

Work and Industry

Occupational Therapy In the Workplace

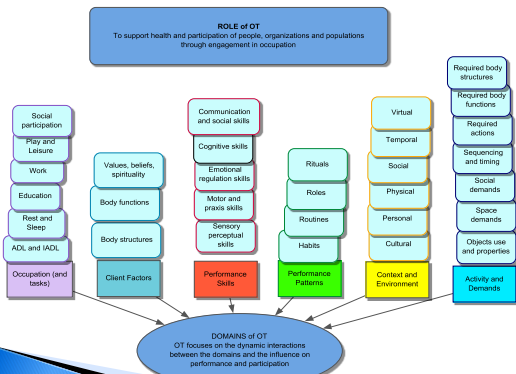
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A great place for OTs!

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Agenda

At the end of the session you will be able to:

- ▶ Identify at least 4 OT roles in the workplace
- ▶ Discuss the “clients”, reimbursement and other factors encountered when providing services in the workplace.

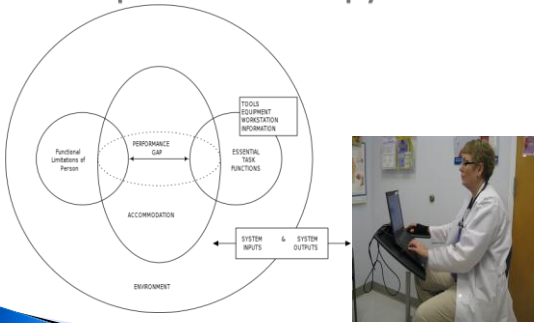


Person-Environment-Occupation



(Law et al., 1996)

Occupational Therapy



(Modified McQueen, L. in Rice, V. (1998))

Some Roles for OT

- ▶ Rehabilitation
- ▶ Job evaluation/modification/design
 - Ergonomics
 - ADA
- ▶ Injury prevention/health and wellness
- ▶ Case management

Performance Gap

- ▶ Client cannot fully participate in work
 - Provide traditional therapy
 - Evaluate functional capacity
 - Evaluate job tasks
 - Modify job tasks
 - Case manage



Performance gap

- ▶ Organization experiencing financial and resource losses due to work injuries and sick time absences
 - Ergonomics evaluation
 - Training regarding safe lifting practices, ergonomics for computer users, ergonomics for manufacturing personnel
 - Develop training and health and wellness initiatives
 - Smoking cessation
 - Walking program



AOTA Centennial Vision

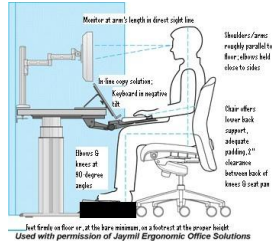
To build the profession's capacity to meet society's occupational needs through a well-prepared work force, use of evidence based decision making, expanded opportunities for collaboration, and science based innovation.

(AOTA, 2006)

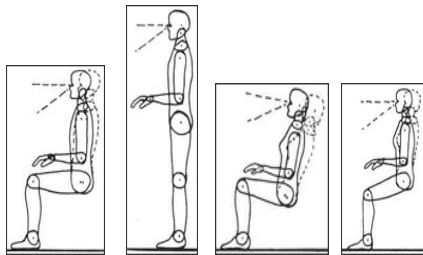


Work from evidence and OT Framework

- Remediate/restore
- Promote
- Prevent
- Modify



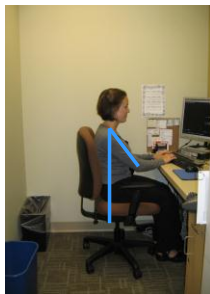
More than 1 posture is suggested:



From: <http://www.ngha.gov/SLTC/etools/computerworkstations/postures.html>

Risk Factor literature

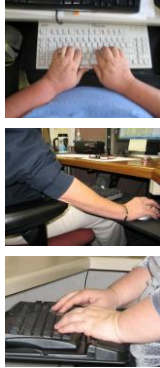
- Shoulder flexion < 20° appeared to be associated with lower risk of developing upper extremity MSDs in a large study of over 600 computer users (Marcus et al., 2002).



Carpal tunnel pressure ---

- Bent wrists have been associated with higher carpal tunnel pressure

(Andersen et al., 2003; Keir, Bach & Rempel, 1999)



Ergonomic -that's good, right?

- ▶ One type of “ergonomic” keyboard or mouse may not solve everyone’s needs.
- ▶ Baker and Cidboy (2006) researched three different keyboard designs and found that each had a different affect on posture.



Case Study

What do you need to do?

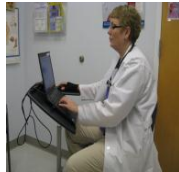
- ▶ Understand licensure for your state
 - Eval, treat, health and wellness
- ▶ Check insurance needs
 - Professional
 - Business liability
- ▶ Develop referral network
- ▶ Understand reimbursement/insurance
- ▶ Determine who your customers are
- ▶ Create research outcomes

Develop expertise

- ▶ On-the -job training
- ▶ Mentoring
- ▶ Continuing education
- ▶ Certifications
 - CHT
 - CCM
 - Ergonomics
- ▶ Advanced degree
 - OT
 - Ergonomics

A word or two.. ergonomics & OT

- Design and evaluate tasks, jobs, products, organizations, environments and systems
- ↑compatibility with the needs, abilities and limitations of people. (IEA, 2010)
- More involved at population level and designing



(personal comm L. Miller, Oct 2., 2010)

Ergonomics

- ▶ Derived from the Greek ergon (work) and nomos (laws) to denote the science of work, ergonomics is a systems-oriented discipline, which now applies to all aspects of human activity.
- ▶ Practicing ergonomists must have a broad understanding of the full scope of the discipline, taking into account the physical, cognitive, social, organizational, environmental and other relevant factors. (IEA, 2010)



Role for OT in ergonomics

- Ergonomics-for-one
- Ergonomics for special populations
- Management and prevention of MSDs in all environments
- Design of equipment and environments to improve access and usability
- Application of ADA
- Research

(Rice, 2008)



Resources

- ▶ No all options listed here
- ▶ Use your colleagues and instructors
- ▶ Review OT research as well as research in ergonomics, human factors, physiology/kinesiology, psychology, hand therapy, physical therapy and psychology.



Social Media

- ▶ Facebook Groups
 - OT Work and Industry
 - Ergo4OT
- ▶ LinkedIn
- ▶ AOTA discussion groups



AOTA Resources

- ▶ <http://www.aota.org/About-Occupational-Therapy/Professionals/WI/Articles/Improving-Productivity.aspx>
- ▶ <http://www.aota.org/About-Occupational-Therapy/Professionals/WI/Facts/Ergonomics.aspx>
- ▶ AOTA Work and Special Interest SIS



Professional Ergonomics Groups and Resources

- ▶ International Ergonomics Association
<http://www.iea.cc/>
- ▶ Human Factors and Ergonomics Society
<https://www.hfes.org//Web/Default.aspx>
- ▶ Board of Certification in Professional Ergonomics <http://www.bcpe.org/>



Online ergonomics education

- ▶ **Computer Based ergonomics Training Course (CBeT)**
 - ▶ 11 modules/~24 hours of coursework to complete within 1 year.
(<http://www.ergobuyer.com/index.cfm/product/18/cbet--computer-based-ergonomics-training.cfm>)
- ▶ **Occupational Ergonomics Certificate**
 - ▶ 60 hours over 6 months (non-credit)
(<http://www.online.colostate.edu/certificates/ergonomics.dot>)
- ▶ **Health Ergonomics Post-graduate certificate**
 - ▶ 15 months/ 4- twelve week modules (college credit)
> <http://ibs.derby.ac.uk/ergonomics/#get>

Matheson Inc.

Private group

<http://www.roymatheson.com/>

- ▶ Certified Ergonomic Evaluation Specialist
 - ▶ 4-day course
- ▶ Functional Capacity Evaluation

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