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Research Resources

A monthly newsletter of the
AOTF Institute for the Study of Occupation and Health
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Dear Colleagues:

Although the summer solstice is well behind us, the days are still long enough to encourage activity well into the evening, perhaps even beyond our traditional time for falling asleep. Which brings to mind the topic of sleep, and occupational therapy's emerging interest in the topic.

Sleep is among the medical frontiers for which much needs to be learned. Although humans spend a third of their lives (on average) in sleep, countless questions remain unanswered about the physiological mechanisms of sleep and the relationship between what we do during our conscious activity and how that influences sleep quality. Happily, the occupational therapy practice framework recognizes sleep as an important factor in the lives of patients and worthy of clinical attention and research.

So this month, we are pleased to feature a collection of articles on sleep that have been assembled by our information professionals in the Wilma L. West Library. If you are interested in current sleep research, a plethora of journals are available on the topic. For a taste, visit the [The Open Sleep Journal](#).

Thank you for your support of the AOTF and for being a subscriber to Research Resources. As always, we welcome your feedback, and encourage you to visit our [website](#).

Cordially,
Christiansen signature



Charles Christiansen
Executive Director
Interim Director, Institute for the Study of Occupation and Health

Please take a moment to visit the AOTF website and make a tax deductible [donation](#) to support our research capacity building efforts. Thanks!

Wilma L. West Library Resource Notes

Rest and sleep as a domain of occupational therapy

Rest and sleep are listed as a domain of occupational therapy practice in the [Scope of Practice \(2009\)](#), under the section titled "Scope of Practice, Domain and Process:" "Rest and sleep (activities relating to obtaining rest and sleep, including identifying need for rest and sleep, preparing for sleep, and participating in rest and sleep);" (Scope of Practice (2009), p. 355).

Green writes that coverage of the subject of sleep is patchy in the occupational therapy and occupational science literature and offers the debate of whether or not sleep is actually an occupation as one reason for this dearth (2008, p. 339). Weinblatt and Avrech agree with Green on

the absence of much exploration of rest or sleep, though they believe "The founders of occupational therapy perceived rest as one of the performance areas of the profession. They believed that an optimal balance between work, play and rest was crucial in obtaining maximal function and health" (2008, p. 227). The title of a more recent article (West, 2009) declares "sleep" to be an emerging area of occupational therapy practice.

Sleep disturbances have been found in children with developmental delays (O'Connell & Vannan, 2008) and with fetal alcohol spectrum disorder (Fjeldsted & Hanlon-Dearman, 2009). There are researchers who consider sleep an occupation and include it as an occupation to be explored in two time use studies of patients with mental illness (Desha and Ziviani, 2007 and Leufstadius, Erlandsson & Eklund, 2006).

Occupational therapists participated in a treatment group for the nonpharmacological management of chronic insomnia (Green, Hicks, Weekes & Wilson, 2005). As mentioned above, the occupational therapy literature on sleep and/or rest is limited. The articles included here were retrieved from the database, [OT SEARCH](#).

Desha, LN & Ziviani, JM. (2007). [Use of time in childhood and adolescence: A literature review on the nature of activity participation and depression](#). *Australian Occupational Therapy Journal*, 54, 4-10.

Fjeldsted, B & Hanlon-Dearman, A. (2009 Sep/Oct). Sensory processing and sleep challenges in children with fetal alcohol spectrum disorder. *Occupational Therapy Now*, 11, 26-28.

Green, A. (2008). [Sleep, occupation and the passage of time](#). *The British Journal of Occupational Therapy*, 71, 339-347.

Green, A, Hicks, J, Weekes, R & Wilson, S. (2005). [A cognitive-behavioural group intervention for people with chronic insomnia: an initial evaluation](#). *The British Journal of Occupational Therapy*, 68, 518-522.

Leufstadius, C, Erlandsson, LK & Eklund, M. (2006). [Time use and daily activities in people with persistent mental illness](#). *Occupational Therapy International*, 13, 123-141.

O'Connell, A & Vannan, K. (2008). [Sleepwise: addressing sleep disturbance in young children with developmental delay](#). *Australian Occupational Therapy Journal*, 55, 212-214.

Scope of practice (2009). *The American Occupational Therapy Association, Inc.* Retrieved June 24, 2010 from <http://www.aota.org/Practitioners/Official/Position/40617.aspx>.

Weinblatt, N & Avrech-Bar, M. (2003). [Rest: a qualitative exploration of the phenomenon](#). *Occupational Therapy International*, 10, 227-238.

West, L. (2009 May 11). In the clinic: Sleep: an emerging practice area? *OT Practice*, 4, 9-10.

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Conference Announcements

[Transforming Global Health: The Interdisciplinary Power of Universities \(September 19-21, 2010, Seattle, Washington\)](#)

Join faculty, researchers, administrators, students, trainees and leaders from academia, government and international development groups to discuss the university's transforming role and how resources can be mobilized to advance global health.

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Grants, Fellowships and Other Education Opportunities

[NSBRI Postdoctoral Fellowship Program soliciting applications](#)

The National Space Biomedical Research Institute (NSBRI) is soliciting applications for its Postdoctoral Fellowship Program. Two-year fellowships are available in any US laboratory carrying out space-related biomedical or biotechnological research that supports the NSBRI's goals. NSBRI research addresses and seeks solutions to the various health concerns associated with long-duration human space exploration. Application deadline is **August 18, 2010**.

OTJR: Occupation, Participation and Health - Online Advanced Release

OTJR: Occupation, Participation and Health, published quarterly by the American Occupational Therapy Foundation, Inc., offers original research articles of

[11th International Symposium on Sensory Processing Disorder \(November 12-14, 2010, Seattle, Washington\)](#) This first West Coast International Symposium will feature expert researchers and clinicians who will engage in "New Conversations" about Sensory Processing Disorder and other developmental conditions with co-existing sensory issues. Two tracks will be offered; one for parents of special children and one for researchers/advanced clinicians. The emphasis will be new information on research, treatment, and parenting strategies.

[TASH 35th Annual Conference on Equity Opportunity and Inclusion for People with Disabilities since 1975 \(December 8-11, 2010, Denver, Colorado\)](#)

This conference will focus on innovative practices to promote inclusion and reduce the disparities experienced by individuals with significant disabilities in schools, community living, and employment. We will also address human rights concerns and issues often faced by people of color.

[The Evolving Complexity of the Musculoskeletal \(MSK\) Client: Role of the Rehabilitation Assistants \(September 24, 2010, Toronto, Ontario\)](#)

This one-day workshop will outfit occupational therapy assistants and other rehab assistants with valuable knowledge on the emerging MSK rehabilitation trends and equip them with the latest knowledge. Participants will also examine their role within the evolving MSK rehabilitation world.

Publication Announcements

[On the Margins of Citizenship: Intellectual Disability and Civil Rights in Twentieth-Century America](#)

Allison Carey, who has been active in disability advocacy and politics her entire life, draws upon a broad range of historical and legal documents as well as the literature of citizenship studies to develop a "relational-practice" approach to the issues of intellectual disability and civil rights. She examines how and why parents, self-advocates, and professionals fought for different visions of rights for this population throughout the twentieth century and the changes that took place over that time. Carey, A.C. (2009) *On the Margins of Citizenship: Intellectual Disability and Civil Rights in Twentieth-Century America*. Philadelphia: Temple University Press.

Web Resources

[Teleconference Series on Aging, Environmental Health and Disability](#)

This fall, the American Association on Intellectual and Developmental Disabilities (AAIDD) with Greater Boston Physicians for Social Responsibility (PSR) presents a series of teleconference calls (all times are eastern):

Environmental Threats to Healthy Aging, Tuesday October 12 from 2-3 pm; Built Environment, Tuesday October 19 from 2-3 pm; Psychosocial Environment, Tuesday Oct 26 from 2-3 pm; Chemical Environment, Tuesday November 2 from 2-3 pm; and Food Environment Tuesday November 9 from 2-3 pm.

professional interest to the practicing occupational therapist with a focus on occupation and fostering interdisciplinary research. Visit: [OTJR Online](#). Articles appearing in this "Online Advanced Release" section have been peer-reviewed and accepted for publication.

[Systematic Review of Interventions to Improve or Augment Handwriting Ability in Adult Clients](#) Kathleen E. Yancosek, PhD, OTR/L, CHT; Dana Howell, PhD, OTD, OTR/L

[Personal Projects of Boys With Developmental Coordination Disorder](#) Anne A. Poulsen, PhD, BOccThy (Hons); Fiona M. Barker, BOccThy (Hons); Jenny Ziviani, PhD, MEd, BAppSc (OccThy)

[Time Use of Mothers With Adolescents: A Lasting Impact of a Child's Disability](#) Terry K. Crowe, PhD, OTR/L, FAOTA; Hallie J. Michael, MOT, OTR/L

[The Role of Occupational Therapy in Diabetes Self-Management Interventions](#) Elizabeth A. Pyatak, MA, OTR/L

[Practitioners' Use of Interpersonal Modes Within the Therapeutic Relationship: Results](#)

[Centers for Disease Control \(CDC\) Introduces New Web Site](#)

The CDC has a new Disability and Health web site with easy-to-read information on healthy living, secondary conditions, accessibility, and emergency preparedness. The site includes: important data and scientific publications; individualized pages for different visitors - people with disabilities, women, health care providers, family caregivers, and partners; and an overview of the work CDC partners are doing in the area of disability and health.

[Disaster Preparedness Info for Libraries](#)

The National Network of Libraries of Medicine Southeastern Atlantic Region (SE/A) has an Emergency Preparedness & Response Toolkit for a wealth of resources designed to help you prepare for any type of service disruption. For an individual consultation contact [Pam Grier](#), the emergency preparedness coordinator for SE/A or [Dan Wilson](#), chair of the SE/A Emergency Preparedness & Response Committee.

[NIH Center for Scientific Review Grant Videos](#)

The NIH CSR presents three videos to help with the new grant review system: [How Is the New Scoring System Working?](#); [Incoming NIH Applications Increase Modestly](#); and [CSR Uses New Video Conference Services for Review Meetings](#).

AOTF Institute Image of the Month

From the [Archives of the AOTA](#), housed in the AOTF Wilma L. West Library.

Pediatric patient is learning control of prosthesis through coloring with a crayon (1956).



The AOTF Institute makes this image, as well as the [Guide to the Archives of the AOTA](#), available publicly as part of its mission to honor the past and be the best possible steward of the unique body of knowledge that is occupational therapy. To this end, the AOTF Institute warmly welcomes individuals from within and beyond occupational therapy to explore the guide and use the archives for purposes of research, education, and leadership.

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[From a Nationwide Study](#) Renee R. Taylor, PhD; Sun Wook Lee, MS, OTR/L; Gary Kielhofner, DrPH, OTR/L, FAOTA

[Beyond My Front Door: The Occupational and Social Participation of Adults With Spinal Cord Injury](#) Pollie Price, PhD, OTR/L; Stephanie Stephensen; Lesha Krantz, MOT; Kristine Ward, MOT/L

For more information about the American Occupational Therapy Foundation and its Institute for the Study of Occupation and Health see our web site: www.aotf.org.

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