IPT Engagement Series:

OT Approach to Executive Function in Everyday Life

Vancouver CoastalHealth

Vancouver Division of Family Practice
An FPSC initiative

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SESSION SUMMARY REPORT

DATE	FORMAT	RESPONDENTS AUDIENCE
September 16, 2026	Zoom	43 Evaluations FPs & Nurse Practitioners

100%
Would attend another IPT Engagement Session

100%
Would recommend this session to a colleague

95%
Rated session 4–5 out of 5 for value

Session Overview

The IPT Engagement Series provides Vancouver PCN allied health practitioners with a platform to showcase their work, supporting knowledge sharing, cross-disciplinary learning, and stronger connections across primary care.

This session focused on **everyday executive functioning,** including the occupational therapists' patient care approach. The occupational therapists discussed how high level cognitive skills that are necessary to engage in goal-directed behaviours can increase or decrease depending on stressors and supports. Through identifying patient's occupational performance issues, the occupational therapist can suggest strategies that are tailored to the patient's specific strengths, challenges, and context.

WHAT WAS COVERED

Key Content Areas

What is Executive Functioning?
Executive functioning is a set of related cognitive processes and skills necessary for goal-directed behaviour. They are not static and can increase or decrease depending on stressors and supports.

Client Centered Approach
Working in partnership with patients to support participation in meaningful occupations, not just improving executive functioning itself.

Variety of Strategies Available to Improve Occupational Performance Issues
OTs suggest a variety of strategies to help patients achieve their personal goals. These strategies include The Eisenhower Matrix, Dropping the Anchor technique, and a variety of prioritization strategies.

Additional Considerations
Things such as sleep, anxiety, perfectionism, sensory issues, fatigue/pain, and social media/screen use can play a role in a patient's executive functioning.

OTs Focus on Occupations
Occupational therapists focus on occupations, which can sometimes be a barrier to a person's executive function, but can sometimes not be.

Short-term Use
Occupational therapists are a short-term, generalist service.

Key Highlights

Case-Based Learning Was a Major Strength
The use of case studies was useful to help attendees better understand what executive functioning was and how it can impact their patients.

Better Understanding of OT Referrals
Attendees gained a better understanding of the clinical indicators for an OT referral.

Understanding of Assessments
Attendees appreciated learning how assesments are completed and resources provided to the patients.

Various Useful Strategies
The session outlined a variety of useful strategies that OTs use to help their patients achieve their goals.

PARTICIPANT EVALUATION

Session Ratings

Based on 43 survey responses (scale of 1–5).

Overall session value — 95%
51% rated "Extremely Valuable" (5/5) · 44% rated 4/5

Ability to apply knowledge going forward — 88%
51% rated 5/5 · 37% rated 4/5

IPT Series objectives met — 93%
65% rated 5/5 · 28% rated 4/5

84%	16%	100%
Family Physicians	Nurse Practitioners	Would attend a future IPT Engagement session

WHAT PARTICIPANTS SAID

Selected Feedback

"I got a better sense of what OT does and how they can help patients with executive functioning."

"I Liked the examples. They were relevant. It is helpful to know what your approach is and how you go about target clients' specific concerns."

"I had a limited awareness of what executive functioning was and the techniques described to help were interesting."

"Thank you to the OTs for sharing what they can help patients with. I had not previously considered referring ADHD patients to PCN OT."

"I did not know that OT actually offered this service and it was good to learn roughly what they are teaching patients."

NEXT SESSION: October 14th, 2026

To register for the session on a PCN approach to Irritable Bowel Syndrome click here.

Find more info about these sessions or contact your Community Network Manager

Vancouver CoastalHealth

Vancouver Primary Care Network