How to develop occupational therapy actions within the palliative field – from scratch!

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Introduction

Based on the extensive progress in occupational therapy (OT) to people within palliative care in Denmark the aim with this presentation is to share the development within different levels.

The presentation includes concrete methods to take the first step in own practice developing OT actions within people with palliative needs. Knowledge on how to unfold the content of OT interventions among other health professionals and decision makers is demonstrated.

In conclusion, the different levels of the development process should encompass the following four levels:

Development of the clinical practice

- Identify the need of OT interventions in individual palliative courses
- Argument the relevance of palliative OT interventions to multidisciplinary colleagues
- Reach out for multidisciplinary cooperation
- Be persistent despite setbacks
- Be visible and accessible
- Document your work

Research development

- Use multiple methodological approaches in order to explore and identify the width and depth of the palliative needs
- Develop interventions based on the identified needs
- Assess and evaluate the interventions in clinical practice
- Report the research findings
- Implement the results in clinical practice
- Update research knowledge in an ongoing process

Education

- Apply palliative OT into the curriculum of the OT education in bachelor and masters level
- Establish further education within palliative OT as an element of lifelong learning
- Integrate clinical and research evidence in education programs
- Develop competency profiles and clinical guidelines within palliative OT for use in training in clinical practice and education

Health policy management
• Argument the relevance of OT participation in decision making boards with focus on palliative care
• Engage in the development of political documents and guidelines within palliative care
• Be a visible partner in a multidisciplinary cooperation
• Build up and use your network - nationally and internationally