

OCCUPATIONAL THERAPY

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**Occupational
Therapy**



**The Key To A
Healthy
Tomorrow**

INTRODUCTION

- Occupational Therapy (OT) can be described as the art and science of challenging an individual's effort in specially selected activities that have been designed to restore and enhance his performance.

OCCUPATION

- Any activity, which engages a person's resources of time and energy and is composed of skills and values”.

DEFINITION

- OT is the application of goal –oriented and, purposeful activity in the assessment and treatment of individuals with psychological, physical or developmental disabilities.

Goals

1. Promotion of recovery
2. Mobilization of total assets of the patient
3. Prevention of hospitalization
4. Creation of good habits of work and leisure
5. Enhance the patient to regain self – confidence

SETTINGS

OT is provided to children, adolescents, adults and elderly patients.

- Psychiatric Hospitals
- Nursing Homes
- Rehabilitation Centers
- Special Schools
- Community Mental Health Centers
- Halfway Homes and De – addiction Centers

OT ACTIVITIES

- Assertiveness Training
- Daily Activities Living
- Music, Art and Clay Work.
- Poetry and Drama.
- Craft Work
- Wood Work
- Weaving
- Painting
- Social Skills Training
- Industrial Works
- Sewing
- Leather Work
- Ceramics

Types of Activities

- **Diversional Activities:** These activities are used to divert one's thoughts from life stresses or to fill time.

Ex. Organized games.

- **Therapeutic Activities:** These activities are used to attain specific care plan or goal.

Ex. Basket making, carpentry.

ADVANTAGES

1. OT helps to build a more healthy and integrated ego.
2. OT helps to express and deal with needs and feelings.
3. Assists in the gratification of basic needs.
4. Strengthens Ego defenses.
5. Reverses Psychopathology
6. Facilitates personality development.
7. Develops Self Esteem and Good Self - Concept.

SUUGGESTED OCCUPATIONAL ACTIVITIES

- Anxiety Disorder
 - Simple concrete tasks with not more than 3 or 4 steps.
(Sweeping, Washing, Weeding garden)
- Depressive Disorder
 - Simple concrete tasks which are achievable. (Crafts)
- Manic Disorder
 - Non-competitive activities that allows the use of energy and expression of feelings.
(Raking Grass)

Schizophrenia (Paranoid)

- Non-competitive solitary meaningful tasks that require some degree of concentration (Puzzles)

Catatonic Schizophrenia

- Simple concrete tasks in which patients involves actively. (Metal work, Molding clay)
- Activities that enhance self – esteem and expressive and creative. (Leather Work, Painting)

Anti-Social Personality

- Group activities to increase feeling of belonging and self-worth. (Cover making, packing goods)

- Substance Abuse

- Childhood and Adolescent disorders

- Group activities in which patient uses his talents. (Involve patient in planning social activities)
- Children – Playing, Story telling, Painting, Poetry Music etc.
- Adolescents – Leather work drawing, painting etc.
- MR – Cover making, candle making and packing goods.

POINTS TO BE KEPT IN MIND

- Involve patients to select activity
- Activity should utilizes patients strength and abilities.
- The activity should be of short duration to foster feeling of accomplishments.
- The selected activity should provide new experience for the patient.

NURSES ROLE IN OT



- Observer
- Teacher
- Parent
- Supporter
- Guide and Friend
- Warden

CONCLUSION

It is well clear that occupational therapy plays an important role for treating and rehabilitating mentally – ill clients.

THANK YOU