



Have your say!

What are your priorities for future occupational therapy research in the UK?

We need your help to identify the priorities for occupational therapy research in the UK.

The survey is open from Wednesday 26 February and closes on Tuesday 14 April 2020 at 5pm.

What is this survey for?

This survey asks you to identify your top ten research priorities from a list of research questions.

Why are we doing this survey?

This survey builds on the one we did last year. In 2019, we asked people to tell us their questions about occupational therapy. We did this because we wanted to find out what research needs to happen to help improve occupational therapy. Thank you to everyone who sent comments and questions. We looked carefully at all of them. The ones that can be answered by research were summarised and are listed in this new survey. We now need to know which of the questions are priorities.

The other questions will be used in different ways and will not be lost, they will be available on the Royal College of Occupational Therapists (RCOT) and/or the James Lind Alliance website when the project is finished.

You can find out more about the project here www.rcot.co.uk/otpsp

Who should take part in this survey?

Please take part in this survey if you:

- have experience of accessing occupational therapy services
- care for a person who accesses occupational therapy services
- are an occupational therapist or
- work with occupational therapists in health and social care.

What are we asking you to do?

There are two sections to this survey. In section 1, you are asked to choose your priority questions. In section 2 you are asked to provide some information about you so we can understand who has responded to the survey.

We have made a list of questions about occupational therapy that people have suggested need more research to answer.

Please read the list and, based on your own experiences, **choose up to 10** questions that you think are most important for researchers to answer.

If you need help filling in this survey, it's fine to talk to someone about it and ask them to help you.

Please ask others to complete this survey too. We want to make researchers aware of the issues that matter to lots of people.

What will happen next?

After this survey has closed, we will use your answers to work out which are the most popular questions. We will then hold a workshop for people who have experience of accessing occupational therapy services, their carers/families and occupational therapists. At the workshop they will discuss the most popular questions in more detail and agree the top ten questions that need researching in occupational therapy.

Participant information

The aim of this project is to identify the top ten priorities for occupational therapy research in the UK. The study is being conducted by the Royal College of Occupational Therapists (RCOT) and the James Lind Alliance (JLA).

In this project we use 2 surveys to collect the information. The first survey gathered the questions that people have about occupational therapy. This included:

- people who have experience of accessing occupational therapy services
- carers of people who access occupational therapy
- occupational therapists and
- health and social care professionals who work with occupational therapists.

This second survey helps us to identify the most important questions.

It's up to you if you want to take part in this survey. It should take about 10-20 minutes to complete. Your answers will be anonymous which means we will not be able to identify you. As all responses are anonymised, once they have been submitted they cannot be removed from the combined data.

The information will be kept safely in a password protected computer file that only the project team can access. All the information will be deleted after three years. The project has been approved by the RCOT [PE48/2020] through their project review process.

If you need more information please contact Jenny Mac Donnell, Project Lead, Royal College of Occupational Therapists: Jenny.MacDonnell@rcot.co.uk.

If you'd like to take part in the survey, please tick the box below to let us know. If you don't want to take part, that's fine, thank you for reading this information.

Yes, I have read the information and want to take part

Section 1

Who are you?

We would like to know a little about you to make sure that we are hearing from a wide range of people. Your answers are confidential.

We want to know which questions are important to these groups of people so that we can see if some questions are more important to one group rather than others.

Which description below **best** describes you?

Please select **one** answer (required).

- I am a person with experience of accessing occupational therapy
- I am a carer of a person aged less than 18 years who accesses occupational therapy services
- I am a carer of a person aged 18 years or older who accesses occupational therapy
- I am an occupational therapist
- I am an occupational therapy student
- I am a person other than an occupational therapist working in the health and social care environment
- I am a person with a different interest in this area (please describe)

What do occupational therapists do?

Occupational therapists support people to live the lives they want to live. At the heart of occupational therapy is the belief that the ability to do everything we need, want or have to do in our daily life is important to health and wellbeing.

The questions

We would like you to select a **maximum of 10** priority questions from the list of 66 potential research questions, these questions should be the ones that you think are the most important for researchers to answer. Please do this based on your own experience. You don't need to know about research and we don't need you to try to answer the questions, that's for researchers to do later.

Please **select up to 10** of the following questions for future research.

Different healthcare settings

- What is the impact or effectiveness of occupational therapy in acute hospital care settings? (e.g. where short term treatment is given for severe injury or illness, an urgent medical condition or during recovery from surgery)
- What is the role or impact of occupational therapy in reducing hospital admissions?
- What are the benefits or impact of occupational therapy in primary care settings? (e.g. services delivered by your local general practice surgery, community pharmacy, dental and optometry (eye health) services)
- What is the value or impact of occupational therapy in the discharge process and transition to community? (e.g. individuals' homes, residential or care homes)
- How can occupational therapy keep people active whilst in hospital?
- What is the effectiveness of occupational therapy in critical care? (e.g. intensive care)
- What is the role or impact of occupational therapy in community settings? (e.g. individuals' homes, residential or care homes)
- What is the value or impact of school based occupational therapy?
- How effective is occupational therapy within secure mental health settings?

Experiences and perceptions of occupational therapy

- What do people who access services value most about occupational therapy?
- How does occupational therapy make a difference and have impact on everyday lives?
- What do other people (including healthcare professionals and other colleagues occupational therapists might work with, people who access services and their families and carers), think about the role of occupational therapy?

Occupational therapy interventions

- How effective are group-based occupational therapy interventions?
- How effective are sensory approaches as an occupational therapy intervention?
- What are the most effective occupational therapy approaches in improving the lives of people with learning disabilities?
- What are the long-term benefits of occupational therapy intervention?
- What are the most effective approaches in occupational therapy splinting interventions?
- How effective are educational interventions in occupational therapy?
- How do animal-assisted interventions affect the wellbeing of people who access services?

Contexts of occupational therapy practice

- What is the effectiveness of occupational therapy for mental health?
- What is the role or impact of occupational therapy in vocational rehabilitation? (e.g. helping people with health problems to access, maintain or return to employment)
- What is the impact or effectiveness of occupational therapy in child and adolescent mental health (CAMHS)?
- What is the role or impact of occupational therapy in maternity and perinatal care? (This includes both mothers and fathers)
- What is the role of occupational therapy in public health?
- What is the value or impact of occupational therapy roles in palliative care?
- What is the role of occupational therapy in social prescribing? (Social prescribing is when health professionals refer people to support in the community in order to improve their health and wellbeing)
- What is the role or impact of occupational therapy within the criminal justice system?
- How effective are occupational therapy interventions for all children?
- What is the role of the occupational therapist in prescribing medicines?
- What is the role or impact of occupational therapy in social care services?

- What are the benefits of occupational therapy in physical rehabilitation?
- What is the role or impact of occupational therapy in moving and handling?

Professional accountability, practice and development

- What is the unique role and contribution of occupational therapy?
- How can occupational therapy services be more inclusive of both mental and physical health?
- What is the cost-effectiveness of occupational therapy services?
- How can occupational therapy ensure that person-centred practice is central to how they work?
- What are the key skills of occupational therapists which make them effective leaders of clinical services?
- What is the role of occupational therapy in risk management? (e.g. reducing risk of harm to people who access services and healthcare staff)

Working with others

- How can occupational therapists work most effectively with other professionals to improve outcomes for people who access services? (e.g. multi-disciplinary teams, commissioners, community agencies)
- How can occupational therapists work more effectively with the family and carers of people who access services?
- What is the role of occupational therapy in supporting self-management? (e.g. helping people with illness to manage their health on a day-to-day basis)
- How can occupational therapy best support transitions between health services across the lifespan? (e.g. moving from child and adolescent services to adult services)
- What difference does being an occupational therapist with disabilities have on how that therapist works therapeutically with others?

Health challenges

- What is the role or impact of occupational therapy in supporting people with who are neurodiverse? (e.g. have conditions such as autism or developmental coordination disorder)
- What is the effectiveness of occupational therapy for people with long term conditions and their carers?
- What is the impact of occupational therapy in services for bariatric and plus-sized groups?
- What is the role or impact of occupational therapy in frailty?
- What is the role or impact of occupational therapy in pain management?
- How can occupational therapy most effectively make a difference to people experiencing homelessness?
- How can occupational therapists work effectively with people engaged in 'dark occupations'? (e.g. activities that may be seen as harmful, anti-social, offensive or illegal)
- How can occupational therapy most effectively support people with impaired cognitive function? (e.g. problems with memory, judgement, co-ordination or confusion)
- What are the benefits of occupational therapy in sensory impairment? (e.g. problems with sight, hearing, smell, touch, taste and spatial awareness)
- What is the role of occupational therapy in mental health?
- How effective are occupational therapy interventions in people with neurological conditions? (e.g. apraxia, stroke, brain-injury, cerebral palsy, dementia)
- What is the effectiveness of occupational therapy in fatigue management?
- What is the effectiveness of occupational therapy in sleep management?
- How can occupational therapists work most effectively with people with multiple conditions?
- What is the role of occupational therapy in addressing sexual functioning?

Occupational therapy and the environment

- What is the role of occupational therapy in addressing social, political and environmental issues at a societal level to address well-being and participation?
- How can occupational therapy influence environmental design, building and housing development?
- How does assistive technology, compensatory equipment and housing adaptations provided through occupational therapy impact on the lives of people who access services?
- How can occupational therapists work effectively with digital technology to enhance their interventions and lives of people who access services? (e.g. using smart devices to manage health and illness)

Occupational therapy

- What is the value of occupation as an intervention and how does effectiveness vary with the way it is used? (e.g. 'occupation-focused' interventions based on understanding a person, their environment and the meaningful occupations in their life, 'or 'occupation-based' interventions in which doing a meaningful occupation forms the focus)
- What is the value or impact of interventions that focus on leisure as an occupation?
- What is the nature of the relationship between occupation and health and well-being?
- How does the amount of occupational therapy received affect outcomes for people who access services?

Section 2

It's important that we know a little about you so we can try to make sure that we get responses from a wide range of people. This information will be kept secure, confidential and separate from your previous answers so you cannot be identified. You don't have to answer any of these questions, if you don't want to.

Where do you live?

- Channel Islands
- England
- Isle of Man
- Northern Ireland
- Scotland
- Wales
- I live outside the United Kingdom

What is your age range?

- 15 or under
- 16-24
- 25-44
- 45-64
- 65-79
- 80 years and over
- I prefer not to say

How would you describe your gender?

- Female
- Male
- I prefer not to say
- I prefer to describe myself as

What best describes your ethnic group?

- Asian/Asian British
- Black/Black British
- Chinese or other ethnic group
- Mixed/multiple ethnic groups
- White
- I prefer not to say
- I prefer to describe myself as

Do you identify as disabled?

- Yes
- No

Thank you for taking the time to complete this survey

If you want to return this survey by post or email please send it to:

Ruth Unstead-Joss

Project Coordinator

Royal College of Therapists

106-114 Borough High Street

London SE1 1LB

Ruth.Unstead-Joss@rcot.co.uk

What's next

The final stage of this project is a prioritisation workshop to produce a Top Ten of the questions that are most important for research. If you would like to attend this workshop please complete the online Expression of Interest form or download it from www.rcot.co.uk/otpsp and return it to Ruth Unstead-Joss, Project Coordinator by email at Ruth.Unstead-Joss@rcot.co.uk by 19 April 2020 or telephone her on 020 3141 4695 for more information.

Support

If this survey raises any issues for you then there are sources of support and information available to you. If you are not a member of RCOT, you can contact:

1. Your own GP
2. Your Local Authority Adult Social Care services, find your local service:
England - <https://bit.ly/2LndeHm>
Northern Ireland - <http://online.hscni.net/>
Scotland - <https://careinfoscotland.scot/>
Wales - <https://bit.ly/2GwsIEC>

Members of RCOT can contact:

RCOT's Professional Practice Enquiries Service <https://bit.ly/2AWasj2>