

# Occupational Therapy Intervention in COVID-19



## PRESENTED BY:

DR. NEERAJ MISHRA, (NEW DELHI)

DR. LAKSHMANAN S, (BANGALORE)

DR. JYOTIKA N. BIJLANI, (MUMBAI)

DR. ANIL K SRIVASTAVA (LUCKNOW)

ALL INDIA OCCUPATIONAL THERAPISTS' ASSOCIATION

[www.aiota.org](http://www.aiota.org)



# COVID 19 has affected us.....

Our Daily Routine is interrupted

Our Lifestyle is interrupted

Our Office Work is interrupted

Our Financial Plans are interrupted

Our Future Plans are interrupted



# Most of us have our own concerns.....



Daily needs



Job & Salary



Survival



Health of self,  
family and friends



Lack of domestic  
and social help



Rejection



Coping with  
sudden changes



Future



# Not only this but .....

I don't know when all this is going to end.

How long will I escape from being infected

Will I survive

How will life be after this Lockdown period.

Will I be able to resume normal life after all this



# It will lead to.....

Stress

Anxiety

Familial discord

Sleep cycle  
disruption

Lack of  
physical  
activity

Overburdened  
Household  
routine

Excessive  
Screen time

Pain, lethargy



1:00 51%

nytimes.com/2020/04/06/w

**The New York Times**

**The Coronavirus Outbreak** • Latest Updates Tracking the Outbreak

THE INTERPRETER

## A New Covid-19 Crisis: Domestic Abuse Rises Worldwide

Movement restrictions aimed to stop the spread of the coronavirus may be making violence in homes more frequent, more severe and more dangerous.



Movement limits imposed by countries around the world have forced people to spend much more time at home,

12:59 51%

amp.rnz.co.nz/article/3ff134

**RNZ** Menu

New Zealand / Covid 19

## Covid-19 lockdown: Sole parents dealing with 'a lot of stress'

18:44 pm on 10 April 2020

The government has failed to adequately consider the needs of sole parent families during the Covid-19 lockdown, says one public policy expert and legal theorist.




Photo: 123rf.com


Penny Ehrhardt, a senior associate at Victoria

12:58 51%

## Coronavirus lockdown triggers socio-cultural, gender conflicts at home

Coronavirus update: Data shows how the current crisis situation is more stressful for women where they are not only anxious about the pandemic, but are also dealing with family and mental health-related issues

Sonal Khetarpal | New Delhi, Wednesday, April 8, 2020 | 17:02 IST



Larsen and Toubro CEO and MD SN Subrahmanyam wrote a letter to his employees last week (Business Today has seen a copy of the letter) about how working from home is tougher for women where they have to manage work and domestic chores and adds that he appreciates their effort during the "turbulent times".

The letter is not ill-intentioned but does little in urging male employees to be equal partners. He

12:57 51%

mumbaiirror.indiatimes.com


**MumbaiMirror**

Home \ Coronavirus \ News

Why just work from home when you can workout from home? Ad Times Prime

## LOCKDOWN MAY END IN DIVORCE FOR MANY, SAY LAWYERS

By Sunil Baghel, Mumbai Mirror | Updated: Apr 8, 2020, 08:09 IST



Lockdown may end in divorce for many, say lawyers

They also point to cases of reducing maintenance amounts and men wanting to renegotiate alimony conditions.

While many people in lockdown are appreciating the opportunity to spend time with families, there seems to be a side-effect as well. Matrimonial lawyers have pointed to a spike in phone calls related to marital discord. They said many of these calls are from couples who have been married for

## COVID-19 Suspect Under Quarantine Commits Suicide In Greater Noida

A 32-year-old man who was suspected to have coronavirus and was kept at the quarantine home at Galgotia College, Greater Noida, committed suicide on Sunday.

By : [ABP News Bureau](#) | 13 Apr 2020 10:36 AM (IST)



# Why Occupational Therapy services for management of COVID-19

- ▶ Occupational Therapists specifically deal with Remedial, restorative treatments and rehabilitation of persons with Physical, Cognitive, Psychosocial and Developmental Impairments.
- ▶ As a profession we recognize the consequences and changes that are occurring in how people access and undertake their occupations as a result of the COVID-19 pandemic. (WFOT)
- ▶ These include, but are not limited to: accessing resources, activities of daily living, communication, mobility, social isolation, displacement, issues with mental health and wellbeing.
- ▶ Occupational therapists understand the vital need to access and use infection control measures combined with the need to sustain good physical, psychological, mental health and stamina in order to stay safe and healthy.



# Occupational Therapy Intervention will differ depending upon practice settings and target groups

TYPE OF OCCUPATIONAL THERAPY SERVICE PROVIDER	EXPECTED ROLES IN VIEW OF COVID-19
Essential Service Providers (Working in Hospital Setups)	Remedial Services & Restorative care
Work from home (Those working in Clinics, Rehab Institutes)	Tele-rehab Services & Awareness Campaigns
Community Worker (Administrative positions, NGO'S)	Awareness Campaigns, Field Supervision, Mobilization of Human Resources & Policy Making
Academic Roles (Faculty at Universities & Colleges)	Online Training & Awareness Campaigns



Service Provider	Target Population
Essential Service Providers (Working in Hospital Setups)	<ul style="list-style-type: none"> <li>• Patients having active COVID-19 INFECTIONS</li> <li>• Patients discharged after being treated for COVID-19</li> </ul>
Work from home (Those working in Clinics, Rehab Institutes)	Caregivers of Patients, Children with Special Needs (CWSN), General Public who seeks tele consultation for Mental Health issues and other neuro-musculoskeletal problems & Elderly clients.
Community Worker (Administrative positions, NGO'S)	Suspected patients under isolation and/or Quarantine, Self help Groups & Resident Welfare Associations (RWA)
Academic Roles (Faculty at Universities & Colleges)	Students pursuing Occupational Therapy courses & Other students with special needs,



# Essential Service Providers

Following areas of intervention should be considered depending upon individual needs and severity of case.

- ▶ Positioning for maximizing respiratory functioning
- ▶ Bed Mobility
- ▶ Pulmonary rehab
- ▶ Early Mobilization
- ▶ Communication management to increase social participation
- ▶ \*Cognition training and re-orientation (prevention of delirium)
- ▶ Sensory stimulation
- ▶ Energy conservation
- ▶ Mental wellness (decreasing anxiety and depression symptoms)

\*40% of people with severe COVID-19 experience neurological complications including confusion, delirium, higher risk of stroke, other brain related complications a new study from Wuhan, China published in JAMA Neurology has suggested.



# Awareness campaign on myths and prevention

- Understanding the Risk Factors
- Keeping yourself updated about the Facts
- Update yourself daily from WHO & MoHFW official websites
- Regularly be in touch with local authorities for local updates
- Get training from <http://igot.gov.in> , [www.openwho.org](http://www.openwho.org), [www.wfot.org](http://www.wfot.org)
- Importance of Social Distancing & Staying Home
- Use of Appropriate protective wears



# Mobilize/amplify human resources

- ▶ Helping Local authorities to mobilize human resource
- ▶ Liaising with individual volunteers /Volunteering organizations and Local Authorities
- ▶ Stay in contact with local self help groups and NGO'S working in your area.



# Tele-Consultation to Individuals

- ▶ Provide accurate and reliable information about COVID-19
- ▶ Provide effective solutions to any query, curiosity ,anxiety regarding COVID infections, symptomatology and related aspects.
- ▶ Provide effective Psycho-social support and counselling services to clients and caregivers.
- ▶ Provide effective ways of handling CWSN, monitoring health of persons with disability and at extremes of ages.
- ▶ Provide basic exercise and activity schedule to prevent deterioration of symptoms and minimize the deficits due to lack of active interventions due to lockdown
- ▶ Provide CWSN and their caregivers effective ways to spend their time based on their interest
- ▶ Provide alternatives to alleviate Boredom, maximize coping skills and promote Relaxation
- ▶ Provide home program videos through video conferencing, including modified home exercise program and activity schedule.



# Promote Physical activity in Daily Routine

- ▶ Staying active is good for your body, mind and spirit especially during such stressful situations. More physical activity will also ensure better sleep and good overall health. According to WHO exercising at home will also help you maintain better heart health, muscle strength, flexibility and better mental health. Doing physical activity together will help you ensure good health of you and your family.
- ▶ WHO recommends all healthy adults should do **30 minutes per day of physical activity and children should be physically active for at least one hour per day** while staying at home.
- ▶ WHO recommends **150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week**, or a combination of both.
- ▶ Many are working from home during the coronavirus outbreak should regularly check their sitting posture while working from home. They should also take frequent breaks, stand up and stretch regularly.
- ▶ Ensure Considerations of proper workspace with good adherence to ergonomic principles.



# Individual, family, community, social and environmental adaptation

- ▶ Use of Technology to connect people using social networking sites and medias like WhatsApp, Skype, Mobile etc.
- ▶ Amplify the use of technology to reduce/ restrict the movement for work and essential service and also to monitor basic minimum mobility by the use of tracking devices and monitoring devices.



# Psychosocial Adaptations to stress and displacement

- ▶ Empathize
- ▶ Provide effective Strategies and advise based on the individual's need
- ▶ Ensure the individual adhere to the guidelines issued by the government
- ▶ Helping individual to get the eligible benefits announced by Government



# Counseling services including coping skills and stress management

- ▶ Relaxation Techniques
- ▶ Meditation
- ▶ Instill Positive Thinking and Sense of Hope
- ▶ Yoga





# Message From President



## ALL INDIA OCCUPATIONAL THERAPISTS' ASSOCIATION (AIOTA)

### COVID-19 & AIOTA

The deadly COVID-19 has spread around the planet sending billions of citizens into lockdown. The conventional saying in medical arena is 'Prevention is better than Cure', and currently it is solitary key to combat the challenge of Novel Corona, world over. The most important factor in preventing the spread of the virus locally is to empower the citizens with the right information and taking precautions, as per the advisories being issued by Ministry of Health, which broadly include; primarily the social distancing, besides frequently sanitizing/washing hands and strictly avoiding the crowded places. Occupational Therapist should also contribute in their districts in the prevention by observing AIOTA Guidelines for intervention under supervision of State Administrative / Health Authorities or as directed by Government of India. We understand the vital need to access and use infection control measures combined with the need to sustain good physical, psychological, mental health and stamina during the period of self-quarantine and long duration shutdown of the cities.

All India Occupational Therapists' Association (AIOTA) & Occupational Therapy Professionals from all across the country are with the Government in its fight to eradicate the effects of this Pandemic. I am extremely grateful to the members of AIOTA for selflessly volunteering their expertise and services to Government of India to combat the serious challenge of this century, having a profound impact on the lives, health and wellbeing of individuals, families and communities worldwide. Their valued contribution and professional dedication towards serving the humanity at this crucial time is unique and will be recorded in the history of AIOTA.

**Dr. Anil K. Srivastava**

President AIOTA



THANK YOU

