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Abstract Book

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Blackboard Collaborate
Caregiving for a family member with a TBI: a qualitative meta-synthesis on caregivers’ positive and negative adaptation experiences and outcomes

Nicole Drys, Heather Dreise, Gillian King, Emily Nalder

Department of Occupational Science and Occupational Therapy, University of Toronto; Bloorview Research Institute, Toronto

Introduction. As traumatic brain injuries are associated with long-term consequences, family caregivers often find themselves in roles that require continuous adaptation. Exploring the literature on caregiver adaptation experiences and outcomes is important to gain a better understanding of how practitioners can support family caregivers and determine areas of future research. A previous meta-narrative review examined TBI caregiver adaptation and found an evolution from problem-based to strengths-based conceptualizations, signifying a move towards holistic views of adaptive outcomes.

Objectives. The objective was to provide an updated look at the literature to see whether research has continued to move towards a holistic view of TBI caregiver adaptation. This meta-synthesis also seeks to describe the common experiences of TBI family caregivers and their related positive and negative adaptive outcomes.

Methods. This study followed a qualitative meta-synthesis design that included identifying research questions, setting inclusion and exclusion criteria, identifying and retrieving studies through chosen databases, and synthesizing the findings.

Results. The results indicated four overarching themes that reflected common caregiver experiences including: 1) needing support from others, 2) caregiver mindset as an adaptive strategy, 3) developing coping strategies to address the deficits in the person with a TBI, and 4) living a balanced life.

Conclusion. This study provides an updated synthesized review of common experiences held by TBI caregivers that influence their adaptive outcomes. These findings indicate a need for future research to adopt a holistic lens when exploring caregiver adaptation and for practitioners to embrace a family-centered care model when working with family caregivers.
Supporting Family Caregivers in the Context of Medical Assistance in Dying

Emily Smolej¹, Mara Malozewski¹, Jill I. Cameron¹,², Kevin Reel¹,³,⁴

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Rehabilitation Sciences Institute, University of Toronto ³Joint Centre for Bioethics, University of Toronto ⁴Health Ethics Alliance, Sunnybrook Health Sciences Centre

Introduction. Family members are often involved in the provision of care to a relative at some point in their life. Their role becomes potentially complex when their care recipient is interested in seeking medical assistance in dying (MAID). While assisted dying has been legalized in Canada, the perspectives of family caregivers have not been well explored. In order to best support this population, health care practitioners must understand the diverse perspectives of family caregivers in this context.

Objectives. The aim of this qualitative study was to understand the perspectives and experiences of family caregivers of individuals who are seeking or have experienced MAID.

Methods. This study employed a qualitative descriptive design. Family caregivers supporting individuals living with grievous and irremediable conditions were recruited through social media outlets and support organizations. Data were collected through semi-structured telephone interviews as well as from online surveys. Data were transcribed and analysed using thematic analysis.

Results. The study included 11 participants. The research identified three themes: (1) Caregivers assume various roles and responsibilities that have a direct impact on several domains of their lives; (2) Caregivers need to be supported during the MAID process in a variety of ways; (3) The MAID process is complex and can have emotional consequences for caregivers.

Conclusions. This study provided a greater understanding of the perspectives and emotional needs of family caregivers involved in the MAID process and offers insight on how to address these needs in practice.
Understanding ethical issues associated with family involvement in patient care: A scoping review

Maria Mariadasan¹, Abigail Nkrumah¹, Guneet Daid¹, Kristina Kokorelias², Jessica Hanley³, Jill Cameron¹,²

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Faculty of Medicine, Rehabilitation Sciences Institute, University of Toronto; ³Hazel McCallion Academic Learning Centre, University of Toronto Mississauga

Introduction. Families play an important role in supporting patients in their care. However when they take on a caregiving role, complications such as ethical issues can arise. Caregivers, clinicians, and professionals all experience ethical issues when families are involved in patient care. To address these concerns, it is important to identify relevant ethical issues discussed in the literature, as there is no synthesis of these issues to date.

Objective. This study explores and synthesizes the extent, range, and nature of ethical issues regarding family involvement in patient care.

Methods. A scoping review guided by Arksey & O’Malley (2005) was conducted to identify ethical issues in the literature. A search was conducted on EMBASE, EBP Database, Medline, Web of Science, PsycInfo, and CINAHL. Articles written in English, peer-reviewed, and discussed ethical issues involving families in adult or older adult patient care were included. Data was extracted using a data extraction form and analyzed through conventional content analysis.

Results. The search yielded 814 results, of which 54 were included. Eight ethical issues were identified. Synthesis of these ethical issues resulted in six categories: Communication difficulties between healthcare professionals and caregivers, end-of-life decision making, truth within boundaries, privacy considerations of electronic tracking of people, discrepancies between caregiver and patient decisions, and caregivers’ decisions to be involved in patient care.

Conclusions. Obtaining an in-depth understanding of these issues associated with family involvement in patient care will inform future research and clinical initiatives to develop and implement models of care that support families, clinicians, and professionals.
Caregivers’ Experiences of Community Reintegration Post-Lung Transplantation

Claudia Yousif1, Timothy Spadzinski1, Kristina Kokorelias2,3, Jill Cameron1,2,3

1Department of Occupational Science and Occupational Therapy, University of Toronto; 
2University Health Network; 
3Rehabilitation Sciences Institute, University of Toronto

Introduction: Caregivers are integral in enabling lung transplantation recipients’ community reintegration along the recovery trajectory. Caregivers experience a negative impact on their wellbeing and lifestyle throughout the recovery trajectory and identified the experience as patient-centred. Limited research has been done to understand the changing experiences of caregivers in enabling their own community reintegration throughout the recovery trajectory.

Objective: The aim of this longitudinal, qualitative, descriptive design is to explore caregivers’ experiences to enable the care recipient and caregiver’s community reintegration along the recovery trajectory.

Methods: Thirteen caregivers, of lung transplantation recipients who were in the ICU and mechanically ventilated for at least 7 days, completed semi-structured interviews 6, 12, and 24-months post-hospital discharge. Interview questions addressed preparedness, emotions, informational needs, roles, and training satisfaction. Thematic analysis was used to discover themes that address the experiences of caregivers along the recovery trajectory.

Results: Four themes were identified: 1) uniqueness of caregiver experience, 2) joint life of the caregiver and care recipient, 3) formal and informal supports across the recovery trajectory, and 4) continuity of caregivers’ lives throughout the recovery trajectory.

Conclusions: Preferences and needs of caregivers of lung transplantation recipients should be addressed early on in the recovery trajectory by health care professionals to provide tailored supports (i.e. emotional support, community resources). Health care professionals can also assist with connecting caregivers with peers for emotional and knowledge support. Family-centred care models may be beneficial for these caregivers as they incorporate caregivers into the care plan and consider their unique situations.

Key words: caregiver, community reintegration, lung transplantation, intensive care, critical care
Developing and maintaining friendships: Narratives of older adults with Parkinson’s disease

Jillian Ross¹, Jordana Satok¹, Lynn Cockburn¹,²,³, Barry Trentham¹,²,³

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Occupational Transitions and Inclusive Communities (OTIC) Lab; ³Rehabilitation Sciences Institute, University of Toronto

Introduction. Friendships have been found to improve people’s quality of life across the life course. Older adults can face life transitions that impact their friendships. While occupational therapists (OTs) have the competencies needed to address the repercussions of life transitions on friendship, this topic has not been a focus in research or practice. Being diagnosed with Parkinson’s disease (PD) is a life transition that can impact an older adult’s ability to participate in social occupations. Research has found that older adults with PD experience reduced engagement with their social network; however, there is limited research specifically investigating how PD impacts older adults’ friendships.

Objectives. This study aimed to 1) explore and understand how older adults with PD experience friendships and 2) understand how OTs can enable the development and maintenance of friendships for older adults with PD.

Methods. This study used a qualitative narrative inquiry design. Six community dwelling older adults (age 65+) with PD participated in semi-structured interviews. Interviews were audio recorded, transcribed, and thematically analyzed.

Results. Three themes emerged from the data analysis: 1) activity enables friendship, activity builds and sustains friendships; 2) the friendship continuum, exploring deep friends, friends, and acquaintances; and 3) OTs linking people to social and practical support, the role of OT in enabling friendships.

Conclusions. The results of this study have created a better understanding of how older adults with PD experience friendships. Accordingly, the untapped potential for OTs to enable friendship development and maintenance amongst older adults with PD is evident.
Belonging through organized sport participation for individuals with intellectual and developmental disabilities: Perspectives of Special Olympics athletes

Zhou Chen¹, Lei Michelle Zhao¹, Denise Dubois², Rebecca Renwick², Kelly Arbour-Nicitopoulos², Roxy O'Rourke³, Rachel Laya Spitzer³, Rebecca Finkelstein³, James Noronha⁴, Callum Denault⁴, Benjamin Caplan⁴, Victoria McDonald⁴

¹,³Department of Occupational Science and Occupational Therapy, University of Toronto; ²Rehabilitation Sciences Institute, University of Toronto; ⁴Special Olympics Ontario

Introduction. Broadly, participation in sport has been linked to a sense of belonging and social inclusion for athletes with and without disabilities. However, the small body of research about organized sport participation (OSP) for young adults (YA) has focused on experiences within a disability-specific context, namely Special Olympics. There is a lack of clarity regarding how young adults experience belonging within sport participation across community contexts (e.g., including and beyond Special Olympics).

Objectives. Building on a previously-established framework of Belonging, this study examines how belonging (and not belonging) is experienced through OSP within Special Olympics Ontario (SOO) contexts and other community contexts from the perspectives of YA with intellectual and developmental disabilities (IDD) themselves.

Methods. The current study is the first-year analysis of a larger three-year study based on constructivist grounded theory, narrative inquiry, and inclusive research methods. Semi-structured, audio-recorded interviews were conducted in-person and online with six YA (age 19–32 years) with a range of IDD diagnostic ‘labels’. Narratives were developed for each participant and subsequently descriptively coded to gain an in-depth understanding of the YA’s experiences.

Results. Thematic analysis of the narratives revealed three interlinked themes regarding experiences of OSP and belonging: Finding a ‘match’ between expectations and experiences; Balancing the values of ability and inclusion; and Making stronger connections to society.

Conclusions. The findings provide insight into YAs’ perspectives on sports participation and belonging, and can inform future program and service development, policy-making, and client-centred practices for physical education and healthcare professionals.
Vocational Characteristics Among Youth With Disabilities who Have Transitioned to Adult Care

Priscilla Leung¹, Stephanie Seilman¹, Sarah Munce¹,²,³

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Toronto Rehabilitation Institute-University Health Network; ³Rehabilitation Sciences Institute, University of Toronto

Introduction. Individuals with disabilities are disproportionately unemployed and face barriers to securing employment. LIFEspan, a transitional service program formed as a partnership between a pediatric and adult rehabilitation hospital in an urban Canadian city, uses an interdisciplinary delivery model for individuals with childhood-onset disabilities as they transition from pediatric to adult health systems. This service offers vocational rehabilitation, which provides education and job skills training to enhance clients’ employability.

Objective. The primary study objective was to describe the vocational, social engagement, and health-related quality of life outcomes of individuals with cerebral palsy and childhood onset acquired brain injury who are current clients of the transitional care service.

Methods. 12 current participants completed a cross-sectional online questionnaire. Demographic information, clinical information and vocational characteristics were collected. The questionnaire used items from the Community Integration Questionnaire and Health Related Quality of Life Short Form-12 Health Survey. Descriptive statistics were used to examine the data.

Results. The findings of the study suggest that there is a high proportion of participants seeking employment, a high proportion of participants who are experiencing challenges in their daily activities as a result of poor mental health, and a lack of reported engagement in vocational rehabilitation in the transitional care service and in the community.

Conclusions. As there has been limited studies on the impact of vocational programming provided by transitional services, the findings of this study can be used to inform and further develop holistic vocational rehabilitation programs led by occupational therapists at other institutions.
Psychological interventions for individuals with childhood onset neurodevelopmental disorders: A scoping review

Morgan Jefferies¹ and Taylor Peart¹, Andrea Lauzon²,³, Sarah Munce³

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²LIFESpan Service, Holland Bloorview Kids Rehabilitation Hospital; ³LIFESpan Service, Toronto Rehabilitation Institute-University Health Network

Introduction. With current medical advancements, more adolescents with neurodevelopmental disorders are transitioning from child- to adult-centered healthcare systems. Therefore, there is an increased demand for transitional services to aid individuals through this complex transition. Life transitions can further be complicated by mental health challenges prevalent among individuals with cerebral palsy (CP), spina bifida (SB), and childhood onset acquired brain injury (ABI). Offering evidence-based psychological interventions for these populations may improve overall outcomes during transition periods and beyond.

Objective. The objective of this scoping review is to identify key characteristics of psychological interventions being used to treat the mental health challenges of adolescents and adults with CP, SB, and ABI.

Methods. Methodological frameworks by Arksey and O’Malley, and Levac and colleagues are used to explore studies published between 2009 and 2019. Included studies are written in English and reported on a psychological intervention(s) administered to individuals 12+ years of age with a diagnosis of CP, SB, or ABI. Study designs included are dissertations, peer-reviewed primary studies and case studies.

Results. A total of 11 studies were identified. Of these, eight reported psychological interventions for childhood onset ABI, while three reported on CP. No studies reporting on SB were identified. Commonly used interventions included acceptance and commitment therapy, psychotherapy, and cognitive behavioural therapy.

Conclusions. There are a limited number of studies investigating psychological interventions for individuals with childhood onset ABI, CP, and SB. Further research into effective psychological interventions for these populations may improve mental health outcomes and improve transitional services.
The Impact of Treatment Adherence in Pediatric Concussion Rehabilitation: A Descriptive Exploratory Study Protocol

Authors: Gill, M.\textsuperscript{1}, Lazarou, M.\textsuperscript{1}, Shore, J.\textsuperscript{2}, Reed, N.\textsuperscript{1,2,3}, & Hunt, A.\textsuperscript{1,2,3}

\textsuperscript{1}Department of Occupational Science and Occupational Therapy, University of Toronto, Toronto, Canada; \textsuperscript{2}Rehabilitation Sciences Institute, Faculty of Medicine, University of Toronto, Toronto, Canada; \textsuperscript{3}Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital, Toronto, Canada

\textbf{Introduction.} Current best practice for concussion management consists of 24-48-hour rest, followed by gradual return to activity. Evidence suggests that active rehabilitation (AR) approaches involving low-intensity sub-symptomatic exercise may be helpful for promoting recovery in youth with concussion. However, limited research has explored the relationship between treatment adherence (TA) to home-based AR programming and functional recovery in youth with concussion.

\textbf{Objectives.} The objectives of this study are to explore TA patterns to an AR home program among youth experiencing persistent post-concussion symptoms, and to describe the relationship between TA and functional recovery. This article describes the research protocol.

\textbf{Methods.} A descriptive exploratory design will be used to analyze data from a prospective repeated measures study that investigated a six-week home-based AR intervention. Participants include 86 youth (ages 10-18), diagnosed with a concussion by a physician and experiencing symptoms at least two weeks post-injury. Study measures include demographic data forms, daily treatment logs and the Canadian Occupational Performance Measure (COPM). Data regarding sample demographics and TA will be summarized using descriptive statistics and graphs. COPM change scores will be graphed against the average number of completed daily logs per week for each participant and a Pearson correlation coefficient will be determined.

\textbf{Results.} Study results may help to identify strategies that support TA to AR and may inform appropriate dosages of home-based AR programming in youth with concussion.

\textbf{Conclusion.} This study may enable occupational therapists to appropriately prescribe programming for concussed youth and may inform individualized treatment planning to promote functional recovery.
Move&Connect: A pilot study evaluating a group-based active rehabilitation intervention for youth with prolonged post-concussion symptoms

Orla Curran¹ & Hayley Hawkins¹, Andrea Hickling¹,², Hiba AlHakeem², Kim Moody², Shannon Scratch²,³,⁴

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital; ³Rehabilitation Sciences Institute, Faculty of Medicine, University of Toronto; ⁴Department of Pediatrics, University of Toronto

Introduction. Youth with prolonged post-concussion symptoms (PPCS) experience a range of physical, emotional, behavioural, and cognitive concerns. Emerging best practices recommend active rehabilitation (AR) for concussion recovery. Group-based interventions have been shown to promote health outcomes like motivation and social support. This study introduces Move&Connect, a novel AR group-based intervention that integrates exercise and education to address PPCS in youth.

Objectives. (1) To explore participants’ experience with Move&Connect, and (2) to examine changes in concussion symptoms and occupational performance issues following Move&Connect.

Methods. In this mixed method study, five females aged 12-17 years (M=14 years, SD=2.10 years) with PPCS ranging from 4-12 months post-injury (M=7.6 months, SD=3.61 months) participated in Move&Connect. The 4-week program ran weekly and was led by an occupational therapist and physiotherapist. Semi-structured exit interviews were conducted to explore participants’ experiences. Participants also completed the Post-Concussion Symptom Inventory (PCSI) and the Canadian Occupational Performance Measure (COPM) before and after Move&Connect.

Results. Analysis of interview data using interpretive qualitative research devices identified three categories: therapeutic engagement, client experience, and intervention outcomes. Participants described connecting with peers over shared experiences and learning skills that supported their confidence in performing daily occupations. After Move&Connect, 80% of participants experienced clinically significant change in occupational satisfaction, and 60% in occupational performance. PCSI paired t-test analysis also indicated positive trends.

Conclusions. Move&Connect merges the benefits of social support, physical activity, and concussion education to help youth with PPCS return to meaningful activities. Study findings will guide future group-based AR interventions on concussion care.
Exploring Sport Participation, Social Support and Factors Influencing Concussion Reporting

Emily Wilk¹, Jordan Higa¹, Kylie Mallory²,³, Katherine Wilson², Andrea Hickling¹,² & Nick Reed¹,²,³

¹Department of Occupational Science and Occupational Therapy, Faculty of Medicine, University of Toronto, Toronto, Canada;
²Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital, Toronto, Canada;
³Rehabilitation Sciences Institute, Faculty of Medicine, University of Toronto, Toronto, Canada

Introduction: Concussion knowledge and reporting intentions have been shown to influence reporting behaviours among youth athletes. These factors have not been explored in relation to type of sport participation including youth non-athletes. Further, students’ intentions to provide social support to their peers following a concussion has yet to be explored.

Objectives: To 1) explore high school students’ concussion knowledge, intentions to report a concussion to an adult, and intentions to provide social support to a peer following a concussion, 2) compare these variables across different types of sport participation.

Methods: The Concussion Reporting and Social Support Measure (CRSS-M) was completed by 1330 Canadian high school students. Descriptive statistics were used to examine student demographics, concussion knowledge, and intended behaviours. Wilcoxon Rank Sum Test and Chi-Squared Test of Independence were used to explore the relationship between types of sport participation and CRSS-M responses.

Results: High-risk (p<0.0005) and team sport (p-value< 0.001) participants were more likely to have experienced a concussion, however they had a lower intention to report a concussion (p=0.002, p=0.001), and a lower intention to provide social support (p<0.0005, p-value=0.004) than those who do not play these sports. There was no significant difference in concussion knowledge between those who do and do not participate in high-risk sports (p=0.305).

Conclusions: Sport participation, regardless of concussion knowledge may result in less favourable concussion reporting behaviours and social support behaviours following a concussion. The influence of sport participation should be explored further in order to inform the development of concussion education programs.
Exploring Occupational Therapists’ Use of Motor Learning Strategies during Therapy for Children and Youth with Acquired Brain Injury

Kristi MacWilliam¹, Julia Giancola¹, Virginia Wright², Jennifer Ryan², Gloria Lee²

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital

Introduction: Learning and re-learning motor skills is a critical component of recovery for children/youth with acquired brain injury (ABI). The use of motor learning strategies (MLS) can help promote functional motor skills that enable participation in school, self-care activities, and play. Although occupational therapists (OTs) are thought to intuitively use MLS in practice, no research has explored OTs’ use of MLS in therapy.

Objectives: This mixed methods study explored the MLS used by OTs and factors that influenced their use in OT intervention for children/youth with ABI.

Methods: 8 OT sessions with children/youth (ages 4-16) with ABI were video-recorded at Holland Bloorview for another study. The 22-item Motor Learning Strategies Rating Instrument (MLSRI-22) was used to quantify MLS use in OT sessions. Quantitative findings were supplemented with a directed content analysis of the video-recorded OT sessions to explore factors that influenced how and when MLS were applied.

Results: Common strategies used across therapy sessions included: asking to problem solve, providing encouragement, directing attention to the body, providing an environment where errors are a part of learning, repetitive practice, and whole practice. Directed content analysis identified three themes across the videos: Getting Buy-in, Going With the Flow, and Movement and Thinking Goes Hand in Hand.

Conclusions: This study has the potential to inform practicing OTs about the MLS currently used in practice. This serves as an important first step to eventually examine the effectiveness of the MLS currently used in OT intervention for children/youth with ABI.
“Lost in time”: Updating the content and clinical accessibility of the Prosthetic Upper Limb Functional Index

Ashley Ogilvie, Carleen Ginter, Virginia Wright, Gloria Lee, Lisa Artero, Sandra Ramdial

Department of Occupational Science and Occupational Therapy, University of Toronto; Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital

Introduction. The Prosthetic Upper Limb Functional Index (PUFI) is used to evaluate functional outcomes for children using their prostheses. Its clinical use has declined due to software incompatibility and outdated content. The PUFI has since been updated both in content and software and is now referred to as the PUFI-2.

Objectives. A pilot test of the PUFI-2 was conducted to explore users' experiences, and to develop recommendations for further revision and administration.

Methods. In this concurrent nested mixed method design, one older child (over age 7) with a unilateral upper limb prosthesis (UULP), and two parents of older children with a UULP were randomly selected. Eligible participants completed the PUFI-2, followed by a clinical utility survey, and a cognitive interview administered by two occupational therapy (OT) students via zoom.

Results. Five primary themes emerged including: Imagining activity never tried could improve accuracy; performs activity in multiple ways; “have not tried activity” response option; clear page navigation, inaccurate response options and computer is preference. 62.5% of the clinical utility survey questions supported the qualitative results.

Conclusion. Three main recommendations were developed. (1) Include an option for “never tried the activity/imagine what your/the child’s performance would look like if attempted”, (2) Bold keywords in response options such as “usually” and “or” to improve the clarity and comprehension, (3) Administration of PUFI-2 using a computer is preferred over other devices. These findings will inform further revision and administration guidelines of the PUFI-2.
Investigating Topics of Shared Interest Emerging From a Canadian Occupational Therapy Community of Professional Practice Leaders

Stephanie Au¹, Zili Xie¹, Donna Barker¹,², Siobhan Donaghy¹,²

Department of Occupational Science and Occupational Therapy, University of Toronto

Introduction: Communities of Practice (CoPs) are groups of people who share a passion in an area, and who interact constantly to deepen their expertise and knowledge in this area (Wenger, McDermott, & Snyder, 2002). The Greater Toronto Area Occupational Therapy Professional Practice Leaders Network (GTAOTPPLN) is a CoP that utilizes quarterly meetings and email queries to discuss issues and share knowledge and resources related to topics of shared interest. Their communication content (i.e. group email queries, meeting minutes) are maintained on a network-specific online database. Existing research on the role of CoPs mainly focuses on users’ opinions and perceptions without investigating the content of communication records.

Objective: The objective of this qualitative case study was to explore and analyze the content of the GTAOTPPLN online database in order to identify professional practice issues of focus or of the greatest interest among network members.

Methods: This qualitative case study utilized thematic analysis to explore the GTAOTPPLN communication content between January 2014 to December 2019.

Results: Practice issues addressed were grouped into six themes: System level impact on practice and care, Organizational level impact on practice and care, Staffing Issues, Stakeholder Relationships, Advancement of OT as a profession, and Advocacy.

Conclusion: The study identifies key OT professional practice issues with the Greater Toronto Area (GTA). In response, advocacy is the main method of how occupational therapists respond to these issues. The study has the potential to inform areas of focus in OT professional practice at the local, regional, provincial and national levels.

Reference:
Exploring group-based rehabilitation in an acute care surgical setting

Regan Chau-Stacey¹, Meaghan Meades¹, David Guo¹,², Isabella Cheng¹,²,⁴, Sander L. Hitzig¹,³,⁴

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Sunnybrook Health Sciences Centre; ³Rehabilitation Sciences Institute, University of Toronto ⁴Sunnybrook Research Institute

Introduction. The experience of surgery following traumatic injury has been linked to poor psychosocial outcomes that can impede the recovery process. Post-operative rehabilitative therapy groups provide psychosocial benefits resulting from peer interaction. However, there is a lack of evidence on the use of groups in acute care settings.

Objectives. The objectives of the present study were to use a qualitative approach to: (1) explore the experiences of post-operative orthopaedic or neurological trauma patients attending a rehabilitative therapy group on an acute care surgical unit; and (2) evaluate the effectiveness of group implementation.

Methods. Semi-structured interviews were conducted with nine inpatients from the unit on which the therapy group takes place. Data were analyzed using content analysis.

Results. Four categories were identified: (1) benefits of the therapy group; (2) challenging experiences of the therapy group; (3) recommendations; and (4) motivation. Participants reported multifaceted social, physical, and psychological factors that influenced their experiences of the group, and provided their recommendations for improvement of the group program.

Conclusions. Participants identified physical and psychosocial benefits derived from their participation in the therapy group. Recommendations reported by participants reflect the importance of taking an innovative approach to meeting patient needs with this model of service delivery in acute care. Future research should explore staff perspectives and system-level considerations to gain a more comprehensive understanding of the facilitators and barriers to group therapy implementation in this practice setting.
Considerations for using the stroke Patient and Family Experience Questionnaire (PFEQ) to inform stroke care in Toronto

Emma Smith1, Amy Wajchendler1, Sander L. Hitzig1,2,3, Elizabeth Linkewich1,4,5

1Department of Occupational Science and Occupational Therapy, University of Toronto; 2St. John’s Rehab Research Program, Sunnybrook Research Institute; 3Rehabilitation Sciences Institute, University of Toronto; 4North & East GTA Stroke Network, Sunnybrook Health Sciences Centre; 5Practice-Based Research, Sunnybrook Research Institute.

Introduction. Understanding the experiences of stroke patients and their families can improve stroke care at both the individual and system level. The Toronto Stroke Networks’ Patient and Family Experience Questionnaire (PFEQ) was created to capture these experiences across the entire continuum of care. Integrating these experiences into stroke care planning is crucial to improve service delivery; however, further work is needed to obtain stakeholder perspectives on how to best use the PFEQ to improve stroke care.

Objectives. The objective of this qualitative study was to explore considerations for using the PFEQ to inform stroke system planning.

Methods. This qualitative descriptive study consisted of a focus group composed of members of the Patient and Family Advisory Committee (N=13). Additionally, six qualitative interviews were conducted with stroke system planners and an organization member. A descriptive content analytical approach was used to identify salient themes, which generated ideas for improvement.

Results. The results of this study highlighted three key themes: 1) how to share PFEQ data; 2) uses of PFEQ data; and 3) PFEQ data form needs. Recommendations indicated a need for frequent analysis and sharing of data, using the data to inform system planning, emphasizing the patient voice, exploring clinical applications, and making further modifications to the PFEQ form.

Conclusions. Stakeholders reported that the PFEQ was an effective tool for understanding patient and family experiences at key touchpoints across the continuum of care. The recommendations will guide decision makers in maximizing the utility of the PFEQ to inform stroke system planning.
Meaningful occupations for adults with developmental disabilities in mental health care: A critical examination

Michelle Dale, Shaira Yoganathan, Nicole Bobbette, Jessica Rosales, Elyse Goodfield, Rona Macdonald, Suryani Hamdani

Department of Occupational Science and Occupational Therapy, University of Toronto; Adult Neurodevelopmental Services, Centre for Addiction and Mental Health; Rehabilitation Sciences Institute, University of Toronto

Introduction. Literature on the occupational engagement of adults with both developmental disabilities (DD) and co-occurring mental health concerns is limited. Little is known about the social values and assumptions about disability and adult occupations that underpin Occupational Therapy (OT) practice. Exploring the potential effects of social values and assumptions may help enable OTs to critically examine prevailing ways of thinking in Occupational Therapy and expand occupational possibilities for adults with disabilities.

Objectives. This paper critically examines the effects of social values and assumptions about disability and adult occupations underlying the literature on OT practices for adults with DD and co-occurring mental health concerns.

Methods. This study is a conceptual analysis of the current literature on DD, mental health and OT. The conceptual approach is informed by a critical social science perspective and the methodology draws on principles of a critical interpretive synthesis approach.

Results. Assumptions uncovered in the literature position disability as a biomedical problem, and place a high social value on productive occupations and the adoption of ‘normal’, prosocial behaviours. While these assumptions may have several potential beneficial effects, unintended harmful effects may serve to idealize ways of being and doing while limiting other occupational possibilities.

Conclusions. The results provide insight into how current literature conceptualizes meaningful occupational engagement for adults with DD and co-occurring mental health concerns. Identifying assumptions and their impact on client-care allows for alternative ways of thinking to be conceived which may foster meaningful occupation and mitigate unintended harmful effects for this population.
Establishing a Framework for Understanding and Addressing Responsive Behaviours of Individuals with Dementia during Personal Hygiene Care

Student Researchers: Madison Disher & Hetti Gunaratne  
Supervisors: Amy Cockburn & Andrea Iaboni

**Background:** Responsive behaviours are actions, words, and gestures individuals with dementia use to communicate reactions to their personal, social, or physical conditions. Responsive behaviours are prevalent during essential hygiene routines and can disrupt the provision of care. To our knowledge, the existing frameworks for addressing responsive behaviors do not sufficiently capture the diversity of patient qualities or uniqueness of intervention strategies. Client-centered and holistic care are core values of Occupational Therapy (OT) and are essential for facilitating positive client outcomes. The primary objective of this study is to create a preliminary framework, based on OT core values, to effectively address responsive behaviors of adults with dementia during hygiene care routines.

**Methods:** A retrospective conventional qualitative content analysis was conducted on patient care plans developed at Toronto Rehab’s Specialized Dementia Unit. Data was analyzed through a three-step process: the development of categories, synthesis of themes, and situation of themes onto the Person- Environment- Occupation (PEO) model.

**Results:** 130 personalized care plans from Toronto Rehab’s Specialized Dementia Unit were randomly selected and Patient Abilities and Behaviours and Intervention Strategies were coded. 57 Staff Interventions categories and 53 Patient Abilities and Behavior categories were identified. These categories were condensed into 11 Patient Abilities and Behavior themes and 12 Staff Intervention themes.

**Conclusion:** The preliminary framework provides an emphasis on assessing patient qualities prior to selecting client-centered interventions to address responsive behaviours during hygiene routines. This project is the first step towards understanding the relationship between Patient Abilities and Behaviors and effective Staff Intervention.

**Keywords:** responsive behaviors, dementia, caregivers, intervention, PEO model, hygiene care, non-pharmacological
Experiences of recovery for forensic mental health patients and staff participating in a Horse Stables Program

Emma Collingwood\textsuperscript{1} (MSc OT, candidate), Amanda Messina\textsuperscript{1} (MSc OT candidate), Amanda Dam\textsuperscript{2} OT Reg. (Ont.), Theresa Bernard\textsuperscript{2} OT Reg. (Ont.), Lynn Cockburn\textsuperscript{1} PhD, OT Reg. (Ont.), Stephanie Penney\textsuperscript{3} MD PhD

\textsuperscript{1}Department of Occupational Science and Occupational Therapy, University of Toronto; \textsuperscript{2}Forensic General Unit (1-5), Centre for Addiction and Mental Health; \textsuperscript{3}Forensic Division, Centre for Addiction and Mental Health

Introduction. Individuals in the forensic mental health system experience barriers to recovery and lack opportunities for engagement in meaningful activities. Equine interventions have the potential to promote recovery in forensic patients though opportunities to learn new skills and develop social relationships. However, the research on equine assisted therapies in forensic mental health settings is limited and little is known about its role in recovery.

Objectives. The aim of this qualitative study is to explore forensic mental health patient and staff experiences of the Horse Stables Program and to identify aspects of the program deemed influential in facilitating patient recovery.

Methods. Seven forensic mental health patients and six forensic mental health staff at a psychiatric facility involved in the program participated in semi-structured interviews. Thematic analysis of the interview transcripts revealed themes related to recovery.

Results. The results revealed four themes. 1) Radical shift in environment: non-institutional setting, nature, horses; 2) Opportunity for new roles: caregivers, students, leaders; 3) Building meaningful connections: friendship, teamwork, respect, trust; 4) Expanding horizons: identity, meaning, hope.

Conclusions. This study has revealed themes that align with the literature on recovery and forensic mental health. Participants expressed positive experiences at the stables and conveyed that the Horse Stables Program promoted recovery and wellbeing.
A WhatsApp virtual community of practice: Mental health education and support for practitioners during the Anglophone Crisis in Cameroon

Kamila Pacholek¹, Madalina Prostean¹, Sarah Burris¹, Lynn Cockburn¹, Julius Nganji¹, Anya Nadege², Louis Mbibeh³

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Doctors Without Borders - South West Project, Cameroon; ³Independent Researcher, Bamenda, Cameroon

Introduction. There is an ongoing violent crisis in the North West Region of Cameroon. Health and social service workers are struggling to provide care, while supporting themselves and their colleagues. A virtual community of practice (VCoP) called The Forum was created on WhatsApp Messenger to support providers in their work. A research study was conducted to understand the experiences of participants.

Objectives. The objective of this study was to understand and describe the experiences of health and social service providers who took part in a VCoP on WhatsApp to provide education and support regarding mental health and trauma-informed services during the ongoing crisis.

Methods. This study examines the qualitative data from semi-structured interviews with members of The Forum. Thematic analysis was used to analyze the qualitative data.

Results. Five themes were identified. Two themes, WhatsApp as a VCoP and group dynamics, highlight the ways the group functioned, including platform effectiveness, participation, and the impact of silence. Three additional themes, sense of community, clinical utility, and selfcare, highlight benefits, skills, and knowledge gained by being in the group. The Forum was determined by participants to be a successful VCoP in this context.

Conclusions. This study provides an understanding of the benefits and challenges of participating in a VCoP on WhatsApp, and the value of this kind of community in supporting health and social service providers during the Anglophone Crisis. Results will inform future iterations of The Forum and help clinicians, educators, and researchers to create VCoPs in similar contexts.
What universal design principles are embedded in women's clothing: Can they inform adaptive clothing designs for women with hemiparesis?

Gabrielle Conrad¹, Megan Ferguson¹, Debbie Hebert¹, Rosalie Wang¹
¹Department of Occupational Science and Occupational Therapy, University of Toronto

Introduction. Women living with hemiparesis post-stroke face difficulties with dressing. Adaptive clothing is designed to meet the needs of people with disabilities, but often do not resemble conventional clothing designs. Universal Design Principles (UDP) have been developed to create products that are inclusive for all types of users. It is unclear if UDP are incorporated into clothing designs, and if adaptive clothing can adopt UDP in their designs to better meet the needs of women post-stroke.

Objectives. We explored women’s clothing experiences with a brassiere, blouse and a coat post-stroke, and examined how UDP could be embedded in the three garment types.

Methods. We analyzed semi-structured interviews and video data of women (n=12) living with hemiparesis in the Greater Toronto Area who were at least one-year post-stroke and 18 years of age. Observational data, organized in a tabular task analysis framework, were extracted from videos of participants donning and doffing their own garments. A mix of inductive and deductive approaches using UDP were used in thematic analysis of the data.

Results. All seven UDP were identified across the blouse, coat, and brassiere. Four of the seven were embedded in the three garment types. All UDP were found to align with the personal clothing preferences expressed by the participants.

Conclusion. This research provides knowledge on how UDP can be incorporated into adaptive clothing for women with hemiparesis. The research also contributes to the limited literature that exists on addressing the user’s personal preferences and inclusivity in clothing design.
Understanding the acceptability of technology to assess social interaction and social isolation among older adults

Priyanka Thakkar*1, Karishma Patel*1, Shahrose Aratia*1, Rosalie Wang1, & Shehroz Khan2

1Department of Occupational Science and Occupational Therapy, University of Toronto; 2KITE, Toronto Rehabilitation Institute, University Health Network  
*Equal contribution

Introduction. Individuals experience role changes as they age which may lead to limited social networks. Loss of social interactions can lead to social isolation (SI). Clinical and technological tools are needed to assess SI to understand this phenomenon among older adults (OA). Benefits of using a technological tool include minimizing self-report bias and providing continuous measurements.

Objectives. To develop a technological tool to assess for SI, by understanding the social interactions of OA’s and how their demographics may be related to acceptance of technology.

Methods. Participants completed an online survey, including the Social Disconnectedness Scale (SDS), with an optional semi-structured telephone interview. Inclusion criteria were being 55+ years, community-dwelling, fluent in English, and residing in Canada. We recruited through national and local organizations. 3,732 surveys were analyzed using SPSS Statistics (V26) and preliminary analyses were completed for 21 interviews.

Results: Men (M=14.8, SD=6.2) reported significantly greater social disconnectedness on the SDS compared to women (M=16.6, SD=6.0), t(3124) = 8.105, p < .001. There were no statistically significant association between sex and their acceptance of technology to assess for SI, x² (3, n=2904) = 3.47, p = 0.33. Significant relationships were found for acceptance of technology and level of education, x² (6, n=2874) = 14.16, p < .05, and income, x² (12, n=2391), = 23.86, p < .05.

Conclusions. Information gathered will allow for greater understanding of OAs’ experiences and inform the development of technological tools to assess SI.
The Application of Wearable Technology to Cardiac Rehabilitation: A Narrative Review

Sydney Thomas¹, Jessica McGrath¹, Tracey JF Colella²,³,⁴, Shehroz Khan³

¹Department of Occupational Science and Occupational Therapy, University of Toronto
²Toronto Rehabilitation Institute, Cardiovascular Prevention & Rehabilitation Program
³KITE - Toronto Rehabilitation Institute
⁴Lawrence S. Bloomberg Faculty of Nursing, University of Toronto

Introduction. Cardiac rehabilitation (CR) is a comprehensive self-management program, focused on risk reduction following a cardiac diagnosis and/or procedure. Wearable technology has the potential to combat common barriers associated with CR completion such as patient motivation, and physical activity adherence.

Objectives. This narrative review seeks to explore the use and associated benefits of wearable technology during phase II/III outpatient CR, and following CR completion.

Methods. We conducted a narrative review of the use and benefits of wearable technology during and after outpatient CR by searching CINAHL Plus, Medline, Scopus, and Web of Science from inception to May 2020. Potentially relevant papers were reviewed independently based on predetermined inclusion and exclusion criteria, with a focus on quantitative studies related to phase II/III outpatient or home-based CR, with wearable technology involved.

Results. Fifty-seven studies were included in this review. Findings suggested that during and after CR, the use and benefits of wearable technology can be divided into five categories: CR programming, outcome measurement, physical activity, psychosocial, and extraordinary.

Conclusions. Several limitations were found in the included studies, such as male-dominated sample populations, inconsistent wearable technology accuracy, and limited generalizability. It can be concluded that various wearable technologies can positively impact CR program efficiency and effectiveness, physical activity levels and maintenance, outcome measurement, and patient motivation. Future studies need to further explore the accuracy, use, and benefits of various wearable technologies with more female representation and varied cardiac diagnoses, over longer follow-up durations to increase clinical applicability of wearable technology in CR.
Does Gender Matter? A Scoping Review of the Role of Gender within Occupational Therapy Practice

Hailey Benedict¹, Jessica Todd¹, Sally Lindsay¹,²

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital

Introduction. Gender is a social determinant of health and an important consideration within the Person Environment Occupation Model that guides occupational therapy practice. Gender directly contributes to inequalities in healthcare provision, including decision-making, communication, and preferences for health-related interventions and services. However, little is known about the role of gender and gender differences within occupational therapy practice.

Objectives. Our aim was to conduct a scoping review by describing and categorizing key study characteristics and themes related to the role of gender and gender differences within occupational therapy practice.

Methods. A scoping review methodology was used to identify articles from six databases, and chart and analyze data. Eligible articles included empirical, peer-reviewed publications, in English, with a specific finding related to gender or gender differences within occupational therapy practice. Study populations included occupational therapy clinicians, students, and clients.

Results. Of the 6622 articles identified, 32 articles — from 1990 to 2019, across 10 countries — met the inclusion criteria. The majority of studies had a quantitative design (n=16). The concept mapping revealed three main areas: perceptions of gender within clinical interactions (i.e. communication, intimate practices); practice differences between men and women occupational therapists; and gender disparities in occupational therapy service provision.

Conclusions. This review highlights that gender differences exist in practice and may influence clinical interactions and access to occupation therapy services. More rigorous research is needed to understand the role of gender within occupational therapy practice and how a gendered perspective could help to address gender-based inequalities and outcomes.
“Unheard minds, again and again”: Autistic Insider Perspectives and Theory of Mind

Abigail Holt, Khadija Bounekhla, Helene Polatajko, Christie Welch

Department of Occupational Science and Occupational Therapy, University of Toronto

Introduction. Theory of Mind (ToM) is one of the dominant frameworks offered to explain the social and communication difficulties observed in autistic individuals. Although the last decade has seen increased inclusion of insider perspectives in autism research, historically autistic voices have not been included. Insider voices still remain mostly absent in research on ToM. One forum where the perspectives of autistic individuals have been made available is online blogs. Here, autistic individuals share their experiences and their perspectives on the way autism has been understood by research and the public, including discussions on ToM. Learning from these blogs can enhance current understanding of ToM and autism and inform clinical practice with autistic individuals.

Objective. This study aimed to gain an understanding of the relevance and applicability of the ToM literature from the blogs of autistic individuals.

Methods. Using a descriptive qualitative approach, a secondary, thematic analysis of Welch’s (2018) dataset was conducted. This dataset consists of posts from 40 different blogs written by autistic individuals.

Results: Insider perspectives provided a rich understanding of the relevance of ToM; Three major themes emerged. 1) ToM: the empirical contradictions, 2) ToM: the explicit critiques, 3) ToM: a source of harm. Subthemes were identified within each theme.

Conclusion. These insider perspectives call into question the ways clinicians, researchers, and society use ToM to perceive and frame ASD individuals, which directly impacts these individuals' lives. Exploring insider perspectives will contribute to building a body of autism research that better reflects autistic experience, and promotes client-centred practice.
Developing Observational Skills in Occupational Therapy

Annmarie Villanueva, Provvidenza DeArcangelis, Emily Nalder, Debbie Hebert

Department of Occupational Science & Occupational Therapy, University of Toronto

Introduction. Observation is a continuous, purposeful process in which the observer identifies key information from individuals or their environment. It is a foundational occupational therapy (OT) practice skill that is required to aid in decision-making and problem-solving.

Objectives. To describe the current state of the literature discussing strategies used to facilitate the development of observational skills in OT and characterize how observation skills are conceptualized in this literature.

Approach. A scoping review structured after the Joanna Briggs Institute’s methodological framework was conducted. A structured literature search through CINAHL, Medline, Embase, and ERIC was conducted to identify studies that report on developing observation skills in the field of occupational science and OT, and include a sample of occupational therapists or OT students. Bibliographic and methodological information, definitions of observation, and strategies used to develop observation skills were extracted from included papers. Key themes are identified from a qualitative content analysis.

Results. Nine studies were identified as relevant. Observation is defined as an iterative, purposeful process that facilitates information-gathering. Five main learning formats to facilitate the development of observational skills emerged from the material: OT-specific training, reciprocal service-learning, arts-based workshops, roleplay with pseudo-clients, and assistance through the use of technology.

Conclusions. The results provide OT students, professionals, and educators with techniques on how observation skills can be harnessed and improved, which can be utilized to inform clinical training programs. The scoping review findings also highlight gaps in evidence to direct future research efforts.
Cannabis and Mental Health in Adults: An Umbrella Review

Nadia El Jerbi¹, Mandy Girgis¹, Valentina Rumeo¹, Irene Vrcovnik¹,², Andrea Duncan¹

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²IV League of Occupational Therapists, University of Toronto

Introduction. Mental illnesses are common amongst Canadians. Research has and continues to be conducted to understand the effects and treatment approaches for mental illnesses and mental health. Cannabis is a commonly used substance globally. A large amount of research focuses on the relationship between youth and adolescent cannabis use and mental health. However, controversies exist on the relationship between cannabis and mental health in adults, as the findings show both positive and negative associations.

Objective. The overall objective of this umbrella review was to identify themes that emerge from reviews on cannabis use and mental health in adults over the age of 18.

Methods. Researchers followed the Joanna Briggs Institute Protocol to complete this umbrella review. Researchers searched MEDLINE and extracted 15 reviews. Reviews included a mix of systematic reviews and unspecified review types.

Results. Fifteen reviews were included following critical appraisal. The majority of reviews examined cannabis use with other substances, treatment approaches for cannabis dependence and misuse, and the adverse effects of cannabis on mental health. Opposing outcomes were reported in the reviews, but there is probable evidence that long-term cannabis use may cause adverse effects on mental health in adults.

Conclusions. This study revealed the need for future research and reviews to resolve conflicting and inconclusive evidence on cannabis and mental health in the literature. The completion of research in this area is required to develop treatment and practice recommendations pertaining to the effects and use of cannabis with a variety of mental health populations.
Occupational Therapist Clinician and Student Perspectives on Medical Assistance in Dying

Bridget Marshall\textsuperscript{1}, Jenn Aird\textsuperscript{1}, Kevin Reel\textsuperscript{1,2,3,4}

\textsuperscript{1}Department of Occupational Science and Occupational Therapy, University of Toronto; 
\textsuperscript{2}Program Director, MHSc Bioethics, Joint Centre for Bioethics; 
\textsuperscript{3}Assistant Professor, Occupational Science & Occupational Therapy, University of Toronto; 
\textsuperscript{4}Senior Ethicist, Health Ethics Alliance, Sunnybrook Health Sciences Centre

Introduction. In 2016 medical assistance in dying (MAID) was legalized, providing individuals a novel approach to care and end of life. Occupational therapists (OTs) are well-equipped to work with this population given their client centered nature, and experience in palliative care. However, a lack of literature regarding OT and MAID suggests that OTs are minimally involved, creating the need for further research.

Objectives. The objectives of this research study were to, (1) identify the perspectives of OT practitioners and students on MAID, and (2) explore how OTs might be further involved with MAID.

Methods. A qualitative narrative design was used, where perspectives on MAID were collected from OT clinicians and students. Data was collected through an anonymous online survey tool, and participant responses were categorized into themes using thematic analysis.

Results. Research findings emphasized the demand for an OT role while working with MAID patients. The data highlighted a variety of clinical challenges and opportunities to be explored both in practice and future research.

Conclusions. These findings highlighted perspectives and opinions from OT clinicians and students on MAID and identified suggestions regarding how OTs can best support patients requesting MAID.
Piloting and Evaluating a Training Module on Critical Reflexivity for Occupational Therapy Students

Student Authors: Taylor Maguire1 and Jordana Ekstein1
Research Supervisor: Yani Hamdani, PhD, OT Reg. (Ont.)1,2,3
Additional Research Team Members: Gail Teachman, PhD, OT Reg. (Ont.)3,4; Bhavnita Mistry, MA1,3; Barbara E. Gibson, PhD, BMR (PT)3,5

1 Department of Occupational Science and Occupational Therapy, University of Toronto
2 Centre for Addiction and Mental Health
3 Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital
4 School of Occupational Therapy, Western University
5 Department of Physical Therapy, University of Toronto

Introduction: Critical reflexivity (CR) helps clinicians deeply understand their position and influences in society by critically examining social assumptions, and how these assumptions shape practice knowledge and actions. CR is a necessary skill for mitigating the unintended harmful effects of assumptions on practice in order to support client-centered care. However, there is no consistency in the definition of CR or how to teach CR to students in health profession education (HPE), specifically in occupational therapy (OT). Further research is needed to examine CR teaching methodologies and how tangible CR skills can be translated into practice.

Objectives: This study aims to pilot and evaluate the content, delivery, and learning outcomes of a training module on CR in children’s rehabilitation for OT students.

Methods: This module was developed from literature on teaching CR, previous lectures by research team members, and was delivered as class content. A survey with Likert scales and open-ended questions were completed by students to evaluate module content, delivery, and learning outcomes. Analysis involved descriptive statistics of Likert responses and content analysis of open-ended responses.

Results: Students recognized the importance of incorporating CR into OT practice to challenge personal and societal assumptions, and power relations within healthcare. Module delivery was effective and rated favourably for timing, pacing and suitability for teaching CR content, specifically through use of interactive activities.

Conclusions: Future training modules should include experiential learning, real life examples, and guided discussion to allow for a deeper understanding and acquisition of CR in children’s rehabilitation.
Exploring occupational transitions of Syrian refugee youth to Canada

Sumaira Khan¹, Zahra Kanji¹, Katherine Stewart², and, Jane Davis¹

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²School of Occupational Therapy, Western University

Introduction. Since 2015, Canada has resettled over 40,000 Syrian refugees who have fled the civil war. This forced migration journey can present significant disruptions for Syrian refugees’ everyday lives, particularly for refugee youth. Refugee youth may experience distinct changes in their typical activities and roles, such as schooling and caring for family. To date, the exploration of the experiences of Syrian refugee youths’ occupational transitions to Canada is largely absent.

Objectives. This study explores the experiences of occupational transition among Syrian refugee youth who have resettled in Canada.

Methods. Using a narrative inquiry approach, two individual semi-structured interviews incorporating a co-created occupational life course timeline were conducted online via videoconferencing with two Syrian refugee siblings, aged 19 and 20. Participants were recruited through an Ontario refugee services agency. Generated narratives were thematically analyzed to explore how participants’ occupations have evolved through the resettlement journey and how they make meaning of their experiences of occupational transition.

Results. The findings revealed an overarching grand narrative of occupational possibilities unfolding through the migration journey. Within this grand narrative, three themes were generated: sociocultural norms of gender as experienced in occupational roles; finding meaning through productive engagement; and social connection as a mediator for occupational transition. These findings highlight how occupations and roles are shaped by sociocultural contexts across the migration journey.

Conclusions. Developing a nuanced understanding of the occupational transitions of Syrian refugee youth can support the creation and delivery of meaningful, culturally sensitive, client-centred and occupation-based services.
Exploring the ideal practice for Canadian Mental Health Occupational Therapists on Assertive Community Treatment Teams

Tenzin Lama¹, Yumeng Fu¹, Jane Davis¹

Department of Occupational Science and Therapy, University of Toronto¹

Introduction. Canadian occupational therapists are employed as case managers on Assertive Community Treatment (ACT) teams to support community living for individuals living with severe and persistent mental illnesses. Within this position, occupational therapists act primarily as generalists, typically attending appointments with clients, supervising medication adherence, supporting basic living needs, and managing client crises. Occupational therapists may also be involved in providing psychotherapy and coping strategies, as well as discipline-specific practices such as skills training. Exploring how ACT occupational therapists describe their ideal practice may initiate and support transformation in long-standing, occupational therapy practices on ACT teams.

Objectives. The objective of this study is to explore how Canadian ACT occupational therapists describe their “ideal practice” for occupational therapy on ACT teams.

Methods. This qualitative, interpretive description study involved 11 Canadian ACT occupational therapists. Individual, semi-structured in-depth interview were conducted and the investigators used an interview guide containing open-ended questions to ask participants about their “ideal practice” on ACT teams. Interview transcripts were analyzed to identify themes pertaining to therapists’ descriptions of their ideal occupational therapy practice on ACT teams.

Results. Three themes emerged describing the occupational therapists’ ideal practice on ACT teams: (a) Engaging in practice with intention; (b) Finding space of occupational therapy practice; and (c) Supporting clients in their recovery: Finding their best occupational self.

Conclusions. The findings provide a foundation for advocating for better use of specific occupational therapy practices within ACT teams.
Role of Technology for Chronic Pain Management for Older Adults in Occupational Therapy

Thusanthy Gunaseelan¹, Abhinayaa Jeyapragash¹, Erica Dove³, Dr. Shital Desai², Dr. Arlene Astell¹,³,⁴,⁵

¹Department of Occupational Science and Occupational Therapy, University of Toronto, Canada
²Social and Technological Systems (SaTS) Lab, School of the Arts, Media, Performance & Design, York University, Canada
³Toronto Rehabilitation Institute, University Health Network, Toronto, Canada
⁴Department of Psychiatry, University of Toronto, Canada
⁵School of Psychology & Clinical Language Sciences, University of Reading, UK

Introduction. Chronic pain is a pervasive condition most prevalent in older adults (OAs), which impacts their ability to engage in daily activities. Technological advances have opened new avenues for occupational therapists (OTs) to support OAs in chronic pain management. However, there are barriers to ongoing adoption of technologies in chronic pain management. Further exploration is required to understand needs and barriers experienced by OAs to inform technology use in occupational therapy interventions for chronic pain management.

Objectives. This study aimed to: (1) understand the experiences of OAs using technology to manage chronic pain, and (2) investigate the use of technology by OTs to help OAs manage chronic pain.

Method. Three participants comprising OAs and OTs participated in a virtual semi-structured interview exploring technological experiences, barriers, facilitators, and recommendations. Participants were also asked to describe one loved and one abandoned technology to elucidate their technology decision-making patterns during the interview. Data collected from video recordings were analysed using NVivo.

Results. Thematic analysis revealed several findings within the following themes: reasons for using technologies, reasons for abandoning technologies, barriers for technology use, facilitators for technology use, recommendations for healthcare professionals and recommendations for technology development.

Conclusion. This study provides a greater understanding of the technological needs and barriers experienced by OAs with chronic pain and OTs in practice. OTs can incorporate this knowledge to better provide technological interventions and recommendations for OAs. This study will also inform technology developers about factors to consider when developing technologies to foster its adoption by OAs.
Engaging an Occupational Therapy lens to improve collaborative care models for community-based Seniors: A qualitative protocol for a subanalysis

Sarah Lamon Caruso¹, Gabrielle Page¹, Jane Sandercock², Elizabeth Mansfield¹,²

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Trillium Health Partners- Institute for Better Health, Mississauga Hospital

Introduction. As Canada’s population ages, so does the requirement for improved health and social services to support seniors with chronic physical and mental health conditions. The need for better services is essential to accommodate for the growing rate of health comorbidities among community-based elderly. The use of collaborative care models (CCMs) that are anchored in primary care and integrate physical and mental health services may improve the care that is received and seniors quality of life. However, there is limited research on the engagement of occupational therapy (OT) services in CCMs and their potential benefit for community-dwelling seniors.

Objectives. The purpose of this research project is to: (1) conduct a subanalysis of evaluation data from a pilot project, the Seniors Outpatient Program to identify seniors experiences of collaborative care, and to (2) explore the role that OT might provide in CCM’s when delivering mental and physical care for community-dwelling older adults.

Methods. This protocol is a plan for a subanalysis of existing patient, family caregiver and healthcare provider interview data. Utilizing existing data that evaluated participants' perspectives on CCM’s, the subanalysis will bring an OT informed coding framework to further analyze this data engaging thematic and framework analytic strategies.

Results. The findings of this research will provide insight into the benefits of OT in CCMs for community-based older adults receiving care.

Conclusions. This subanalysis will provide a greater understanding of CCM’s and help identify how OT theory and practice could contribute to CCMs supporting community-dwelling seniors with chronic comorbidities.
Understanding friendships of rural dwelling older adults
Zhiao Li¹, Anna Zhao¹, Lynn Cockburn¹,²,³, Barry Trentham¹,²,³

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Occupational Transitions and Inclusive Communities (OTIC) Lab; ³Rehabilitation Sciences Institute, University of Toronto

Introduction. Social isolation among older adults is an emerging area of concern. Friendships are a vital source of social relationships that prevent social isolation, provide social support, and promote participation in meaningful activities. Rural-dwelling older adults are at a higher risk of social isolation and loss of friendships due to unique challenges. Currently, there is a limited understanding of the changing nature of friendships and processes of making, maintaining, and losing friendships among rural older adults. While occupational therapists (OTs) are well positioned facilitate friendship transitions for this population, the role of OT is not well known.

Objectives. The objectives of this study are to understand 1) the experiences of rural-dwelling older adults as they navigate the changing nature of friendships and 2) how these older adults perceive the role of OT in their friendship transitions.

Methodology. Using a narrative inquiry approach, 6 rural-dwelling older adults (age 65+) were interviewed. Interview transcripts were analyzed using Braun and Clark’s constructivist approach to thematic analysis.

Results. Four themes were generated: Friendships through activity, making and maintaining friends through activity; rural realities (weather and distance, reciprocity), unique experiences of rural-dwelling older adults; stronger bonds and deeper connections in friendships with age; transient feelings of loneliness, occasionally feeling lonely; and what can you do for me? the role of OT.

Conclusions. This study provides insight on rural older adult’s experiences of making and maintaining friendships, the impact of aging on these relationships, and their views on how OT may play a role.
Older Immigrants’ Narratives on Social Transitions: The Occupation of “Friending”

Samanta Rivas-Argueta1, Jasmine Bacola1, Lynn Cockburn1,2,3, Barry Trentham1,2,3

1Department of Occupational Science and Occupational Therapy, University of Toronto; 2Occupational Transitions and Inclusive Communities (OTIC) Lab; 3Rehabilitation Sciences Institute, University of Toronto

Introduction. Older adults experience life events impacting their participation in meaningful occupations, which increases their risk for social isolation. Older adult immigrants face unique challenges with establishing social networks, as the process of immigration involves changes in living arrangements, employment and cultural opportunities. Research demonstrates friendships play a vital role in keeping older adults socially connected. Currently, limited research exists on the nature of older adult immigrants' friendships, and how occupational therapists (OTs) can enable friending occupations with this population.

Objectives. This qualitative study aims to 1) understand the lived experiences of older adult immigrants engaging in “friending” and 2) explore older adult immigrants’ perspectives of the OT role in enabling the occupation of “friending”.

Methods. This study uses a qualitative narrative inquiry design. Eight community-dwelling older adult immigrants living in Ontario participated in semi-structured interviews. Interviews were transcribed verbatim and analyzed using thematic analysis.

Results. Four preliminary themes were identified and interpreted through a life course perspective: 1) Structure is needed to meet people but is it enough to make friends; 2) Friends come naturally with commonality, while differences create perceived obstacles; 3) Reaching Friendship Saturation; and 4) Enabling the Occupation of Friending through Advocacy, Education & Engagement.

Conclusions. The findings of this study raise awareness around the occupation of “friending” and its relevance for OTs when working with older adult immigrants. The findings from the participants’ narratives have the potential to inform OT interventions and strategies aimed at promoting friendships among this population.
Perspectives of Special Olympics athletes: Belonging through organized sport participation for young adults with intellectual and developmental disabilities

Rebecca Finkelstein¹, Rachel Laya Spitzer¹, Rebecca Renwick¹,², Denise Dubois¹,³, Kelly Arbour-Nicitopoulos⁴, Roxy O'Rourke⁴, Michelle Zhao¹, Zhou Chen¹, James Noronha⁵, Callum Denault⁵, Benjamin Caplan⁵, Victoria McDonald⁵

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Rehabilitations Sciences Institute, University of Toronto; ³Holland Bloorview Kids Rehabilitation Hospital; ⁴Faculty of Kinesiology & Physical Education, University of Toronto; ⁵Special Olympics Ontario

Introduction. During the transition to adulthood, young adults (18-35) with intellectual and developmental disabilities (IDD) encounter barriers to social inclusion. Organized sport participation (OSP) is suggested as a catalyst for community engagement and belonging for young adults (YA) with and without disabilities. However, to date, there is little research from the perspective of YA with IDD about their experiences of belonging (or not) in OSP, and how this influences their wider experiences of community engagement. What literature does exist, has primarily focused on disability-specific context: Special Olympics (SO).

Objective. Framed by a Model of Belonging derived from the direct perspectives of YA with IDD, this inclusive qualitative study explores pathways to belonging (or not) in the community through OSP from the perspectives of 20 YA athletes with IDD.

Methods. During the first year of the project, audio-recorded, semi-structured, narrative interviews were conducted with 6 YA athletes with diverse IDD labels, recruited through Special Olympics Ontario. Narratives focused on eliciting experiences of belonging (or not) within OSP across varied community contexts, and were developed for each participant and descriptively coded.

Results. The preliminary athlete accounts were summarized as: 1. Feelings of acceptance as an athlete; 2. Shared athletic experiences and achievements; 3. Expanding and deepening social connections.

Conclusion. These emergent findings provide a deeper, more nuanced conceptual understanding of belonging within and through OSP. This study will enhance and clarify the existing Model of Belonging and offer ways to apply the model within community contexts, such as SO and other sports organizations.
Understanding Community Reintegration after Lung Transplantation: Patients' Perspectives

Tori McQuat $^1$, Brooke Whitaker $^1$, Kristina Kokorelias $^{2,3}$, Jill Cameron $^{1,2,3}$

$^1$ Department of Occupational Science and Occupational Therapy, University of Toronto;
$^2$ University Health Network;
$^3$ Rehabilitation Sciences Institute, University of Toronto

Introduction. There is substantial interest in understanding the experiences of lung transplant patients who had an intensive care unit stay greater than 7-days. To date, research has explored the quality of life and post-operative experiences of lung transplant patients. However, there is a relative lack of research pertaining to community reintegration. Therefore, patient perspectives must be explored in order to understand their needs throughout the recovery trajectory to assist them during their transition back home.

Objectives. The aim of this study is to understand patient perspectives over time, with the ultimate goal of improving community reintegration for lung transplant patients. To do so, we first must understand the following; how do patients recovering from a lung transplant describe their recovery experience and community reintegration since being discharged from the intensive care unit?

Methods. 15 lung transplant patients were recruited and consented to participate in semi-structured interviews to gain an understanding of their perspectives. Interviews were conducted at 6, 12- and 24-months post-intensive care unit discharge. Interviews were transcribed verbatim and uploaded to NVivo data management software.

Results. Thematic analysis identified three main themes: (1) recovering from a lung transplant is a unique experience; (2) a patient's independence evolves over time; and (3) patients require support to assist them with their recovery.

Conclusions. The findings from this study demonstrate the need for additional supports to be implemented to facilitate patients’ community reintegration post lung transplant. Healthcare professionals can use the insights from this study to ultimately improve the trajectory of care for future lung transplant patients.
Tabletop Role-Playing Games, Social Competence and Adults with ASD

Kimberly Germann¹, Kirsty Mae¹, Naomi Hazlet¹,², Anderson Todd²,³, and Michael Goldberg², Andrea Duncan¹

1. Department of Occupational Science & Occupational Therapy, University of Toronto; 2. Consciousness and Wisdom Studies Lab, University of Toronto; 3. Alliance of Heroes

Introduction. Adults with mid- to high-functioning autism spectrum disorder (ASD) have social competency difficulties. These difficulties may impact their ability to engage in social activities. Several studies support the use of role-playing to develop social competence skills. However, there is little known about the impact of the tabletop role-playing game, Dungeons and Dragons (D&D), on social competence of adults with ASD.

Objective. To determine if playing D&D can impact the social competence skills of adults with mid- to high- functioning ASD.

Methods. This mixed-methods study will have an explanatory sequential design. Twelve participants aged 18-30 diagnosed with ASD will take part in 10 weekly sessions of D&D. Participants will complete several pre- and post-measures covering various aspects of social competence. Each session will be video recorded, from which behavioural checklists will be completed for each participant. After the sessions, participants will complete a semi-structured interview. Pre- and post-measures will be compared and then correlated to the behavioural checklist data. The interviews will be analysed through thematic analysis.

Results. The anticipated results of this study will provide preliminary evidence of any changes in social competence skills throughout and after the D&D sessions. These results will inform clinical evidence-based-practice and will provide a basis for future studies addressing similar questions.

Conclusions. This study will address a gap existing in current literature and will help inform evidence-based practice with regards to future interventions for adults with mid- to high-functioning ASD.
Cannabis-related outcome measures for chronic pain management: a scoping review

Susana Karmacharya, Keelan Nielsen, Andrea Duncan, Irene Vrckovnik

Department of Occupational Science and Occupational Therapy, University of Toronto

Introduction. On a global scale, the legalization of cannabis has led to an increased interest in its use as medication, specifically in the area of chronic pain management. There has been a mixed report regarding the efficacy of medical cannabis (MC) as an analgesic agent, with limited research investigating outcome measures used to evaluate its effectiveness. As such, there is a need to explore these existing cannabis-related outcome measures to better understand what measures are commonly used in the reporting of the effects of MC in chronic pain management.

Objectives. The objective of this study is to provide an overview of the outcome measures associated with the use of MC as a pharmacotherapy intervention among chronic pain populations within the existing literature.

Methods. This study followed a scoping review methodology which included 20 published articles examining the use of MC in relation to chronic pain.

Results. 7 MC-related outcomes were found: pain, sleep, function, mood, quality of life, opioid use and adverse events. Primary findings show that the efficacy of MC is predominantly assessed through self-reports, with minimal objective measures being utilized. Although pain and function are interrelated, only 50% of studies reported functional outcomes. All adverse events reported were considered mild to moderate in nature.

Conclusions. The primary findings indicate a need for a shift in focus towards MC-related functional outcomes, as well as employing more objective measures in conjunction with existing self-reports. Additionally, future studies should address cognition and examine risk of dependence in relation to MC use.
Exploring children’s understanding of their brachial plexus birth injury

Michelle Goldsand¹, Kathleen Lai¹, Emily S. Ho²

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²The Hospital for Sick Children

Introduction. Being well-informed will empower children to be more active participants in the management of their care, form accurate expectations for treatment, and enhance psychosocial well-being. To best facilitate their understanding, it is important to consider the child’s needs by elucidating the issues directly from them. Exploring children’s understanding of their brachial plexus birth injury can assist clinicians in developing client-centered information delivery approaches.

Objectives. The primary objective of this study is to explore children’s understanding of their brachial plexus birth injury.

Methods. An interpretivist phenomenological approach was used to examine data from in-depth interviews with children (n=8) and their caregivers (n=9) to explore children’s understanding of their injury. Inductive coding, followed by thematic analysis, was used. To ensure rigour, triangulation, an audit trail, and reflexive journaling were applied.

Results. Three main themes emerged: 1) Lived Experience versus Knowing, 2) Readiness to Learn, and 3) Looking Forward. Children primarily understood their injury through their lived experiences of functional and psychosocial concerns, which were disconnected from their medical knowledge. Children’s developmental and emotional readiness to learn about their diagnosis, as well as their parents’ attitudes, also significantly contributed to their understanding. Looking forward, children expressed concerns about their prognosis and whether their injury can be fixed.

Conclusions. Current information delivery approaches fail to address the primary concerns of children, expressed by their lived experiences with the functional and psychosocial challenges of their injury. The results of this study also highlight the importance of addressing mental health for this population.
Exploring Caregiver’s Perception of their Child’s Understanding of their Brachial Plexus Birth Injury

Joshua Longo¹, Abby Nicastro¹, Emily S. Ho¹²

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Department of Plastic and Reconstructive Surgery, The Hospital for Sick Children

Introduction. Children diagnosed with brachial plexus birth injuries (BPBI) receive information surrounding their injury from both caregivers and healthcare practitioners. The degree to which these children understand this information is crucial to improving care, as health literacy has important implications for health outcomes. Currently, little is known about how much children understand their BPBI, or whether current education delivery is effective. Therefore, assessing a child’s understanding of their BPBI through the perspective of their caregiver provides novel insights into this topic.

Objectives. The primary aim of this study was to explore caregiver perceptions of their child’s understanding of their BPBI.

Methods. An interpretive qualitative approach was applied to in-depth interviews with caregivers of children receiving care from a Brachial Plexus clinic in Toronto, Canada. Data analysis was performed on the transcribed interviews using Bruan and Clarke’s (2006) approach to thematic analysis.

Results. Following interviews with caregivers (n=10) and children (n=8) with BPBI, four main themes emerged: 1) Caregivers desire to be more equipped, 2) Context of communication around BPBI, 3) Influence of caregiver emotions, and 4) Corporate health literacy. Injury-related discussions were infrequent and surrounded topics such as pain, future, and function. Further, caregiver’s negative emotions and preservations on the birthing process had implications on their child’s understanding of their injury.

Conclusions. These findings allow clinicians and researchers to better understand the role of generational health literacy and the importance of systematic information delivery. These findings have the potential to inform BPBI health information, education, and service delivery.
The Impact of Parent Education Workshops on Parental Sense of Competence

Amanda Cyr¹, Yasaman Salehi¹, Moira Peña¹², Yani Hamdani¹³

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Holland Bloorview Kids Rehabilitation Hospital; ³Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital

Introduction. Sensory processing differences (SPDs) in children can challenge conventional parenting strategies, resulting in reduced parental sense of competence (PSOC). While parent education workshops have been shown to enhance PSOC in parents of children with autism, research is limited regarding how these findings translate to children with SPDs, who lack a formal diagnosis.

Objectives. (1) Examine the impact of a parent education workshop on PSOC in parents of children with SPDs; (2) Gain insight into parents’ perspectives regarding workshop content and delivery.

Methods. This study was a pilot randomized waitlist-controlled trial. Parents were recruited from a neurodevelopmental assessment waitlist and were randomly selected to attend one of two identical workshops (two weeks apart). The workshops, which provided education about SPDs and strategies for managing children’s behaviour, included didactic and interactive components. The PSOC Scale, as well as a demographics and feedback questionnaire, were administered to all parents at various time-points. Descriptive statistics and a content analysis were used to analyze the quantitative and qualitative data, respectively.

Results. Nine parents were recruited (six in the experimental group, three in the control). Quantitative analysis revealed increased PSOC scores following workshop attendance. Qualitative analysis revealed three overarching themes, which may have contributed to PSOC enhancement: (1) learning specific strategies, (2) reframing children’s behaviour, and (3) peer support.

Conclusion. Parent education workshops show promise for enhancing PSOC in parents of children with SPDs. This may promote positive mental health outcomes in parents, and help parents support their children’s occupational performance and engagement.
Retrospective Chart Review of the KidFit Health and Wellness Clinic

Sarah Low MScOT(c)¹, Alexandra Malkin MScOT(c)¹, Jennifer Green RD², Julia Ma MPH³, Carla Ulloa RN², Ian S. Zenlea MD MPH³,⁴

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Children’s Health Division, Trillium Health Partners; ³Institute for Better Health, Trillium Health Partners; ⁴Department of Pediatrics, University of Toronto

Introduction. Multicomponent lifestyle modifications for childhood obesity treatment have proven to be effective. The KidFit Health and Wellness Clinic (KidFit) is a multidisciplinary, pediatric weight management program at Trillium Health Partners, which was launched in 2015 as part of Ontario’s response to reduce pediatric obesity.

Objectives. The objective of this study was to examine the health outcomes of participants before and after participation in KidFit.

Methods. Data was collected from 105 participants’ electronic health records at baseline, 12 months and discharge. Descriptive statistics were used to summarize participant demographic characteristics and baseline measurements. A generalized estimating equation examined the BMI trend over the course of the program. To explore factors associated with BMI changes, a linear regression was adjusted for age, sex, metabolic obesity status at baseline and total KidFit visits. As a secondary analysis, bloodwork values and Pediatric Quality of Life Inventory (PedsQL) scores were described over time.

Results. A decreasing trend in participants’ BMI was observed. Compared to baseline, BMI z-scores decreased by 0.099 points at 12 months follow-up (p<0.0147) and 0.473 points at discharge (p<0.0001). A multivariate model determined a one year increase in age was associated with a 0.099 increase in BMI z-score (p<0.001). Secondary analyses showed a significant increase in self-reported PedsQL scores between baseline and follow-up (p=0.004).

Conclusions. These preliminary findings suggest KidFit is an effective program at targeting pediatric obesity. These results can guide similar weight management programs on methodological considerations for evaluation.
Acute care occupational therapy assessments, goals, and interventions and association of therapist-stroke patient collaboration with readmission and length of stay

Dylan Laupacis¹, George Kalkanis¹, Christopher Saric², Janine Farragher¹, Jane Davis¹

Department of Occupational Science and Occupational Therapy, University of Toronto¹
William Osler Health System²

Introduction. Hospital readmissions and long lengths of stay (LOS) place financial strain on Ontario’s healthcare system, negatively impact quality of life, and increase risk of hospital-acquired illnesses. Research suggests that occupational therapy goals and interventions are inconsistent with occupation therapy scope of practice and that therapists perceive their practice as more collaborative than their stroke patients.

Objectives. This study aims to (a) describe the goals, assessments, and interventions used by acute care occupational therapists with stroke patients, and (b) determine if associations exist between the degree of therapist-stroke patient collaboration and 30- and 90-day readmission rates and LOS.

Methods. A retrospective chart review (n = 1000) will be undertaken of stroke patients admitted to acute care at two Ontario hospitals over 1 year (2019). Descriptive and inferential statistics will be leveraged to understand the types of assessments, goals and interventions utilized by occupational therapists and to understand associations between the degree of collaboration and readmission rates and LOS.

Results. Patient goals and interventions are expected to focus on knowledge provision, impairment reduction, or occupational acquisition, and assessments on physical or cognitive components or self-care performance. We anticipate significant negative correlations between degree of therapist-patient collaboration and readmission rates and LOS.

Conclusion. This study will provide a greater understanding of how occupational therapists care for patients with stroke in acute care and reveal associations between the degree of collaboration and readmission rates and LOS. The results could be used to inform best practices for occupational therapy in acute care stroke management.
Comparison Study Examining the Reason for Referral and Provision of Occupational Therapy on Readmission and Length of Stay: Protocol for a Retrospective Chart Review

Premika Premachandiran\(^1\), Brittany Daiter\(^1\), Christopher Saric\(^2\), Janine Farragher\(^1\), Jane Davis\(^1\)

\(^1\)Department of Occupational Science and Occupational Therapy, University of Toronto; \(^2\)William Osler Health System

**Introduction.** Hospital readmissions are a significant burden on the healthcare system, and are associated with poorer patient outcomes. A subset of readmissions may have been prevented with appropriate discharge planning, a process which occupational therapists are well positioned to support. To date, there have been no studies exploring reason for referral to occupational therapy and its association with patient outcomes, including readmission and length of stay.

**Objectives.** The protocol presented in this paper outlines a study which will (a) describe reasons for referral to acute care occupational therapy, (b) describe the characteristics of patients who were referred to and received occupational therapy, compared to those referred but do not receive occupational therapy, and (c) identify if there is an association between the provision of occupational therapy with readmission and length of stay.

**Method.** This study will examine electronic medical records at two hospitals in Etobicoke and Brampton. Descriptive and inferential statistics will be used to examine reason for referral and characteristics of patients who receive and do not receive occupational therapy. Regression models will be used to explore the association with readmission and length of stay.

**Results.** The results of this study will highlight the current utilization of occupational therapy within an acute care setting, and its potential impact on patient outcomes.

**Conclusions.** This research will provide greater insight into the value of acute care occupational therapy. The findings of this proposed study can apprise other healthcare professionals of the impact occupational therapy can have in improving patient outcomes.
Healthcare professionals’ perceptions of preparedness as evaluators of client capacity

Brianna Hanson¹, Samantha Shore¹, Kevin Reel¹,²,³

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Health Ethics Alliance, Sunnybrook Health Sciences Centre; ³Joint Centre for Bioethics, University of Toronto

Introduction. Evaluating capacity for decision-making is a duty that regulated healthcare professionals are expected to perform upon graduation. The performance of dependable evaluations of capacity is essential due to their potential impact on client autonomy. However, poor inter-rater reliability exists among healthcare professionals. Little research has been conducted on healthcare professionals’ perceptions of preparedness for their role as evaluators of capacity, warranting further research on this topic.

Objectives. This study aims to describe regulated healthcare professionals’ perceptions of their preparedness for the role of evaluators of capacity as novice practitioners.

Methods. This study employs a mixed-methods, cross-sectional design. Data was collected through the distribution of an anonymous online survey to various regulated healthcare professionals in Ontario. Data was analyzed using descriptive statistics and thematic analysis.

Results. Participants reported feeling unprepared for the role of capacity evaluator. The majority of participants indicated that changes need to be made to their academic curriculum (n=64, 84.21%).

Conclusions. The results of this study indicate that healthcare professionals are unprepared to perform evaluations of capacity both upon graduation and later in their careers. These results suggest a need for future research exploring potential changes to healthcare professionals’ training and education.
Revisiting the Content Validity of the DASH: a survey study protocol

Bradley Thomas and Simon Feitt

Dr. Dorcas Beaton, PhD, MSc

Institute of Work and Health, St. Michael’s Hospital, University of Toronto

Introduction: The Disability of the Arm, Shoulder, and Hand (DASH) Outcome Measure is a widely used tool designed to evaluate physical functioning and symptom severity in individuals with upper limb disorders. Development of the DASH involved collaboration of experts and patients to ensure the content accurately reflected the concept of disability. Twenty-four years since its development, many technological changes may have impacted the relevance and comprehensiveness of the DASH content.

Objectives: To evaluate whether the content of the DASH continues to be relevant to the concept of disability in 2020, and whether its items continue to comprehensively cover the concept of upper limb disability.

Methods: One-hundred-fifty participants related to upper limb disability (75 patients and 75 professionals) will be recruited to complete an anonymous, online survey. Participants will be asked to rate the relevance of DASH items, as well as the relevance of the recall period. Participants will also be asked to provide input on the overall comprehensiveness of the DASH content. Results will be analyzed using descriptive statistics and thematic analysis to determine whether participants believe the DASH content reflects the concept of upper limb disability in 2020.

Discussion: This study will be the first to re-evaluate content validity of the DASH with respect to the evolution of occupations and how they are performed by incorporating both patient and professional input.

Conclusion: This protocol paper will provide a rigorously designed study to evaluate the impacts of time and technological change on the content validity of the DASH.
Post-stroke fatigue: a scoping review

Emilia Amiama¹, Tatyana Smetheram¹, Geoff Law², Deirdre Dawson¹

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Toronto Rehabilitation Institute, University Health Network

Introduction. Fatigue is a common problem after stroke which impacts survivors’ ability to fully engage in therapy, participate in activities of daily living, and negatively affects their quality of life. Despite the prevalence and significant impact of post-stroke fatigue (PSF), there are currently no intervention recommendations to inform treatment by rehabilitation professionals.

Objectives. To identify and describe the research literature on non-pharmacological interventions that address PSF in rehabilitation settings.

Methods. Five databases were searched using scoping review methodology. Two reviewers independently completed a title and abstract and full text review. Information regarding study characteristics, participant characteristics, qualities of the interventions, and outcome measures used were extracted from each study and synthesized.

Results. Eight studies from five countries were selected for this review. The studies were conducted in outpatient, inpatient, and community settings and included both stroke and traumatic brain injury (TBI) patients. Interventions included psychoeducation and behaviour change, multicomponent programs, and mindfulness-based stress reduction therapies. The measures most used to measure PSF were the Mental Fatigue Scale (MFS) and the Fatigue Severity Scale (FSS).

Conclusions. This scoping review found that studies investigating PSF had little diversity regarding study and participant characteristics. Additionally, there is limited literature addressing PSF interventions and measures. These findings will inform future research in stroke rehabilitation.
Group Therapy for Upper Extremity Impairments Post Stroke: A Scoping Review

Stephanie Pollock¹, Anthea Wong¹, Heather Colquhoun¹,², and the late Debbie Hébert¹,²

¹Department of Occupational Science and Occupational Therapy, University of Toronto;
²Rehabilitation Sciences Institute, University of Toronto

Introduction. Upper extremity (UE) therapy for post-stroke rehabilitation conducted in groups may be a practical and feasible solution to reduce resource demands. Therefore, it was important to formally investigate the existence of UE group therapy post-stroke through a scoping review.

Objectives. The primary aim of this scoping review was to summarize, report and map the current literature regarding group therapy for UE rehabilitation following a stroke. The three objectives of this scoping review are to 1) Report study attributes, 2) State benefits of group therapy for UE, and 3) Describe attributes of identified interventions.

Methods. An extensive search of scientific literature was conducted from January 2000 to November 2019. Two independent reviewers (Masters of Occupational Therapy students) screened titles and abstracts, followed by full-text screens for eligibility. Of the eligible articles, the two reviewers independently charted key characteristics utilizing a data extraction chart. Any disagreements were discussed with a third reviewer (faculty supervisor). A thematic analysis was used to identify common themes and organize current literature.

Findings. 35 articles described UE interventions conducted in groups. Of the 35 articles, 17 were full-text experimental, 10 experimental abstract only and 8 editorial. Positive UE benefits were found in 93.8% of articles. Participant secondary benefits included additional practice, motivation & enjoyment. Benefits for clinicians included cost-effectiveness and low resource demands to implement therapy.

Conclusions. The results of this study can demonstrate the potential benefit of group therapy for UE stroke rehabilitation and inform the development of future post-stroke rehabilitation groups.
Occupational outcomes of a physical activity intervention for post-secondary student mental health: A pilot study

Amy Nesbitt¹,†, Kristina Collins¹,†, Emily Nalder¹, Catherine M. Sabiston²

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Faculty of Kinesiology and Physical Education, University of Toronto.

Introduction. Mental health issues can negatively impact post-secondary students’ performance in important occupations of student life (e.g., academics, socialization, self-care, employment). Physical activity is a therapeutic approach to address mental health challenges amongst university students. However, the impact of physical activity on occupational outcomes (occupational performance, OP; performance satisfaction, PS) among students remains unknown. This pilot study evaluated if a physical activity intervention can improve occupational outcomes among students seeking mental health support.

Objectives. The study objectives were to (i) identify and describe students’ occupational performance issues (OPIs), and (ii) assess pre- and post-intervention differences in OP and PS.

Methods. Students were recruited to a 6-week, 1-hour physical activity intervention with a certified exercise professional. Eligible participants self-reported a mental health challenge and were not currently physically active. Twenty participants completed standardized assessments pre- and post-intervention. Data were analyzed using content analysis and paired sample t-tests.

Results. Seventy-seven OPIs were reported and coded into thirteen categories. The most commonly reported OPIs were physical activity (n=13), academics (n=13), and sleep hygiene (n=12). There were significant improvements in participants’ OP ($M_{change} = 2.7$, $SD = 1.5$, $p < .001$) and PS ($M_{change} = 3.7$, $SD = 1.5$, $p < .001$) from pre- to post-intervention.

Conclusions. Results bring awareness to the broad range of OPIs that affect students experiencing mental health challenges. These findings also provide an initial demonstration of the effectiveness of physical activity to address occupational outcomes within a post-secondary mental health context.
Cognitive Adaptation Training for inpatient forensic clients with schizophrenia

Kerri Adams¹, Riley Saikaly¹, Courtney Brennan², Sidney Lichtenstein², John Spavor², Stephanie Penney²,³, Sean A. Kidd²,³

¹Department of Occupational Science and Occupational Therapy, University of Toronto,
²Centre for Addiction and Mental Health,
³Department of Psychiatry, University of Toronto

Introduction. Cognitive deficits are present in the majority of clients with schizophrenia and have been shown to have a greater impact on functioning than positive symptoms. Cognitive Adaptation Training (CAT) is an evidence-based compensatory intervention that focuses on improving functioning through the provision of environmental supports. Preliminary evidence suggests that CAT may be beneficial to clients with schizophrenia within an inpatient setting. This study is among the few examinations of CAT as an inpatient intervention, and the first to examine a modified CAT approach in a Canadian and forensic inpatient setting.

Objective. To understand the feasibility of implementing a modified CAT approach for clients with schizophrenia within an inpatient forensic mental health setting.

Methodology. A single group, pre-posttest and follow-up study design was employed. Inpatient forensic clients with schizophrenia (n=19) were recruited from a Canadian mental health centre. Outcomes, including room organization, perceived self-care, and goal attainment, were measured at baseline, posttreatment, and at three-month follow-up. Data was analyzed using a repeated-measures ANOVA. Telephone interviews were conducted with participants (n=4) and healthcare staff (n=4) to understand both implementation considerations and the impact of CAT on the therapeutic milieu within this setting. A content analysis was used to identify themes from these interviews.

Results. The results will contribute to the development of a larger scale trial to be completed in similar mental health settings.

Conclusions. The study will provide mental health clinicians, including OTs, with meaningful information regarding the implementation of CAT within inpatient mental health settings.
An app for mental health: What do students want and what smartphone data are useful in predicting changes in mental health?

Luma Ayyoub¹, Lauren Hutchinson¹, Jamie Laframboise¹, Jill Stier¹, Behdin Nowrouzi-Kia¹², Alex Mihailidis¹²³⁴⁵

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Rehabilitation Sciences Institute, University of Toronto; ³Institute of Biomaterials and Biomedical Engineering, University of Toronto; ⁴Department of Computer Science, University of Toronto; ⁵Sunnybrook Health Sciences Centre, Clinical Integrative Biology Unit

Introduction: Post-secondary students are at risk for mental health (MH) issues that may impede their ability to engage in daily activities. Smartphone applications (apps) developed to deliver MH interventions lack the ability to predict changes in users’ mental health, delaying treatment delivery. Limited research exists on data usability to predict changes in MH and on user preferences of apps.

Objectives: This study aims to explore student preferences of important features and functions of an app that will support their MH and participation in daily activities and to determine what type of smartphone data should be collected based on students’ perspectives of indicators of change in their MH and engagement in activities.

Methods: This study disseminated an online survey to students recruited from the University of Toronto to determine user preferences for a MH app, and assess the relationship between students’ activities and MH using questions adapted from the WHODAS 2.0.

Results: A total of 56 post-secondary students of which 83% identified as female. Behavioural cues were the most preferred app output (42.9%) followed by data summary (33.3%). Students reported apps should collect indicators of MH changes including sleep (39%), mood (24.4%), and stress (24.4%). MH globally impacts leisure (36.8%) and productivity (29.8%) occupations, and has activity-specific impacts on self-care occupations, including sleep (72.3%) and eating (65.9%) sometimes-often.

Conclusion: This study provides insight on requirements for developing an app to support student MH and encourage participation in meaningful activities and urges developers to consider relationships between MH and engagement in occupations.
Smart-home devices and the impact on engagement in home activities for the visually impaired: A scoping review

Deborah Gold¹, Naomi Hazlett¹, Elizabeth Mohler¹, Michael Brunato², Jasper Kang²

¹BALANCE for Blind Adults; ²Department of Occupational Science and Occupational Therapy, University of Toronto

Introduction. Visual impairment can restrict access to amenities in the home environment necessary for carrying out daily tasks. More recently, there has been increased awareness surrounding how these technologies can be used as adaptive aids to circumvent these challenges however, research is limited.

Objectives. To explore, through a scoping review, how smart-home speaker devices impact engagement in activities of daily living within the home environment.

Methods. Primary and secondary search strategies, using Boolean, were filtered through academic research databases (Scopus, Web of Science, and ProQuest), to retrieve data published between 2016 and 2020. Articles were screened in Covidence using a 2-round screening process: title and abstract then full text. The following inclusion criteria was used: peer-reviewed, any geographical location, having a form of visual impairment, and owning a smart-home speaker. Grey literature search was conducted using a modified primary search strategy using Google Scholar. Items were sorted by relevance. Similar inclusion criteria were kept, with the addition of all scholarly works.

Results. Covidence search yielded 372 results, 0 of which were extracted. Google Scholar search yielded 1,030 results. Only the first 250 items were screened as the results were no longer meeting inclusion criteria and becoming increasingly irrelevant. Six studies were selected, two being peer-reviewed. The articles were charted, summarized/collated, and organized by emergent themes.

Conclusion. The results found that smart-home speakers may be a viable solution for individuals with visual impairment to overcome challenges with daily home activities. The following five themes emerged: independence, functionality, accessibility, safety/privacy, and connectedness.
Evaluating Usability and Satisfaction of a Comprehensive Concussion Website

**Student Researchers:** Alexandra Patel and Sara Shear

**Research Supervisors and Research Team:** Alexandra Cogliano, Christine Provvidenza, Dayna Greenspoon, Katherine Wilson, Christina Ippolito & Nick Reed

**Introduction:** A concussion is a traumatic brain injury that can impact youth’s occupations, such as school. A comprehensive concussion website (SCHOOLFirst website) has been created to guide school personnel (teachers, pre-service teachers, administrators, etc.) in supporting students to return-to-school post-concussion. To ensure the website is user informed and user driven, it is important to evaluate the resource through user perspectives to inform further enhancements and enable implementation.

**Objectives:** The primary objective is to determine usability, intended use, and satisfaction of the website from the user perspective. The secondary objective is to determine the users’ perceived change in knowledge and confidence in concussion return-to-school protocols.

**Methods:** All pre-service teachers who attended the SCHOOLFirst website workshops were invited to complete a survey. The survey sections included questions related to: demographics; website satisfaction and intended use (System Usability Scale); and, knowledge of and confidence in concussion return-to-school protocols. The data was analyzed using descriptive statistics and summative content analysis. A change score determined the perceived change in knowledge and confidence.

**Results:** The pre-service teachers reported positively on the usability, intended use and satisfaction with the SCHOOLFirst website. They also reported an increase in perceived knowledge and confidence in return-to-school protocols after using the SCHOOLFirst website.

**Conclusions:** School personnel should be aware of the SCHOOLFirst website and its importance in helping teachers to enable their students to return to what they need, want and love to do after a concussion.
Exploring adult and senior inpatient delirium care through an occupational therapy lens

Samantha Aparicio¹, Angelica Balagot¹, Jane Sandercock², Elizabeth Mansfield¹,²

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Institute for Better Health, Trillium Health Partners

Introduction. Delirium is associated with cognitive and functional decline, often resulting in negative outcomes. Current evidence supports multidisciplinary delirium management highlighting routine screening and non-pharmacological interventions. Occupational therapists have been identified as relevant team members in delirium care, although their role has not been well-described. A recent multidisciplinary pilot project for delirium management in an acute care setting involved occupational therapists as part of a collaborative care team, however, their contributions and practices are unclear.

Objective. This study aims to explore how the programs and practices implemented by a multidisciplinary healthcare team in an inpatient delirium care pilot project align or misalign with occupational therapy values and current evidence-based practices.

Methods. This secondary data analysis will utilize a qualitative descriptive design to investigate occupational therapy roles and values from a primary study which evaluated a delirium care pilot project within an inpatient hospital setting. A thematic analysis will be conducted on interviews with healthcare professionals who participated in this project to describe delirium care practices that align or misalign with occupational therapy values and evidence-based practices.

Results. The findings from this study may enhance an understanding of occupational therapists’ contributions to multidisciplinary delirium management programs and the delirium care practices that align with occupational therapy frameworks and evidence-informed practices.

Conclusions. This study will contribute to an understanding of how the occupational therapy role fits within a multidisciplinary context for delirium care. Findings will also be of interest to other delirium care projects for comparison and to guide program adjustments.
Historical Analysis of Occupational Therapy in Public Health, 1914-2019

Kathryn Lewis\textsuperscript{1}, Michelle Lehman\textsuperscript{1}, Lynn Cockburn\textsuperscript{1}

\textsuperscript{1}Department of Occupational Science and Occupational Therapy, University of Toronto

Introduction. It is clearly established in occupational therapy literature that the profession is well suited to collaborate with the public health sector due to overlapping views of health and well-being. However, there has been relatively little collaboration between these professions. Separate histories of both fields have been written; yet little has been examined to explain why these fields remain distinct.

Objective. This study examines the historical events that have led to the present-day separation of occupational therapy and public health.

Approach. The study employed a qualitative critical discourse analysis of historical texts to understand the factors leading to the relative absence of occupational therapy in public health. Authors collected scholarly, archival, and grey literature pertaining to the development of public health and/or occupational therapy. Textual data was analyzed using NVivo software.

Results. Fifty individual texts were analyzed that revealed four overarching themes: the influence of structural and social forces; professional, societal, and institutional hindrances; potential for a shared vision; and next steps for integration. These themes highlight historical barriers to collaboration and provide preliminary evidence that occupational therapy could contribute to public health work. A new approach to bridging the divide between the two fields in needed to advance collaborative efforts.

Conclusions. The results of this study demonstrate that collaboration between the fields of occupational therapy and public health has the potential to benefit the health and wellbeing of Canadians. To become more impactful, this collaboration requires thoughtful and extensive changes to the approaches currently in place.
Impact of Interprofessional Education on Collaborative Competency Development: A Realist Evaluation

Rabina Raveendrakumar, Salihah Faroze, Sylvia Langlois

1Department of Occupational Science and Occupational Therapy, University of Toronto
2Centre for Interprofessional Education, University of Toronto

Introduction. The Collaborator, as defined in the Profile of Occupational Therapy (OT) Practice in Canada, is a key role enacted by occupational therapists when they utilize shared decision-making practices, to interprofessionally collaborate with other healthcare professionals to enable achievement of client goals. To foster the development of this interprofessional competency in health profession graduates, the University of Toronto (UofT) created an Interprofessional Education (IPE) curriculum. However, the means by which UofT’s IPE curriculum develops interprofessional collaborative competencies in OT graduates is not yet known.

Objectives. The objective of this study is to identify the mechanisms and outcomes of UofT’s IPE curriculum that contribute to OT graduates’ collaborative competency development. This study also aims to identify the contexts in which this development occurs, and why such patterns are observed.

Methods. This study employs a mixed-methods realist evaluation, which is an approach underpinned by program theories hypothesizing that specific contexts and mechanisms result in distinct outcomes. Qualitative and quantitative data from 2018 and 2019 OT graduates’ survey responses, interviews and reflection papers are used to test and refine initial program theories.

Results. Analysis reveals six sub-outcomes that contribute to interprofessional collaboration: interprofessional communication, advocacy, interprofessional conflict resolution, role clarification, team functioning, and collaborative leadership. The analysis identifies mechanisms that enable and disable the development of each sub-outcome, and tests initial program theories to aid refinement.

Conclusions. The findings of this study have the potential to inform IPE curricula development, promote collaborative competency development in future OT graduates, and direct IPE evaluation research.
Everyday Functioning among Older Adults with SCD: A Scoping Review

Gabriella Boccone¹, Paula Rico¹, Adora Chui²,³, Heather Colquhoun¹,³, Shlomit Rotenberg²

¹Department of Occupational Science and Occupational Therapy, University of Toronto; ²Rotman Research Institute, Baycrest; ³Rehabilitation Sciences Institute, University of Toronto

Introduction: Subjective cognitive decline (SCD), defined as perceived cognitive changes in the absence of objective deficit, may progress to mild cognitive impairment and dementia. Since cognitive decline reduces a person’s everyday functioning (EF) and thus health and well-being, it is important to understand these changes in individuals with SCD.

Objectives: Our aims were to describe: (1) the nature of the empirical literature regarding EF among older adults with SCD; (2) how EF has been measured among older adults with SCD, and; (3) the methods used to identify participants with SCD.

Methods: A literature search in PsycINFO, CINAHL, EMBASE and MEDLINE identified 4919 papers. We included peer-reviewed, primary research evaluating EF in people aged 50+ with SCD. Two reviewers independently screened titles and abstracts and reached consensus before screening full texts. Data related to three objectives were extracted by two independent reviewers, using a predefined chart, and analyzed using summative content analysis.

Results: Fifteen papers were analyzed. Included studies featured heterogeneous study designs and sample characteristics. Most studies (12/15) focused on participants’ ability to participate in instrumental activities of daily living (IADLs), while little research assessed participation in IADL, social, or leisure activities. Diverse methods used to classify individuals with SCD have been manifold.

Conclusions: The literature on EF of people with SCD is narrowly focused on IADLs and requires greater focus on participation in social and leisure activities. Greater clarity in the definition of SCD will unify the literature and improve the ability to describe EF in this population.
Understanding task sequencing in people with mild cognitive impairment and dementia to inform the use of Mixed Reality: Study protocol for a pilot study

Shital Desai\textsuperscript{1,2}, Alison To\textsuperscript{3}, Stephanie Moore\textsuperscript{3}, Erica Dove\textsuperscript{1}, Arlene Astell\textsuperscript{1,3}

\textsuperscript{1}Dementia, Aging, Technology and Engagement Lab, Toronto Rehabilitation Institute; \textsuperscript{2}Social and Technological Systems Lab, York University; \textsuperscript{3}Department of Occupational Science and Occupational Therapy, University of Toronto

\textbf{Introduction.} People with Mild Cognitive Impairment (MCI) or dementia have difficulty sequencing everyday tasks due to cognitive impairment. Occupational Therapists (OTs) can help this population complete their daily activities independently, but have limited time to do so. Mixed Reality Technologies (MRTs) are a technological intervention that can provide prompts during task execution. However, autonomous generation of machine-based prompts requires an understanding of the differences in how older adults with and without MCI/dementia sequence everyday tasks.

\textbf{Objectives.} The objective of this mixed-methods observational study is to understand the differences in how older adults with and without MCI/dementia sequence everyday tasks. This study will investigate where individuals look for prompts in their environment and triggers that cause them to lose track to inform MRT use.

\textbf{Methods.} Five older adults with and five older adults without MCI/dementia will wear eye-tracking glasses and be video-recorded while preparing a cup of tea, making a bed, and making a phone call. Data will be analyzed using Observer XT behavioural analysis software to compare participants’ task sequencing.

\textbf{Results.} The results of this study can inform and guide OTs when helping individuals with MCI/dementia maintain independence in their daily activities. Results can also inform MRT use by indicating when and where technological prompts could be provided to help individuals with MCI/dementia complete tasks.

\textbf{Conclusions.} This study aims to provide OTs and MRT developers with an understanding of how adults with and without MCI/dementia sequence everyday tasks, the triggers that cause them to lose track, and their resulting behaviour.
Exploring Movement Confidence in the Context of “Exergaming” Among Older Adults with Cognitive Impairment

Labiba Ahmed1,2, Jessica Beatty1,2, Grace Crolla1,2, Erica Dove2,3, Dr. Arlene Astell2

1Department of Occupational Science and Occupational Therapy, University of Toronto; 
2KITE - Toronto Rehabilitation Institute, University Health Network; 
3Rehabilitation Sciences Institute, University of Toronto

Introduction. Regular physical activity can benefit people with mild cognitive impairment (MCI) and dementia. As there is a low level of exercise adherence within this population, exergames offer an alternative that may improve participation rates. However, limited research has examined the effectiveness of exergames in improving movement confidence among this population.

Objectives. The aim of this study is to determine whether a group-based exergame intervention impacts movement confidence in people with MCI or dementia.

Methods. 28 participants identified as having MCI or dementia participated in a 10-week group-based exergame intervention at four adult day programs. Movement confidence was measured pre-, mid- and post-intervention with video recordings and was analyzed using related samples Wilcoxon signed-rank tests.

Results. Our findings indicated no statistically significant difference between movement confidence pre-, mid, and post intervention. However, demographic differences between intervention completers and non-completers were noted.

Conclusions. This study demonstrates the capacity for individuals with dementia or MCI to learn and engage with exergame technology. Our research contributes to the evidence base for the potential use of exergames as a task-specific therapeutic intervention for this population. Lastly, our study helps to elucidate the concept of movement confidence and its occupational implications.