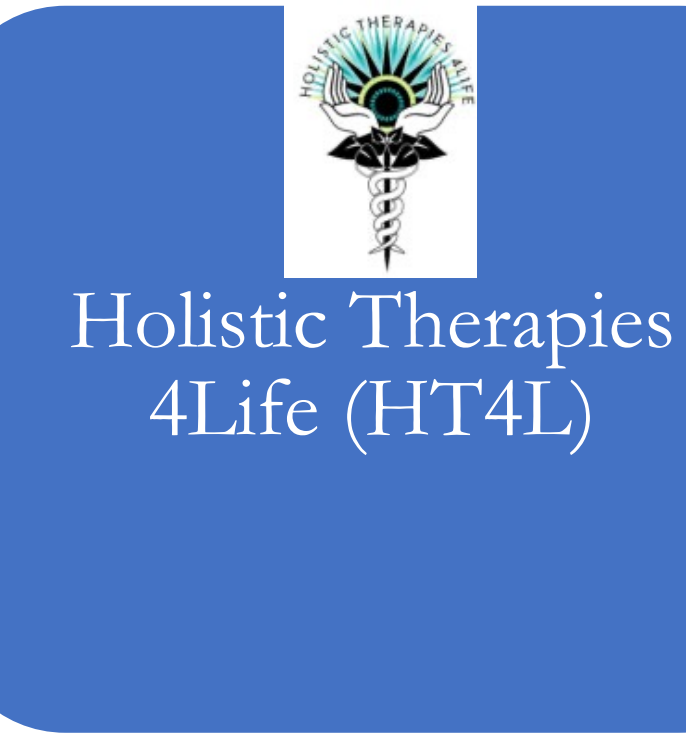


Introduction



- Combines conventional & complementary approaches together in a coordinated way (NCCIH, 2016)
- Emerging practice area within occupational therapy (OT).
- OT & integrative health value mind-body-spirit connection (AOTA, 2020).
- “Complementary & integrative health approaches may be used responsibly by competent OT practitioners to prepare & enhance participation & engagement in occupations” (Bradshaw, 2017).

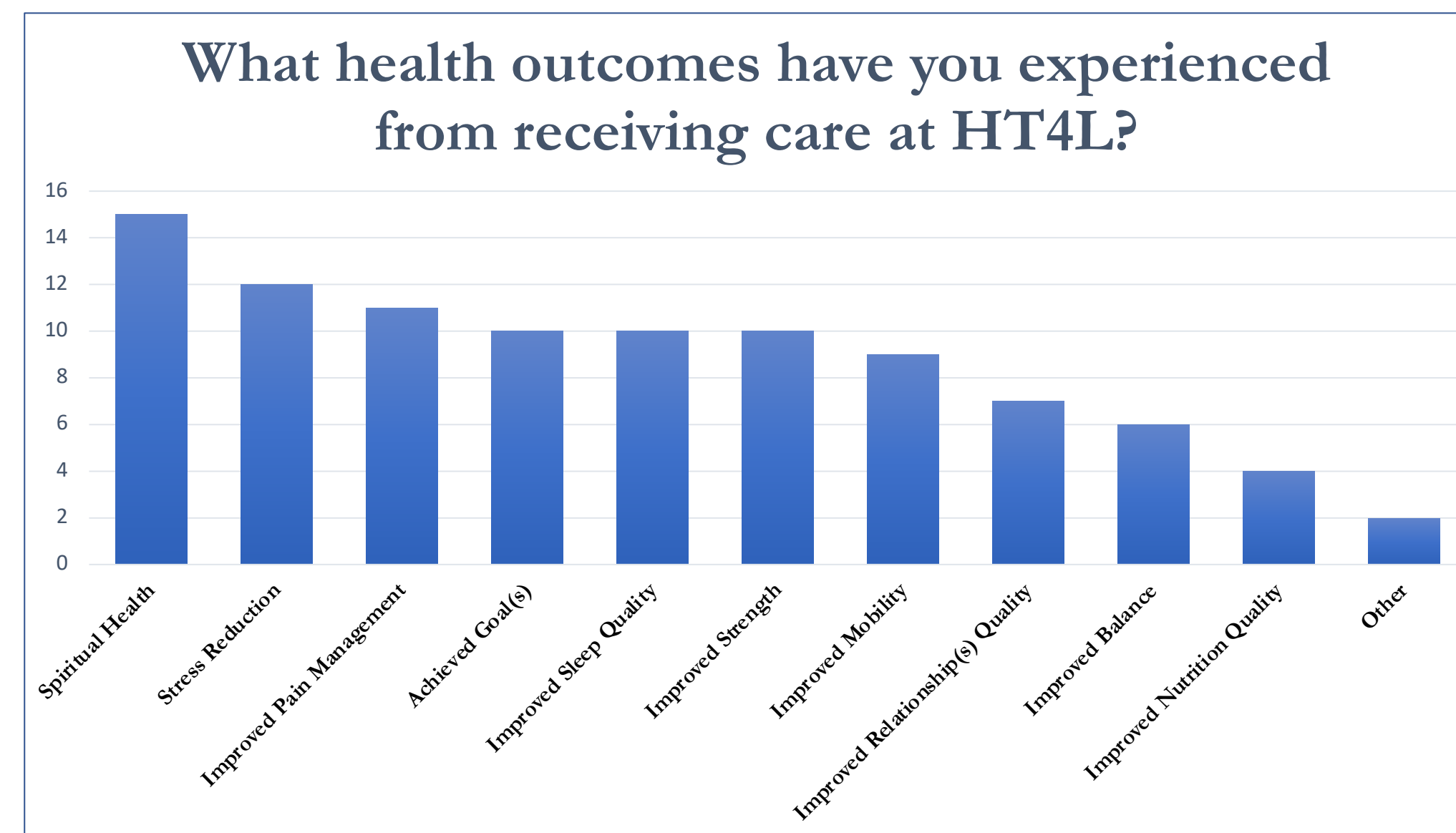
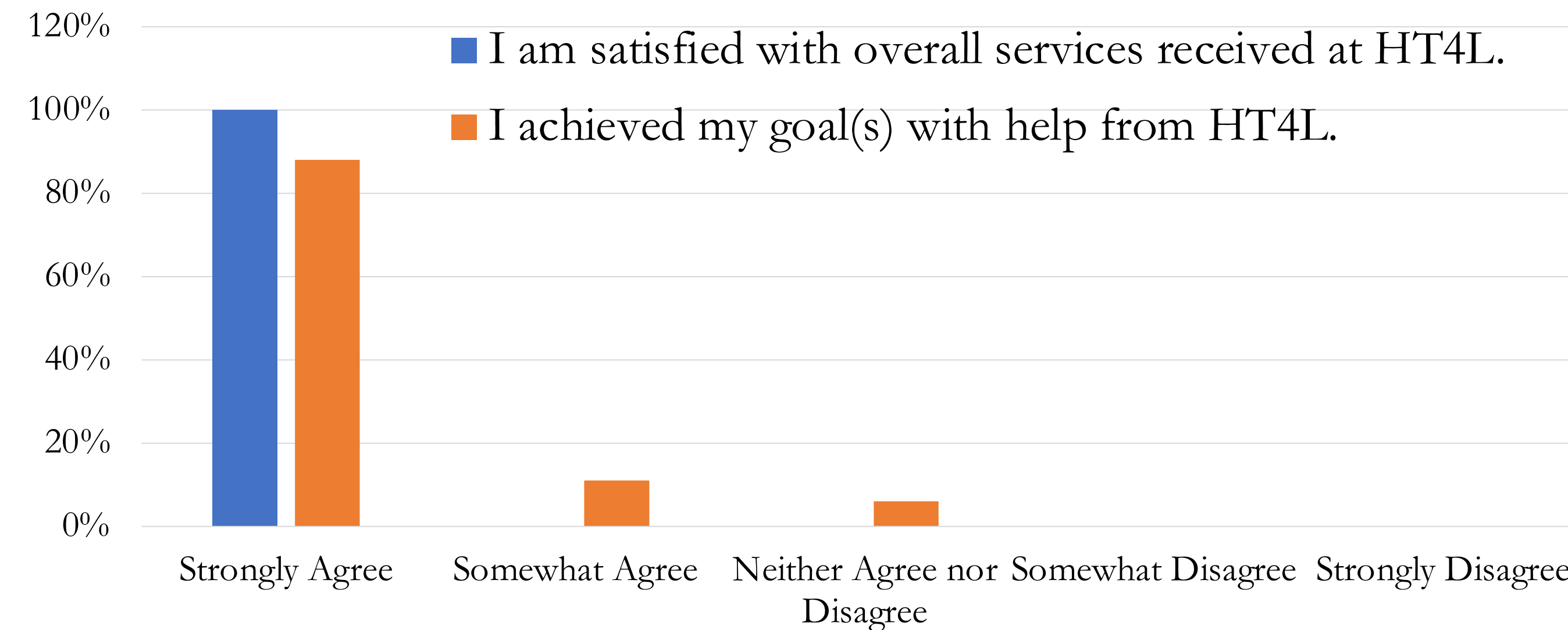


- Integrative health occupational therapy (IHOT) outpatient clinic in Beverly, MA.
- Yoga therapy, ayurvedic medicine, craniosacral therapy, meditation etc. to treat clients within OT practice.
- Offers yoga classes & educational workshops on living an integrative health lifestyle.



- A practice guide to implement IHOT does not yet exist
- Literature on efficacy of integrative health treatments & rehabilitation exists (Erb & Schmid, 2021), but little is tailored to OT.
- Capstone project aimed to create a practice guide to manualize HT4L practices.
- Practice guide is for applying integrative health within the scope of OT.
- This practice guide hopes to reduce the implementation gap of evidence-based treatments into practice.

Client Survey Results



Discussion

A consistent practice is key for positive health outcomes.

Spirituality is the highest health outcome of clients surveyed (N=14 participants).

IHOT is a relevant & effective method for stress & pain management (N=12 participants) & (N=11 participants) (The Joint Commission, 2017).

A secondary group-based approach to 1:1 OT service delivery is a powerful complement to individual treatment sessions (Scaffa, 2019).

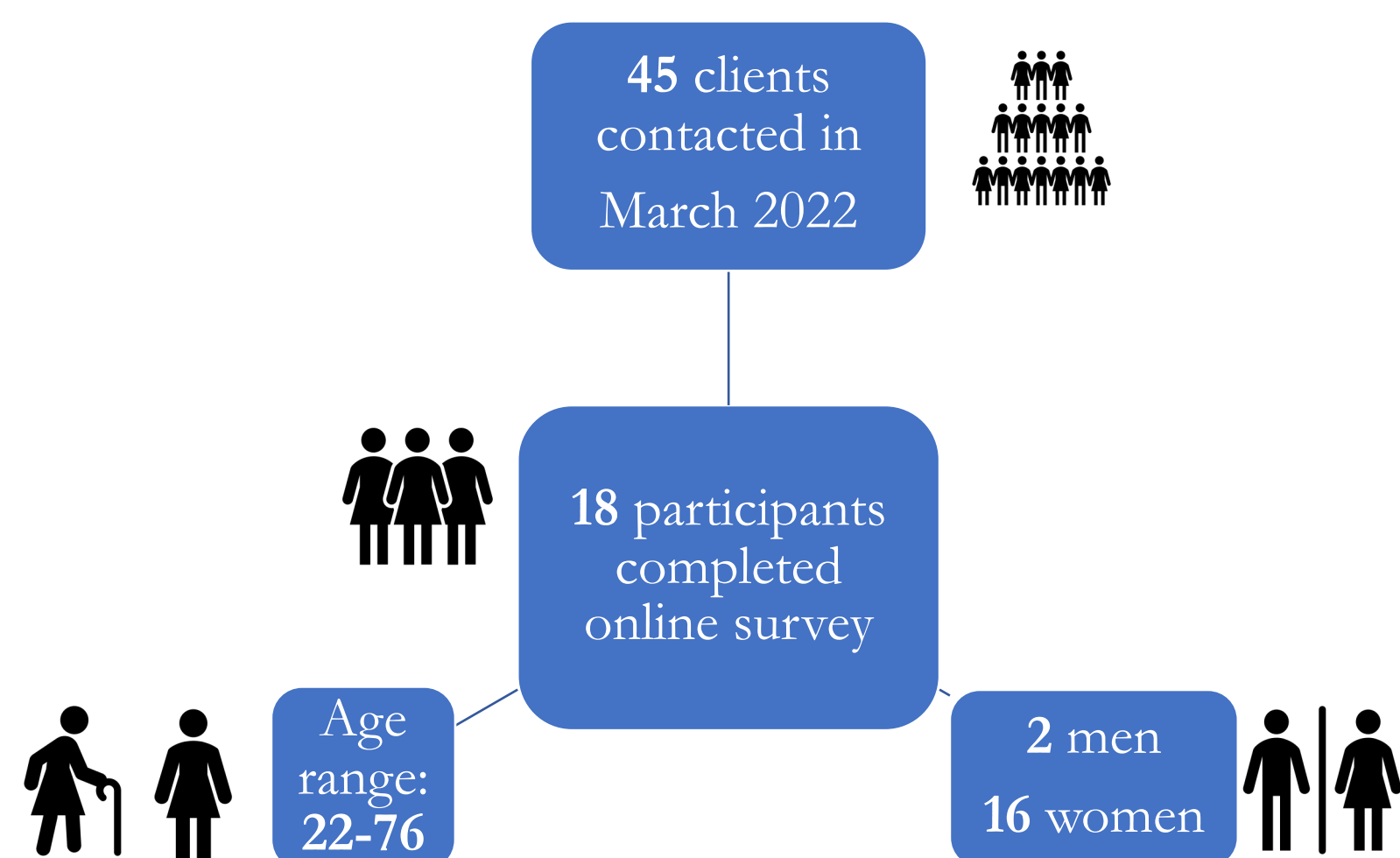
Limitations
Small sample size of N=18.
Survey participants excluded discontinued clients.
No control group.
No pre-post survey.
Further research in this area is advised.

Methods

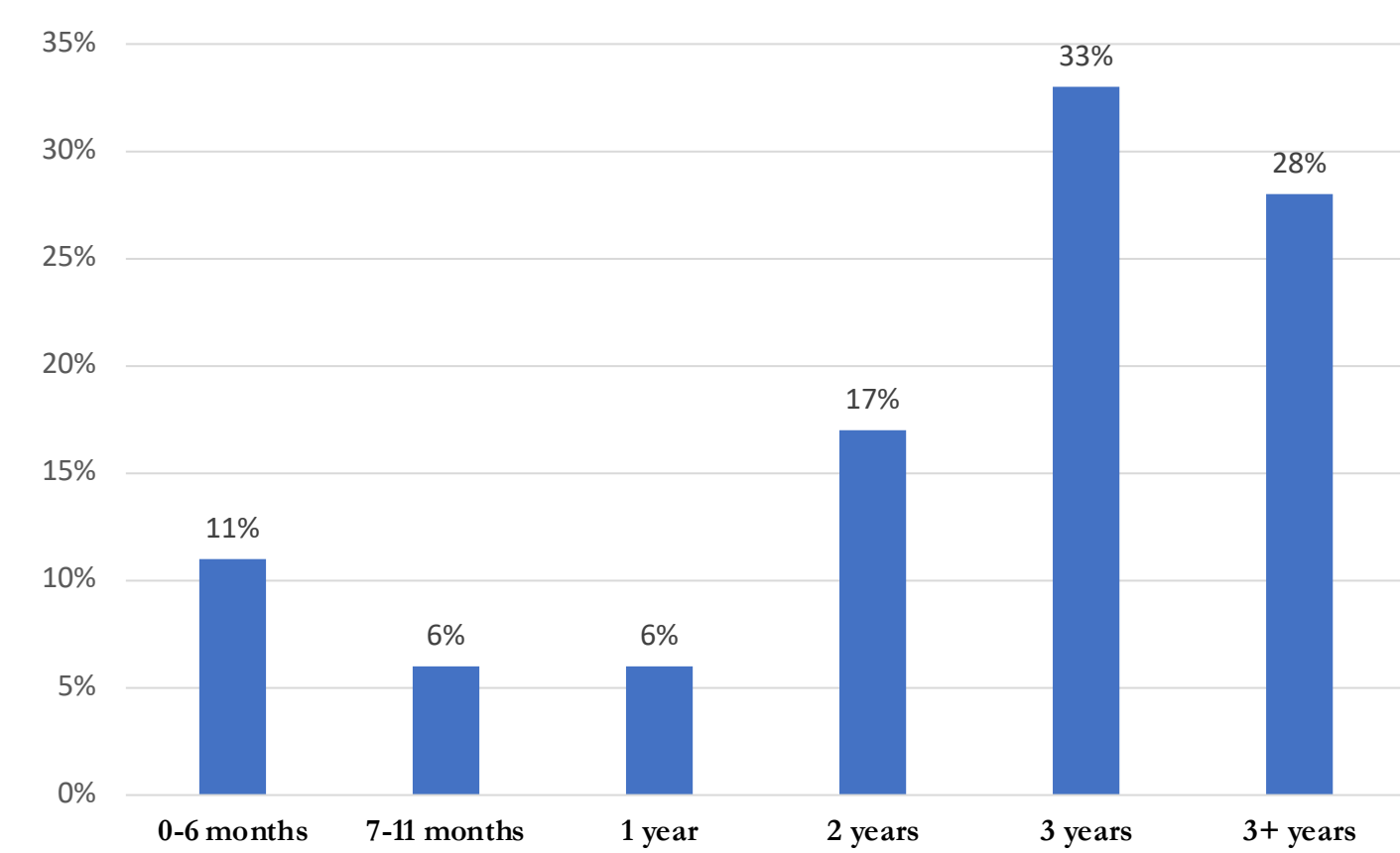
- ✓ Literature review on treatment efficacy & client experience with integrative health
- ✓ Interview with Mandy Lubas OT, co-owner/founder of HT4L
- ✓ Participation in 6 monthly AOTA IHOT community of practice meetings
- ✓ HT4L client experience survey:
 - Exempted by Tufts internal review board
 - 3 Likert scale rating, 5 multiple choice, & 6 open questions



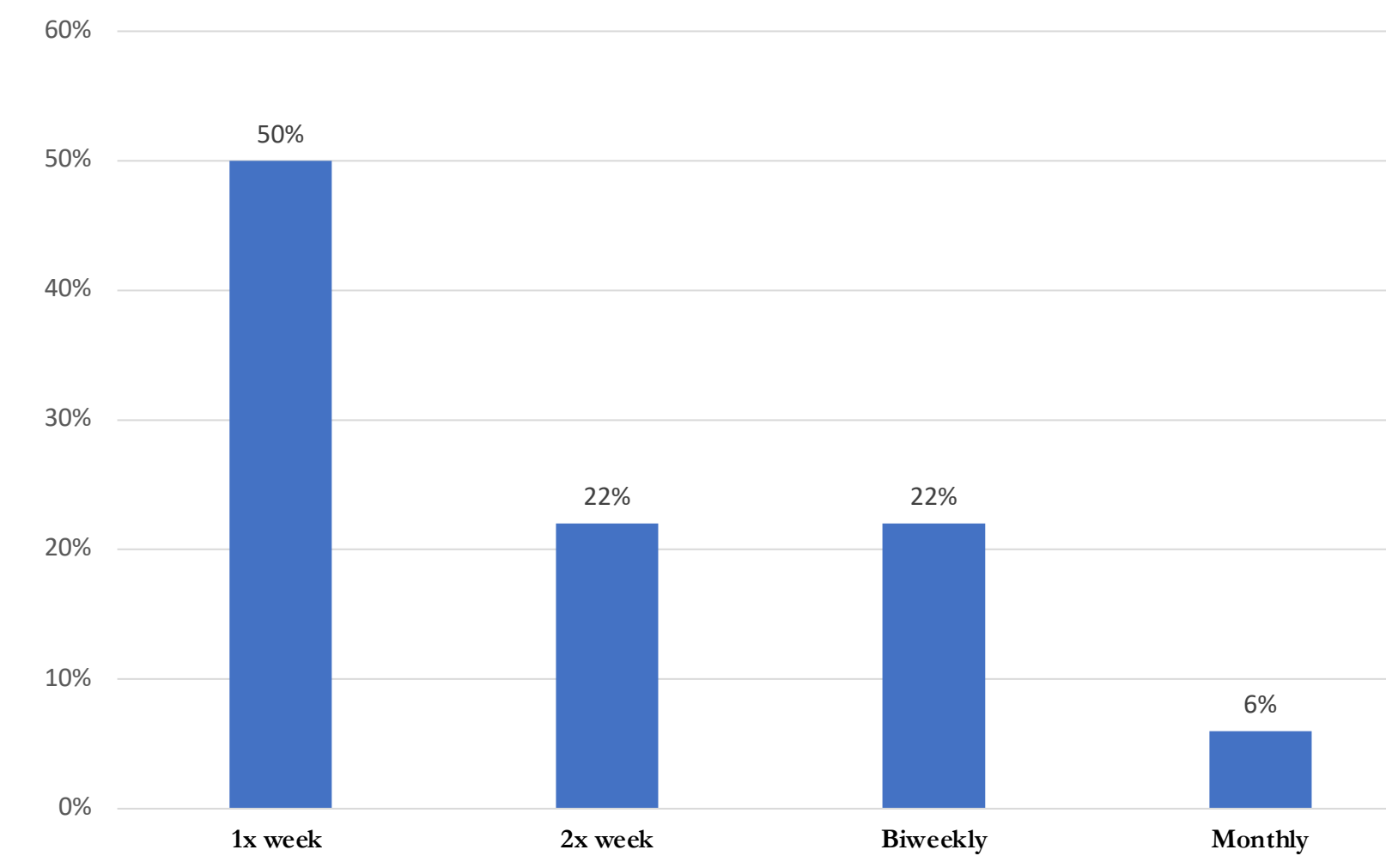
Survey Participants



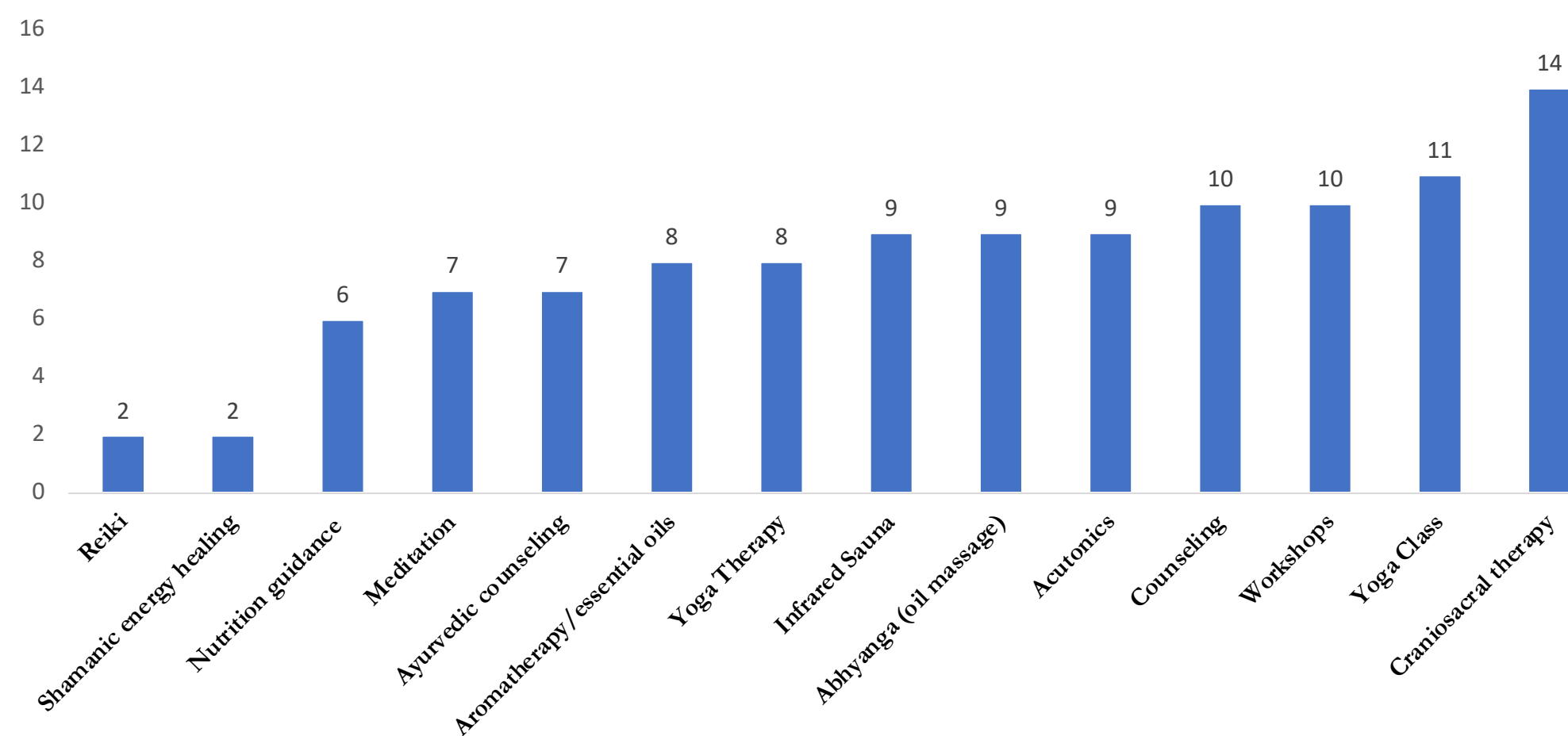
How long have you been a client of HT4L?



How often do you visit HT4L?



What services do you receive at HT4L?

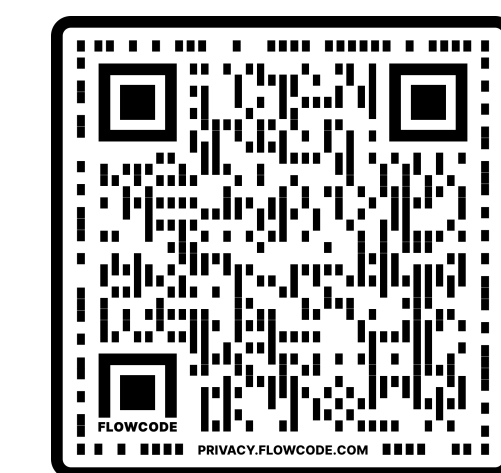


N= 18 participants surveyed

Conclusion

This practice guide is a primary effort in collecting survey data, practitioner interviews and literature review in guiding use IHOT. The project intent was to manualize HT4L practices, and it evolved into understanding IHOT in practice. Future efforts hope to establish integrative health terminology for insurance reimbursement and increase efficacy in integrative modalities through research. Integrative health is an exciting and expansive practice area within OT. This practice guide hopes to be the first of many resources in the future.

IHOT Practice Guide



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