

Exploring Occupational Therapy's Role in Pelvic Health through Advanced

Clinical Skills Attainment

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Center For Graduate Studies - West Coast University, Occupational Therapy Doctoral Program



Description of DCE site

Doctoral Capstone Site: Motivate Therapy

- Established: 8 years ago
- Location: Rockford, IL
- Team: OT, PT, OTA, PTA, & CPT
- Discipline: Outpatient rehabilitation clinic
- Clientele: Adults
- Specialties:
 - 85-90% : Pelvic floor dysfunction (PFD)
 - 5-15%: orthopedic, post-surgical rehab, and chronic pain

Mission: "to change lives through individualized Selfcare Solutions one person at a time."

Summary of Needs Assessment

- To enhance pelvic health knowledge for patients, staff, and OT students
- To research effective pelvic health outcome tools, varied competency levels between pelvic health therapists, and effective manual interventions
- To develop programs that focus on community pelvic health literacy, pelvic floor diagnosis education, and mental health in relation to the pelvic floor

Key Points of Literature Review

Need for Occupational Therapy

- Pelvic floor therapy is a multi-contextual that includes physical, cognitive, and behavioral elements (Frawley et al., 2017)
- Over 1/3 of women with PFD experience difficulties with at least 1 daily occupation (Erekson et al, 2015)
- Urinary incontinence (UI) negatively impact daily activities (McKenzie et al., 2013)

Conversation within the field

- OT's role has been established in treating pelvic floor disorders (Neuman et al., 2009)
- Tools have been created to guide pelvic health conversations in OT practice (Sabel & Gallagher, 2015)
- OT interventions successfully treat UI (Hunjan & Twiss, 2013)

Lack of competency

- Pelvic health education in not included in OT school curriculum which limits addressing this area in future practice (Areskoug-Josefsson & Fristedt, 2019)
- Communication barriers in post-professional practice leads to patient's pelvic concerns being ignored (Kingsberg et al., 2019)

Education as a solution

- Utilizing education as a leading intervention reduces PFD symptoms and increases quality of life (Berzuk & Shay, 2015)
- OT driven pelvic health interventions that integrate new skills into routines are sustainable (Cunningham & Velasquez, 2019)

Student's Learning Objectives

By the end of the 14-week DCE the student has:

- obtained **advanced clinical practice skills** in the evaluation and treatment of pelvic health conditions
- established an **online educational library** on pelvic health for patients and practitioners to build their clinical practice and advocacy skills
- enhanced their advocacy skills in raising **student awareness of pelvic health**

Project Description & Implementation

Primary Focus Area: Clinical Practice Skills

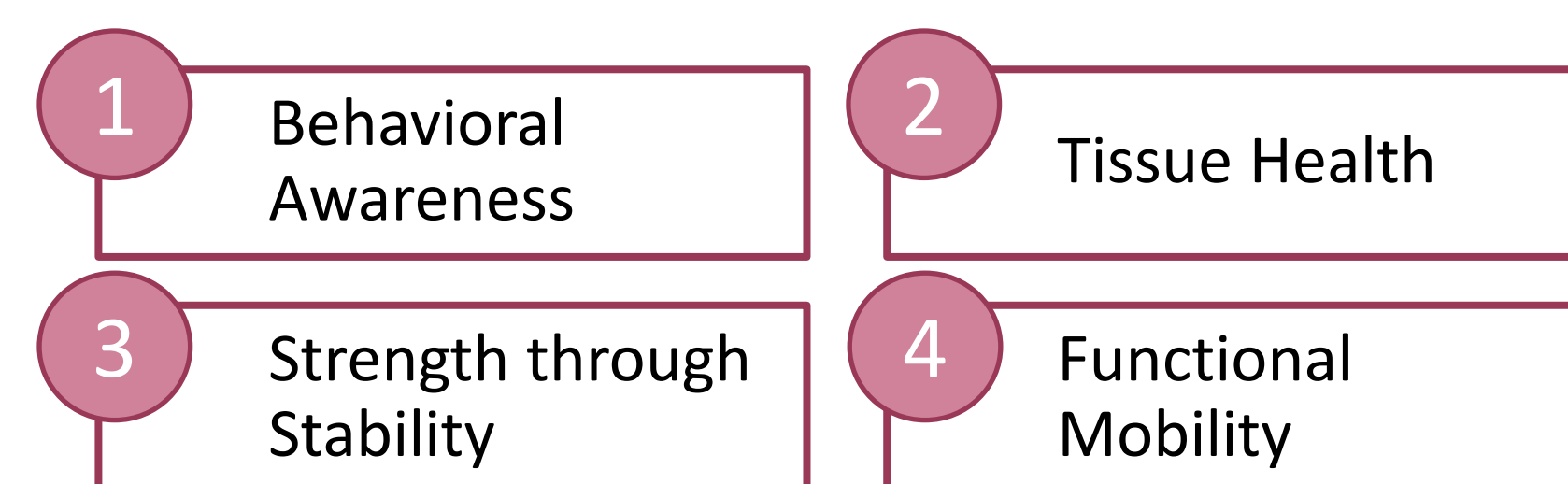
Patient Caseload:

- 18-20 patient caseload:
 - 7 men and 13 women
 - Ages: early 20's-70's
- Provided 1-hour sessions over the course of 10 weeks
- Diagnoses treated:**
 - UI (stress, urge, & mixed), fecal leakage, pelvic/perineal pain, constipation, genital prolapse, & penile/testicular pain
- Documentation:**
 - All treatment sessions, 15 evaluations, 20 pelvic floor assessments, 5 progress notes, and 2 discharges

Secondary Focus Area: Education

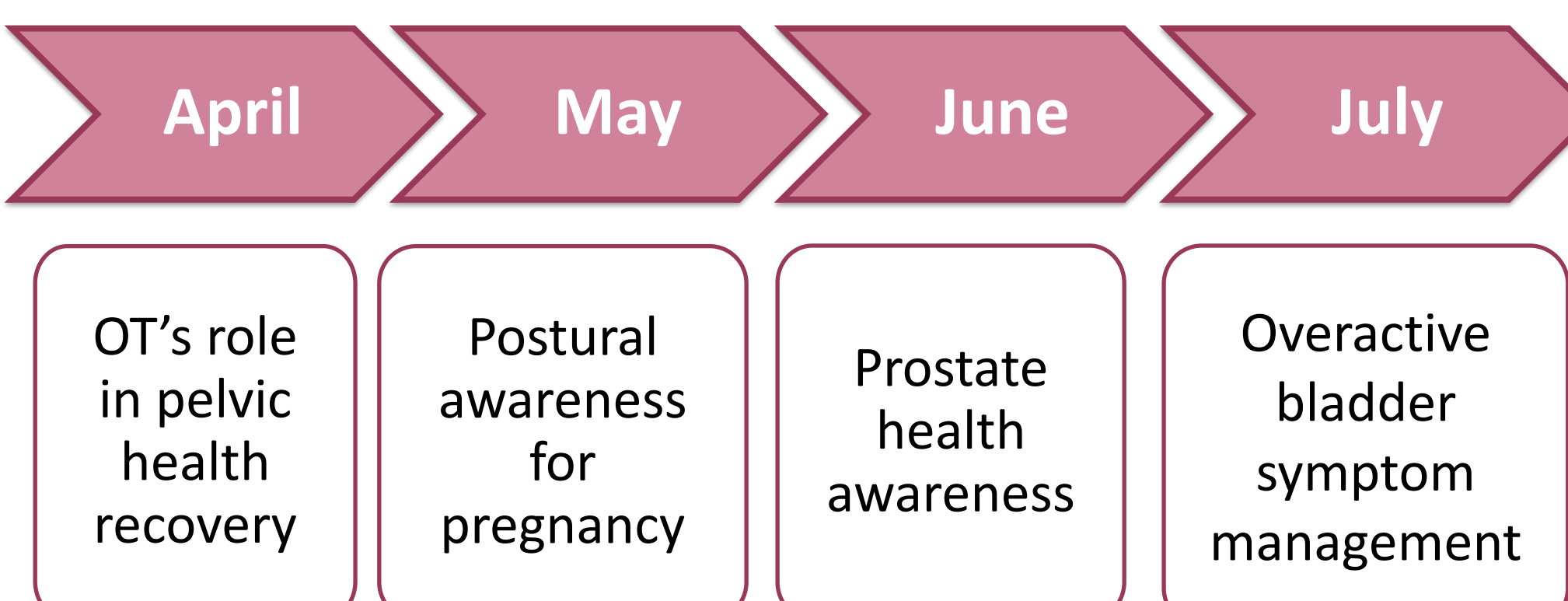
Educational Online Content:

- Distribution plan:**
 - 1 topic per month, 5 posts per topic, distributed weekly
 - Guided by Motivate's pillars of whole-body health



Blog posts:

- Wrote, edited, and published 20 social media blog posts
- Monthly Topics:



Evaluation & Outcomes

Competency Checklists

- Clinical skills evaluated by site mentor and supervising OT
- Score required to independently treat patients: 60%/section

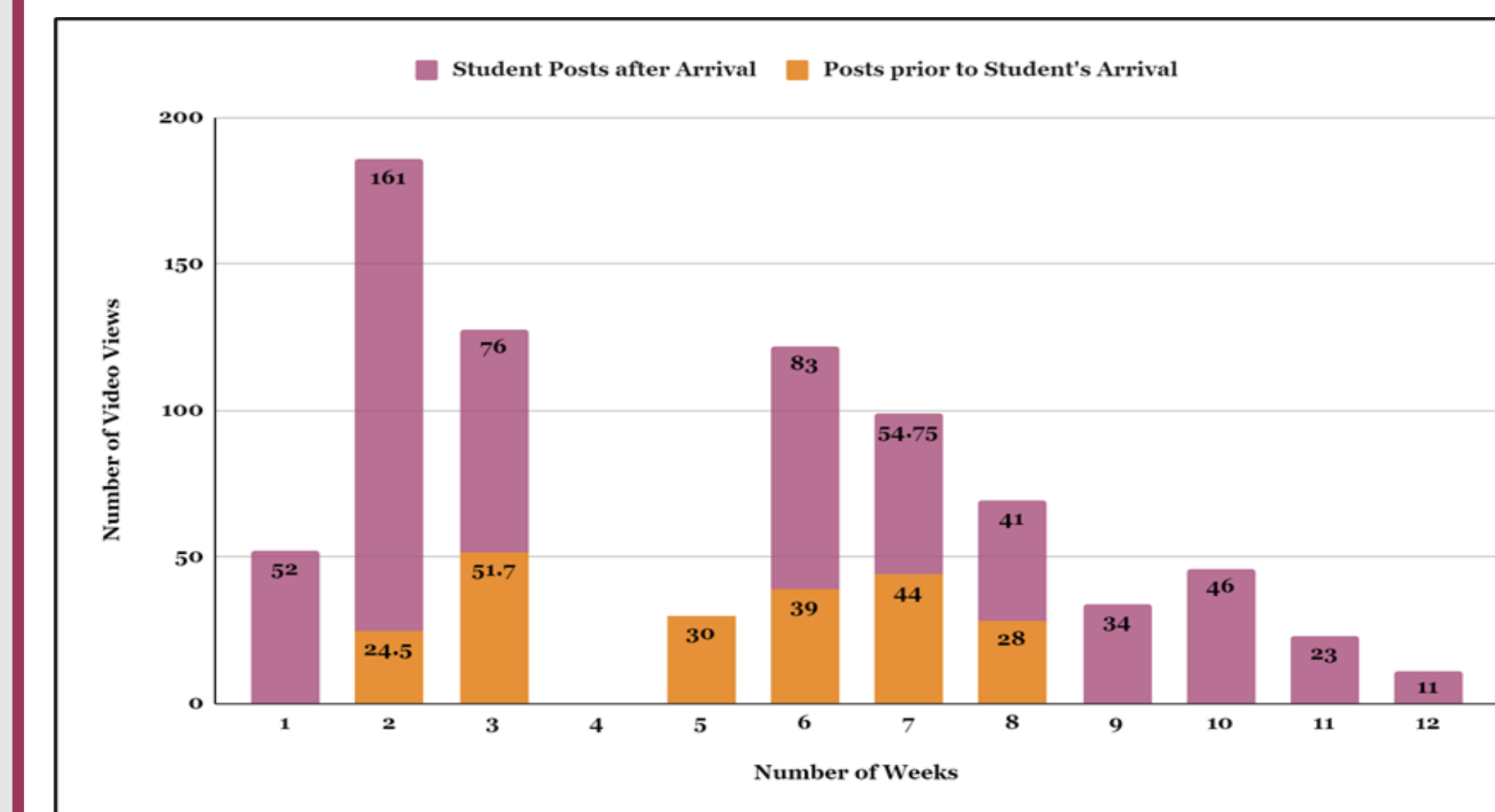
Evaluation Form Skills	Score
Subjective Interview	66%
Evaluation Methods & Assessments	66%
Documentation	68.5%

Whole Body Health Treatment Approaches	Score
Bladder and Tissue Health	57%
Posture/Breathing Re-ed & Diagnosis Packet Education	54%
Manual Techniques & Stretches	48%
Core & Pelvic Floor Muscle Strengthening	49%
Documentation	60%

Audience Engagement Trends of Motivate's Social Media

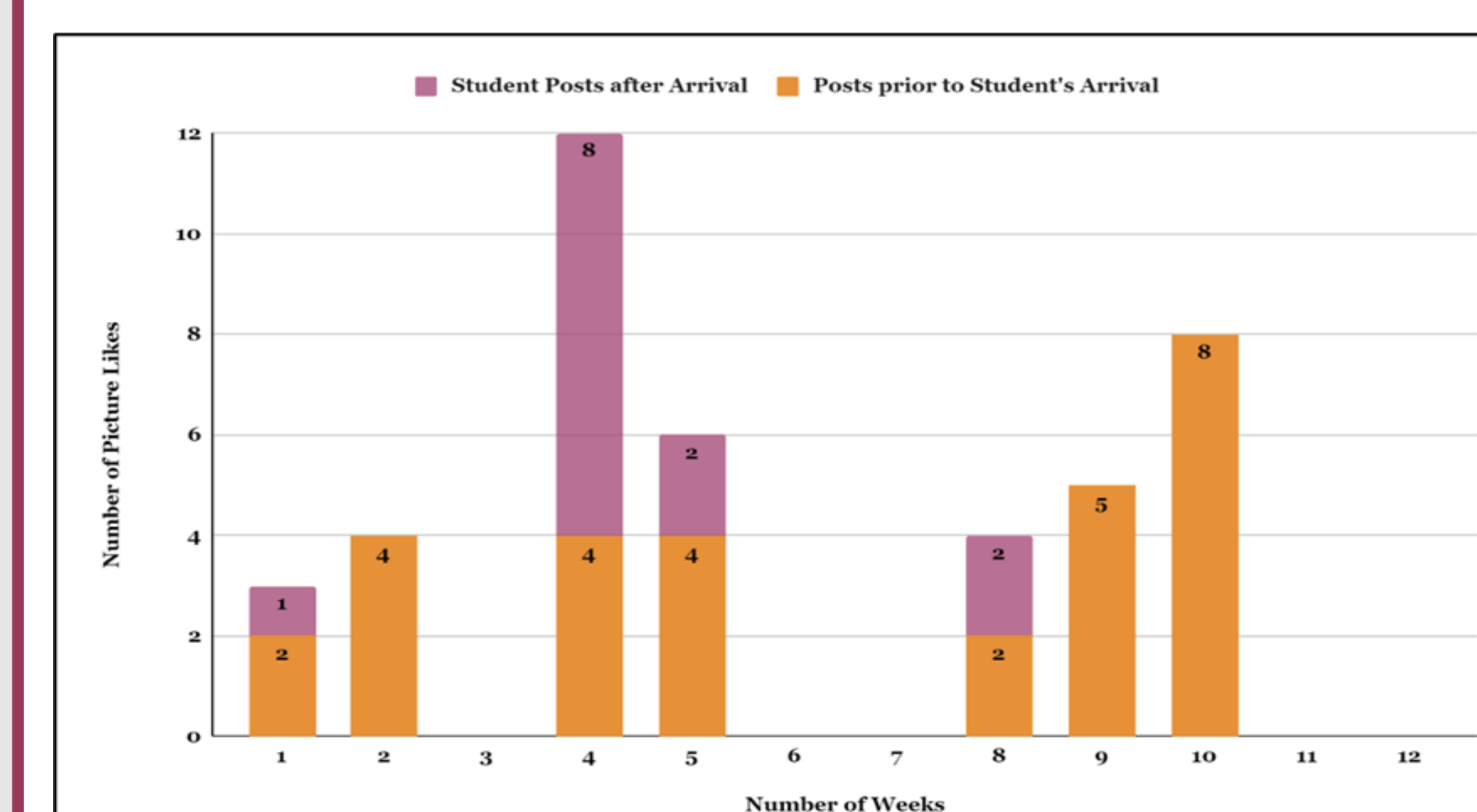
Overall Video Views Increased

Student's posts: 822 views Site's content: 346 views



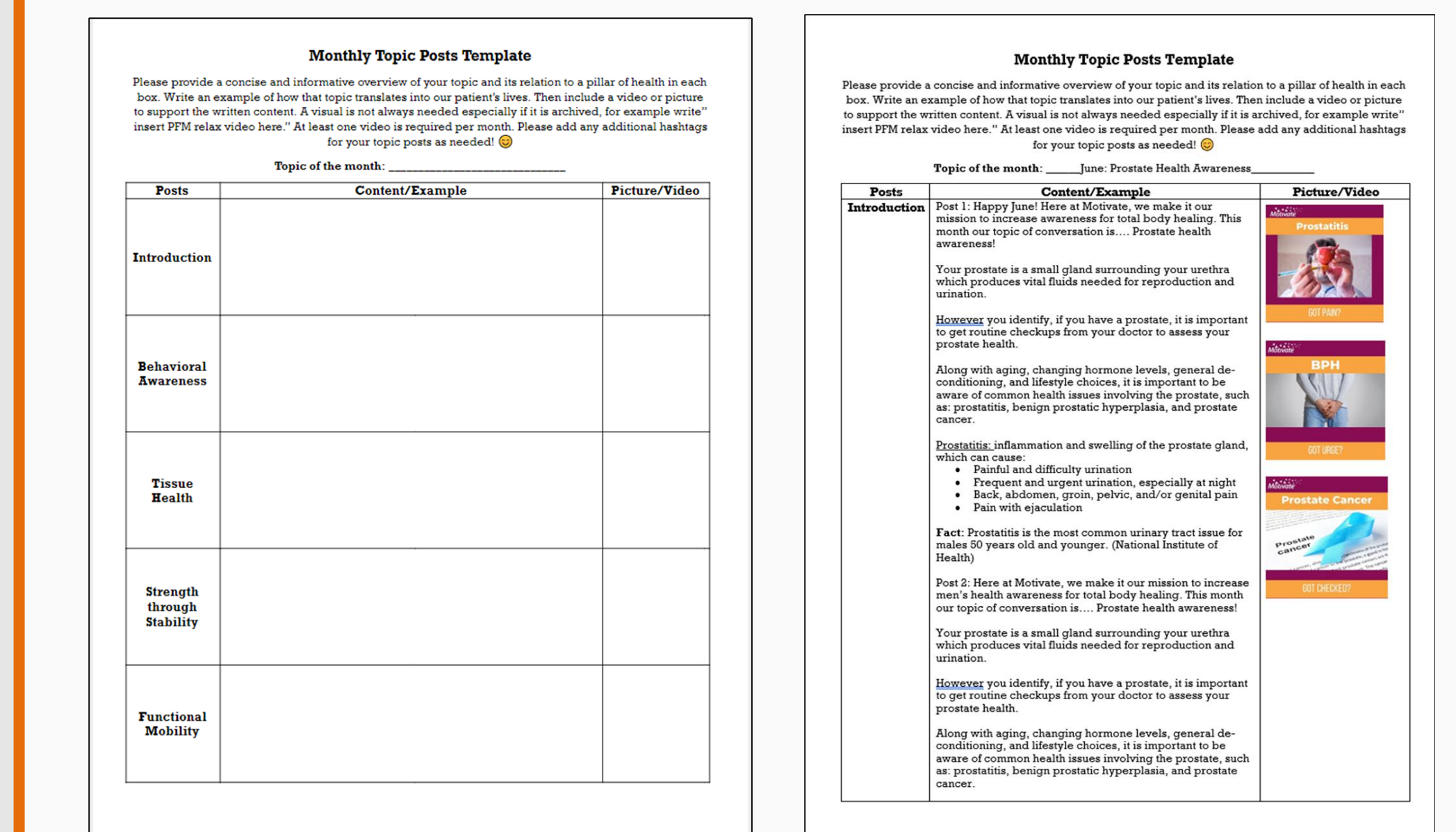
Overall Picture Likes Decreased

Student's posts: 17 likes Site's content: 29 likes



Summary of Deliverables

- Patient HEP Compliance Checklist
- 20 blog posts for the online educational library
- Monthly Blog Post Template for Staff
- 4 Template examples of written blog posts
- OT student pre-pelvic health guideline
- Pelvic health guest lecture



Discussion

- Opportunities for OT students to attain advanced clinical practice skills in pelvic health will lead to increased representation within emerging practice areas
- Distribution of educational resources containing health literacy & solution-based intervention content reduce barriers in gaining pelvic health knowledge but lack measures to ensure enhanced patient recovery

Implications for Future Practice

- Provide fieldwork & capstone opportunities guided by current pelvic health OTs to build OT leadership in pelvic health
- Share student pelvic health experiences to further **advocate** and **inspire** students to pursue future pelvic health careers
- Include pelvic health education into future OT curriculum to **address** overlooked occupations affected by pelvic conditions
- Update AOTA's OT practice statements to include pelvic health under OT's scope to increase **inclusivity** of vulnerable pelvic health populations



References (Available Upon Request)