which emphasizes "the how" opposed to "the what" of the virtual interaction. Overall, analyses suggest there are gaps in virtual care resources/supports for adult clients.

Conclusions. Occupational Therapists can support clients as partners on virtual care teams by implementing frameworks that enhance engagement.

Exploring the occupational identities of young adults living with chronic pain: A qualitative descriptive study

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Introduction. One in nine young adults live with chronic pain. Young adulthood is a critical life stage with many transitions, including changes to occupations and associated occupational identities. There is little research about how or whether the physical, cognitive, and psychological consequences of chronic pain interfere with developmental goals. Occupational identity can be defined as how a person defines themselves based on the meaningful activities in which they participate in or would like to participate. There is little known about how chronic pain intersects with the occupational identities of young adults with chronic pain, and how these identities shape and are shaped by occupational engagement.

Objectives. This study aims to identify the occupational identities of young adults living with chronic pain. It also explores the intersection between occupational identities and chronic pain within this complex and diverse population.

Methods. A qualitative descriptive design was employed in this study. Ten young adults with chronic pain across Canada completed individual semi-structured virtual interviews, which were audio-recorded, transcribed, and analyzed using an inductive approach.

Results. Preliminary results suggest that pain is a significant factor that young adults with chronic pain consider when deciding on which occupations to engage in, adapt, or avoid.

Conclusions. This study explores the occupational identities of young adults living with chronic pain, and how chronic pain and their occupational identities interact and intersect. This will help healthcare professionals better understand the needs of this population and aid in the creation and modification of programs to best support them.

Rehabilitative interventions for young children with concussion: A scoping review

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Introduction. Concussions are a public health concern, affecting hundreds of thousands of youths and children in Canada each year. Currently, no reviews have explored the state of the literature surrounding interventions for concussions in children ≤9 years of age.

Objectives. The objectives of this scoping review are to: (1) identify and describe evidence-based interventions used in the treatment of post-concussion symptoms in children 1-9 years of age; (2) identify gaps in the existing literature and areas for future research.

Methods. A scoping review was conducted of literature in three databases MEDLINE, EMBASE, and PsycINFO, from the year 2000 to present. Articles were included if they implemented and presented data of concussion rehabilitation outcomes of children ages 1-9. Two independent reviewers screened articles for inclusion.

Results. Our initial search returned 9051 articles. After title and abstract screening, 92 articles remained for full-text review. At the full-text stage of review, zero studies met inclusion criteria. As a result, we adjusted eligibility criteria to include studies with sample ages ranging from 1-18 years with a portion of the sample in the 1-9 years range. Six studies were identified as eligible. Interventions included symptom counselling/psychoeducation (n=3), errorless learning (n=1), vestibular rehabilitation (n=1), and cognitive and physical rest (n=1).

Conclusions. This scoping review exposed a critical gap in the literature for concussion interventions in children 1-9 years of age. Research needs to be conducted to delineate the potentially divergent effects and practical considerations of concussion rehabilitation interventions on pre-adolescent children.

International occupational therapy instructors' shared understandings regarding essential foundational knowledge, skills, and attitudes for generalist practice

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Introduction. Recent decades have witnessed many transformations in the scope of occupational therapy. Equity-deserving movements, efforts to decolonize occupational therapy, and recognition of the profession's unique focus on occupation have spurred international discussion among educators about which knowledge, skills, and attitudes are vital for contemporary generalist practice. However, research on occupational therapy education has focused mainly on teaching methods and interprofessional education and has not yielded consensus on the profession's essential foundational knowledge base.

Objectives. This study explored the perspectives of occupational therapy instructors regarding the foundational knowledge, skills, and attitudes that are essential for contemporary generalist practice and aimed for 70% consensus on 15 essential curriculum content areas.

Methods. This mixed-methods study explored perceptions of essential knowledge of seven foundational courses instructors using reflexive thematic analysis of interviewed data. Content analysis of these data also informed iterative Delphi surveys in which 14 educators rated, ranked, and recommended essential curriculum content. Within each round, data were analyzed using descriptive statistics, and Cohen's kappa was used across rounds.

Results. Participants highlighted occupation as the profession's foundational concern and stressed that curriculum must integrate into local contexts and respond to global contemporary issues and emerging practice settings. Participants' consensus was that occupation-centred theory, analysis, and practice; occupation as determinant of health; critical reasoning and practice; understanding sociocultural contexts and complexity; and authentic/empathic communication represent essential foundational curriculum content.

Conclusions. Study findings will inform the development of occupational therapy curricula that engage contemporary issues and capture diverse global perspectives within occupation-centred practice.

A systematic review protocol of yoga therapy as a modality in occupational therapy practice for adults experiencing mood disorders

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[2]Holistic Annex

Introduction. Mood disorders can have a negative impact on daily functioning because cognitive deficits are exacerbated when individuals experience symptoms associated with mood disorders. Nevertheless, yoga therapy has been found to have enhancing features to well-being and quality of life. Occupational Therapists (OTs) are well positioned to include yoga as a modality to benefit clients experiencing mood disorders. However, literature on yoga interventions for mood disorders are underdeveloped causing an inadequate understanding of the health benefits. Therefore, this review will answer the following research question: can yoga therapy be used as an effective modality in occupational therapy (OT) practice to manage symptomatology related to mood disorders through increasing engagement in daily tasks?

Objectives. The objective of this study is to gain further knowledge regarding the implications of yoga as an intervention to increase participation in activities of daily living (ADLs) and enhance the quality of life of individuals experiencing mood disorders.

Methods. This study will examine data through conducting a systematic review of peer-reviewed literature to determine the most rigorous evidence on the effectiveness of strategies, which will promote the implementation of the research findings related to yoga as a modality for OT.

Results. The results can provide insight into aspects of yoga therapy that may be beneficial to assist adults with managing symptomatology and enhancing ADL engagement.

Conclusions. This study will provide an in-depth understanding of how yoga can be used as a modality for OT to increase engagement and participation in meaningful ADLs for clients with mood disorders.

Gamification as a Tool to Increase Engagement and Adherence in Informal Caregiving Online Interventions: A Scoping Review

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Introduction. Gamification, which is the use of game design elements in non-game contexts, is an emerging tool that has been suggested to enhance the learning environment for informal caregivers. However, there is not a vast body of literature depicting the way gamification could be used to support informal caregivers.

Objectives. The purpose of this scoping review is to determine what the literature indicates about the use of gamification as a tool to increase engagement and adherence in informal caregiving online interventions.

Methods. A search of the literature published between 2002 and February 2022 was conducted, and 5860 studies were retrieved from CINAHL, Medline and Embase. Two researchers completed the title, abstract and full-text screening from which no studies met the inclusion criteria.

Results. This study resulted in an empty scoping review. Nonetheless, of the 12 studies that were excluded at the full text review, two key ideas emanated; caregivers have begun to identify gamification features that may enhance their engagement with online educational material; and text messages, which are considered gamification features, were utilized as an intervention delivery method.

Conclusion. The lack of findings highlight the need for future research into gamification to enhance design of online learning for informal caregivers. Informal caregivers engaging and adhering to online educational interventions is important as they will be better suited to complete their caregiving role while reducing their risk of strain both physically and mentally.

Qualitative Study of Patient and Care Provider Perspectives on a Transitional Virtual Outpatient Stroke Rehabilitation Program

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Introduction. COVID-19 pandemic precipitated a rapid pivot to virtual care. Due to the complex and transition-oriented aspects of stroke recovery, St. John's Rehab (SJR) implemented a hybrid outpatient stroke program (HOSP), inclusive of both virtual and in-person care. This program ensured continued access to care for stroke survivors, however, the rapid implementation has yet to be evaluated from the perspective of healthcare professionals (HCPs) who are central to its success. Developing an understanding of the benefits and limitations of this hybrid care model informs optimization of the program and ongoing integration of virtual care into stroke rehabilitation.

Objectives. (1) Explore HCPs' experiences with SJR's HOSP; (2) Identify the organization, human, and resource modifications needed to optimize future iterations of the program.

Methods. Qualitative descriptive approach was used with one-on-one semi-structured interviews via Zoom. Data analysis was guided by the Consolidated Framework for Implementation Research (CIFR) framework.

Results. While still under analysis, current results showcased that although uptake of the HOSP has some barriers (e.g. technological, space, equipment), it's been positively impacted by virtual care's advantages over in-person care such as scheduling flexibility, meeting patient needs, initial intake assessment, and discharge assessment at home. Overall, patient needs were central to all discussion of the benefits, determinants, and uptake of the HOSP.

Conclusion. Our findings elucidate the modifications that can enhance the quality and sustainability of the HOSP for stroke survivors. HCPs play a central role in the program's success and they must be engaged in future refinement and implementation efforts.

Considerations for Anti-Oppressive Research Methods in Occupational Science and Occupational Therapy: A Systematic Methods Overview

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Introduction. Occupational science (OS) and occupational therapy (OT) research predominantly use Western approaches; these processes, plus existing historical traumas, can create mistrust and unsafe environments for Black, Indigenous and people of colour (BIPOC), reducing their desire to participate in research. Few strategies have been published on effective anti-oppressive research approaches in OS & OT, particularly those that inform the research process. Researchers need to be more aware of anti-oppressive research methods.

Objective. To identify anti-oppressive research strategies in peer-reviewed OS and OT research.

Methods. A systematic methods overview was conducted with peer-reviewed OS and OT articles. A total of 462 articles, spanning a 20-year timeframe, were retrieved from 3 databases and 3 disciplinary journals; 123 articles met the criteria for full review, and from these, 18 articles were included. Articles were coded to identify key considerations, and anti-oppressive strategies to conduct research with BIPOC. Themes were created following a thematic analysis process.

Results. Themes identified were 1) acknowledging cultural norms to respect cultural viewpoints and beliefs, 2) addressing barriers to participation, 3) building and maintaining relationships based on mutual trust and respect, 4) ensuring the researchers do not perpetuate harm, 5) challenging conventional research norms, 6) intentionally using frameworks to critically challenge power structures, and 7) using qualitative methods to convey stories of BIPOC.

Conclusion. The results can inform OS and OT research planning and provoke researchers to challenge their privilege, identify their biases, and understand power dynamics to work towards creating safe, anti-oppressive, and anti-racist research spaces for BIPOC.

Reflecting on competency and confidence in virtually simulated occupational therapy student placements

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Introduction. Given COVID-19 impacts on local healthcare facilities, occupational therapy (OT) programs in Canada had to adapt clinical fieldwork experiences. At one Canadian University program, Fieldwork 1 shifted to a 5-week, full-time, virtually simulated placement. It is unknown how virtually simulated placements impact learner's preparation for subsequent fieldwork placements.

Objectives. To understand and identify how and which experiences in Fieldwork 1 supported OT competency development and confidence in subsequent, clinical fieldwork placements.

Methods. Two occupational therapy students conducted a co-autoethnography about their fieldwork experiences. Data collection consisted of written reflections, individual recordings, and joint discussions about feelings and events focused on competencies and confidence during two fieldwork placements. For this study, competencies are defined by the Competency-Based Fieldwork Evaluation for OT (CBFE-OT). Data was transcribed, coded, then analyzed using a thematic approach.

Results. The primary activities that supported competency development and preparation for subsequent fieldwork were experiences related to client-based learning with simulated patients (SPs). From this, four notable elements were identified: 1) the self-directed nature of preparing for client-based activities 2) leading SP sessions 3) documentation and 4) feedback from clinicians. Virtual simulation in Fieldwork developed confidence through feedback and repetition of client-based activities, which partially prepared for subsequent fieldwork placements.

Conclusions. Virtual simulation in fieldwork supported development of all CBFE-OT competencies and student confidence, however; the way it prepares students for their next clinical placements is nuanced. Recommendations for future iterations of virtually simulated placements include 1) further repetition of experiences and 2) continued individualized and quality feedback.

Exploring the pathways to belonging experienced by male and female young adults with intellectual disabilities within the Special Olympics

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Introduction. Previous research on young adults (YA) with intellectual disabilities (ID) has led to unsuccessful interventions for this population due to the lack of their participation in the research process and a focus on improving social inclusion, rather than belonging. Sport may provide an opportunity for belonging; however, more research is needed to determine how male and female athletes come to belong (or not) through sport from their perspective.

Objectives. The objective of this study is to describe the process of finding belonging (or not) for YA Special Olympic athletes with ID through sport from their perspective. This study also seeks to uncover any similarities and differences between male and female athletes' perspectives on belonging through sport.

Methods. This study uses an inclusive approach to examine interviews from 20 male and female Special Olympic athletes. A narrative inquiry approach is taken to elicit participants' experiences of belonging through sport. Thematic analyses are conducted to identify patterns relating to sport and belonging, including similarities and differences in the experiences of men and women.

Results. Themes that impacted experiences of belonging were: achieving accomplishments through Special Olympics, developing skills, forging long lasting connections with teammates, and receiving support from others. Male athletes spoke more about achieving sport-related accomplishments, whereas female athletes prioritized being involved in social events.

Conclusions. The findings contribute new knowledge about the ways in which these athletes experience a sense of belonging from their own perspectives and can inform development of policies, programmes, and services within Special Olympics.

Examining factors affecting vocational outcomes, quality of life, and social inclusion in patients with spinal cord injuries following vocational rehabilitation: A mixed-methods sequential explanatory study

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Introduction. In India, the majority of spinal cord injuries (SCI) occur within low socioeconomic status populations and typically result in poor vocational outcomes post-injury and difficulty reintegrating into the community. Amar Seva Sangam (ASSA) is a non-governmental organization in rural South India which provides rehabilitation and work-training programs for patients with SCI. Although research identifies many factors which affect wellbeing post SCI and suggests that vocational rehabilitation is important for improving these factors, there is a lack of literature explaining how this relationship occurs. This study will address this gap and increase our understanding of how vocational rehabilitation affects the lives of patients with SCI.

Objectives. The objective of this study is to understand the quantitative and qualitative factors affecting vocational outcomes, quality of life and social inclusion for patients who have completed ASSA's rehabilitation program.

Methods. This study involved using surveys through UofT redcap for quantitative data collection and interviews for the qualitative portion to capture participants' lived experiences.

Results. The results of this study can inform the improvement of ASSA's rehabilitation and vocational training program and provide insight on its impact on the wellbeing of its participants.

Conclusion. This study provides a detailed examination of demographic information and lived experiences of ASSA participants. The findings will be relevant and applicable to both clinical and public health sectors in SCI rehabilitation in India and other low- and middle-income countries by directing rehabilitation programs to better address areas of function that allow patients to find success following rehabilitation.

Exploring the application of therapeutic use of self within entry-level occupational therapy education: A collaborative autoethnography

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Introduction. Therapeutic use of self (TUS) refers to the therapists' intentional use of self to optimize the working alliance with clients. While TUS is a cornerstone of occupational therapy to enhance collaboration in therapeutic contexts, it also holds potential as a pedagogical tool. With experience in centering relationships, occupational therapists who have become educators are well situated to use TUS to transform the classroom into a collaborative learning environment.

Objectives. This study explores how TUS can be used within entry-level occupational therapy classrooms to foster collaborative learning environments among students and educators.

Methods. This study uses a collaborative autoethnography in which the researchers are also the participants: four entry-level occupational therapy students and two occupational therapy educators. Data was collected using four free-flowing virtual discussion groups and analyzed using a directed content analysis.

Results. This study identified three contexts that influenced the participants' educational experiences: structural, student, and educator. These contexts informed the dynamic considerations of the student-educator relationship, which consisted of six TUS concepts: authenticity, transparency, empathy, reflexivity, enablement, and responsible collaboration. This study identified unique strategies that could be used to effectively enact each TUS concept in the classroom.

Conclusions. This study outlines how TUS skills can be implemented in entry-level occupational therapy classrooms through both student and educator responsibilities. The findings suggest that TUS shows promise as a pedagogical tool to foster collaborative learning environments and strengthen the knowledge and skills of the next generation of occupational therapists.

Caregiver perspectives of their role in navigating mental health and/or addiction services for their youth

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Introduction. Approximately 1.2 million Canadian youth experience mental health and/or addiction (MHA) concerns yet 75% of these youth do not receive the care that they need. Many caregivers of these youth help them navigate the MHA system which includes finding and accessing services. There is a need to better understand how caregivers perceive their role in navigating the youth MHA system because they play a significant role in their youth's treatment trajectory.

Objectives. The objective of this study is to describe how caregivers in the Greater Toronto Area perceive their role in navigating care for their youth (ages 13 to 26) with a MHA concern. This study seeks to explore the person, environment, and occupational aspects of the caregiving role as they navigate MHA care for their youth.

Methods. This descriptive qualitative study is a secondary analysis of data from interviews completed with caregivers (n=26) which explored their experiences in finding and accessing MHA services for their youth. Thematic analysis was used to understand and describe the dataset.

Results. Study findings highlight participants' perspectives on being a caregiver, the external factors that impact their ability to find and access youth MHA services, and the demands of the caregiving role.

Conclusions. This study provides a greater understanding of the caregiving role in finding and accessing youth MHA services. Findings can inform how to better support these caregivers in participating in their role and provide useful information for policy-makers to increase equitable access to youth MHA services.

Exploring sustainability in the context of home modifications and occupational therapy practices

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Introduction. With the increasing aging population, more older adults want to stay in their homes. To ensure present needs are met without compromising future ones, sustainability must be incorporated into occupational therapy practice. Due to occupational therapists' significant role in home modifications and the growing desire to remain in one's home, it is important to explore the home modification process and incorporate sustainability. Despite the pressing need to practice sustainably, little guidance is presented in the current literature.

Objective. The study aimed to explore the perspectives of occupational therapists on their considerations for and implementation of sustainability during the home modification process.

Method. An interpretivist description approach was used to explore the participant's perspectives. One participant consented to participate and completed a semi-structured interview. Directed content analysis was used to identify concepts and themes using the principles of sustainable healthcare: prevention; promoting self-care; LEAN service delivery; and low carbon alternatives.

Findings. Four concepts were identified through the analysis process: negotiating; leading; collaborating; and advocating. Within these concepts arose themes and subthemes related to the principles of sustainable healthcare.

Conclusions. This study enhanced our understanding of how occupational therapists who perform home modifications consider sustainability as reflected in the principles of sustainable healthcare. The principles of sustainable healthcare are inherently within the occupational therapy home modification scope of practice. Occupational therapists may unconsciously implement sustainable healthcare practices, although the narrow definition of sustainability as applied to healthcare may obscure awareness of the extent of their implementation in the home modification context.

A scoping review of the role of race and ethnicity on the transition to adulthood for South Asian youth with intellectual disabilities

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Introduction. The experience of transitioning to adulthood for youth with intellectual disability (ID) often introduces many milestones including navigating services and employment. South Asian youth with ID (SAYID) experience additional influences from diverse cultural traditions and beliefs. Considering South Asian are one of the fastest-growing visible minorities in Canada, there is a need to understand how the intersection of culture and disability affect their perceptions of adulthood and their experience.

Objectives. The aim of this study is to explore what is known from the existing literature regarding the impact of culture, ethnicity, and race on the experiences of SAYID achieving transitional milestones to adulthood.

Methods. Following Arksey and O'Malley's framework, a systematic search was conducted on OVID MEDLINE, CINAHLplus, EMBASE and Psych INFO databases. A two-stage screening process was used to identify peer-reviewed studies. Data extraction was performed and consolidated by two writers. Key themes were identified using thematic analysis.

Results. 37 studies were selected for this review. Results show that SAYID and their parents often express feelings of uncertainty about the future. While SAYID and parents reported expectations for the youth to engage in marriage, vocational training, employment and increased independence, South Asians do not associate independence with living alone. SAYID and parents are often unsatisfied with transition planning and services.

Conclusions. This scoping review highlights the intersectional transition to adulthood experiences of this population. Cultural beliefs shape the transition experience and expectations of adulthood. Findings suggest a need for future research and development of culturally sensitive transition to adulthood services and programs.