



**ERGOTHERAPIE**



**2015 European Year  
for Development**

**our world  
our dignity  
our future**

June  
2015

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## BOARD MEETING AND VISIT TO UNIVERSITY OF RUSE, BULGARIA

The Board has just returned from meeting in Bulgaria. This timely visit was part of the preparations for the forthcoming Annual Meeting, kindly hosted by the University of Ruse, Angel Kanchev.

We were honoured to have a formal welcome meeting with the Cor. Mem. Professor DSc. Hristo Beloev, Vice Rector Professor Juliana Popova, Vice Dean Assoc. Professor Boryana Todorova, Head of Department Assoc. Professor Daniel Bratanov and Assoc. Professor Liliya Todorov, who then invited the board at lunch time to explore the beautiful grounds of the university. On same day in the grounds, the University had an open day agricultural event. We sampled some traditional Bulgarian food and then the board were invited to join in with the traditional dancing (the dance troupe was made up of students and academics). Brian Ellingham, President of ENOTHE and Liliya Todorova were interviewed by Bulgarian television about our visit and the work of ENOTHE. What a fantastic publicity opportunity and experience!

We were invited to view the newly built facilities that the University has to offer and this included a fantastic large lecture theatre which is able to house up to 800 people! There were numerous excellent sized rooms which are highly suitable for our workshops and presentations, a generous sized reception area that will be used to distribute lunches and a really useful space to house the posters and market place stalls. The hotel we experienced (hotels suggested by the Bulgarian team) was in a convenient part of the city, clean and well looked after and we were served with an excellent range of food.

The board was kindly given a short walking tour of the city by Liliya Todorova and we passed by where the drinks reception is intended to be held, we then we stopped off to try out the food and venue for the social evening. We were impressed by the friendly and helpful people that we met, the architecture and culture evident in the centre of the city.

**An important reminder** - if you are arriving at Bucharest Henri Coanda Airport remember it is in Romania. There are no direct trains you will need to take a 2 hour taxi ride to Ruse, Bulgaria. This is all very straightforward, all you need to do is pre-book your **Bulgarian** taxis to and from the airport to your hotel (details on our website) in Ruse, Bulgaria.

This Annual Meeting is not be missed a fantastic opportunity to experience a very interesting part of vibrant Europe full of history – please come and join us.

### University of Ruse 'Angel Kanchev'



ENOTHE President Brian Ellingham is interviewed for local television



The ENOTHE Board receives a very warm official welcome from 'Angel Kanchev' Cor. Mem. Professor DSc. Hristo Beloev

### Marketplace for the Annual Meeting 2015

Register to be a part of our marketplace for this year's Annual Meeting  
[Information Form](#) and [Application Form](#)

# Project in Focus

## Joint International Project on Health Promotion and Self-Management

### Introduction

The Joint International Project (JIP) is a European research-related project between twelve higher education institutions in health care. Participating professions are: occupational therapy, physical therapy, speech and language therapy, nursing, and nutrition and dietetics. The overarching topics of the project are health-promotion and/or self-management.



*Ursula Costa, Elisabeth Fattinger, Patricia De Vriendt, Dominique van de Velde, Toini Harra, Debby Kramer, Kee Hean Lim, Daniela Senn and Ton Satink.*

### Occupational therapy partners of the JIP network

- Austria:** fh gesundheit - University of Applied Science Tyrol, Innsbruck (BSc & MSc).
- Austria:** FH Joanneum, Graz (BSc).
- Belgium:** University College Artevelde, Ghent (BSc).
- Belgium:** University Gent, Ghent (MSc).
- Finland:** Helsinki Metropolia University of Applied Sciences, (BSc & MSc in Rehabilitation).
- Great Britain:** Brunel University London (MSc pre-registration programme).
- Switzerland:** Zurich University of Applied Sciences, ZHAW, Winterthur (BSc).
- The Netherlands:** HAN University of Applied Sciences, Nijmegen (BSc).



Beside these OT-partners, also institutions from the National Sports Academy (Bulgaria), Red Cross Schools, (Portugal), University College Sjælland (Denmark), and FH Campus Wien (Austria) are participating

### General aims of the JIP

The JIP aims to facilitate research and knowledge development on a European level within a (multi and mono) disciplinary context. Additionally the JIP aims to strengthen and further develop the OT-profession through engagement and exchange among students, educators, researchers, and practitioners in applying health-promotion and self-management principles.



### Steps undertaken until now

The JIP was initiated in 2012 at the HAN University of Applied Sciences. In 2012/13 the occupational therapy departments of the fhg (Innsbruck), the ZHAW (Winterthur), and the HAN (Nijmegen) started a pilot with students working together, exchanging thoughts and reflections related to their Bachelor theses and Master projects. Besides communicating through Skype and email, students and staff also met for a 2-day meeting at Innsbruck in December 2013.

In May 2014, a second JIP meeting for staff was organized at the HAN, representing 10 institutions.

In 2014-2015, about 10 occupational therapy students from the FHG, the ZHAW, the HAN and Brunel University participated in the JIP and met at Winterthur.

In May 2015 staff from eleven institutions participated in the third JIP meeting at the Red Cross Nursing School - Oliveira de Azeméis (Portugal), developing JIP material further, including an electronic platform.

### Future Project group activities

- October 2015:** ENOTHE Annual Meeting, Ruse, Bulgaria – Workshop
- December 2015:** JIP Meeting, Innsbruck – Meeting and workshops by students and staff
- April 2016:** JIP Meeting, London – Meeting and workshops by students and staff
- June 2016:** COTEC-ENOTHE meeting in Ireland – Workshop or presentation

# Report on collaborative placements between Places for People Scotland Care and Support and Queen Margaret University



Early in 2014, negotiations began between 'Places for People Scotland Care and Support Scotland' and Queen Margaret University, Edinburgh to develop placement opportunities for undergraduate occupational therapy students. Places for People are a large charitable organisation providing support for various groups including older people and people with a learning disability.

6 final year students went on placement in pairs in September/ October 2014 to 3 'core and cluster' housing sites across Edinburgh – 2 learning disability services and 1 for older people. A peer assisted learning model with long arm supervision was employed. A university member of staff acted as the 'long-arm' Practice Educator (PE) and on-site mentors were identified within each site. Visits were made to the students at their placement site, and weekly groups supervision sessions were held.

Students worked with individuals on a number of occupational issues including establishment of volunteering, meal planning/ shopping/ cooking, organisation of environment to make it more dementia friendly, establishment of daily routines, long term condition management and general advice and support. Groupwork was also carried out including a reminiscence art group and a baking group.

Students identified that the placement model promoted self-directed learning stating "As we received 'long-arm' supervision it encouraged independent reasoning and practice". Students also felt they rediscovered their creativity as a means of improving interventions. One student commented "My previous NHS placements were very hierarchical and structured. These restricted the OT focus and creativity. This placement provided me with many examples of truly client-centred practice which encouraged me to reflect on my OT identity."

The service managers valued the work carried out by students particularly the knowledge and skills they shared with support workers.

The people who used the services commented 'She always listens really carefully to what I've got to say and is interested in me' and 'She listens and asks really relevant questions'.

The university member of staff who acted as the PE felt this opportunity was invaluable as it enabled contact with 3 services thereby enhancing professional development. In addition, there was exposure to the complexities of situations people who are supported live with. It was also an opportunities to work more closely with a group of students and be a part of their placement learning experiences.

Supervising 6 students was resource intensive, with approximately 18.5 hours per week required by the PE. It was challenging balancing the PE role and existing commitments. The supervision model was very reliant on students emailing reflections and written pieces of work rather than formal or informal discussions which may take place in a 1:1/ team model of supervision.

Overall, these pilot placements were deemed a success and subsequently 6 level 3 students went on placement to the same placement sites in Jan/ Feb 2015. This time, the university member of staff was PE for 1 site and OT's from 2 NHS services acted as PE's for the other 2 sites. This model of delivery will also be evaluated.

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*Would you like to feature in our Newsletter? We want to help support Occupational Therapy activities in Europe. If you are involved in any non-ENOTHE research projects or clinical practice placement developments and want to help promote your involvement or project please email [enothe@yorks.ac.uk](mailto:enothe@yorks.ac.uk) for more information*

# COTEC- ENOTHE Joint Congress 2016



Whilst the main focus of attention of the ENOTHE Board and Office is our preparations for the forthcoming 2015 October Annual Meeting in Ruse, Bulgaria, work goes on quietly behind the scenes preparing the first Joint COTEC - ENOTHE Congress. The COTEC - ENOTHE Congress is due to take place from **15 – 19 June 2016** and is hosted by the National University of Ireland, Galway, Ireland. Abstract submissions are **now open** and the *closing date for this is 31 October 2015*. Recruitment of abstract reviewers from across Europe is currently taking place.

Confirmed keynote speakers include *Professor Corey Keys, Professor Mary Law, Professor Jan de Maeseneer and Professor Marian Walker*.

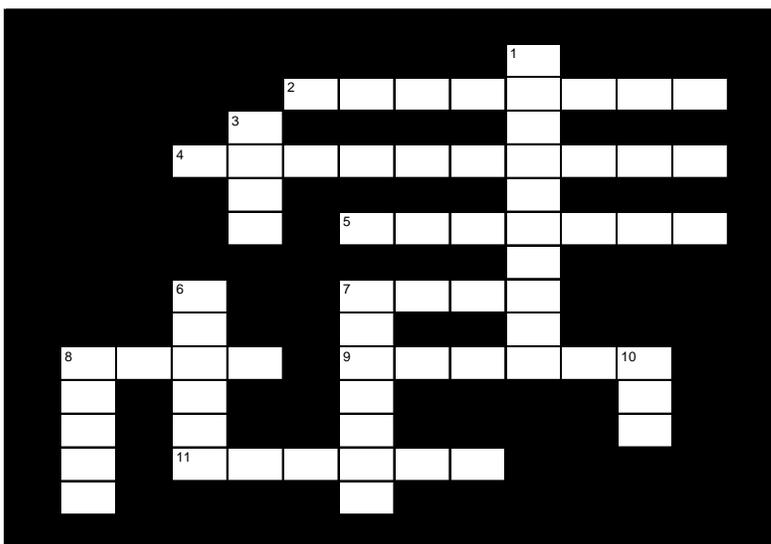
There is a special web site that has been created for this event, please take a look at it [www.conference.ie](http://www.conference.ie)

## Fantastic news for students

It has been agreed that between 24 – 28 free Congress places will be offered to occupational therapy students from across the European universities. These free places are in exchange for assisting one day at the Congress and then the rest of the time free to enjoy the Congress. Each student will work alongside a Galway student. Please note the Congress place is free but the students will be responsible for finding funding for all their travel and accommodation costs. Further information about how students can apply for these free places will be announced on the ENOTHE website later in the year.

## A Little Summer Fun

*If you're lucky enough to enjoy some sun outside where you are and need a little entertainment  
- then try this simple ENOTHE/Occupational Therapy based crossword*



### Down

- 1 Name given to testing with a client
- 3 Type of visit when visiting a client's residence
- 6 River running next to city of host of Annual Meeting 2015
- 7 Country to the north of Annual Meeting 2015 host
- 8 \_\_\_\_\_ of reference. Person/Client-centred. Holds Paintings
- 10 Currency of country of host of Annual Meeting 2015

### Across

- 2 Term given to treating the whole person
- 4 Ensuring a certain skill level/practice is demonstrated is called...
- 5 Important time for recreation is also called...
- 7 City of host for Annual Meeting 2015
- 8 The type of motor skill that focuses on small muscles
- 9 The type of health a person with stress may need help with
- 11 The name given to measuring right and wrong or risk

Next:-

ENOTHE Newsletter

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### What's coming up for ENOTHE?

- Membership and Annual Meeting payment deadline  
-Invoices/transfers 1<sup>st</sup> August -Online shop 1<sup>st</sup> September
- Annual Meeting 2015, 'Angel Kanchev' Ruse, Bulgaria 22<sup>nd</sup>-24<sup>th</sup> October 2015

### Contact Us:-

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