



Philippine  
Academy of  
Occupational  
Therapists, INC.



# OCCUPATIONAL THERAPY IN THE PHILIPPINES POST-PANDEMIC





# STATUS OF OT PRACTICE IN THE PHILIPPINES

## NUMBER OF OTs:

859

## DISTRIBUTION BY REGION:

- 1 NCR (45.4%)
- 2 Central Visayas (20.6%)
- 3 CALABARZON (13.96%)

## AREA OF PRACTICE:

Pediatrics



# UPDATES

## **The Philippine OT Law of 2018 (RA 11241)**

- approved and enacted into law January 2023
- strengthened professional autonomy for OTs:
  - provision on referral process
  - recognition of OT diagnosis

# UPDATES

## PAOT Organizational Agenda and Systems Review





# UPDATES

## Collaboration with Government and Non-Government Agencies

- consultant for RA 11650 Instituting a Policy of Inclusion and Services for Learners with Disabilities in Support of Inclusive Education Act (Inclusive Education Act)
- recognized partner of the National Council for Disability Affairs (NCDA)
- consultant for Community Based Inclusive Development initiatives



# UPDATE

## **Continuation of Hybrid Set-Up in Practice**

- widely-implemented in different educational insitutions
- in-person for association activities
- continutation of telehealth as a form of service delivery under review



# UPDATE

## **Steady Migration of OTs to other countries**

- shortage of OTs throughout the country
- increase in illegal practices affecting OTs

The background is a dark purple gradient. On the left, there is a faint, semi-transparent image of a laptop keyboard. On the right, there is a faint, semi-transparent image of a potted plant with many small leaves. In the center, there is a large, rounded rectangular button with a horizontal gradient from orange on the left to purple on the right. The text "THANK YOU" is written in white, bold, uppercase letters on this button.

**THANK YOU**



SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS  
**ASIAN OT EXCHANGE MEETING**

9 NOVEMBER 2023

PATRICK KER & GABRIEL KWEK

WFOT 1<sup>ST</sup> ALTERNATE DELEGATE | PRESIDENT (SAOT)

SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS

# OCCUPATIONAL THERAPY IN SINGAPORE (31 DEC 2022)

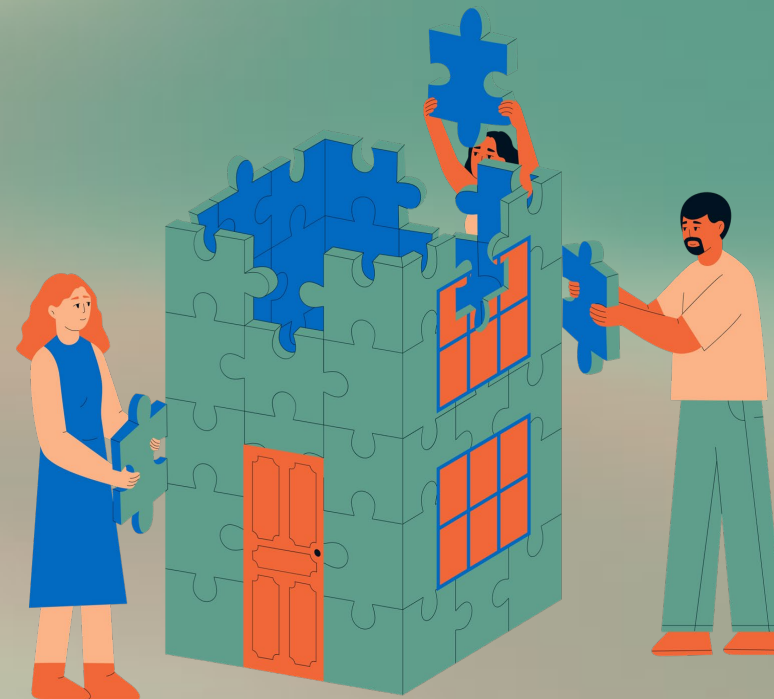
Age	%	Gender	%	Nationality	%	Settings	%
20 - 29	32.9	Male	15.5	Singapore/ Resident	87.6	Acute Hospitals	35.5
30 – 39	<b>42.7</b>	Female	84.5	Non-citizen	12.4	Community Hospitals	10.8
40 – 49	18.4					Community Agencies	24.3
50 – 59	5.2					Private Practices	14.3
60 and above	0.8	Registration Type	%	OT Qualifications	%	Academic Institution	1.2
		Full	90.7	Singapore	63.6	Government/ Agencies	1.4
Full Time	79.9	Conditional	9.1	Australia	14.3	Returned to home country, on studies, retired	12.5
Part Time	7.6	Restricted	0.1	India	5.0		
Retired/Studies	12.5	Temporary	0.1	Others	17.1		
							Attrition

**1466 Registered Occupational Therapists in Singapore (31 December 2022)**  
**6.1% annual growth from 2019 to 2022 (PT 6.4%; ST 4.89%)**

# KEY UPDATES FROM SINGAPORE



## *International Visits*



## *Ministry of Health Workplan*



## *National Occupational Therapy Conference 2024*

ENABLING LIVES,  
EXPLORING POSSIBILITIES

**SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS**



# INTERNATIONAL VISITS



ENABLING LIVES,  
EXPLORING POSSIBILITIES

**SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS**



# RESUMPTION OF INTERNATIONAL VISITS



*Chiang Mai University from Thailand visited SIT  
June 2023*



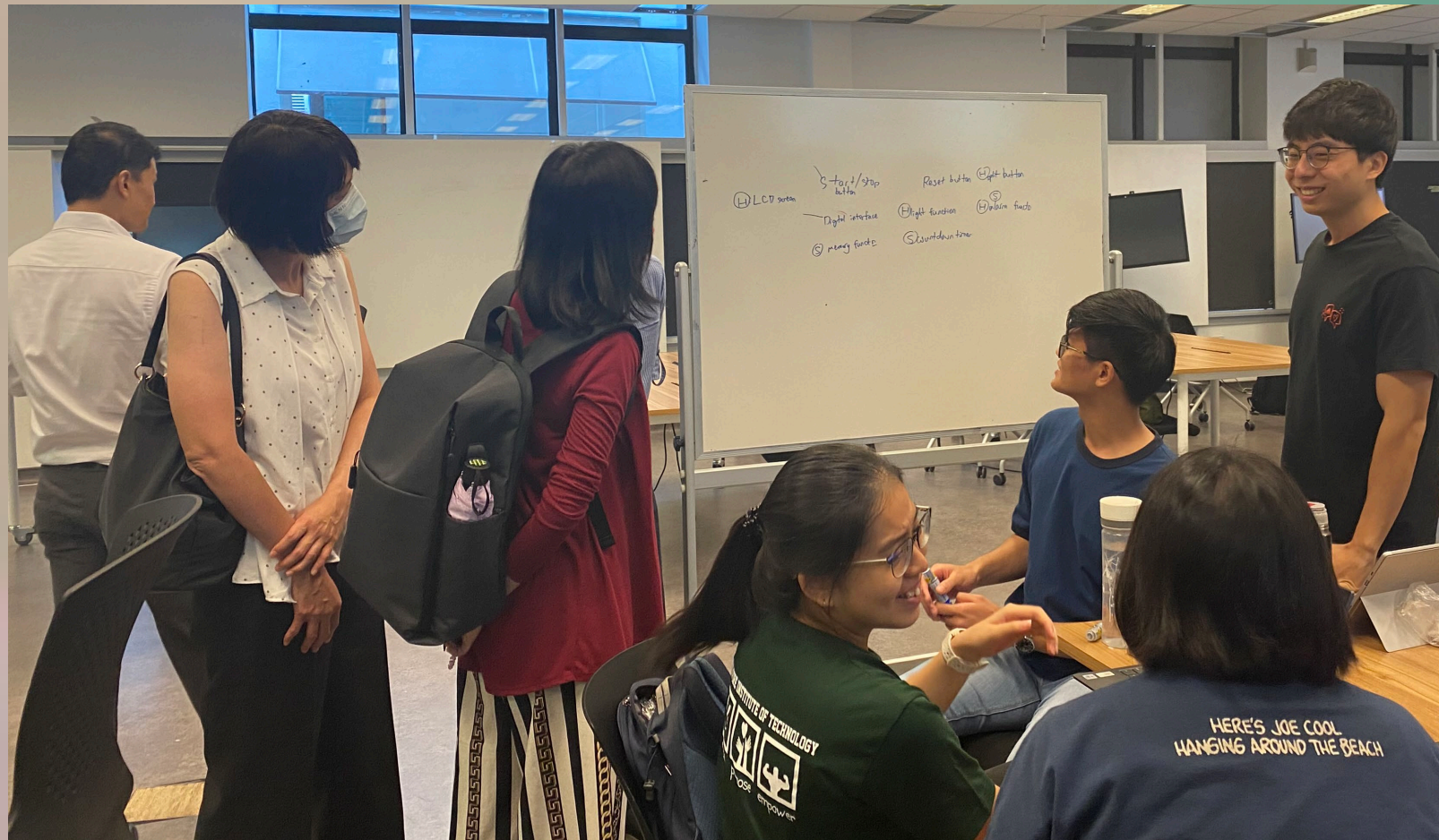
*SIT OT and PT students and professor visited Seirei  
Christopher University (Hamamatsu, Japan)  
July 2023*

ENABLING LIVES,  
EXPLORING POSSIBILITIES

**SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS**



# RESUMPTION OF INTERNATIONAL VISITS

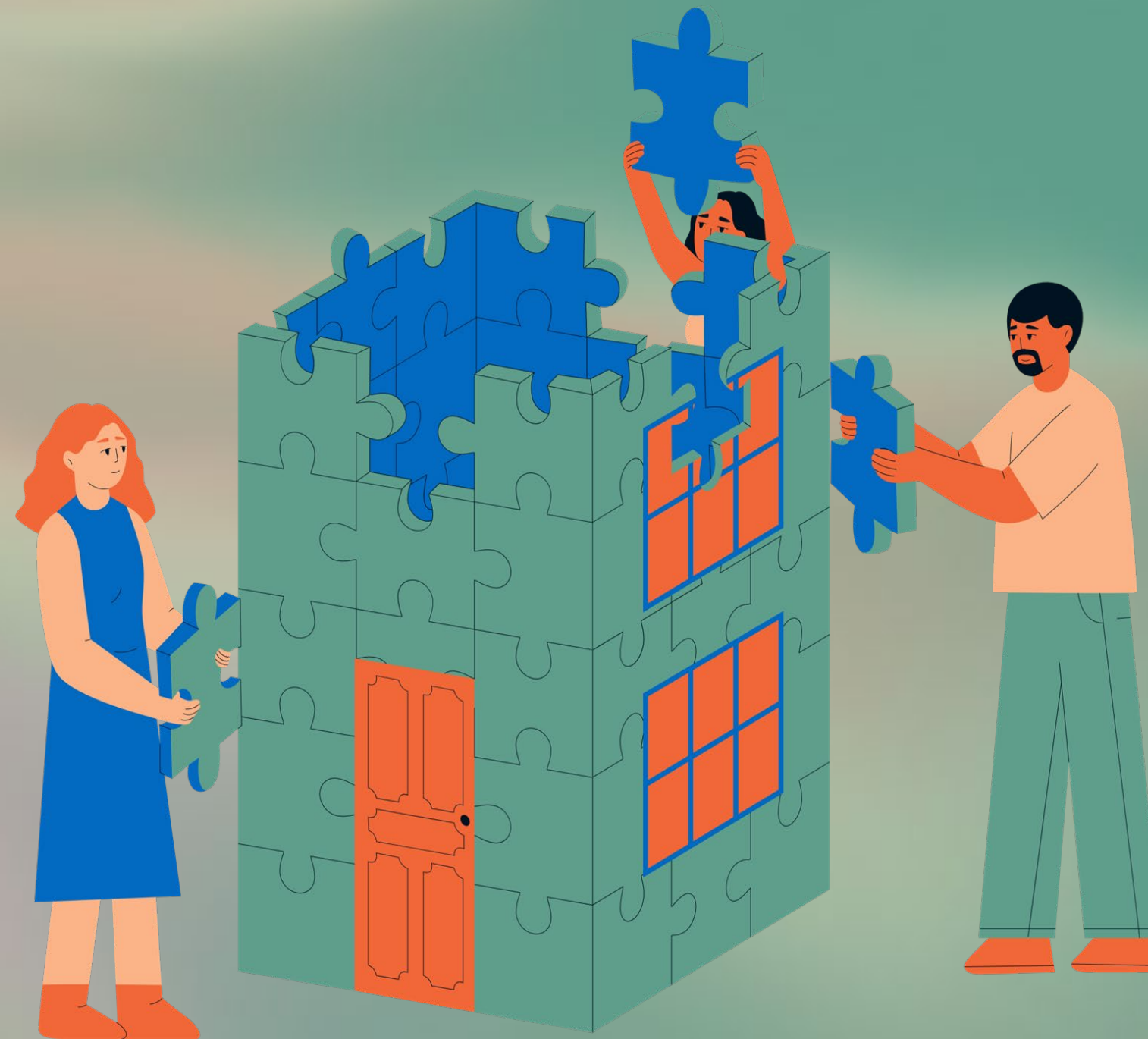


*Faculty and clinician from Taiwan visited SIT  
May 2023*



*OT & PT Students and Faculty from SCU visiting SIT  
Sept 2023*

# MINISTRY OF HEALTH WORKPLAN



ENABLING LIVES,  
EXPLORING POSSIBILITIES

**SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS**



# Workplan Seminar 2023: Reinventing our 3 healthcare systems



**Acute Care**



**Preventive Care**



**Aged Care**

# Our healthcare system is entering a blooming season

*Premises-neutral financing*

*Enhancement to health services in schools*

*Efforts in preventive and child health*

*Community support for better lifestyles and health habits*

**Preventive care** – roll out of Healthier SG

*Advancements in medical technology*

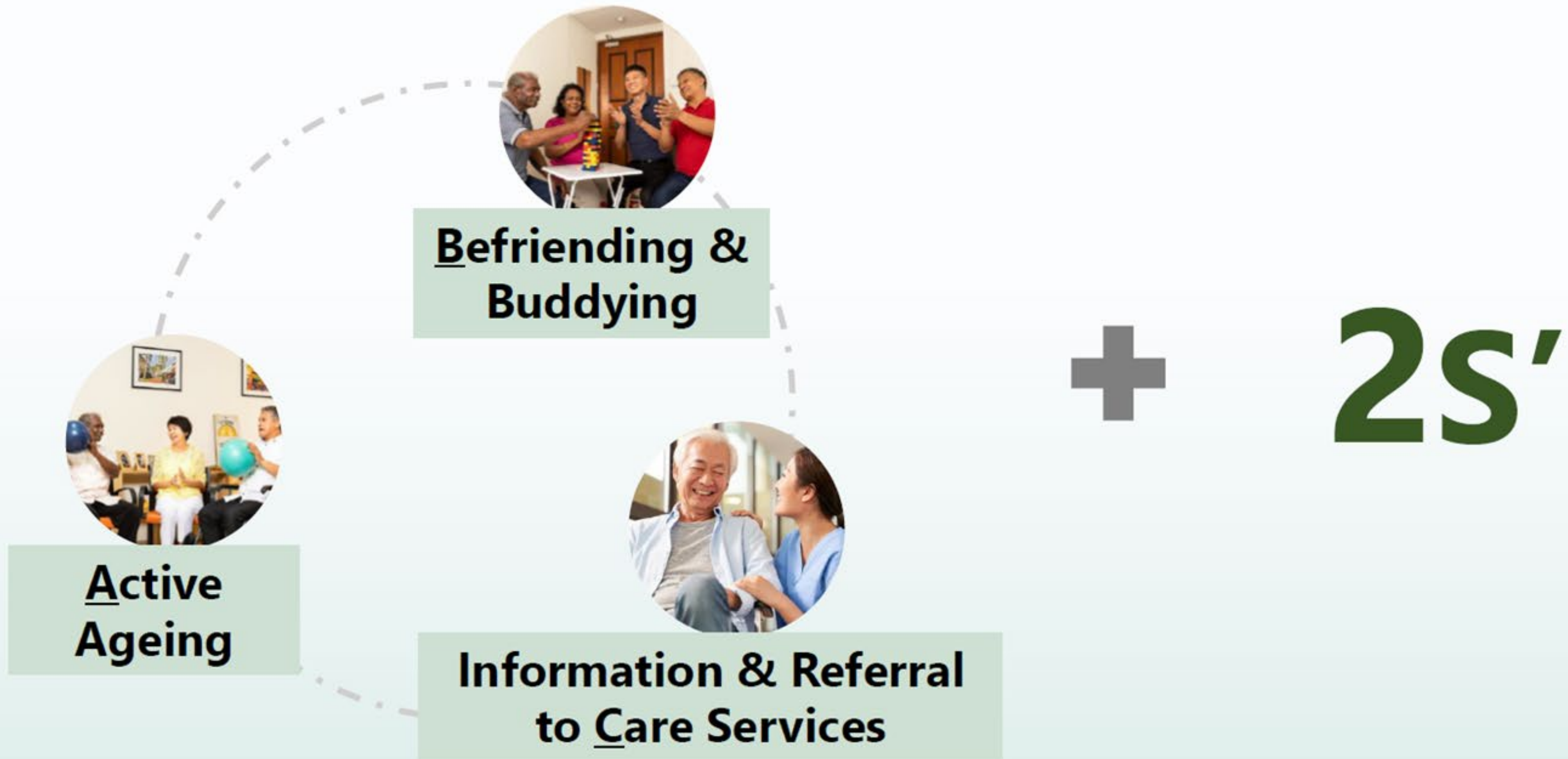
*Strengthening palliative care*

**Aged care** – new national programme to foster ageing in the community

**Acute care** – expand capacity & manpower



# Second, evolve the operating model



# AACs need to form social circles and offer health services

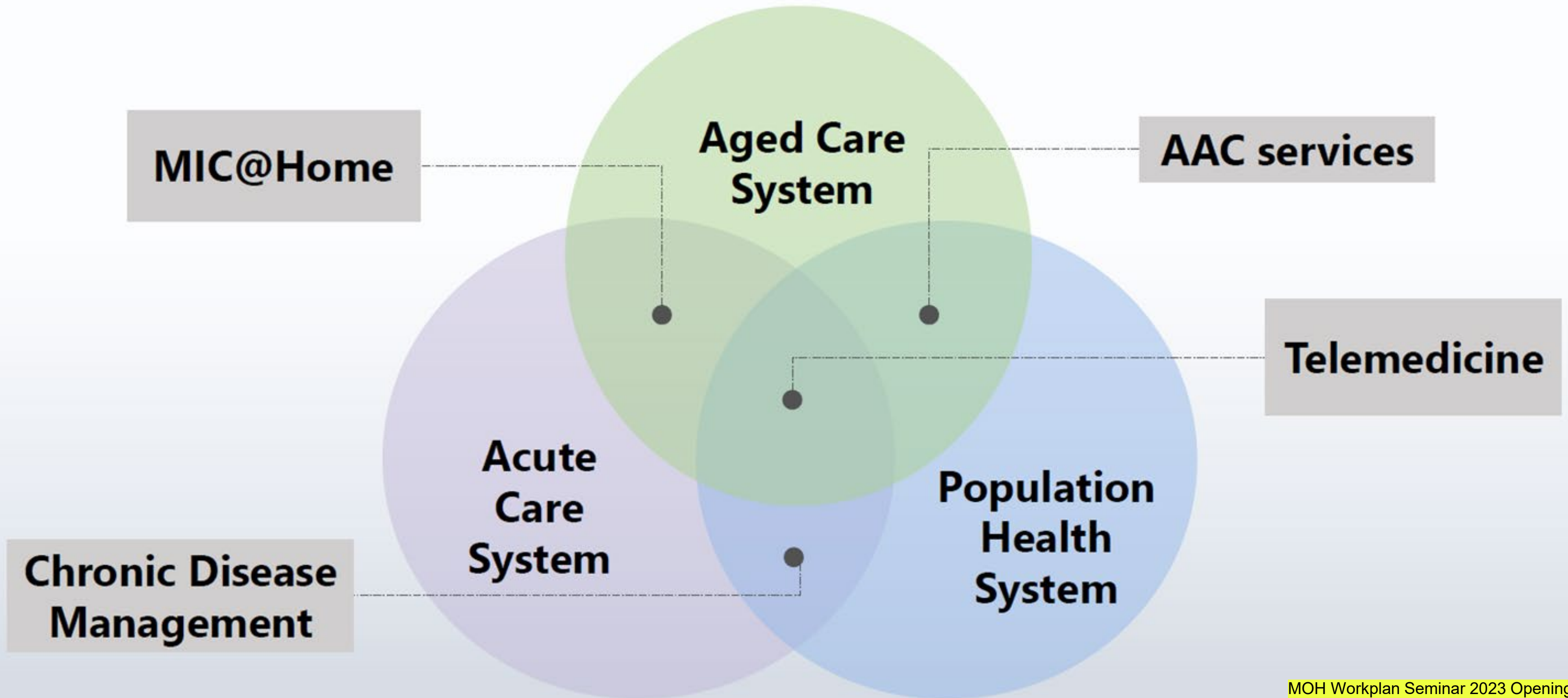


Building **S**ocial circles



Health and functional **S**creening

# Focus on the intersections of health systems



# SCHOLARSHIP OF PRACTICE

Kielhofner, G. (2005). Scholarship and practice: bridging the divide. *The American Journal of Occupational Therapy*, 59(2), 231–239.  
<https://doi.org/10.5014/ajot.59.2.231>

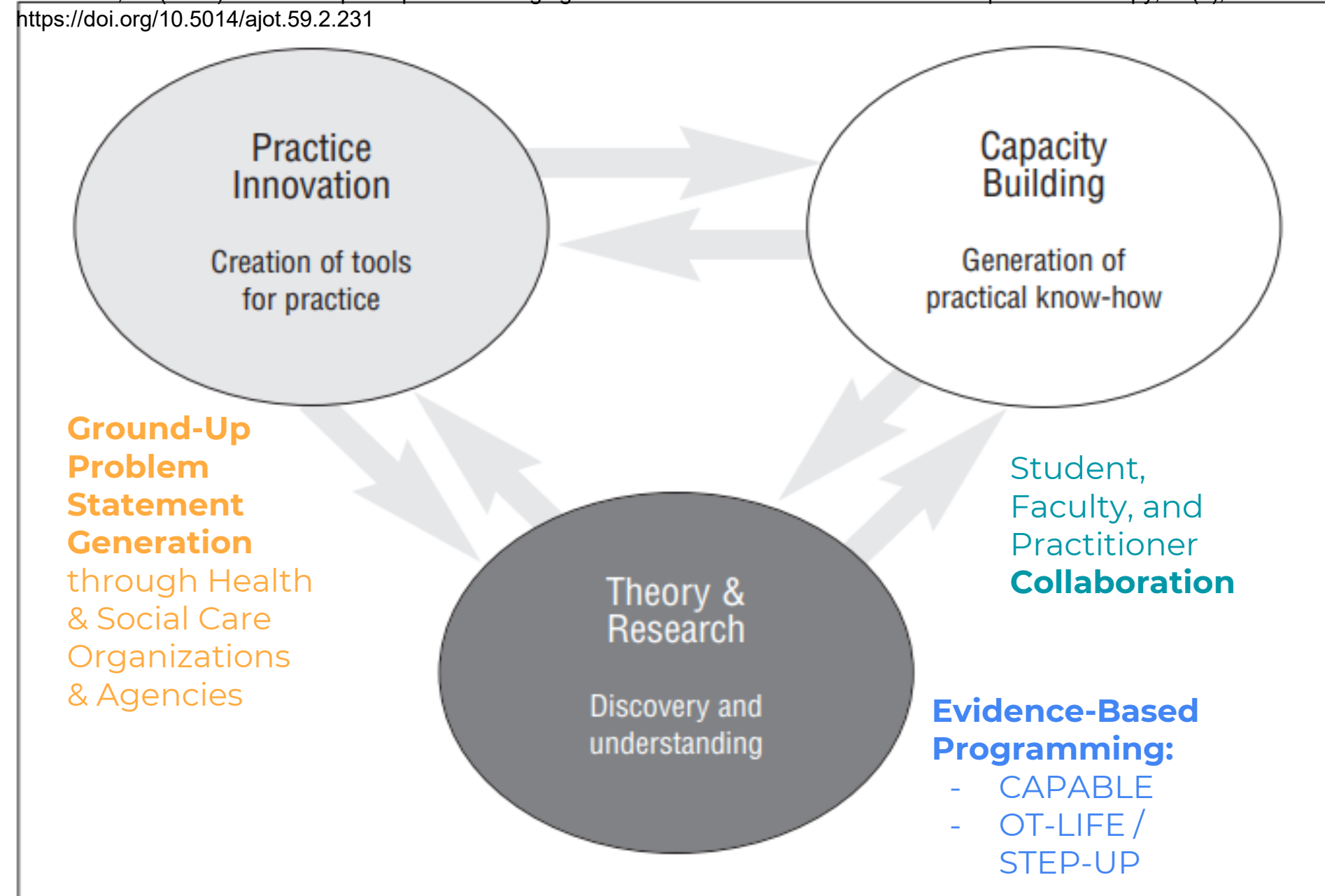


Figure 1. A knowledge-creating system.

## Examples

Request for Guidelines by *Chief Allied Health Office* and *Agency for Integrated Care*: Programme Considerations for Persons with Mild Cognitive Impairment

ENABLING LIVES,  
EXPLORING POSSIBILITIES

SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS



# NATIONAL OCCUPATIONAL THERAPY CONFERENCE 2024



ENABLING LIVES,  
EXPLORING POSSIBILITIES

**SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS**



# SAVE THE DATE



## Expanding Horizons

Occupational Therapy for an inclusive tomorrow



NATIONAL  
OCCUPATIONAL  
THERAPY  
CONFERENCE

12-13 July 2024

Singapore Institute of Technology (Dover)

ENABLING LIVES,  
EXPLORING POSSIBILITIES

SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS



Local Delegates

Type	SAOT Members		Non-Members	
	Clinicians	Students	Clinicians	Students
Conference Only	\$300	\$60	\$450	\$100
Conference + Workshop	\$600	\$100	\$900	\$180
Workshop only	\$350	\$60	\$500	\$100

Overseas Delegates

Type	ASEAN & Asian OT Exchange Network		Others	
	Clinicians	Students	Clinicians	Students
Conference Only	\$300	\$60	\$450	\$100
Conference + Workshop	\$600	\$100	\$900	\$180
Workshop only	\$350	\$60	\$500	\$100



# THANK YOU FOR YOUR ATTENTION!

*Email: [saot@lve.com](mailto:saot@lve.com)*

*Instagram: [saotsg](#)*

*WFOT Delegate – Florence Cheong : [florence\\_cheong@ttsh.com.sg](mailto:florence_cheong@ttsh.com.sg)*


*WFOT 1<sup>st</sup> Alternate Delegate – Patrick Ker : [patrick.ker.t.s@sgh.com.sg](mailto:patrick.ker.t.s@sgh.com.sg)*

*WFOT 2<sup>nd</sup> Alternate Delegate – Lim Hua Beng : [huabeng.lim@singaporetech.edu.sg](mailto:huabeng.lim@singaporetech.edu.sg)*

ENABLING LIVES,  
EXPLORING POSSIBILITIES

**SINGAPORE ASSOCIATION OF OCCUPATIONAL THERAPISTS**





# Post COVID-19 Issues in Taiwan

President Ching-Yi Wu, ScD, OTR  
Taiwan Occupational Therapy Association

# Outline

**01**

**Human resources of  
Occupational Therapists in  
Taiwan**

**02**

**Occupational Therapists Act  
Amendment**

**03**

**Impacts of COVID-19 on OT**

- Practice
- Teaching
- Continuing education courses

**04**

**Provision of Occupational  
Therapy in the Post-COVID  
Era**

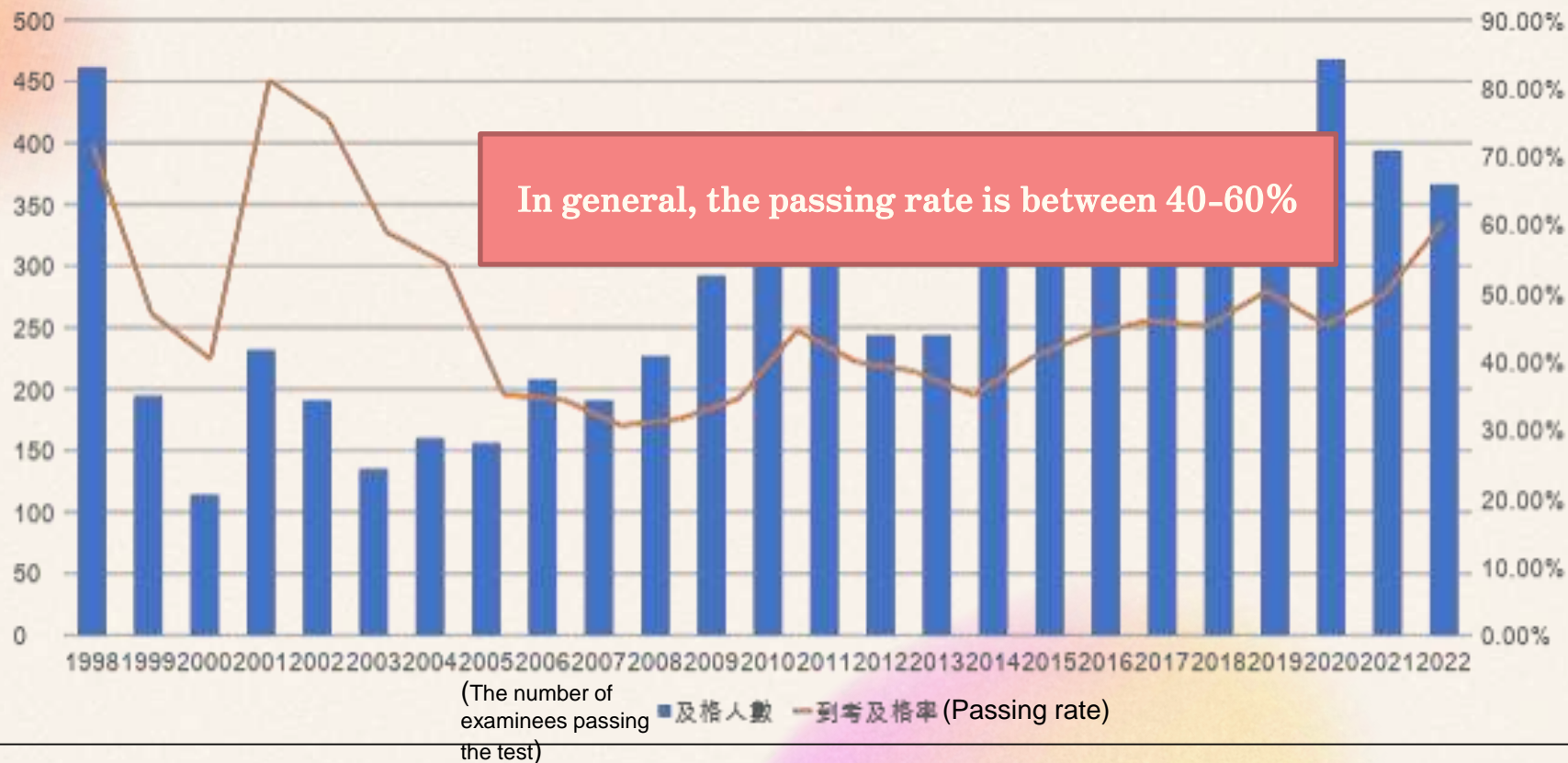
# Human resources of Occupational Therapists in Taiwan

The number of students graduating each year

Graduated Years	2016	2017	2018	2019	2020	2021	2022
Entry Year	2012	2013	2014	2015	2016	2017	2018
Total Students	298	Approximately 300-400 people graduate each year.					
Number of Graduates	288	317	321	316	362	341	399
Number of licensed individuals (Graduates of the current year)	--	223	222	245	269	248	--

## Human resources of Occupational Therapists in Taiwan

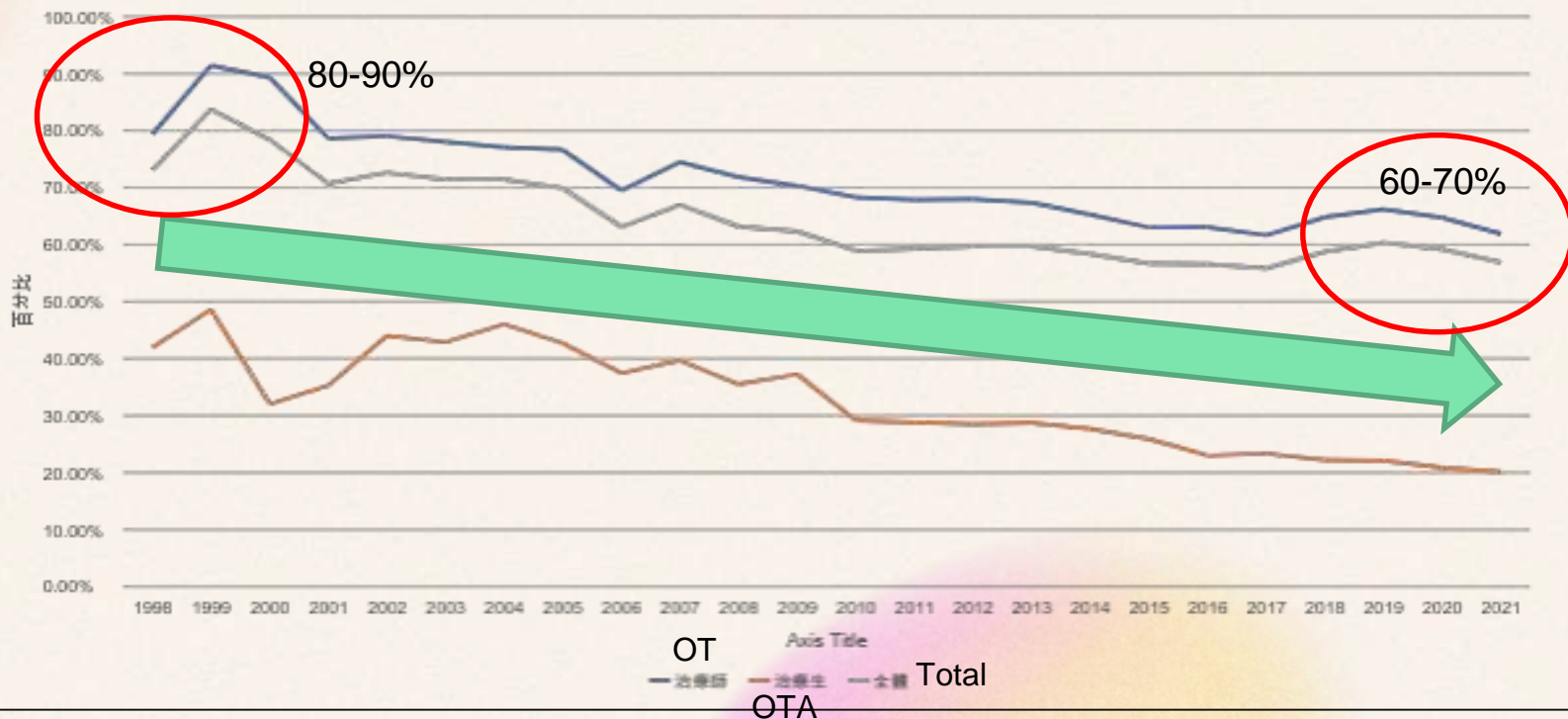
The passing rate for the OT certification test each year



## Human resources of Occupational Therapists in Taiwan

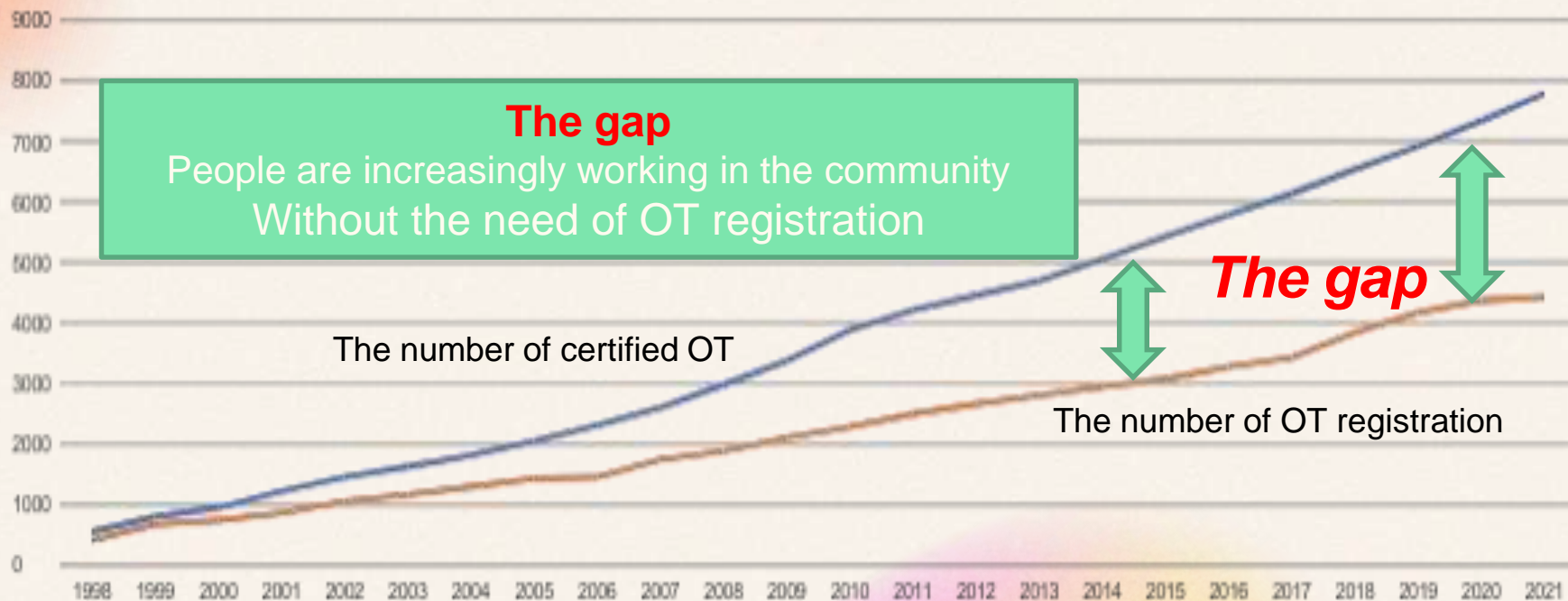
However....

The registration percentage has decreased from 80-90% to 60-70% for OT



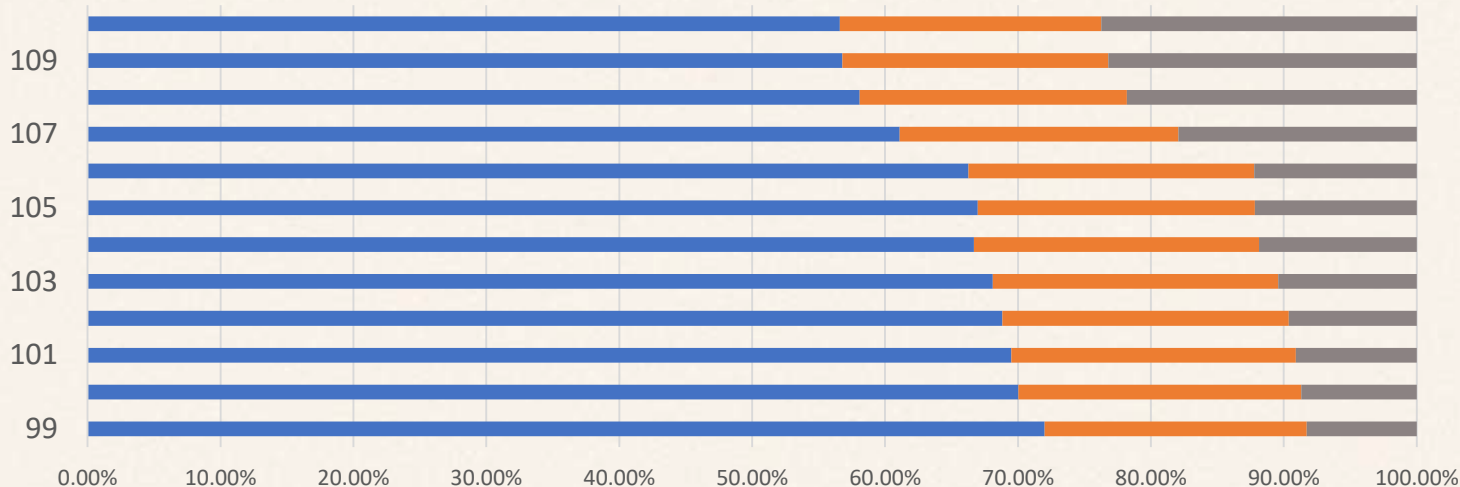
## Human resources of Occupational Therapists in Taiwan

The gap between the number of certified OTs and the number of OT registrations



## Human resources of Occupational Therapists in Taiwan

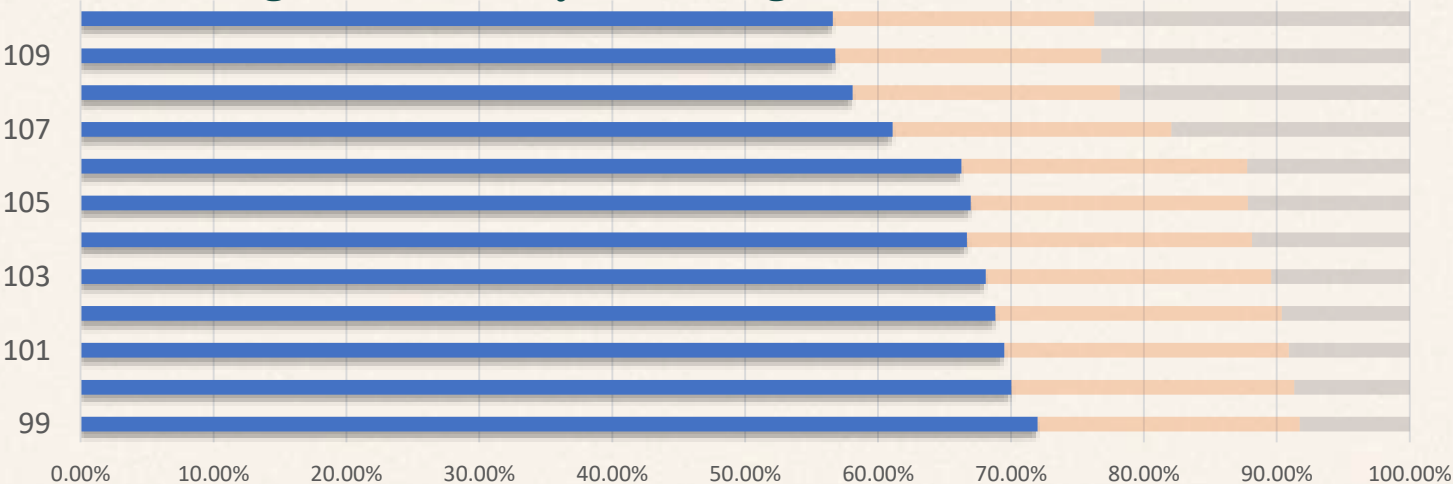
**Work settings change from medical to community settings**  
**--OTs work in a greater variety of settings.**



	99	100	101	102	103	104	105	106	107	108	109	110
■ 醫院	72.02%	70.03%	69.51%	68.82%	68.11%	66.68%	66.98%	66.27%	61.10%	58.09%	56.78%	56.59%
■ 診所	19.72%	21.27%	21.39%	21.56%	21.47%	21.46%	20.83%	21.51%	20.97%	20.11%	20.02%	19.67%
■ 非醫院非診所	8.26%	8.69%	9.10%	9.62%	10.41%	11.87%	12.19%	12.23%	17.93%	21.81%	23.20%	23.74%

■ 醫院 ■ 診所 ■ 非醫院非診所

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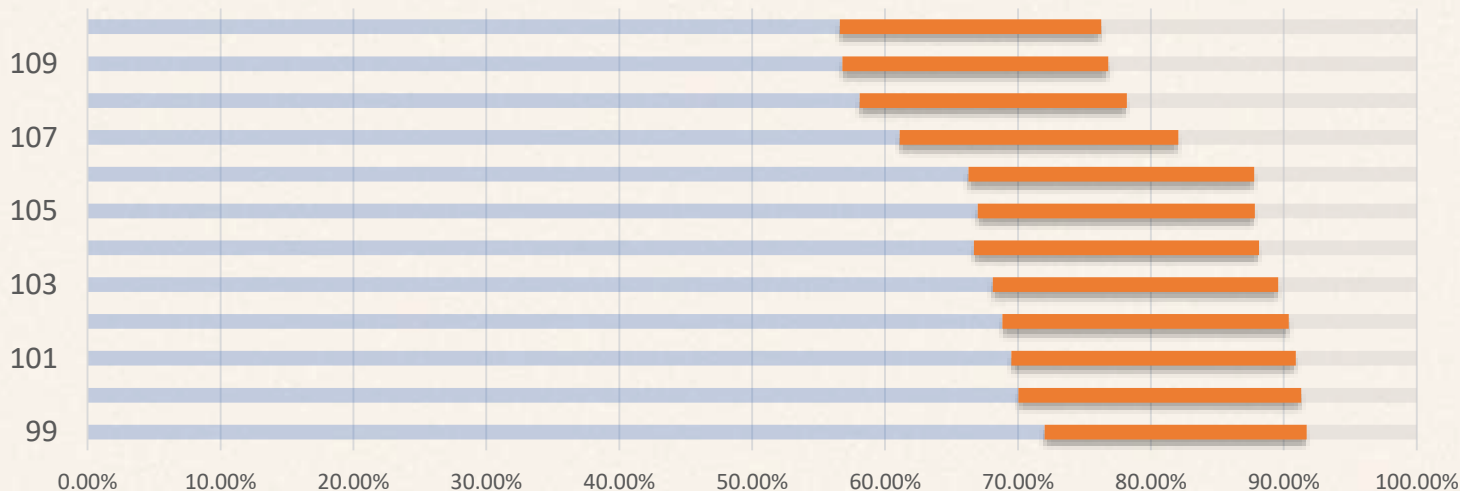


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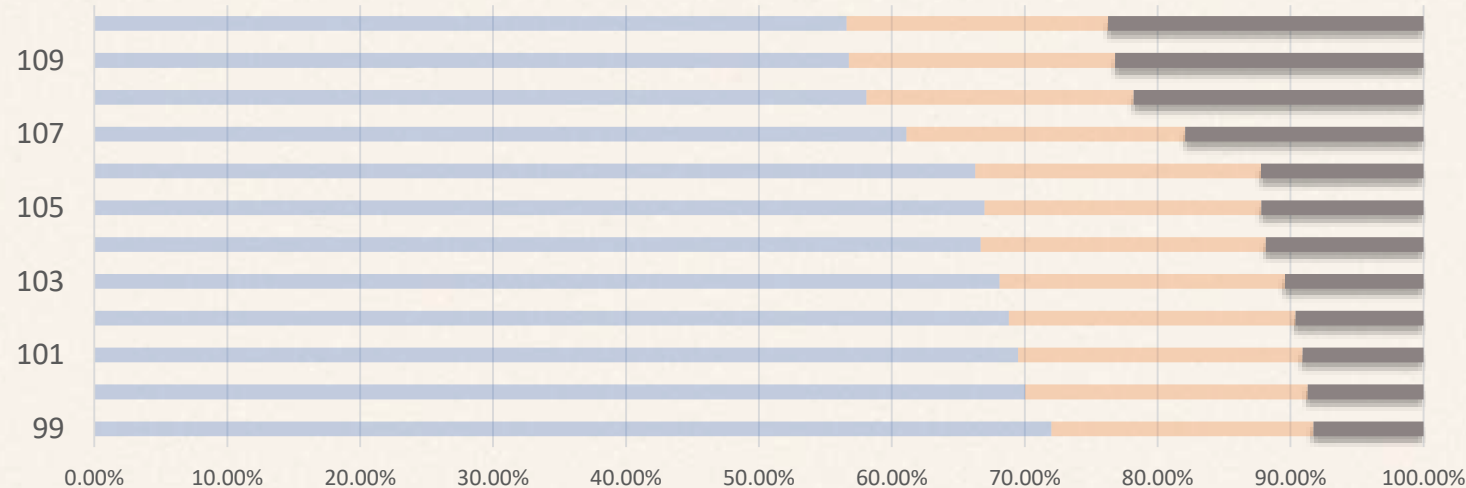


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醫院 診所 非醫院非診所

## In summary

OTs work in various settings, from  
medical to community settings.

OTs help not only patients but also  
individuals with health and  
subhealth conditions.

# Occupational Therapists Act Amendment

## Current Law:

**Occupational Therapy  
Provision under  
doctor's Medical Order  
or Referral**

→ Occupational therapists cannot provide services to individuals who do not have diseases.

**To establish OT clinics,  
occupational therapists need  
to have practiced in medical-  
related clinics for more than  
2 years.**

→ Occupational therapists who work in communities find it difficult to establish OT clinics.

## Occupational Therapists Act Amendment

### Benefits For the Public:

Amendment of the Act is pivotal and necessary to meet the societal needs and to keep professional regulations up-to-date



Granting  
individuals right  
of self-referral  
to some OT  
professional  
services



Reducing the  
consumption of  
disease-related  
resources



Exempting from  
criminal  
liabilities for  
providing some  
professional  
interventions

## Occupational Therapists Act Amendment

# Thank you to all my friends for their help



Japan

### The Group Petition Form for Occupational Therapists Act Amendment

The spirit of occupational therapy is to provide intervention and guidance through professional activities. Individuals may experience unfavorably conditions or unsustainable life expectations. The spirit of occupational therapy is to provide professional intervention and guidance to promote health and improve their quality of life.

Under the circumstances of rapid social development in Taiwan, the concept of "sustainable" is not limited to disease conditions anymore. Individuals may expect to improve their own conditions through health promotion and disease prevention in daily life, work, or school. Unfortunately, aside by the current Occupational Therapists Act in Taiwan, occupational therapists are not allowed to provide professional services in non-medical settings without any medical diagnosis and referrals from physicians. This results in serious waste of time and resources. It is also a setback for occupational therapy in health promotion nationwide in Taiwan. Amending the dated Occupational Therapists Act is pivotal and necessary to meet the societal needs and to keep professional regulations up-to-date.

The proposed amendments may bring benefits listed as follows:

- 1. For the public** - Granting individual's right of self-referral to some OT professional services:  
The public have direct access to occupational therapy services according to their own health promotion needs for improving health conditions and quality of life. They will not be denied by the dated Act.
- 2. For the community** - Reducing the consumption of disease-related resources: Occupational therapists are fully qualified to independently assist clients in identifying medical needs, preventing disease, and effectively utilizing medical resources. Occupational therapists may also work closely with local resources to achieve desired outcomes in terms of disease prevention and delaying the occurrence of disabilities.
- 3. For the therapists** - Exempting from criminal liabilities for providing some professional interventions: Amending the Occupational Therapists Act expands occupational therapy professional development. Qualified therapists are recognized and allowed to provide disease prevention services to the public directly without a diagnosis, medical orders, or referrals from physicians.

To provide the public with diverse health services, to benefit the society through creating a healthier common welfare society, and to enhance the professional development of occupational therapy, occupational therapists in Taiwan needs your support on the amendment of the Occupational Therapists Act!

**Initiating organizations for the joint signature campaign:**  
Occupational Therapists Union of the Republic of China (R.O.C.)  
Taiwan Occupational Therapy Association  
New Taipei City Occupational Therapy Craft Union

**Title of the supporting organization:** Japanese Association of Occupational Therapists  
Hiroshi Nakamura

**Signature of the representative of the organization:**  
Japanese Association of Occupational Therapists  
Hiroshi Nakamura



### The Occupational Therapists Act Amendment

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**Title of the supporting organization:**  
World Federation of Occupational Therapists (WFOT)  
**Signature of the representative of the organization:**  
Senshi Kikuchi - WFOT President



### for the Occupational Therapists Act Amendment

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Taiwan Occupational Therapy Association  
New Taipei City Occupational Therapy Craft Union

**Title of the supporting organization:**  
Asia Pacific Occupational Therapy Regional Group  
**Signature of the representative of the organization:**

**Thank you for the support from countries around the world**



**Argentina**



**Armenia**



**Australia**



**Canada**



**Hong Kong**



**Italy**



**Iceland**



**South Korea**



**Philippines**

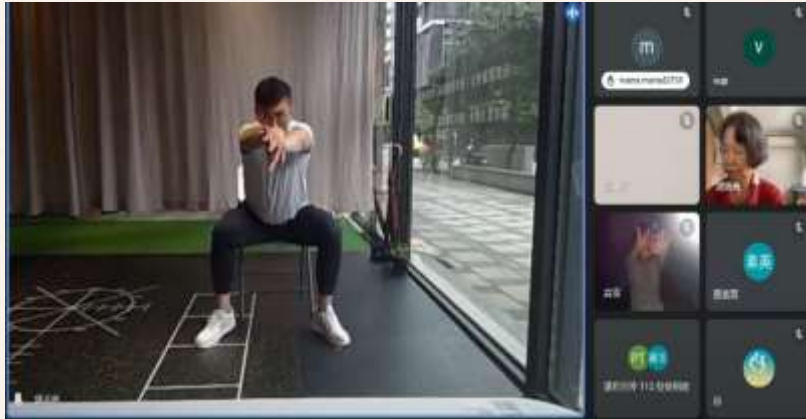


**New Zealand**

# Impacts of COVID-19 On- Clinical Practice

## Examples....

Elders Occupational therapy clinics  
× wacare- a platform of telehealth



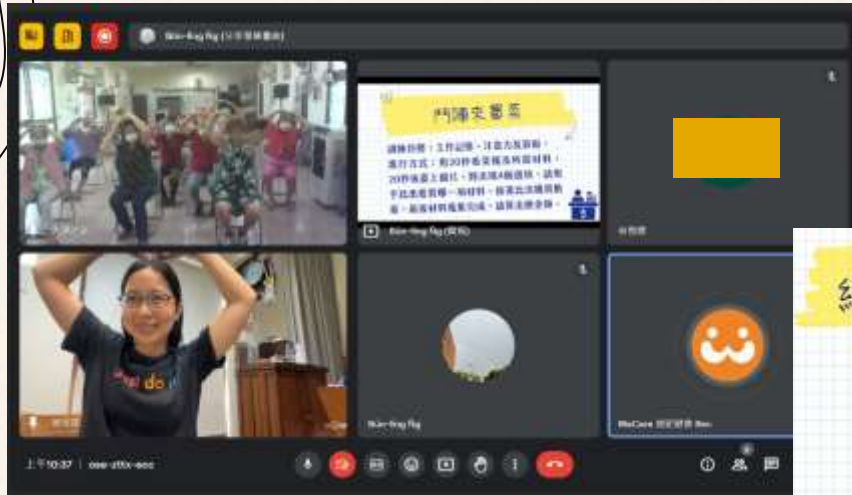
Elderly people learn physical exercise on the platform



# Impacts of COVID-19 On- Clinical Practice

Examples....

Elders Occupational therapy clinics  
×wacare- a platform of telehealth



Elderly residents living in rural areas  
engage in cognitive activities through online platforms.



# Impacts of COVID-19 On- Clinical Practice



## Starpier Clinics

On-line courses of pediatric occupational therapy



## Impact of COVID-19 -Clinical Practice



A news report about the online tele-group for children and parents participating in activities for the Dragon Boat Festival



## A conference for tele-services of rehabilitation

The discussion about practical problems, solutions, and the application of tele-services



# Impacts of COVID-19 On-Teaching

## Tele-teaching

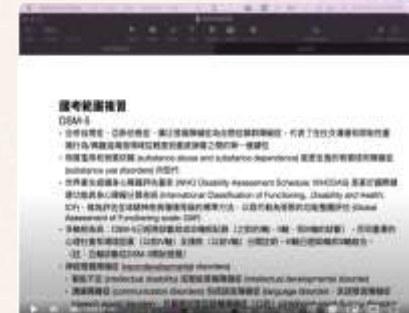
The use of on-line materials in the Micro-Program of Intelligent health, care, and well-being



# Impacts of COVID-19 On-Teaching

## Tele-teaching

Due to COVID-19, students are adopting a streamed/remote learning approach (Hybrid course approach)



Teachers uploaded teaching videos, and students watch videos by themselves (asynchronous course)

# The registration platform for continuing education courses of the Taiwanese Occupational Therapy Association

- Due to the pandemic, the courses have been divided into in-person and online courses.



# Impact of COVID-19 -Continuing Education Courses

- Synchronous On-line Course



- Asynchronous On-line Course



- We collaborate with Paramount Online Training and Education Center to upload course videos to the platform
- Students buy the course and learn it on the platform



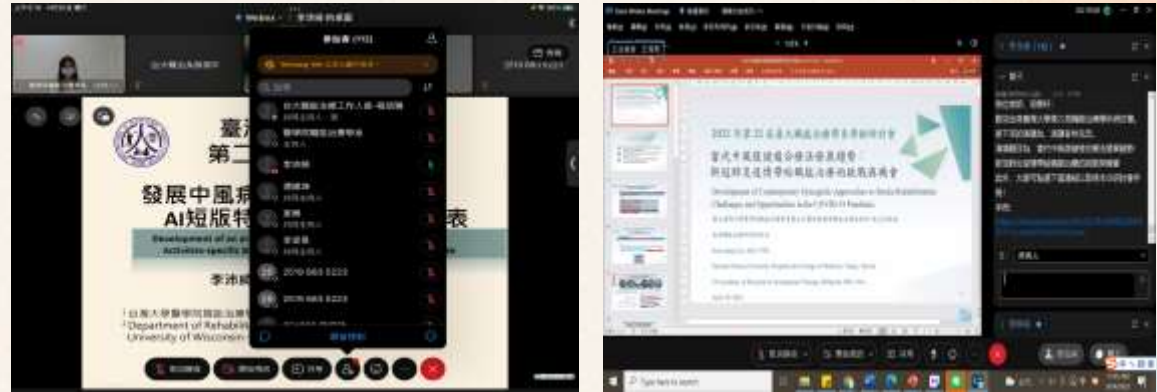
## Impact of COVID-19 On -Continuing education courses

### On-line Conference

The online conference is held through Webex or Google Meet platform



### Participant registration using a Google Form spreadsheet



Audience ask questions, interact with speakers from dialogue box

# Provision of Occupational Therapy in the Post-COVID Era

- **OT for Long-Covid rehabilitation**

- The Ministry of Health and Welfare in Taiwan initiated a **nationwide Integrated Healthcare Plan** to provide comprehensive care for COVID-19 survivors from December 2021.
- A top-down care infrastructure
- Aims to reduce the physical and psychological consequences of COVID-19 infection
- OT's roles
  - Energy saving, ADL training, environmental suggestions, vocational training....

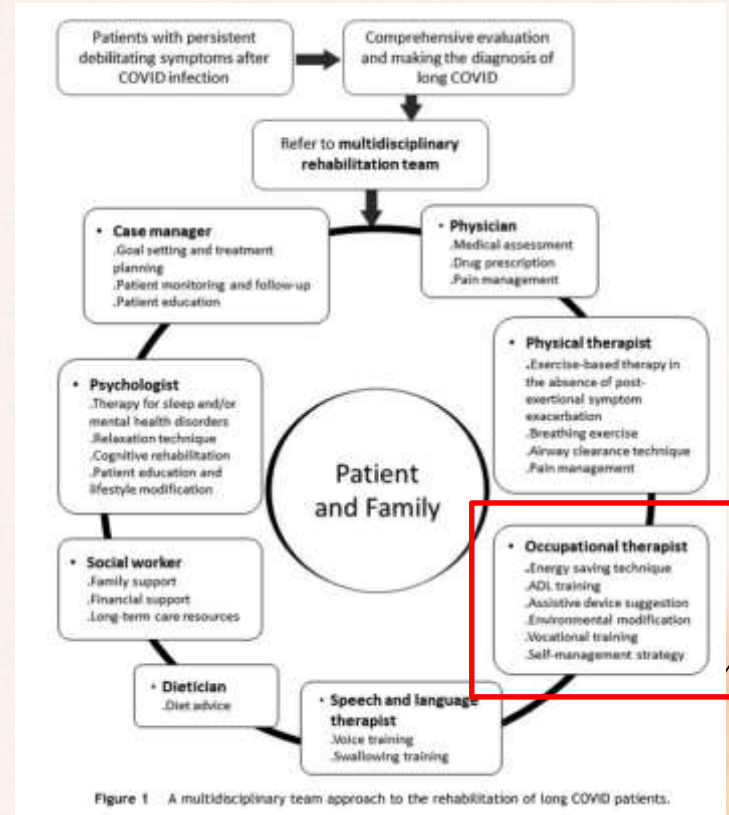


Figure 1 A multidisciplinary team approach to the rehabilitation of long COVID patients.

# Provision of Occupational Therapy in the Post-COVID Era

- **Cardiopulmonary Rehabilitation**
  - An increasing number of OTs are becoming involved in cardiac rehabilitation
  - Develop a continuing education course on cardiopulmonary rehabilitation through our association
  - A cardiopulmonary center in Kaohsiung Veterans General Hospital

「急性及亞急性心臟疾患之職能治療」  
課程表

高雄區：03月27日(星期六)成大醫學院職能治療學系畢業教室  
(國立成功大學南校區(博愛)「小港」進入校園)  
高雄區：06月30日(星期六)台大附設職能治療學系431教室  
(台北市中正區徐州路17號4樓)

時間	主題	主講人
8:00-8:30	報到	
8:30-10:00	常見心臟疾病症狀、檢查判讀及復健禁忌	謝佩君醫師(高雄區) 劉國正醫師(高雄區)
10:00-10:10	休息	
10:10-11:40	心臟疾患之職能治療實務	林信宏 職能治療師
11:40-12:20	午餐	
12:20-13:50	居家生活考量及功能促進	林信宏 職能治療師
13:50-14:00	休息	
14:00-15:30	失能狀態簡介(我出問題?評估確定)	曾心怡 物理治療長
15:30-15:40	休息	
15:40-17:10	如果病人有「附贈治療單」這治療策略整合	曾心怡 物理治療長
17:10	結訓	

The continuing education course on cardiopulmonary rehabilitation



The cardiopulmonary center in Kaohsiung Veterans General Hospital

# Provision of Occupational Therapy in the Post-COVID Era

- Tele-rehabilitation in all clinical settings
  - Currently, tele-rehabilitation is primarily utilized in pediatric and community settings.
    - Expand to include all other settings, including physical and mental health, and community
  - There are no specific regulations in place for OT to conduct tele-rehabilitation
    - Only found in Physicians Act
    - Develop relevant regulations based on the content of tele-rehabilitation services
- Hybrid-teaching course/conferences
  - A hybrid approach may be adopted for future courses
    - Enhance flexibility in teaching and learning
    - To prepare it
      - Establish a smart classroom or video equipment for remote teaching



Hybrid conference with streamed classrooms

Occupational Therapy service in  
post-COVID era, from hospital to community  
~ Sharing from Hong Kong

## Asia Occupational Therapy Exchange Meeting Nov, 2023



**Sanne Fong**

**Vice-Chairperson**

**Hong Kong Occupational Therapy Association**

# Sharing include:

- Patients' conditions of elderly, mental and children;
- Local studies and program evaluation to illustrate how the OT services can help those survive from COVID-19;
- New modalities of treatment used in the community to hasten normalization of life

# Problems encountered by patients

1. More than 30% of patients referred to OT in Integrated Community Discharge Service (ICDS) program were suffered from chronic lung disease.
2. The COVID-19 pandemic induced social isolation, anxiety and mental stress individually and globally. Patients recovered from COVID-19 reported numerous ongoing health effects. A post COVID-19 recovery program was developed for psychiatric in-patients to support their recovery.
3. In the wake of the COVID-19 pandemic and social restriction, the mental health of individuals in Hong Kong has been severely impacted.
4. Long COVID-19 syndrome has been increasingly reported by patient after infection of COVID-19, of which cognitive complaints are commonly observed.
5. Dysphagia is a crucial problem in post-stroke care in an elderly residential home. The face-to-face training sessions for dysphagia were risky and were affected by the COVID-19 pandemic in HK.
6. The fifth wave of COVID-19 in Hong Kong had led to an unprecedented surge in hospital admission. Elderly COVID-19 patients were suffered from significant decline in self-care ability which led to discharge problem. Therefore, Occupational Therapy (OT) service was introduced to HKICC in March 2022 to provide in-patient rehabilitation service for COVID-19 patients.

# Problems encountered by patients

7. During the 5<sup>th</sup> wave of COVID-19 pandemic, local COVID-19 service framework and case management approach by occupational therapist (OT) were adopted according to the needs of COVID-19 patients.
8. The emergence of COVID-19 in 2020 led to 2.74M people being infected and over 12,000 deaths. Poor management of the Long COVID symptoms, including fatigue, brain fog, emotional distress, exertional dyspnea and musculoskeletal discomforts, may lead to an increased number of unplanned medical consultations and healthcare burdens. Excessive health stress would lead to serious health problems. Occupational Therapists are dedicated promoting occupational justice, health and welling. A pilot outpatient service for patients with Long COVID was developed, underpinning the Social Cognitive Theory and the electronic health-enhanced chronic care model, which integrates telehealth to enhance access of care and rehabilitation.
9. Growing evidence indicates that many residents in residential homes experience cognitive impairments after recovery from COVID-19. Occupational Therapists designed a tailored multi-component rehabilitation program to alleviate the long-term cognitive impairments of residents in residential homes.
10. Both parents and children with mild grade ID comorbid ASD and/or ADHD face developmental challenges in functional occupations. After 3 years of COVID during which they had received scarce face to face training in educational or rehabilitation setting, parents are in distress to cope with children's transition to primary school

# Studies/ program evaluation

1. The application of smart remote monitoring devices provide good visual cues with immediate feedback on SpO2, which allow OTs to effectively analyze the data and formulate prompt and individualized intervention for patients.
2. Post-COVID OT lead program is effective in enhancing hopefulness, well-being, emotional state & cognitive function for psychiatric patients. Further program development on longer-term COVID-19 disease management for psychiatric patients is essential.
3. A pilot study of mindfulness-based lifestyle redesign program has demonstrated potential benefits in improving the mental health of patients with mood disorders. Participants reported positive changes in emotional awareness, mood, and enjoyment of the program. Significant reductions in symptoms of depression and anxiety were also observed.
4. A study of 30 participants demonstrated that health Qigong LiuZiJue can increase the frontal oxyhemoglobin concentration and cognitive function of adults.
5. During COVID-19, the computerized biofeedback game-base swallowing training (BGBST) was proved effective in situation with reduced face-to-face training in elderly residential homes.
6. OT demonstrated a vital role in improving the ADL performance and the safe discharge of the COVID-19 elderly patients. However, the relatively short course of in-patient rehabilitation was not sufficient to optimize patient's ADL performance and decrease their frailty. Post-discharge follow-up by out-patient sector and home rehabilitation program were largely indicated for optimal benefit.

# Studies/ program evaluation

7. Based on our preliminary COVID-19 service review during the in-patient and the community phase, it provided direction and insight for our service enhancement to prepare for the rebound of the COVID-19 pandemic.
8. Integrating telehealth to enhance access to rehabilitation in Occupational Therapy outpatient service:  
Asynchronous telehealth content fostered patient compliance with the home program. Patients with chronic respiratory diseases showed fair cognitive function recovery after attending OT Long COVID Rehabilitation Programme. Other factors, including gender, age, smoking, and exercise habits, should be explored. Patients who received two or more COVID vaccines demonstrated less cognitive impairment and better recovery, as measured by CTT. Further study will be conducted to explore the long-term functional improvement after patients attend the training, including emotion, functional balance, fatigue and dyspnea, ADL, Quality of Life, and Self-efficacy in managing Long COVID symptoms.
9. The multi-component rehabilitation program applied in 44 patients, results indicated that it might have a positive effect on the recovery of cognitive function in elderly COVID-19 survivors. However, the effectiveness of treatment might be different in elderly with dementia. Future studies should recruit more participants, adopt a randomized-control trial design, and have a longer follow-up period.
10. Parents experienced burden in raising children with ID, training program and parent support are in need to alleviate their stress in handling children and promote development. An effective parent-child OT program for mild grade intellectual disability(ID) comorbid ASD and/or ADHD illustrated that Occupational Therapy service embracing various treatment strategies to provide related areas of training is effective and crucial, especially in the transitional period of developmental life stages.

Asia Occupational Therapy Association Exchange Meeting (November 9, 2023)  
Post COVID-19 issues particularly in each country

# POST COVID-19 ISSUES IN JAPAN

International Director of JAOT, Kitasato University  
Higashi Kanagawa Rehabilitation Hospital

Kayoko TAKAHASHI  
Masatoshi TAHARA



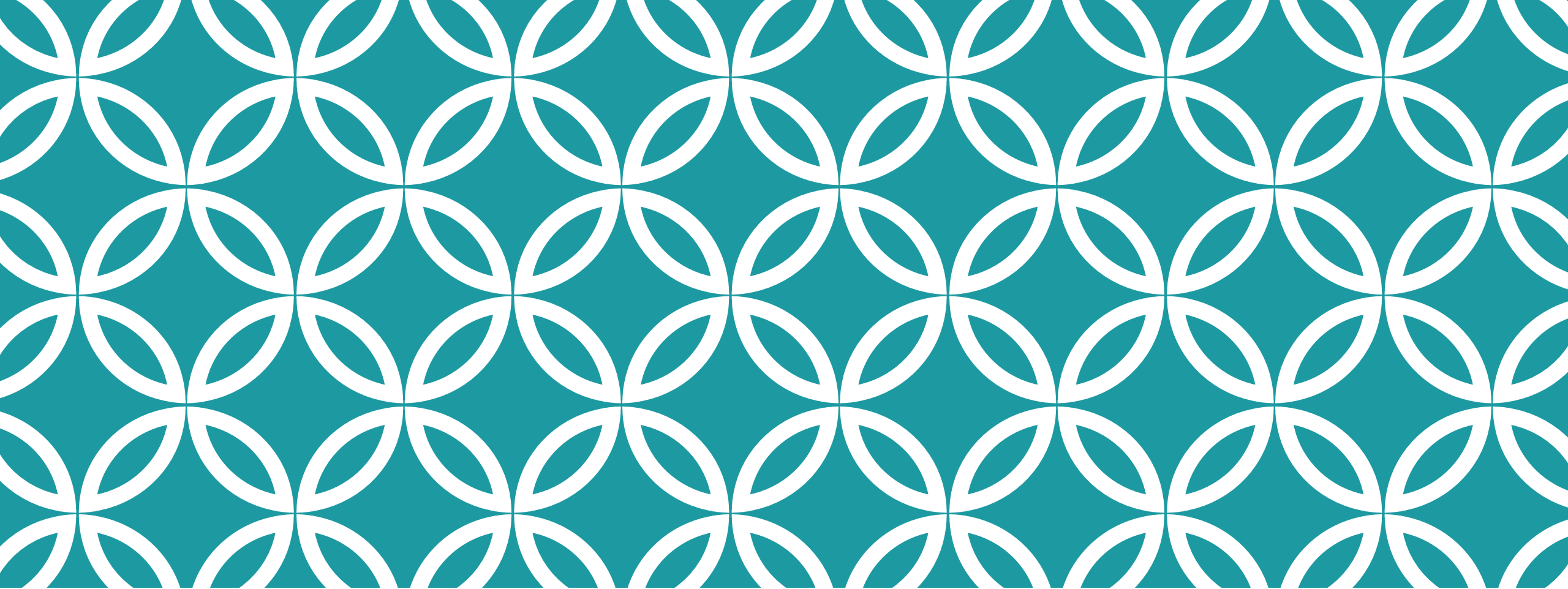
# OUTLINE

Post COVID-19 issues as Association (JAOT)

Post COVID-19 issues in OT education

Post COVID-19 issues in clinical settings

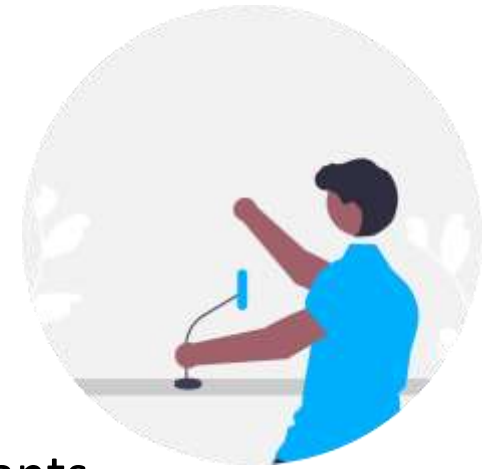
Post COVID-19 issues among therapists



# POST COVID-19 ISSUES AS ASSOCIATION (JAOT)



# CONGRESS

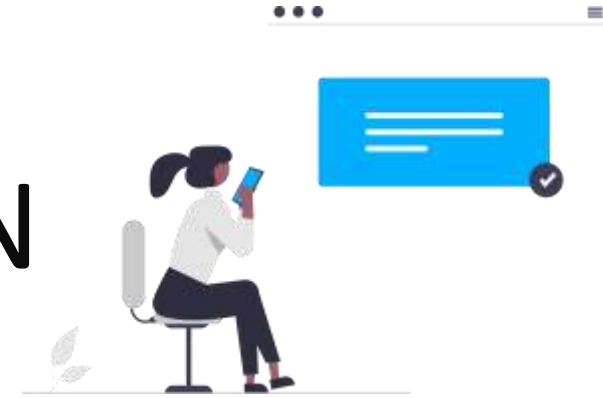


- ✓ Congress style has been changed and so the number of participants

Year	Congress style	Number of participants
Pre-COVID	on-site only	About 4,000
2020	on-demand web conference	3,300
2021	live and on-demand web conference	2,700
2022	onsite (Kyoto) and on-demand	Over 2,700

- ✓ When only on-site conferences were held, venues were selected only in major cities to accommodate the size of the conference.
- ✓ With the hybrid format, venues are no longer limited to major cities, giving attendees more options in both style and location.

# CONTINUING EDUCATION



- ✓ E-learning has been introduced partially since 2018. Since COVID-19 pandemic in 2020, most non-practical courses are now online.
- ✓ Comments from JAOT members:
  - “I can now attend seminars whenever and wherever”
  - “I could take courses at home with small children”
  - “It is good for more experienced (older) generation who feel uncomfortable attending courses with young/novice group”
  - “On-line courses has lowered the bar to take seminars in other areas of interest”

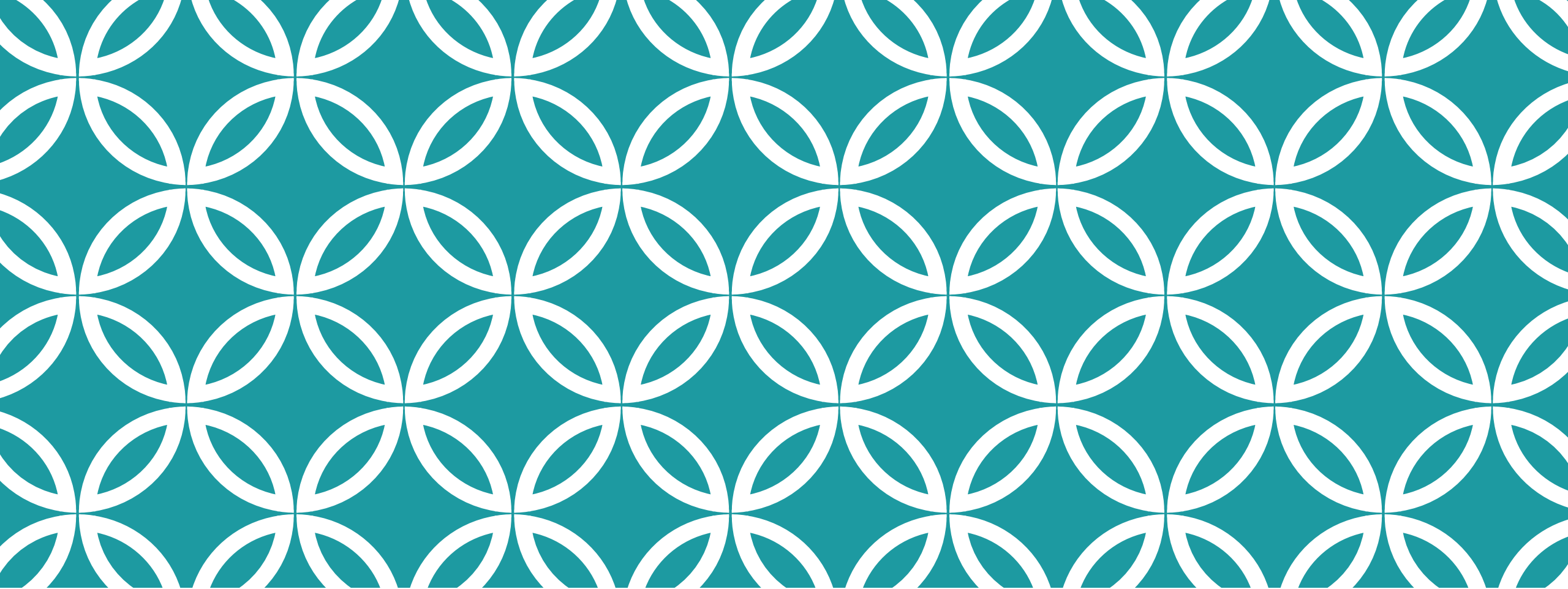
**Number of participants for continuing education continues to grow steadily**

# MANAGEMENT



- ✓ Prior to COVID, prefectural association leaders from all over Japan needed to gather at the central training program to gather. Now, online meeting allows us to deliver information quickly and widely at once.
- ✓ While online meetings allows to exchange ideas among, it is difficult to build a close relationship to stay in touch afterward.
- ✓ The decline in the organization rate has also become a major concern, and we are reviving face-to-face meetings so that people can feel the benefits of connecting with others through the association.

**Online meetings is convenient but difficult to feel the benefit to connect**



# POST COVID-19 ISSUES IN OT EDUCATION



# PLACEMENT/FIELDWORK



## **On-site clinical placement is carried out without any problems**

- ✓ Notification from the Ministry of Health, Labour & Welfare (October 17, 2023)

In the event that an outbreak of infectious diseases at a school training institution or practical training facility during the period when the practical training is to be conducted makes it unavoidably difficult to conduct the practical training, it is allowed to substitute on-site placement to on-campus practice (March 31, 2024).

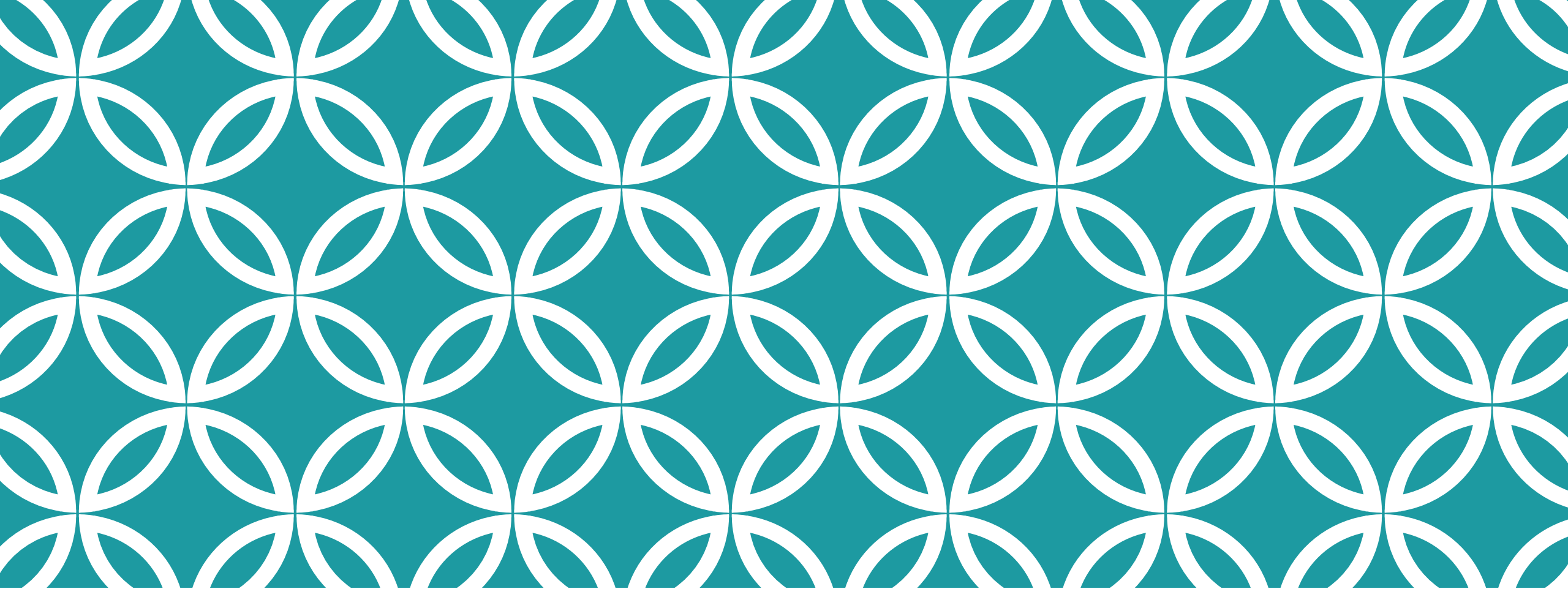
- ✓ Teaching materials (case scenario and videos) created during pandemic are now distributed and shared among schools.

# ONLINE COURSES



## **What we can do ONLINE has been expanded**

- ✓ We are now able to hold lectures by lecturers both in Japan and abroad without having to invite them to campus.
- ✓ Online module (ie. Google classroom) is still used to give handouts, assignment, and feedback. This allows the transparency of class/grading.
- ✓ More opportunities for online international exchange. Interacting online before studying abroad is now possible, resulting in a smoother international experience.



# POST COVID-19 ISSUES IN CLINICAL SETTINGS



# POST COVID-19 ISSUES I CLINICAL SETTINGS



## Changes in the clinical environment

- ✓ Separate training areas for inpatients and outpatients
- ✓ Home evaluations, shopping practice, and outdoor training were completely prohibited at the beginning of the pandemic, but were gradually allowed
- ✓ Educational programs that used to be held for patients and their families, with instructors such as occupational therapists, doctors, and nurses, are now held on-demand on each floor

# POST COVID-19 ISSUES I CLINICAL SETTINGS



## **Restrictions on patient and family support**

- ✓ Family members will be prohibited from visiting the rehabilitation training room
- ✓ There are restrictions on family visits, and depending on the infection situation within the hospital, there may be cases where the visit is limited to 30 minutes or where the visit is prohibited
- ✓ Lectures for families will be limited to 30 minutes a day and will be held in a private lecture room

# POST COVID-19 ISSUES I CLINICAL SETTINGS



## Changes in occupational therapists

- ✓ At the beginning of the pandemic, staff members were prohibited from having meals together and unnecessary going out, but this was gradually allowed
- ✓ It is still mandatory to wear a mask when commuting to work

# POST COVID-19 ISSUES IN CLINICAL SETTINGS

**Our hospital manual for each infection control phase**

## **Phase 1: No COVID-19 infections**

Rehabilitation for inpatients continues as usual

## **Phase 2: Hospitalized patient infected with COVID-19**

Infected patients are isolated and trained by therapists wearing PPE

## **Phase 3: Secondary infection occurs within the hospital**

New hospitalizations are restricted and family visits are prohibited

Patients train in the ward and are prohibited from giving lectures to their families

Therapists are prohibited from training outpatients

# POST COVID-19 ISSUES II CLINICAL SETTINGS



## Impact on Collaborative Practice

Collaboration with out-of-hospital service providers was limited compared to in-hospital

- ✓ Since care managers who support patients after discharge were restricted from meeting with patients, we used a web conferencing system (ZOOM) to check patient movements and adjust post-discharge services

# POST COVID-19 ISSUES CLINICAL SETTINGS

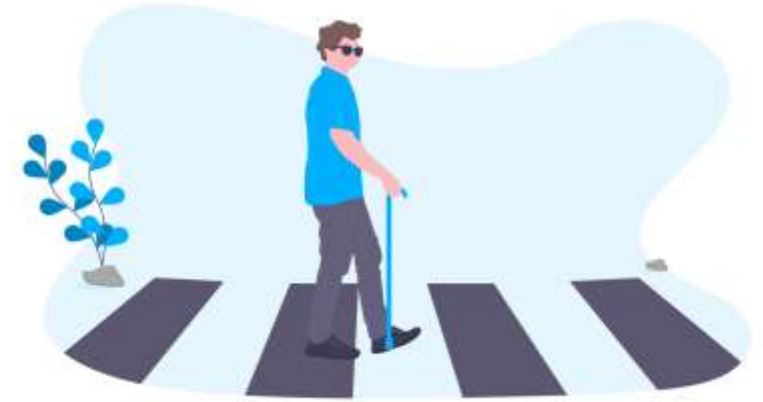


## Impact on outside training

Training outside of places where many people gather, such as shops and stations, was restricted

- ✓ We selected a deserted road as a training course and conducted mock shopping practice inside the hospital

# POST COVID-19 ISSUES CLINICAL SETTINGS



## Impact on outside training

There were no restrictions on conducting house evaluations before discharge

- ✓ Thorough infection control measures were taken, including changing masks and disinfecting hands upon returning to the hospital

# POST COVID-19 ISSUES IN CLINICAL SETTINGS



## **Impact on family support**

Family members were prohibited from entering the rehabilitation room, and opportunities to observe training progress were limited. Because visitation was restricted, gathering and sharing information from family members was restricted

# POST COVID-19 ISSUES IN CLINICAL SETTINGS



## Impact on family support

- ✓ We filmed the training on a tablet and provided the information to the family during informed consent
- ✓ Family lectures on transfers, diaper changes, etc. were held for 30 minutes a day in a private room
- ✓ Gathered information from family members and listened to their needs over the phone, and shared goals using a web conferencing system

# POST COVID-19 ISSUES IN CLINICAL SETTINGS



- ✓ We filmed the training on a tablet and provided the information to the family during informed consent

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の写真

# POST COVID-19 ISSUES IN CLINICAL SETTINGS



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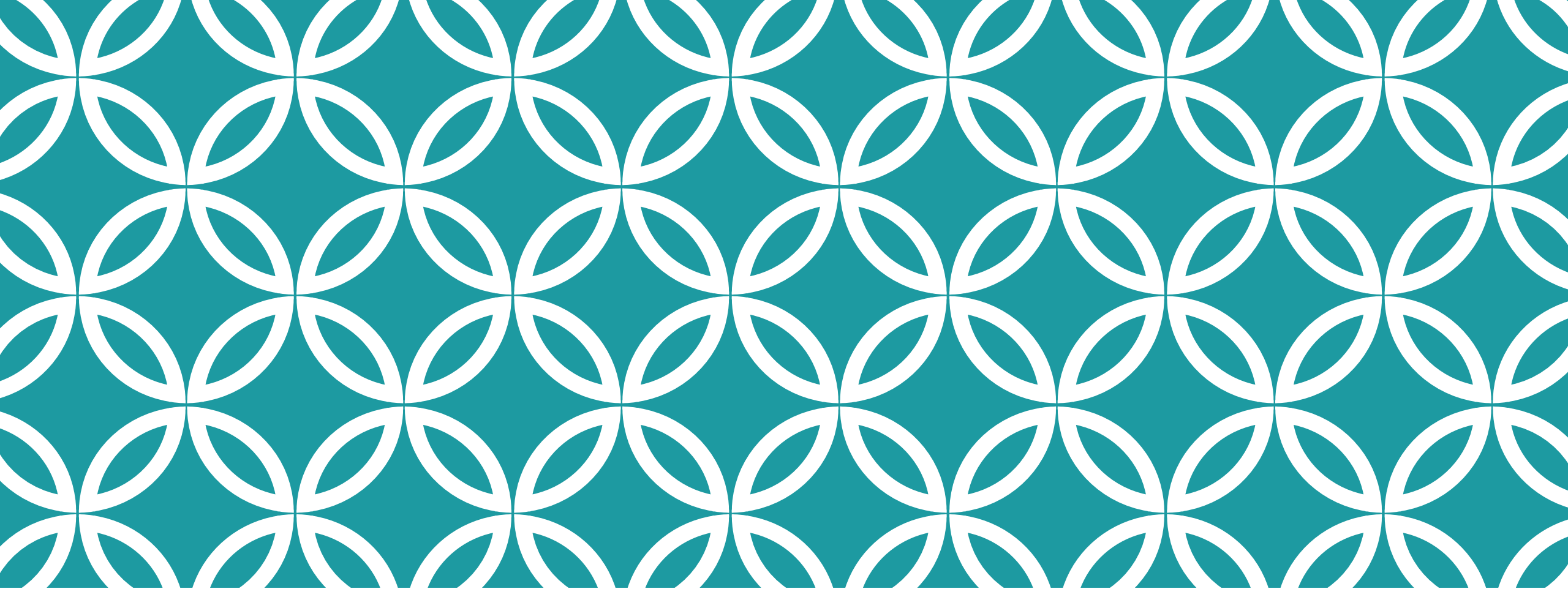
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# POST COVID-19 ISSUES IN CLINICAL SETTINGS



- ✓ Gathered information from family members and listened to their needs over the phone, and shared goals using a web conferencing system

ZOOM面  
接の写真



# POST COVID-19 ISSUES AMONG THERAPISTS



# POST COVID-19 ISSUES AMONG THERAPISTS

## COVID-19 impacts the mental health of occupational therapists

- ✓ Insufficient information from the workplace and increased workload are associated with depression, anxiety, and insomnia, and depression is associated with poorer quality of care
- ✓ The impact of the pandemic is different in the physical disability area and the psychological area, with increased workload being a factor associated with anxiety and depression in the physical disability area
- ✓ Providing adequate information significantly reduces the risk of insomnia and depression

Ito A, Sawamura D, Kajimura S, Miyaguchi H, Nakamura H, Ishioka T. Quality of therapy and mental health among occupational therapists during the COVID-19 pandemic. *Front Public Health*. 2022 Dec 15;10:1053703.

Sawamura D, Ito A, Miyaguchi H, Nakamura H, Ishioka T. Different Impacts of COVID-19 on Quality of Therapy, Psychological Condition, and Work Life Among Occupational Therapists in Physical and Mental Health Fields. *Front Public Health*. 2022 Jun 3;10:887069.

Ishioka T, Ito A, Miyaguchi H, Nakamura H, Sawamura D. Psychological Impact of COVID-19 on Occupational Therapists: An Online Survey in Japan. *Am J Occup Ther*. 2021 Jul 1;75(4):7504205010.

# POST COVID-19 ISSUES AMONG THERAPISTS

## **The COVID-19 pandemic is an occupational justice/injustice issue**

- ✓ The pandemic brings about critical social inequalities and affects people's occupational justice
- ✓ The Occupational Justice Framework (OJF) approach is useful for estimating how systemic inequalities (limited access to health care, employment opportunities, government resources) affect work participation and the impact on mental health
- ✓ The role of occupational therapists is to advocate for opportunities for meaningful and satisfying occupational participation in a time when isolation and social distancing inhibit occupational participation

# POST COVID-19 ISSUES AMONG THERAPISTS

## Impact of the COVID-19 on OTs from our research

- ✓ Cross-sectional study targeting medical workers during the first state of emergency declaration from April 30th to May 6th, 2020 (76.2% were occupational therapists)
- ✓ 66.1% had GHQ-12 above the cutoff value and had problems with their mental health
- ✓ Risk factors for mental health conditions include women, infrequent communication with friends, and high anxiety about infection
- ✓ Protective factors include good health, high job satisfaction, and high satisfaction with new activities started since the pandemic

# POST COVID-19 ISSUES AMONG THERAPISTS

## **Impact of the COVID19 on OTs from our research (unpublished)**

- ✓ Cross-sectional study targeting therapists (OT: 614, PT/ST: 198) during the first state of emergency from April 30th to May 20th, 2020
- ✓ OTs have poorer mental health than PTs/STs, are more anxious about infection, and experience occupational injustice and occupational imbalance.
- ✓ Risk factors for mental health conditions in OTs include living alone, less communication with friends, high anxiety about infection, and being occupational marginalization
- ✓ Protective factors for mental health in OTs include good health and high job satisfaction

# POST COVID-19 ISSUES AMONG THERAPISTS

## **Impact of the COVID19 on OTs from our research (unpublished)**

- ✓ A consecutive cross-sectional study of therapists (OT/PT/ST) comparing the beginning of the pandemic and one year later
- ✓ One year later, anxiety about infection decreased slightly, and satisfaction with leisure, work, and daily life improved (especially with daily activities such as shopping)
- ✓ At the beginning of the pandemic, risk factors for mental health were being female, living alone, less communication with friends, high anxiety about infection, and low life satisfaction
- ✓ The risk factors for mental health conditions have changed one year after the pandemic, with low financial security and low levels of leisure and job satisfaction

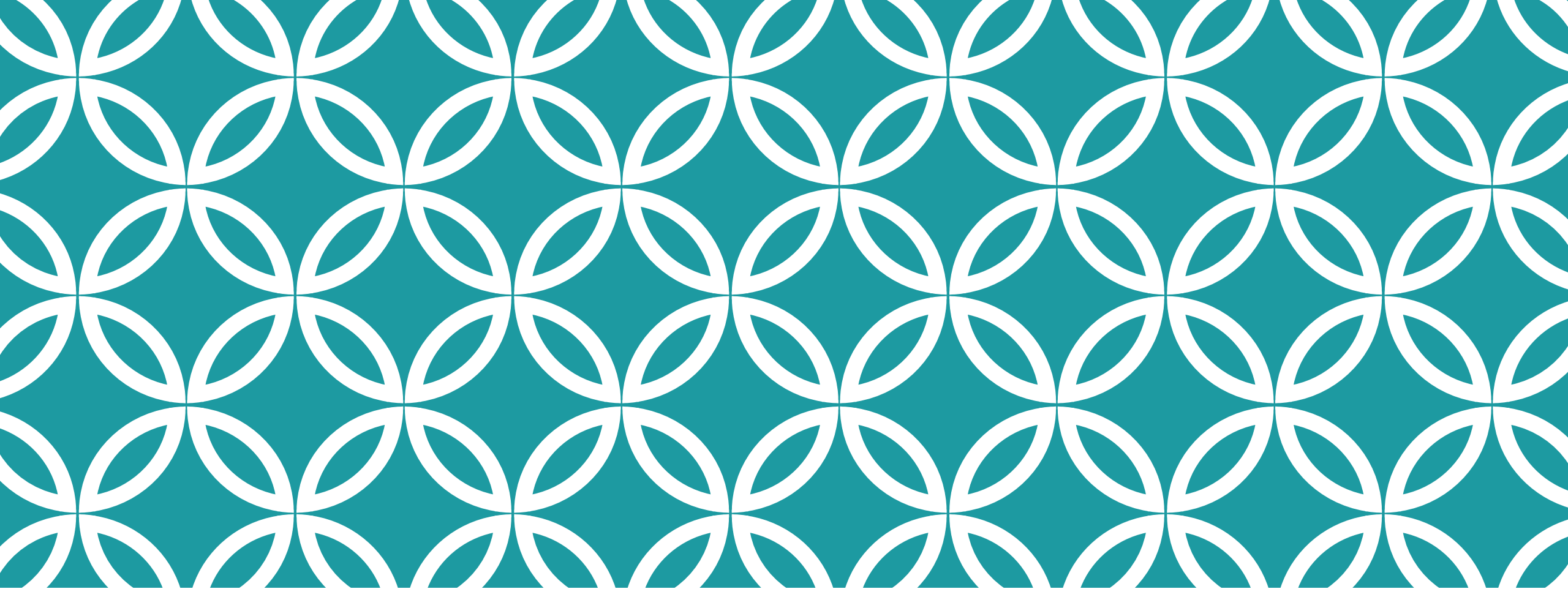
# POST COVID-19 ISSUES AMONG THERAPISTS

## **Impact of the COVID19 on OTs from our research (unpublished)**

- ✓ A continuous cross-sectional study targeting therapists (OT/PT/ST) surveyed during the 3rd state of emergency declaration and 6 months before and after.
- ✓ Satisfaction with leisure time decreased during the third state of emergency, and a high percentage of people were in a state of work deprivation.
- ✓ Compared to previous studies prior to the pandemic, they were more likely to experience work deprivation, work imbalance, and work marginalization during the pandemic.

# SUMMARY

- ✓ The clinical environment for occupational therapists has changed due to the COVID-19 pandemic, and there have been various restrictions.
- ✓ Services were provided using new intervention methods that adapted to changes and used ICT etc.
- ✓ During the pandemic, occupational therapists' workload increased, and their mental health declined.
- ✓ Various restrictions during the pandemic raise issues of occupational justice/injustice

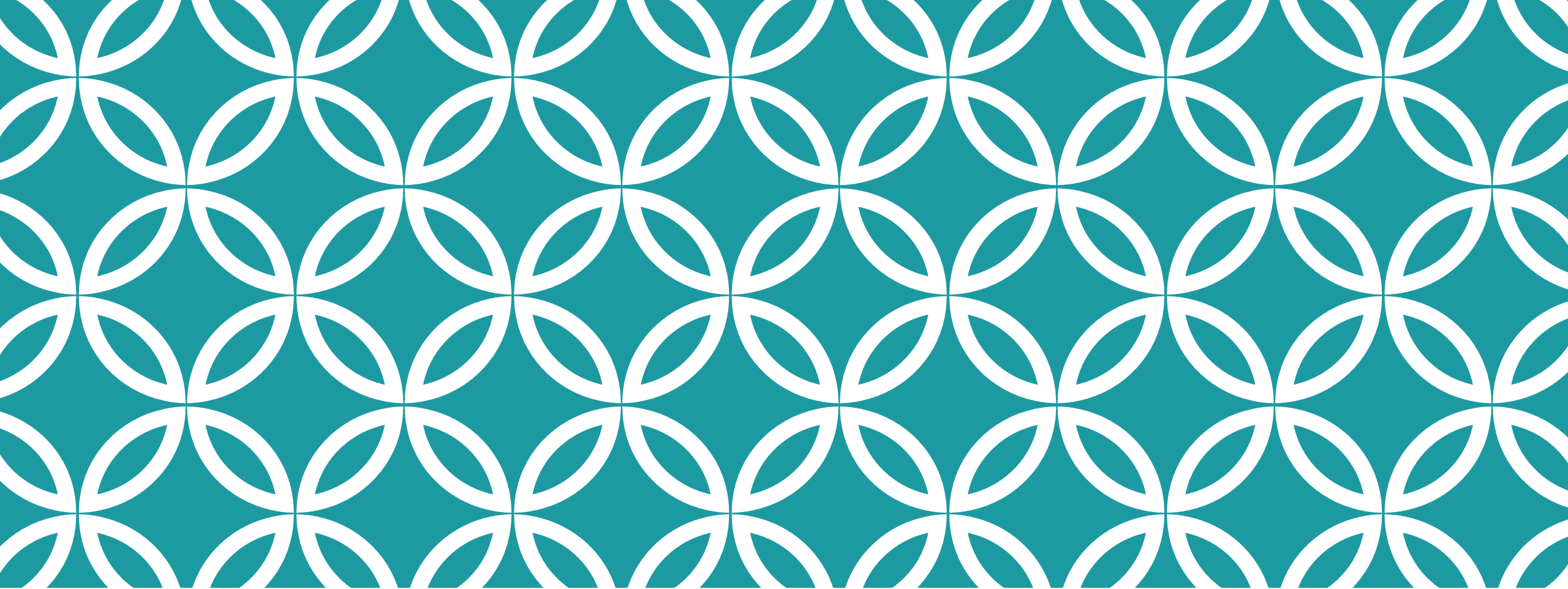


# POST COVID-19 ISSUES SUMMARY



# POST COVID-19 ISSUES IN JAPAN

- ✓ During COVID-19 pandemic, occupational therapists experienced firsthand that occupation in society is what makes a person's life unique and well.
- ✓ This experience is reflected in our five-year strategy slogan "Occupational therapy that supports people's activities and participation and contributes to building a community-based society".
- ✓ The experience of the COVID-19 pandemic has made us realize once again that the role of the association is to support occupational therapists who support people's activities and participation, no matter what the situation in society is.



THANK YOU |



# The Impact of COVID-19 on the Occupational Therapy in Korea

**Miyeong Gang, OT, PhD.**

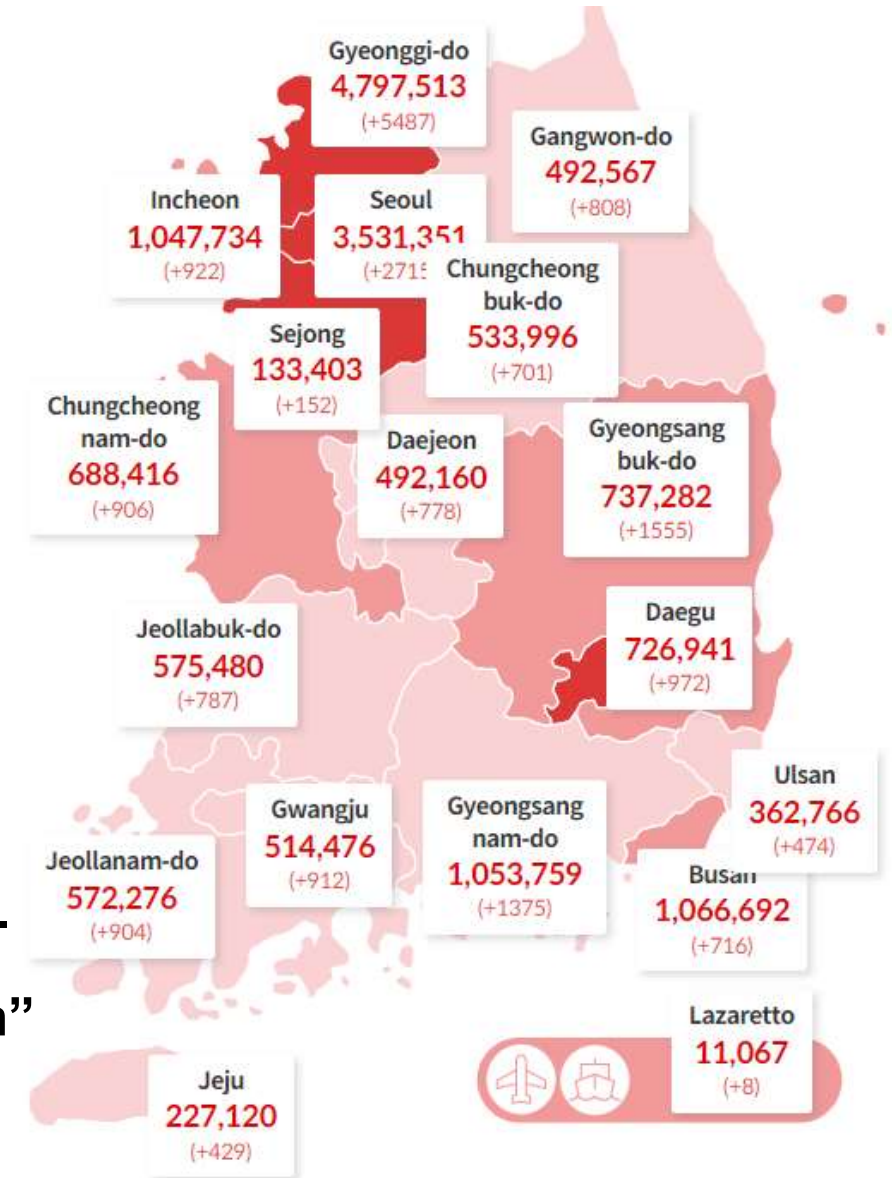
**Dept. Occupational Therapy, Woosong University**





# COVID-19 Situations in Republic of Korea

- 2020. 01. 20, First confirmed case
- In Korea (2023.08.31),
  - Confirmed cases: 34,571,873
  - Cumulative number of deaths: 35,934
- 2022. 05, Social distancing lifted
- 2022. 09, Mask wearing in outdoors lifted
- 2022. 10, PCR testing after entry lifted
- 2023. 03. 20, Mask wearing indoor also lifted
- 2023. 05. 05, WHO announced the lifting of the COVID-19 “Public Health Emergency of International Concern”





# New COVID-19 cases in Korea

700,000

## 2020. 02 - In Daegu, Kyungbuk

600,000

500,000

400,000

300,000

200,000

100,000

0



- Case incidence peaked on February 29<sup>th</sup>, 2020, Daegu and Cheongdo were declared “special disaster regions”
- Mainly affecting and spread by the shincheonji religious group based
- Designated and operated as a dedicated hospital for COVID-19
- Support for health care workers in Daegu/Gyeongbuk region to prevent the spread of COVID-19



# Special disaster regions in 2020: Daegu & Gyungbuk

- Occupational Therapists under the COVID-19
  - Were member of management support team at COVID-19 infectious disease hospital
  - Had to work infection control at infectious disease hospital
  - Conduct an initial interview for confirmed patients in an ambulance
  - Delivery some food and croceries for patients and medical staff





# Change and Challenges of KAOT

- Related COVID-19 Support Project
  - Hand out to encouraging package gift (vitamins, snacks, drinks)
  - Diverse group meeting for organize the COVID-19 protocol and alternative clinical training program
  - Conduct virtual seminars for related COVID-19
  - Held a meeting to support and care for the disabled





# Prolonged the COVID-19

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- Impacted not only the physical but also psychological health<sup>1</sup>
- Resulted in significant deterioration of mental well-being among the general population<sup>1</sup>
  - Anxiety, fear, depression, insomnia
- Occupational therapists are typically classified as second-line medical workers and do not directly care for people with COVID-19<sup>2</sup>
  - Increase their infection risk and have a negative impact on their mental health



# COVID-19 pandemic impact on rehabilitation staffs

- Impacted to occupational therapists in Japan <sup>1</sup>
  - Increased in anxiety, depression, insomnia
- Affected to physical therapists in Korea<sup>2</sup>
  - Reported having symptoms of anxiety and depression <sup>2</sup>
  - Showed fatigue, occupational burnout and occupational stress <sup>3</sup>

**It has not been reported how COVID-19 impacts  
the mental health of Korean occupational therapists**

- Moreover, therapists were forced to layoff or their employment status was unstable in Korea

1. Ishioka T. et al. American Journal of Occupational Therapy. 2021

2. Yang S.Y. et al. International Journal of Environmental Research and Public Health. 2020

3. Lee S.Y. et al. PNF and Movement. 2021



# Research of the impact on OT in Korea

To investigate the mental health and employment impact of the COVID-19 outbreak on occupational therapists in Korea





# Survey

700,000

600,000

500,000

400,000

300,000

200,000

100,000

0

2020/01/20 2020/02/20 2020/03/20 2020/04/20 2020/05/20 2020/06/20 2020/07/20 2020/08/20 2020/09/20 2020/10/20 2020/11/20 2020/12/20 2021/01/20 2021/02/20 2021/03/20 2021/04/20 2021/05/20 2021/06/20 2021/07/20 2021/08/20 2021/09/20 2021/10/20 2021/11/20 2021/12/20 2022/01/20 2022/02/20 2022/03/20 2022/04/20 2022/05/20 2022/06/20 2022/07/20 2022/08/20 2022/09/20 2022/10/20 2022/11/20 2022/12/20 2023/01/20 2023/02/20 2023/03/20 2023/04/20 2023/05/20 2023/06/20 2023/07/20 2023/08/20

- Online survey for study: Google forms
- Survey peoriods: 2022. 03. 10 – 2022. 05. 27.
- Survey items
  - Sociodemographics
  - Lifestyle
  - Psychological symptoms
    - Self-Rating Anxiety Scale (SAS-K)
    - Self-Rating Depression Scale (SDS-K)
    - Insomnia Severity Index (ISI-K)
  - Employment conditions



## Survey items

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- Designated as a dedicated hospital for the COVID-19?
- Is there any COVID-19 quarantine guidelines?
- Regularly check about the COVID-19 information?
- Changes related to commuting due to impact of COVID-19
  - Commuting hours, transportation ways, ect
- Changes in work resulting from COVID-19
  - Working hours, workload, day off, layoff, job transition, ect
- Salary reduction or change, employment instabilities
- Provided protective equipments
- Influences on attitude towards intervention of patients
- Anxiety, Depression, Insomnia



# Results

- Participants features – general information

Features (n=1,014)		No. (%)
Gender	Female	685 (67.6)
	Male	329 (32.4)
Age (Mean = 32.5 yrs)	20's	314 (30.9)
	30's	577 (56.9)
	40's	118 (11.6)
	50's	5 (0.6)
Level of education	< Bachelor's	242 (23.8)
	Bachelor's	576 (56.8)
	M.S	173 (17.0)
	Ph.D	23 (2.4)
Marital status	Married	376 (37.0)
	Unmarried	638 (63.0)



# Results

- Psychological status

Presence of anxiety, depression, and insomnia	Cutoff score	No. (%)
Self-Rating Anxiety Scale (SAS-K)	$\geq 40$	479 (48.5)
Self-Rating Depression Scale (SDS-K)	$\geq 50$	272 (27.58)
Insomnia Severity Index (ISI-K)	$\geq 10$	581 (58.9)

Mean score of anxiety, depression, and insomnia	Mean	Range
Self-Rating Anxiety Scale (SAS-K)	40.8	22-79
Self-Rating Depression Scale (SDS-K)	44.5	21-80
Insomnia Severity Index (ISI-K)	10.3	0-28



# Results

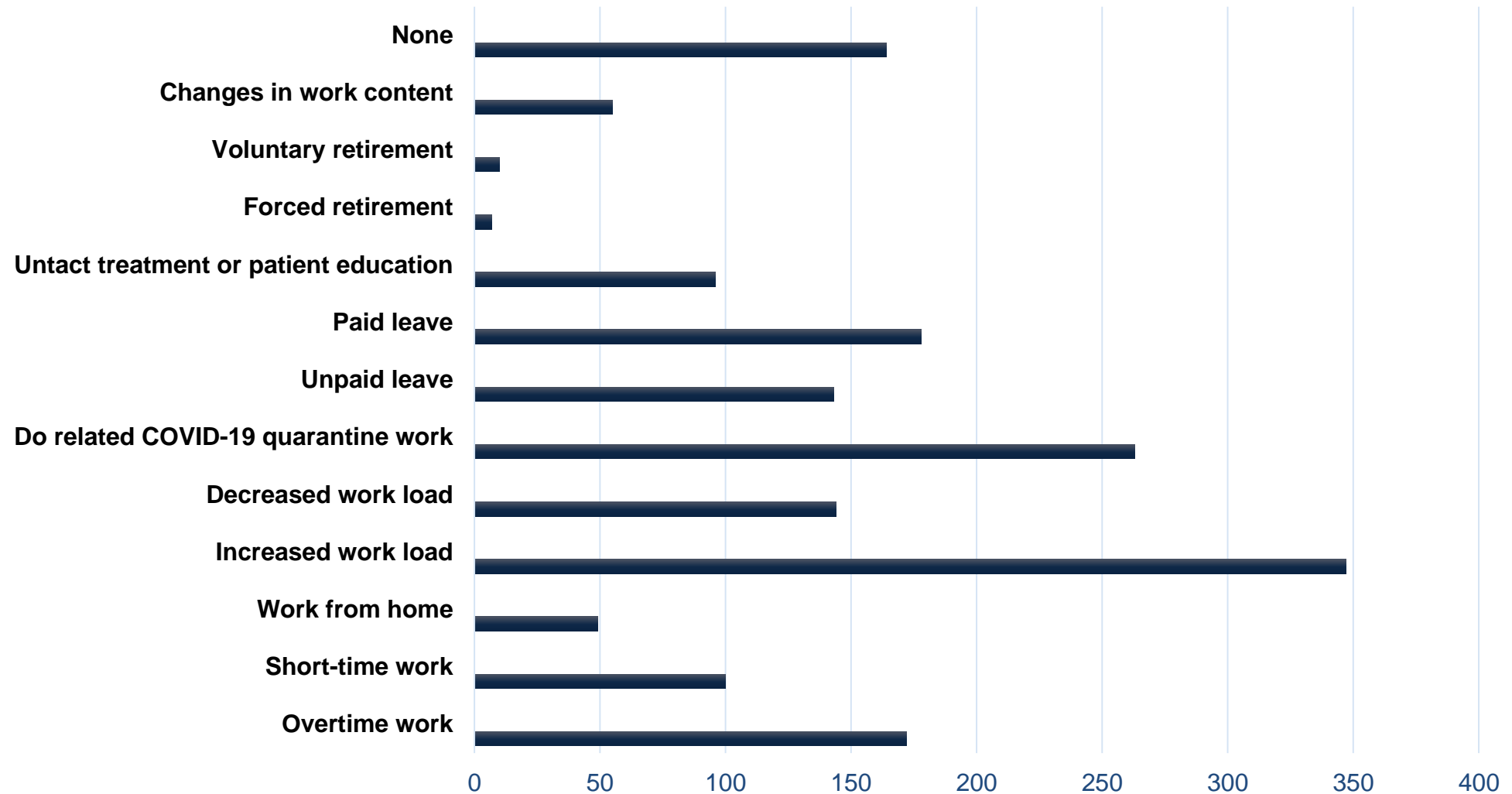
- Participants features – employment condition

Features (n=1,014)		Number (%)
Clinical experiences (mean 6.4 yrs)	<1 year	18 (1.8)
	1–5 years	512 (51.9)
	6–10 years	212 (21.5)
	10-20 years	222 (22.5)
	>20 years	22 (2.3)
Employment status	Full-time	803 (79.2)
	Part-time	211 (20.8)
Job title	Head of department	40 (3.9)
	Team leader	190 (18.7)
	General therapist	762 (75.1)
	Internship, freelancer, ect.	22 (2.3)
Dedicated hospital for COVID-19	Yes	199 (19.6)
	No	816 (80.4)



# Results

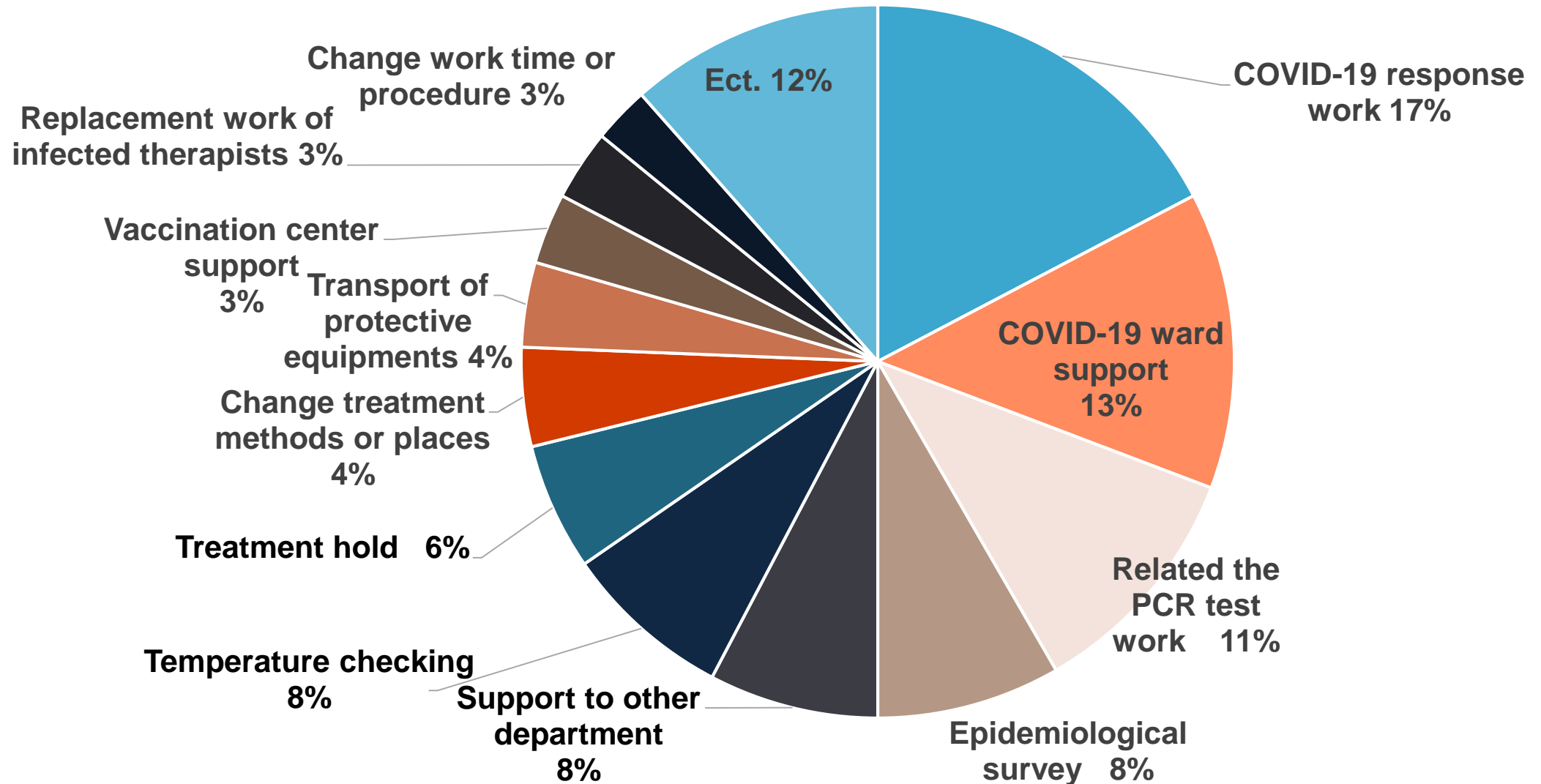
- Effects of COVID-19 on work life (multiple checks)





# Results

- Effects of COVID-19 on work life - changes in work content





# Results

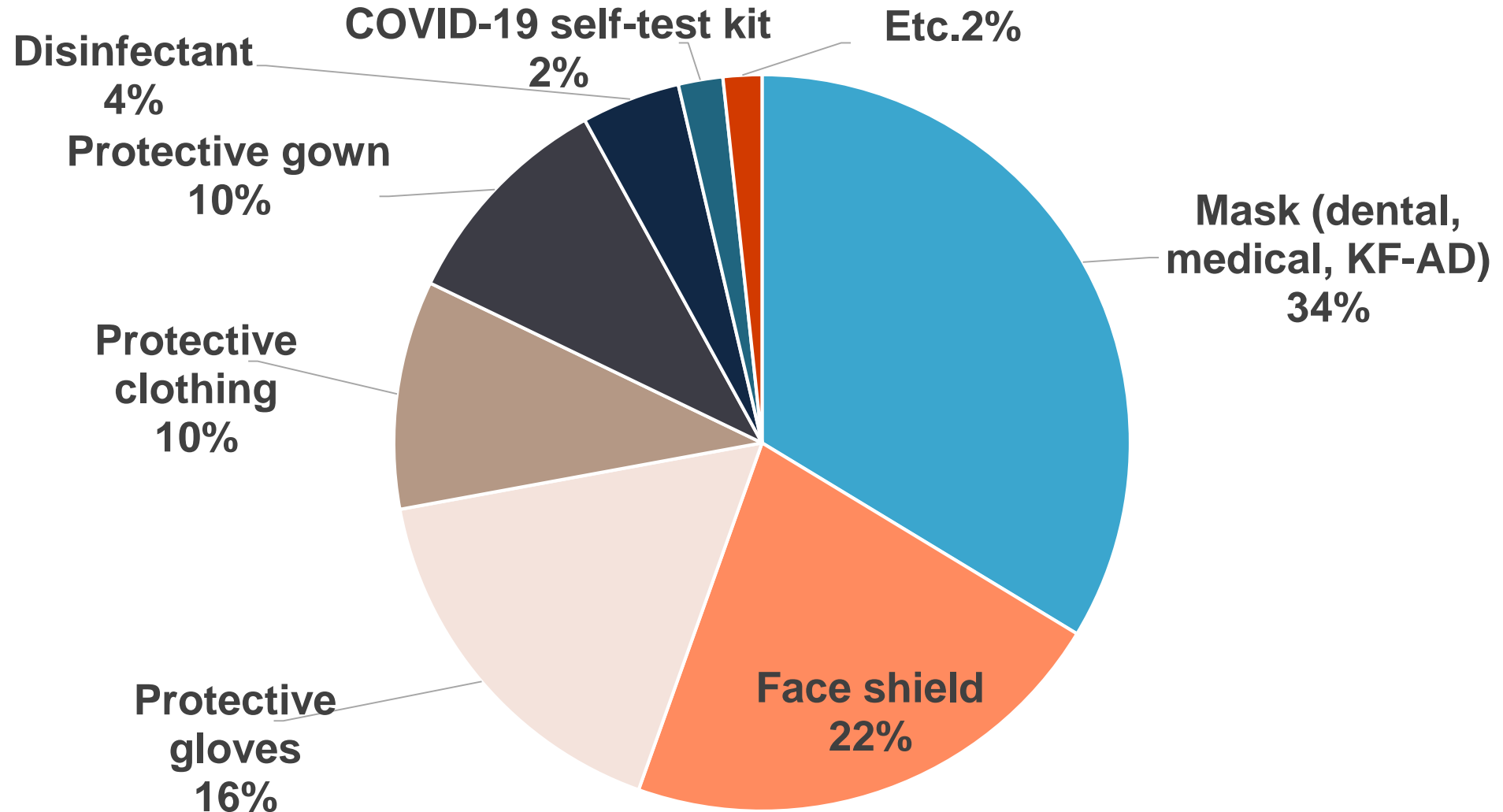
- Effects on employment / Effects of COVID-19 on work

Features (n=1,014)		Number (%)
Reduced annual salary	Yes	162 (16.0)
	No	852 (84.0)
Provided protective equipments	Yes	663 (65.4)
	No	351 (34.6)
Employment instability	Yes	449 (44.3)
	No	565 (55.7)
Instability about occupational therapist work	Yes	569 (56.1)
	No	445 (43.9)
Turnover intention	Yes	413 (40.7)
	No	601 (59.3)
Affected by the attitude toward patients treatment or motivation for treatment	Yes	635 (62.6)
	No	379 (37.4)
Decreased communication with patients	Yes	518 (51.1)
	No	496 (48.9)



# Results

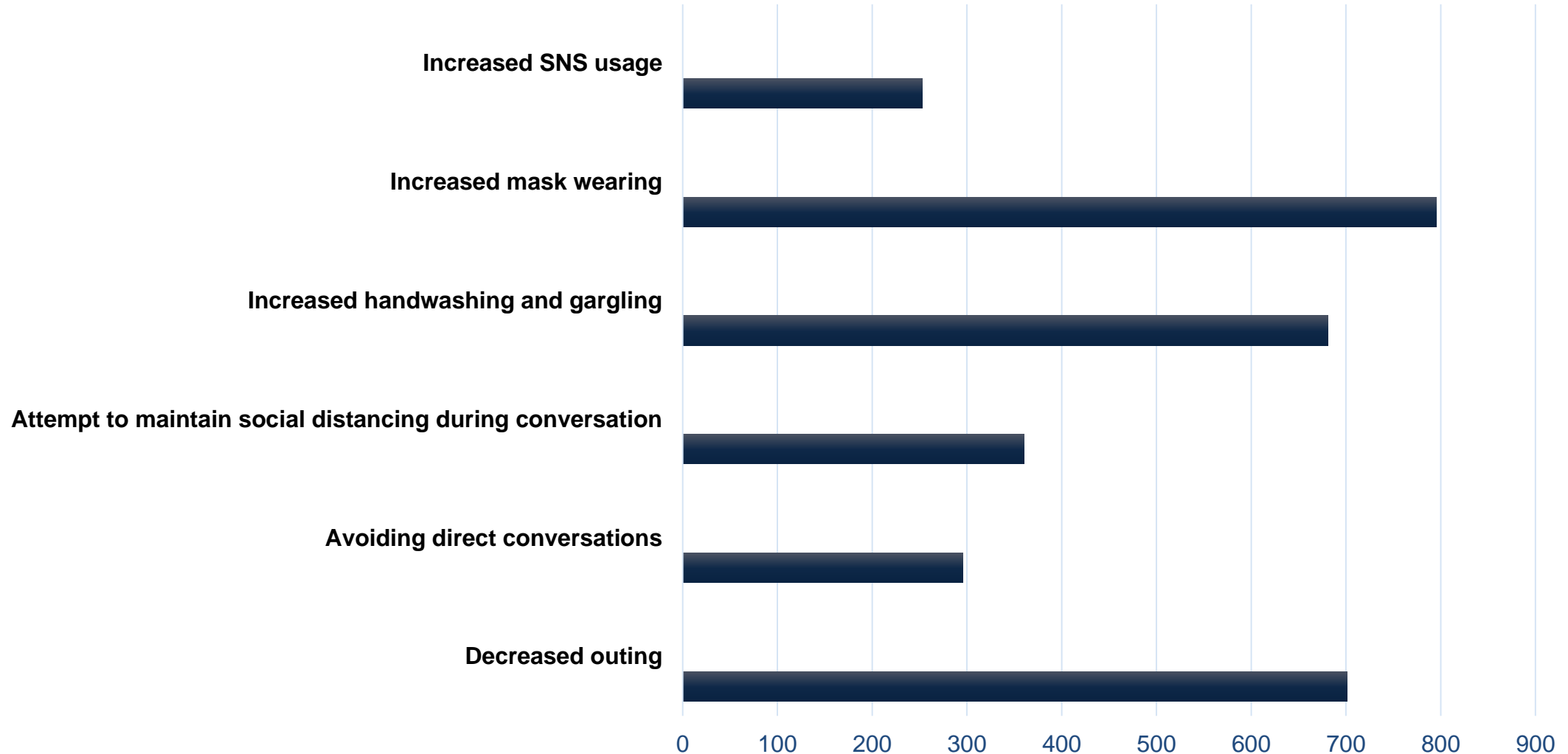
- Provided protect equipments





# Results

- Effect of the COVID-19 on daily lifestyle (multiple checks)





## Take Home Message

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- The outbreak of COVID-19 has caused lots of serious emerging challenge for the general public and health professionals worldwide
- Occupational therapists may continue to suffer from psychological symptoms, occupational burnout and employment instability.
  - Necessary to make an effort to protect OTs, and need to research regarding the mental health and QoL of OTs in Korea
- For the future, it is necessary to discuss the OT work system and policy preparation for next pandemic or disaster



**Thank you for listening !**

