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Creating Educational Resources to Increase Access to Wellness

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Title: Creating Educational Resources to Increase Access to Wellness

Abstract: An educational resource was developed for a wellness practice that includes life coaching and additional wellness modalities. The purpose of this resource is to improve client outcomes through the combination of access to and knowledge of various mental health wellness tools. This wellness resource aligns with the American Occupational Therapy Association's 2023 position paper, Occupational Therapy and Complementary Health Approaches and Integrative Health, which outlines the scope of practice regarding the use of complementary approaches and delineates how these approaches can be used as interventions in all applicable practice settings. According to this document, these approaches can be used in the following ways: (1) as methods or tasks to prepare the individual for engagement in activities and occupations; (2) as activities to promote skill building; and (3) as occupations if the person wishes to return to or develop occupations related to complementary practices. Additionally, the 2023 ACOTE Standard regarding interventions and procedures includes interventions to support well-being (e.g., complementary health and integrative health) as part of the standard.

Although there is extensive research supporting the use of complementary approaches to wellbeing and mental health, there is not a significant amount of research about the use of these within the scope of OT. As interest in complementary health increases and more OTs use these approaches in practice, the synergistic relationship between OT and various complementary approaches could result in improved quality of life outcomes in patients across the lifespan. The role of OT in complementary health needs to be more clearly defined as OTs are prepared to be the leaders in the education and use of these approaches. This project aims to address the need for accessible strategies and a cohesive resource that can be used in OT practice.