

Building Self-efficacy of Occupational Therapists in Obesity Care



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Background

Obesity is a severe public health problem that continues to increase among adults in the United States³. Today, obesity is a far too common and costly health condition often associated with a multitude of health conditions increasing the prevalence of mortality^{1,3}. Occupational therapy (OT) can assist with increasing occupational participation and quality of life for individuals with obesity.

Currently, research relating to OT and obesity is limited in scope and quality of evidence as it focuses primarily on children, young adults, and weight loss programs^{4,7}. Further research is needed to provide a strong evidence base to determine whether specific education is necessary for OTs to improve self-efficacy and the implementation of strategies to facilitate better patient outcomes.

PICO Question

Does an educational module for occupational therapists working with older adults with obesity improve self-efficacy and the implementation of strategies to facilitate better patient outcomes?

Literature Review

The themes determined from the articles reviewed included (1) occupational barriers; (2) assessments; (3) interventions; (4) the need for more research^{1, 4, 5, 6, 7, 8, 9}.

Occupational Barriers

- Physical, Environmental, and Emotional

Assessments

- Health Promoting Lifestyle Profile II (HPLP II); Model of Human Occupational (MOHO) Screen Tool; Canadian Occupational Performance Measure (COPM)

Interventions

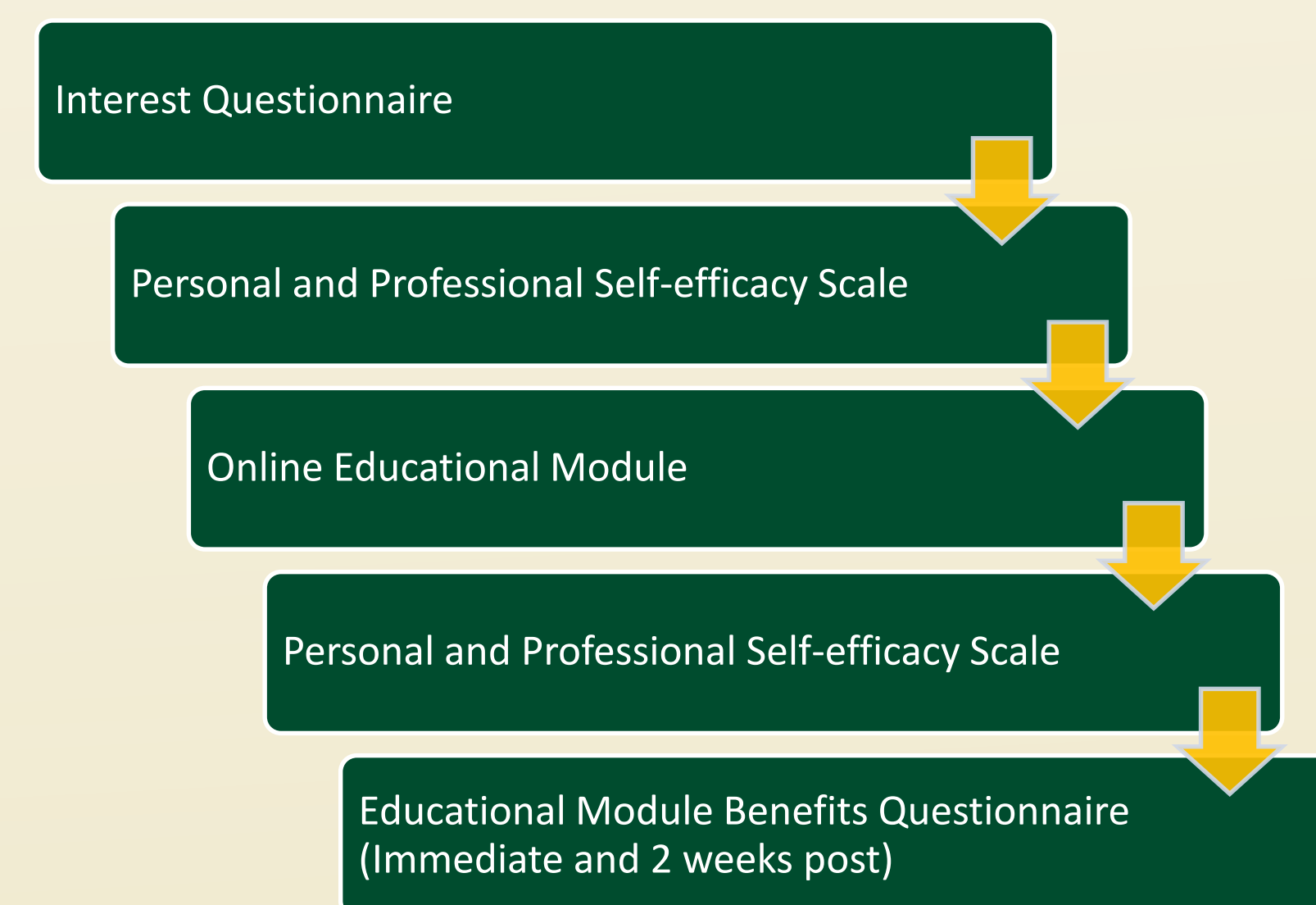
- Home and Environmental modifications; Physical activity; Compensatory strategies; Lifestyle interventions

Limitations

This doctoral capstone project's limitations included a small sample size as there were only three participants who completed the educational module. In addition, there was a time frame resulting in limitations to implement strategies learned during the educational module.

Methods

The purpose was to develop an educational module for OTs working with older adults with obesity within a transition care unit (TCU) to educate about OT's role in obesity care and provide additional information relating to appropriate assessments and interventions to implement within their practice. This module aimed to establish a specific educational module for OTs addressing the needs of older adults with obesity to improve self-efficacy and implementation of strategies to facilitate better patient outcomes.



Participants of this doctoral capstone project included two OTs and one occupational therapy assistant (OTA) who practice within a TCU. The project's participants completed an online educational module on obesity and OTs role in obesity care, including assessments and interventions to facilitate better patient outcomes. The principal investigator administered various surveys to assess the effectiveness the educational module.

Summary

As the prevalence of obesity continues, OTs need to take an essential role in increasing occupational participation and quality of life for older adults with obesity. OTs can play a role by eliminating occupational barriers and implementing appropriate assessments and interventions. By implementing the educational module completed during this doctoral capstone project, the principal investigator determined that a specific educational module for OTs improved self-efficacy and the implementation of strategies for older adults with obesity to facilitate better patient outcomes. Future educational modules are necessary to continue building self-efficacy and increasing the implementation of strategies to facilitate better outcomes of older adults with obesity.

References

See handout for references included in this poster presentation.

Results

The results indicated that the educational module was effective. The participants of this project reported increased self-efficacy with completing the educational module (See Table 1). In addition, while the participants reported limited knowledge relating to OT and obesity before the educational module, the participants reported increased understanding and implementation of assessments and interventions following the educational module to facilitate better patient outcomes (See Table 2). The information learned was beneficial to provide a starting point for changing behaviors and habits, reducing falls, and facilitating independence in activities of daily living.

Table 1

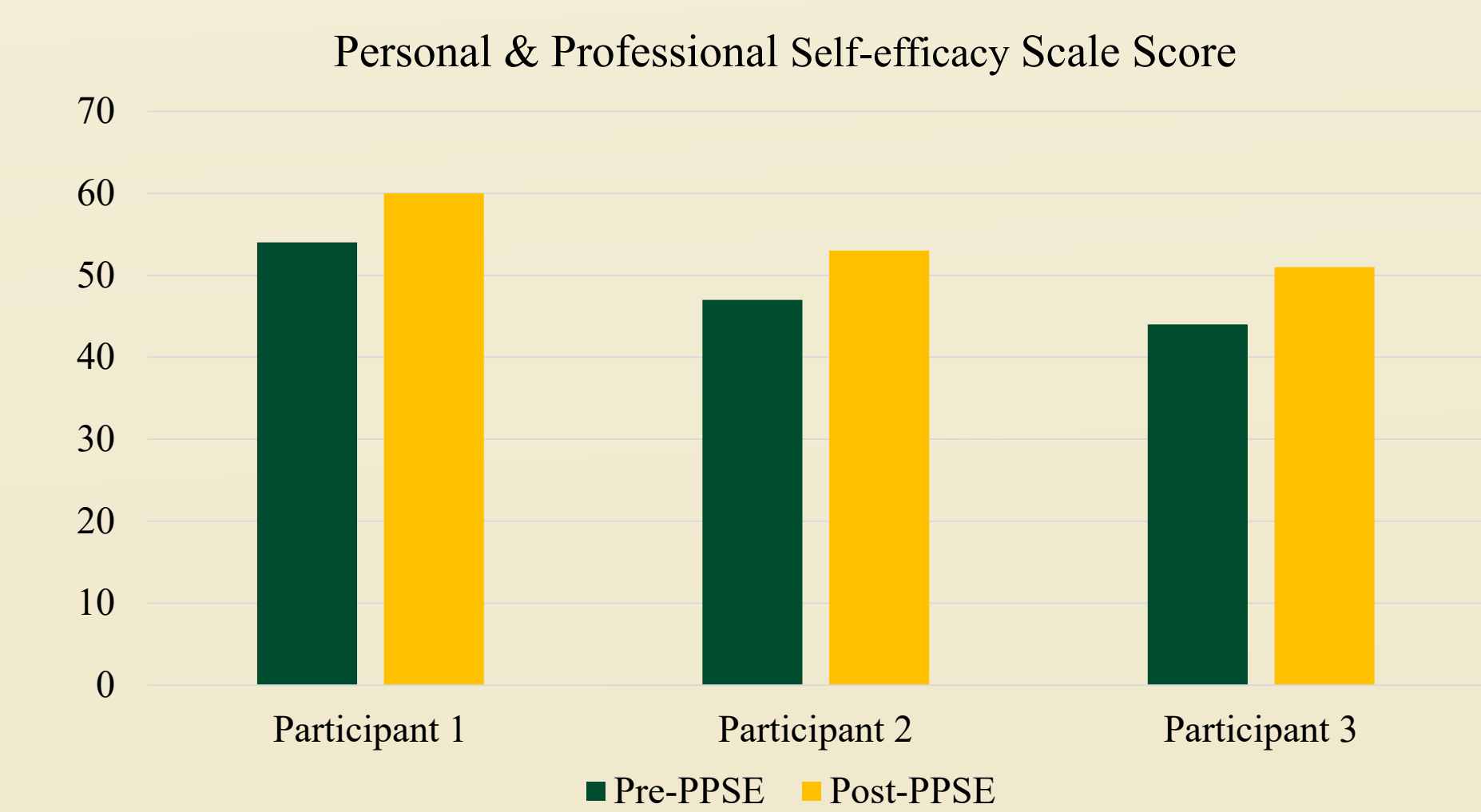
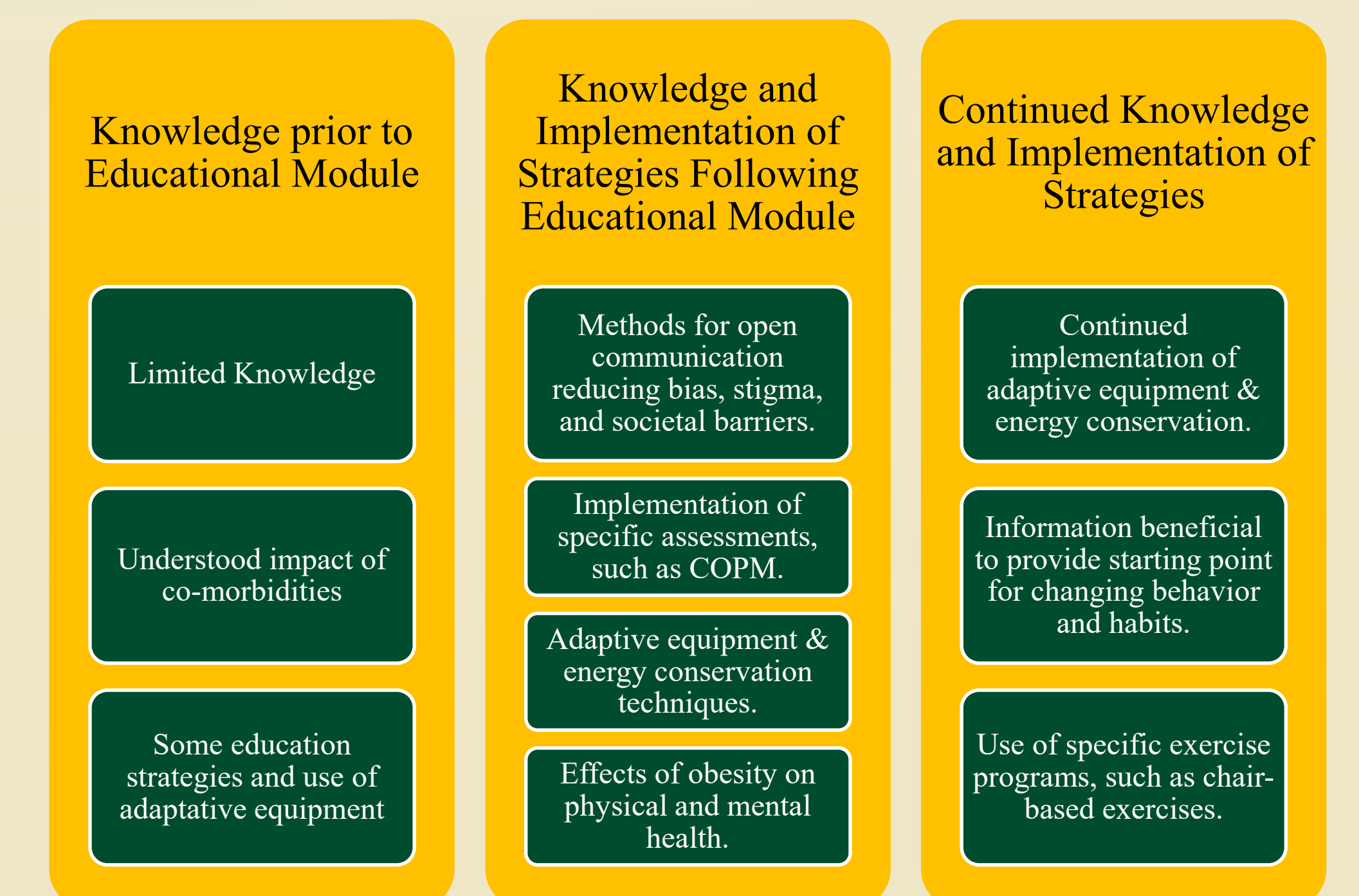


Table 2



Although all participants reported improved self-efficacy and the implementation of strategies, some questions remained after completing the educational module. These questions are options for areas to improve this educational module to ensure further benefits to enhance self-efficacy and implementation of strategies to facilitate better patient outcomes.