

ENOTHE

European Network
of Occupational Therapy
in Higher Education



COVID-19 AND TEACH

(a compilation of member contributions)

The spreading of COVID- 19 is affecting our lives and we all may experience new challenges either in our personal, professional and community levels.

As Occupational Therapists, we focus on helping others to overcome obstacles that affect the performance of our daily occupations.

For this reason, the ENOTHE board, we would like to encourage you to share practices in teaching Occupational Therapy remotely from home. We are keen to see and share ideas on how we continue to teach and learn together with students. For this purpose, a [trigger video](#) was created from our board member Dr. Panagiotis Siaperas and an [example video](#) was created by an ENOTHE member institution, the Metropolitan College in Greece.

Please go ahead and share with us either in social media ([Facebook](#) and [Twitter](#)) or by [email](#), your practices as academics or students and how you continue to be engaged in distance learning (i.e. creative solutions to teaching, learning and quality assurance) and how you have found new meanings or occupations while being at home. For example, when adapting practice-based classes, links to open resources, and skills training. Another example can be the ways how you encourage socially responsive learning treating challenges provoked by Covid-19 in your lessons (community approaches, meaningful occupation vs anxiety, etc.).

It could be a short mp4 video (up to 60 seconds and 6MB), photos, leaflets, messages and short testimonials of OT teachers and students. Please note that you can send either in English or in your native language.

Let's share how we adapt in OT education and we overcome difficulties with inspiring ideas.

In the next pages you will be able to find contributions sent already by several members.

Visit also our [COVID-19 and Teach webpage](#) for resources.

Artevelde Interviews project 2021 and ICFO #3



Dear colleagues,

This year in May, with our team from the UK, Austria, Germany, South Africa and France, we brought 200 students from 19 universities in 15 different countries together for face-to-face online discussions around occupational deprivation and disruption during the Covid-19 lockdown. With the focus on older people, the future of healthcare and the role of occupational therapy this format once again proved to be an excellent tool for broadening students horizons and meeting internationalisation-at-home goals. If you are interested in joining our dedicated team from around the world in 2021 please do contact us via the mail address below.

ICFO or *International collaboration on free time occupations* is a three day international module we created for our students. We invite international colleagues to join our invited local experts from the work field to be part of our team for three days of teaching, facilitating workshops and helping us create an international focus on older people and their free time occupations. If you think you may be interested in 3 days in beautiful Ghent then please do not hesitate to contact us.

Wishing all colleagues well and we look forward to seeing you and working with you in the future.

Mike Jarrey and all at Occupational Therapy Artevelde University of Applied Sciences Ghent, Belgium.

Contact: mike.jarrey@arteveldehs.be

Developing an informational brochure about Covid-19 with OT-students

All countries throughout the EU have been affected in various ways in the last three to four months (and for months to come) due to the outbreak of the novel coronavirus. Besides the diverse effects on personal & population-related health and the economy, the measures many states took to keep the spreading of the virus at bay constituted – when viewed through the lens of occupational science – a widespread state of occupational deprivation in the population.

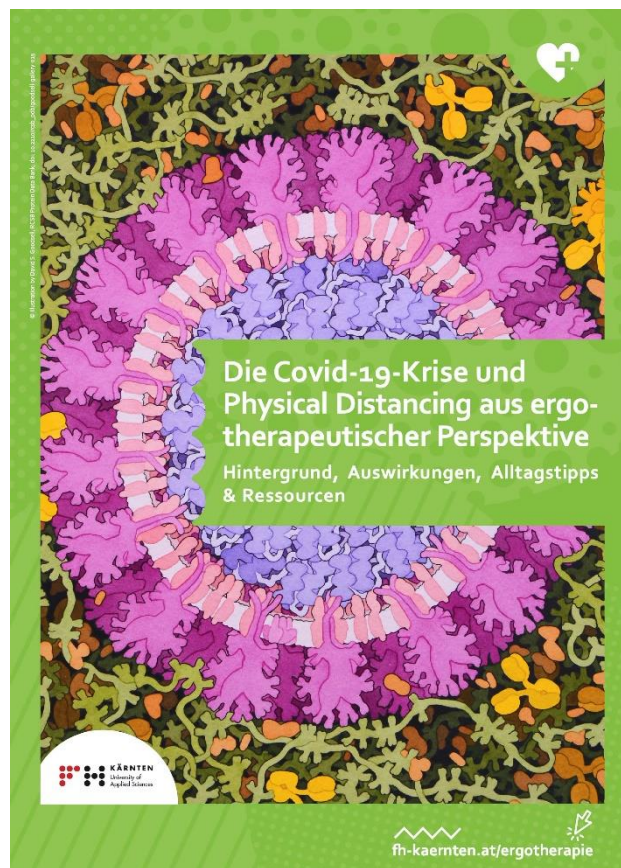
As lecturers at our faculty at the Carinthia University of Applied Sciences (CUAS), the situation was not so much characterized through deprivation, but through challenges to expand on our occupational repertoire as teachers in the (very rapid) process of shifting our lectures to fully online formats, students also had to adapt to these new formats.

The 1,5 ECTS course „Interfaces & settings in occupational therapy“, held in the 2nd semester, was also adapted to the changed circumstances: After a participatory decision process, it was decided to focus on the topic „Occupational Therapy and Covid-19“ and to develop an informational brochure aimed at the general populace. The students were working independently in groups covering various aspects (background, tips for everyday life, interviews with faculty staff, helpful resources) with regular online sessions for updates, questions and decisions. Building on work done at the same time from occupational therapists and scholars worldwide, the students analyzed, translated and expanded this diverse knowledge into our national and regional context.

CUAS's marketing department was very helpful in transforming manuscripts into something more fitting, the final brochure has 28 pages (in German) and is downloadable from the CUAS-website under a Creative Commons-license model:

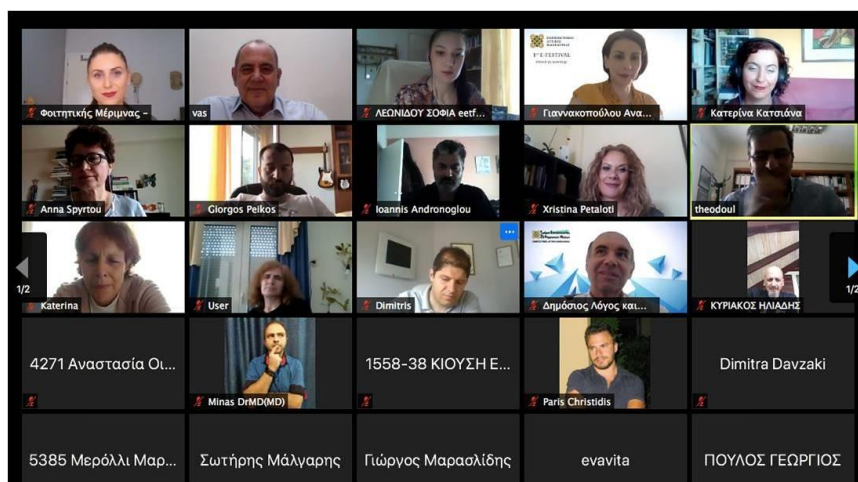
www.fh-kaernten.at/ergotherapie-covid-19

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"We stay creative at home... from an occupational therapy perspective"- e festival during COVID 19

The Department of Occupational Therapy of the University of Western Macedonia in Greece is a new department at the University that has been operating since October 2019, in Ptolemaida and is a new member of ENOTHE.



During the quarantine due to COVID 19, all university courses and activities were conducted remotely via online media. In order to support the human resources of the University, on the initiative of the Vice-Rector for Administrative Affairs and Student Welfare, Mrs. Spyrtou Anna, webinars were held to strengthen the psychosomatic care and functionality. The Department of Occupational Therapy was also involved in these webinars, with the occupational therapist Dr. Aikaterini Katsiana. The aim was to maintain routine, participation, balance and access to occupations in all key domains and promote health, wellness and quality of life, during the quarantine period. Additional goals were the prevention of the effects of the possible occupational deprivation, the change of participation in occupations and activities and the encouragement of participation in daily activities with creative occupations, which were presented at the 1st e-festival of the University.

In the first phase, a webinar "From an occupational therapy perspective: Quarantine 2020" was held with the aim of mobilizing and empowering students, professors and administrative staff of the University of Western Macedonia, through the occupations and activities, in order to promote physical, mental and social health and wellness.

Phase B included a teleconference on project feedback and e-festival preparation. A website has been created to upload the relevant projects in collaboration with the Department of Communication and Digital Media; with Dr. Giannakopoulou Anastasia in charge <https://efestival.uowm.gr/>.

The third phase included the presentation of the occupations at the two-day 1st e-festival of the University: "We stay creative at home: from an occupational therapy perspective" on 16 and 17 May (<https://www.youtube.com/watch?v=rAXHSGxooq>, <https://www.youtube.com/watch?v=pFn20hZcQlq>, <https://www.youtube.com/watch?v=K-b7BaPqxgg>).

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Clinical education - we keep it online

Portugal, as most countries in Europe, is being affected by the Covid-19 pandemic. At Leiria Health Scholl, in the Polytechnic of Leiria, we were committed to implement the recommendations of the WFOT, regarding the clinical education in this scenario. Leiria Health Scholl is one of the Portuguese schools recognized by the WFOT and follows their guidelines.

When the emergency state was declared in Portugal, students of the 4th year of the educational program, were in the field, in their 4th week of practice in place.

The institutions cancelled all the clinical practice and the students were sent back home. The schools were also closed and working in an e-learning bases. This present a new and emergent scenario for the students, the professors and the school. This was an obligatory situation, and we felt the students can't be affected. Quickly, Leiria Health Scholl, implemented supervised online clinical education with different strategies to achieve the competences predicted for this curricular unit.

One of the implemented projects, with a group of students, was the creation of a Facebook page that provide information and advices to people whose treatment was suspended, according to the recommendations of the Ministry of Health recommendations. Different contents with images, short videos and small texts messages were created and disseminated in the Facebook page. Our page is the "TOnline" and a symbol was created to represent this project. Beside the contents of the page, it was created the possibility of the students to be online answering questions and giving advices and strategies directly to patients, formal and informal care givers. These contents were very diverse regarding different health conditions such as Stoke, Dementia Syndromes, Parkinson Disease, Multiple Scleroses, Osteoarthritis, Rheumatic Arthritis, and many more.



Fig1. Symbol of the Facebook page TOnline

Currently, Clinical Education is finished, but several contents created during that period continue to be loaded, feeding the page, which remains active. This project allowed the disseminating Occupational Therapy to the general population, involving students in a joint initiative promoting Occupational Therapy and giving them competencies in the scope of Clinical Education. We invite you to visit us [here](#).

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Occupational Therapy for Older Persons in Times of the Pandemic

OT students of Poznan University of Medical Sciences joined forces with their medical and pharmacy counterparts and started an own branch of the Internet/Phone Consulting Service. Its broad aim is to help older people by consulting their problems with health, pharmacotherapy and functioning in present times. The students are supervised by respective academic teachers (medical doctor/geriatrician, clinical pharmacist and ourselves), so all formal preconditions are met. Participating students have contracts with one of the university's clinical hospitals, are registered as volunteers and adequately insured.

The communication with the patients/clients is managed via platforms available to the older subjects (like Messenger, WhatsApp etc. – one of the students takes care of setting up the calls). Video connections seem to play an important role here, making the communication clearly more “natural,” although some clients have a phone with voice function at disposal only. OT students consult primarily the activities that can be performed during the COVID-19 restrictions to maintain the functional status of older people and prevent their decline, both physical and cognitive/mental. The consultations have diagnostic and intervention nature and constitute a structured, three-stage therapeutic service. The first stage starts with an interactive contact with the client and includes occupational assessment and analysis of the collected information (with identification of occupational needs or the occupational problem). In the second stage, students design the intervention by themselves, taking into account the client's behavioural patterns and habits, as well as home/environmental conditions, and subsequently discuss it with teachers. In the last stage, the developed interventions are presented to the older person, and their implementation is monitored by the students as long as necessary.

The initiative is backed by the Polish Gerontological Society (uniting medical and social specialists dealing with the topic in Poland) and has the patronage of the Rector of our university.

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