

Interprofessional Team Engagement Series

The goals of the monthly [Interprofessional Team](#) (IPT) Engagement Series are to learn, connect and share questions and experiences to help IPT Clinicians and Primary Care Providers to optimize how they work together in the Primary Care Networks (PCNs) to support their patients.



SESSION 15: Exploring Occupational Therapy – February 12th, 2025

The session focused on the role of occupational therapy in promoting well-being, enhancing daily function, and supporting individuals across various life stages. Key topics included holistic care approaches, strategies for improving independence, and the integration of occupational therapy in multidisciplinary healthcare settings.

Key Discussion Points

1. What is OT?

- OT focuses on enabling individuals to engage in meaningful daily activities to improve health and well-being.
- OT is appropriate when a person's current activities don't align with what they want or need to do, and they seek change.

2. What is OT in PCN?

- Works with mild-to-moderate conditions.
- Offers structured sessions (1–8, 60 minutes each), primarily virtual, with in-person options at select locations.
- Process: **Assessment** → **Goal Setting** → **Intervention**.

3. What Can Be Referred to OT?

- Various daily living challenges, such as meal preparation, personal hygiene, chronic pain, depression, anxiety, fatigue, ADHD, and sleep difficulties.
- Strategies include behavior activation, cognitive-behavioral techniques, self-management, energy conservation, and task analysis.

4. Inclusion & Exclusion Criteria

- Refer to the updated referral guide [here](#). This guide helps determine patient eligibility for OT services and ensures appropriate referrals.

5. What PCN OT does not do

- OT **does not** provide return-to-work assessments, workplace evaluations, or job-seeking assistance.
- Home Health OT **does not** support home-bound individuals with safety concerns or modifications.

SESSION FEEDBACK – 51 Respondents

89.09%

Would refer a patient with similar circumstances

93.33%

would recommend the sessions to colleagues

97.78%

would attend another session

"The information and case studies were provided were highly detailed and insightful, offering a comprehensive understanding of OT roles and responsibilities. They not only illustrated key concepts effectively but also provided practical examples."

-Primary Care Provider

"Great insight into how OTs can help our patients, detailed info on scope and referral wait times."

-Primary Care Provider

Who attended the session?



51 Providers

(FPs, NPs, RNs)

4 IPT Clinicians

(Ots, Intake)

Did you miss the event? Click [here](#) to view the PowerPoint and click [here](#) for a recording of the session.

NEXT SESSION: March 12th, 2025

Exploring Clinical Pharmacy – click [here](#) to register!

[Find more info about](#) these sessions or contact your [Community Network Manager](#)

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