With Thankfulness to Research Resources Colleagues:

There is no escape - part of our human experience will include life-threatening illnesses and dying. Our needs during these times will be to maintain dignity, know support, feel comfort, find meaning, make plans, and control the things we fear most. The people we love share these experiences with us and they, too, have needs. As I reflect on my family's most difficult situations, I am grateful for the care provided by health professionals, who helped us achieve quality of life and well-being. This area of practice is known as palliative care.

The World Health Organization (WHO) defines palliative care as "an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual." This definition also describes specific aspects of palliative care that may be addressed by inter-professional teams who are working with individuals and their families. Several components are particularly relevant to occupational therapy, including supports for individuals and their families to live as actively as possible, integrate psychological and spiritual care, have optimal quality of life, and experience relief from pain and other symptoms that diminish well-being.

The components of palliative care have been described in a number of reports. Recent Clinical Practice Guidelines for Quality Palliative Care emphasize the importance of having inter-professional teams to address eight domains: structure and processes, physical, psychological/psychiatric, social, spiritual/religious/existential, cultural,
imminently dying, and ethical/legal aspects of care.

Occupational therapy is identified as one of the professions that is integral to this specialized, interdisciplinary care. Palliative care is a recommended service for many medical diagnoses but is especially notable in cancer programs. The National Cancer Institute at the National Institutes of Health describes evidence-based palliative care for physical, emotional and coping, practical, and spiritual needs and emphasizes the importance of additional research on behavioral and psychological support, education, and training.

Occupational therapy has many opportunities to contribute to palliative care research and programs. Our knowledge of occupations, person factors, and the environment may improve quality of life and well-being for individuals and their families who receive palliative care. This month, Research Resources features publications that support occupational therapy interventions related to palliative care and identifies opportunities for future study. We invite you to survey the sample assembled by our staff in the Wilma L. West Library. As always, we welcome your ideas on ways we can improve this monthly newsletter, and we thank you for your support of AOTF.

Warm regards,

Julie D. Bass, PhD, OTR/L, FAOTA
Associate Director
Institute for the Study of Occupation and Health

Resources Notes:

Participation in occupations and daily activities by persons receiving palliative care

Like the World Health Organization (as discussed in the letter from Dr. Bass above), the American Occupational Therapy Association (AOTA) addresses palliative care for persons suffering chronic, life-threatening or terminal illnesses through an official statement (AOTA, 2011) and a Fact Sheet (Campbell & Munoz, 2008). Both documents discuss the significance of valued everyday activities and of meaningful occupations to people across the life span and in varying stages of health. In their study, Lala and Kinsella "... propose that occupation is a basic human need across the lifespan [and] examine the embodied nature of occupation at end of life from the perspectives of Canadians 60 years of age or older who are diagnosed with a terminal illness" (2011, p. 246). La Cour, Josephsson, & Luborsky (2005) concern themselves with why and how elderly persons dealing with life-threatening illness engage in creative activities.

Read more.

OT: History in Focus
Clifford Beers, Adolf Meyer, and the Mental Hygiene Movement

OTJR: Occupation, Participation and Health: Fall 2012
OTJR: Occupation, Participation and Health, published quarterly by the American Occupational Therapy Foundation, Inc.,
Practitioners in mental health are familiar with the story of Clifford Beers, and his 1908 bestselling book describing inhumane care during his hospitalization for mental illness called *A Mind That Found Itself*. The book was a best seller and set in play a public outcry that led to reforms and an organized and important social movement that flourished between 1910 and 1960 called the Mental Hygiene Movement. The mental hygiene movement can be linked to programs in child development, guidance centers, family studies, and community mental approaches.

Although it was Clifford Beers' personal story that captured the initial attention of the public and set the stage for reform, it was Beers' association with Adolf Meyer that most influenced the success of the movement itself and its important ideas related to community-based prevention services. In fact, Beers asked Meyer to review the manuscript for the book prior to its publication, and later wrote to Meyer: "I want you to know that I have valued you as an adviser more than any other person because of your Gibraltar-like qualities." [Beers correspondence to Meyer, April 1, 1909].

AOTF on Facebook

THE AOTF Facebook page seeks to provide news of a more personal or timely nature tailored for the OT community.

What you missed on Facebook in October:
An article from the BBC asking if creativity is linked to mental illness. A NY Times article on the possible reasons for longevity including doing what you love. Link to a TED lecture on what it feels like to have a stroke by a neuroanatomist.

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AOTF Events at AOTA

Editorial

*Family and Friends: A Recipe for Well-being*
Kathleen Matuska, PhD, OTR/L, FAOTA

Feature Articles

*Perceived Participation and Health-Related Quality of Life in 85 Year Olds in Sweden*
Kristina Lantz, BScOT; Jan Marcusson, MD; Ewa Wressle, MScOT

*Successful Aging in Older Adults with Disability*
John L. Liu, MS, OTR/L; Pamela K. Richardson, PhD, OTR/L

*Validity of the Health Enhancement Lifestyle Profile-Screener (HELP-Screener)*
Jengliang Eric Hwang, PhD, OTR/L

*Health-Related Quality of Life in Children With Developmental Coordination Disorder and Their Parents*
Yee-Pay Wang, PhD, OTR; Chih-Chung Wang, MS, OTR; Mao-Hsiung Huang, MD, PhD

*The Particularities of Engagement: Intersubjectivity in Occupational Therapy Practice*
Mary C. Lawlor, ScD, OTR/L, FAOTA

*Parenting Stress and Sensory Processing: Children With Fetal Alcohol Spectrum Disorders*
Tracy Jirikowic, PhD, OTR/L; Heather Carmichael Olson, PhD; Susan Astley, PhD

*OTJR Online*

*OTJR Online* offers original research articles of professional interest to the practicing occupational therapist with a focus on occupation and fostering interdisciplinary research. Visit: [OTJR Online](#)

*Like us on Facebook*
Conference, San Diego, April 25-28, 2013
Watch this space for information on Breakfast with a Scholar, Research Colloquium and other AOTF sponsored events.

Conference Announcements

The 2012 Association of University Centers on Disabilities Conference is a unique forum to share innovations and promising practices that shape the lives of people with disabilities and their families through research, policy, education, and service.

**6th Australasian Occupational Science Symposium (December 6-7, 2012, Canberra, Australia)**
Internationally renowned speakers will address issues related to active living, social inclusion and life course perspectives with the theme of Occupation for Population Health.

**Social Perspectives of Disability and Our Roles: How to Integrate Disabled in the Process of Social Change (January 24-25, 2013, Singapore)**
Organized by Global Integrated REsearch and Development Center - Canada, this seminar will widen the participants’ knowledge and understanding of the issues and challenges of the disabled and solutions to them as well. The seminar will be beneficial for those who are working in the field of the disabled and their causes. Paper submission deadline: January 1, 2013.

**29th Annual Pacific Rim International Conference on Disability and Diversity Conference (April 29-30, 2013, Honolulu, Hawaii)**
The conference theme, Being in Community, embraces the ideals of all people living together harmoniously and happily in a barrier-free world without fear of exclusion from social, economic or political life. Submission deadline is January 7, 2013.

**International Stroke Conference (February 6-8, 2013, Honolulu, Hawaii)**
This conference emphasizes basic, clinical and translational sciences as they evolve toward a more complete understanding of stroke pathophysiology with the overall goal of developing more effective prevention and treatment.

Education Opportunities

**Training in Grantsmanship for Rehabilitation Research (TIGRR) (January 15-19, 2013, Chapel Hill, North Carolina)**
TIGRR, (previously known as Enhancing Rehabilitation Research in the South (ERRIS), seeks to mentor junior and mid-level faculty towards NIH or NIDRR level funding. The format is a 4-1/2 day workshop providing mentoring in grant writing, clinical trial design, biostatistics, informatics, collaboration, grantsmanship, budgeting, and career development through lectures and individual consultation.

Online Resources

**Closing the Quality Gap Series: Quality Improvement Measurement of Outcomes for People With Disabilities**
This final research review examines how health care outcomes have been assessed for people with disabilities. The report seeks to improve shared understanding among a broad audience of researchers, clinicians, and policymakers with varied exposure to disability outcomes or quality improvement research. National Academies Press 2012. Can be read online for free.
Program Evaluation Guide – DCoE
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) recently developed and released this step-by-step manual for program leaders to prepare and conduct program evaluations.

Blueprint for the Future: Framing the Issues of Women in Science in a Global Context: Summary of a Workshop
In April 2011, a committee overseen by the National Academies’ standing Committee on Women in Science, Engineering, and Medicine (CWSEM) convened a workshop limited to women's participation in three scientific disciplines: chemistry, computer science, mathematics, and statistics. Examination of these disciplines can be considered a first foray into collecting and analyzing information that can be replicated in other fields. National Academies Press 2012. This report can be read online for free.

Using Science as Evidence in Public Policy
This report investigates why scientific evidence is important to policy making and argues that an extensive body of research on knowledge utilization has not led to any widely accepted explanation of what it means to use science in public policy. National Academies Press 2012. Can be read online for free.

Webinar: Using Computers to Assist with Cognitive Rehabilitation Wednesday, November 14, 2012, 3 p.m. ET
This webinar will offer an overview of the best practices in cognitive rehabilitation, and how computer-based training programs can help cognitive recovery after brain injury.

About Us
AOTF is a 501c3 dedicated to the advancement of research, education, and public awareness of occupational therapy so that all people may participate fully in life regardless of their physical, social, mental, or developmental circumstances.

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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.

Resources Notes continued
Although occupational therapy practitioners and other health professionals seem to recognize that individuals with life-threatening or end-of-life illness value and benefit from engagement in activities of daily living and meaningful occupations, attention to providing opportunities for such engagement is not always the reality (Keesing & Rosenwax, 2011 and Jeyasingam, Agar, Soares, Plummer, & Currow, 2008).

Two interesting papers looked at this topic in hospice settings. Lyons, Orozovic, Davis and Newman use "... a doing-being-becoming framework to explore the place of occupation in human lives threatened by illness," (2002, p.285). In their 2004 paper, Pizzi and Briggs look at how occupational and physical therapists facilitate bringing meaning, quality of life and well-being to hospice clients.

Of course, occupational therapy practitioners must be prepared to work in this area of practice. Meredith (2010) looks at the preparation of undergraduate students to practice in the palliative care arena. Although the study takes place in Australia, the reader is sure to glean some helpful information.

Finally, what is the experience of occupational therapists working in palliative care? Read Prochnau, Liu, and Boman, J. (2003) to begin to look at this aspect of practice in palliative care.

American Occupational Therapy Association, Burkhardt, A., Ivy, M., Kannenberg, K. R., Low, J. F., Marc-


History Continued

Later, it was Meyer himself who suggested the name "Mental Hygiene" for the advocacy movement Beers was intent on organizing to advocate for reforms. Meyer's was interested in prevention more than advocacy, based on his "biopsychological" theory of mental illness that viewed psychiatric illnesses as problems of adaptation, explained by environmental demands that overwhelmed a person's abilities to cope. Although Meyer's ideal of an organized, district by district approach to making prevention and treatment resources available to the entire population was never realized, it is very conceivable that his ideas for mental hygiene set the stage for today's community mental health services as well as legislation that led to the well-established role of occupational therapists in school systems and in pediatric clinics and the more widespread use of developmental therapies.

Photo credits: Wilma L. West Library, the American Occupational Therapy Foundation and the Johns Hopkins School of Public Health. Used with permission.

A Mind that Found Itself is now in the public domain and can be found [here](https://www.aotf.org/ot-histories/a-mind-that-found-itself/).

AOTF is pleased to present OT: History in Focus, recollections of, through photos and reports, events and people that have shaped and defined the profession during its distinguished history.