



Pearson



The Mind's *Eye*



Issue 15

What is Occupational Therapy?

Occupational Therapy has been defined by WHO as “a Client Centred health Profession concerned with promoting health and well-being through occupation”. It is the profession that helps people across the lifespan to do things they want and need, through the therapeutic use of daily activities. It is a profession which is much in demand across the globe, especially in the sector of Paediatrics, Neuroscience, Psychiatric, Orthopaedics and Geriatrics. Occupational Therapy Practitioners enable people of all ages to live life to its fullest by helping them promote health and live better with injury, illness or disability.

Occupational Therapy Services include

- An evaluation of the client /family
- Determination of the person’s goals
- Intervention to improve the person’s ability to perform daily activities and reach the goals
- Measuring the outcome to know whether the goals are being met and/or make changes in intervention plan if needed.
- Evaluation of the clients home and other environments (e.g.:- workplace, school)
- Recommendations for adaptive equipment and training in its use.
- Guidance and education for family members and caregivers.

About the course

Bachelors in Occupational Therapy (BOT) – 4.5 Years

Masters in Occupational Therapy (MOT) – 2 Years

Specialized in Paediatrics, Neuroscience, Orthopaedic, Adult Psychiatry

Where to get an Occupational Therapy?

- Hospitals

- Clinics
- Rehabilitation Centres
- Mental Health Care Centres
- Schools/Special Schools
- Prisons/Jails
- Industries
- Community Centres

Occupational Therapy focussing areas:

- Basic Activities of Daily Living (ADL) like bathing/dressing/eating/mobility/personal hygiene/grooming/sleep and rest/toilet hygiene
- Instrumental Activities of Daily Living (ADL) like child rearing/use of communication device/ money management/health management /home management.
- Education
- Work
- Play
- Leisure
- Social Participation

How Occupational Therapy can be helpful to the society?

- Helping Children with disabilities to participate fully in school and social situations (e.g.:- ASD/ADHD/Cerebral Palsy/Delayed Development)
- Helping people recovering from injury to regain skills (e.g.:- Head injury, fracture, and burns)
- Helping psychiatric patients to improve functional abilities and quality of life (e.g. mood disorders/Addiction)
- Providing supports for older adults experiencing physical and cognitive changes and improve functional independence (e.g.:- Parkinsonism, Dementia)

Professional of the month

Mr. Joseph Sunny

Director & Senior Consultant at Prayatna Centre for Child Development, Cochin.

Mr. Sunny career has spanned over a decade with hands-on experience of 15 years. He is the Co-Founder of Pebbles Rehab Centre, Chennai. He has also rendered service in prominent Hospitals like Kanchi Kamakoti Childs Trust Hospital Chennai, Dr. Mehta's Hospital Chennai, & Trivandrum Medical College.

His area of interest is in Child Development, Developmental Disabilities & Parental Empowerment in shaping children's life. This interest has led to the existence of Prayatna, an interdisciplinary Centre for Child Development. Under his coordination, the Centre functions as a multi-disciplinary unit with Pediatric Neurology, Developmental Pediatrics, Clinical Psychology, Speech-Language Pathology, Occupational Therapy, Special Education and Physiotherapy.

He completed his Bachelor's and Master's in Occupational Therapy (Pediatrics) from Dr. MGR Medical University, Chennai. He is a certified Sensory Integration Therapist, awarded by Sensory Integration International, University of Southern California, USA. He has done a Certified Course in Brain Gym & Handwriting without Tears curriculum, USA. He is a PhD Scholar in Occupational Therapy & Fellowship in

Advanced Occupational Therapy: Neuro-Developmental Disorders. He has also secured 1st Rank in Kerala Public Service Commission (Occupational Therapy).

He is an Executive Committee member of All India Occupational Therapists Association (AIOTA) & an Editorial Member of Indian Journal of Occupational Therapy (IJOT) along with being the Convener of Kerala Occupational Therapists Association (KOTA). He has been instrumental in the formation of a Regulatory Board for Occupational Therapists & the proposed Occupational Therapy Course in Kerala.

He has organized several National and International conferences. Besides he has been addressing Workshops/Seminars for the benefit of Professionals & Students. He has been conducting School awareness Camps on Occupational Therapy especially to impart knowledge to Teachers & Parents. Further, he has been promoting Occupational Therapy services to the community and needed groups by hosting several Programs for Television Media & publishing Articles in Newspapers, Magazines and other Media.

You can reach Mr. Joseph Sunny at jsunnymot@gmail.com



Is your practice future ready?



Illustration by Dan Matutina

Technology has penetrated the deepest part of India and mental health professionals from around the country are embracing it. Are you? Digitization of psychological assessments not only allows mental health professionals to have a farther reach, it has also significantly simplified the entire process.

We at Pearson, we would like you show you a peek into the future of mental health. We would like to offer you an exclusive preview of **Q-global** – Our online/web-based system for test administration, scoring and reporting of psychological assessments.

Claim free tests and experience Q-global first hand.



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