Program
for the Thesis Presentation Seminar of the
European Master of Science in Occupational Therapy

Wednesday September 7th 2016

Seminar program
Abstracts

The seminars will take place at
Zurich University of Applied Sciences ZHAW
Technikumstrasse 71, Winterthur
Building TN

And afterwards for the graduation celebration
Room TN EO 58
At 13.00
(see Map on last page)

Welcome to these thesis presentations
regarding occupational therapy and occupational science issues.
Come and listen, learn and ask questions!
## Seminar program September 7th 2016

**Place for graduates to prepare in room:** TN O2.09

**Two parallel seminars will take place**

<table>
<thead>
<tr>
<th>Time</th>
<th>Room: O2.11</th>
<th>Room: O2.19</th>
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| 09.00 – 09.40 | **Student:** Nina Teufen  
**Opponent:** Angelique Kester  
**Chair:** Debbie Kramer-Roy | **Student:** Irene Christen  
**Opponent:** Fay Zischek  
**Chair:** Anders Kottorp |
| Break and oral feedback to students |                                                                            |                                                                            |
| 09.55 - 10.35 | **Student:** Angelique Kester  
**Opponent:** Erika Blokker  
**Chair:** Ann-Helen Patomella | **Student:** Jeroen te Dorsthorst  
**Opponent:** Irene Christen  
**Chair:** Fenna van Nes |
| Break and oral feedback to students |                                                                            |                                                                            |
| 10.50 – 11.30 | **Student:** Bärbel Rückriem  
**Opponent:** Nina Teufen  
**Chair:** Ann-Helen Patomella | **Student:** Amanda Cipriani  
**Opponent:** Jeroen te Dorsthorst  
**Chair:** Line Lindahl |
| Break and oral feedback to students |                                                                            |                                                                            |
| 11.45 – 12.25 | **Student:** Erika Blokker  
**Opponent:** Amanda Cipriani  
**Chair:** Jon Wright | **Student:** Fay Zischek  
**Opponent:** Bärbel Rückriem  
**Chair:** Anders Kottorp |
| Break and oral feedback to students |                                                                            |                                                                            |
| 12.25-13.00   | **Meet and greet**  
Graduates and audience  
Room: OT-Kitchen: TN O1.56 |                                                                            |
| 13.00 - 14:30 | **Graduation Ceremony**  
Room: TN EO 58 | **Apéro**  
Graduates, audience and Staff  
Room: OT-Kitchen: TN O1.56 |
Erica Blokker

**Engaging family caregivers in the occupational therapy process**

*Perceptions of occupational therapists*

**Background:** Involvement of informal caregivers in the rehabilitation process is recognised to be important for patients with complex long-term health conditions such as acquired brain injury. Knowledge is lacking on how family members can be more actively involved in the therapy process in order to improve cooperation with family members. Perspectives of occupational therapists may give insight into the factors that hampers or stimulate involvement of family caregivers.

**Study aim:** The study explored how a group of Dutch occupational therapists perceive their professional task towards family caregivers who take care of relatives with acquired brain injury in a changing societal environment.

**Method:** A constructivist grounded theory approach was used. Data were generated from six individual semi-structured interviews followed by one focus group. Ten occupational therapists participated in this study. A constant comparative method was used for data analysis.

**Findings:** The analytic process brought forward three categories: Together being at the right place in the right time; Learning to judge competency: Being part of a dynamic context.

**Conclusion:** Trends in healthcare and the societal context demand further development of professional competence to involve family caregivers in the occupational therapy process. Awareness of changes in a societal environment can result in opportunities to form partnerships.

**Keywords:** Acquired brain injury; Constructivist grounded theory approach; Informal care; Occupational therapy.
Amanda Bueno Cipriani

The impact of substance use disorders in quality of life and human occupations: a cross-sectional study from a gender perspective

Introduction: This study aimed to explore the similarities and differences between men and women in the impact substance use disorders have upon quality of life and human occupations.

Method: A total of fifty patients who sought treatment for alcohol and other drug dependence at a specialized outpatient clinic were assessed. Data on occupational roles were obtained by means of the Role Checklist. Quality of life was assessed through the World Health Organization Quality of Life (WHOQL-BREF). Occupational performance was assessed though the Self-Assessment of Occupational Functioning (SAOF). Data on addiction severity were obtained through Addiction Severity Index 6 (ASI 6).

Results: Gender differences were found with regard to involvement in leisure activities, the environment and social relationships with family and children. There were no statistically significant differences in occupational functioning. Similarities were found in the other analyzed aspects.

Conclusion: There are relevant gender differences in the impact of addiction in quality of life and in the engagement in occupations, specially in leisure activities, family relationships and occupational roles, which are more affected among female participants. Both groups presented high rates of unemployment. Further studies are recommended.

Keywords: Substance use disorders; Occupations; Quality of Life; Gender
Irene Christen

*Virtual Reality Intervention for Stroke Patients*

*Change of Arm Usage in Daily Activities after a Virtual Reality-based Therapy Intervention for People with Hemiplegic Stroke*

**Background:** Stroke often leads to reduced arm usage in daily activities. Virtual reality (VR)-based therapy is a new approach in stroke rehabilitation. Its impact on arm usage in daily activities is still unclear.

**Objectives:** To determine whether arm usage in daily activities improves after VR intervention.

**Methods:** Eleven stroke patients underwent a 6-week program of daily VR-based therapy for upper limb. Arm usage in daily activities was assessed using the Motor Activity Log – 14. Nonparametric statistic and descriptive analyses were applied.

**Findings:** The amount of arm usage in daily activities improved significantly whereas the quality of arm usage in daily activities showed no significant improvement following intervention.

**Relevance to Clinical practice:** VR-based therapy seems to improve amount of arm usage in daily activities. However, the intervention has to be further evaluated and adapted regarding its appeal, intactness and goal-fit to ensure its power.

**Limitations:** Small sample size and lack of a control group.

**Recommendations for further research:** Randomized controlled trials are needed.

**Keywords:** intervention, MAL-14, occupational therapy, stroke, arm recovery, activities, virtual reality
Jeroen te Dorsthorst

*How childhood cancer survivors reflect on the influence of late effects and their childhood cancer history to their occupational identity.*

*A narrative study*

**Introduction:** Increased cure rates of childhood cancer have resulted in an increasing number of survivors. It has become clear that many of the survivors face late effects of the cancer treatment they received. These late effects may have a large impact on daily occupations. Our occupational identity is built on what we do, what we want and our experiences as a person.

**Aim:** This narrative study aims to get more insight into the way survivors of childhood cancer reflect on the influence of the late effects and their childhood cancer history on their occupational identities.

**Method:** Seven adult survivors of childhood cancer were interviewed for this study and their stories were analysed by means of narrative analysis.

**Results:** The findings show that they experience a large, ongoing effect on their occupational identity. Various aspects of the occupational identity, like occupations, dreams and wishes, relationships and worldview are affected. This made them to create an occupational identity in which the story and the late effects are intertwined in the occupational identity after a phase in which they wanted but didn’t manage to build an occupational identity outside the cancer history.

**Keywords:** Childhood cancer; survival; late effects; occupational identity
Angelique Kester

**Vietnamese caregivers reflections on activities of daily life in relation to PEDI**

**Purpose:** This study aims to explore whether the Pediatric Evaluation of Disability Inventory (PEDI) fits the Vietnamese context by reflecting on activities of daily life (ADL) of children with disabilities and how these activities are constructed, from a caregivers perspective.

**Methods:** This qualitative study included views of 15 caregivers. Cognitive interviewing was used based on the constructs of PEDI by semi-structured interviewing and expansive verbal probing. Interviews were performed in English and Vietnamese with a translator and transcribed verbatim in English. Data was analysed using Constant Comparative Analysis.

**Findings:** PEDI has potential to fit the Vietnamese context although about 60% of PEDI-items require adaptation. Findings reflect differences in performance of several PEDI-items compared to original PEDI content and show which factors impact caregivers assistance. In general, there was a great need for better comprehension of the child’s (dis)abilities and potential. The interviews lead to raised awareness of caregivers about functional skills and assistance given.

**Conclusions:** The study shows that the concept of PEDI is relevant for Vietnam. At the same time, similarities and differences are revealed regarding the concept of the original PEDI. This implies a further need to adapt PEDI-items in order to use in Vietnam by health professionals.

**Keywords:** disability, capability, performance, ADL, assessment, PEDI, Vietnam, caregivers
Bärbel Rückriem

*Lived experience of caregivers in Switzerland when providing the first wheelchair to children with severe cerebral palsy (GMFCS & MACS IV/V)*

*An Interpretative Phenomenological Analysis Study*

**Purpose:** To understand how caregivers of a child with severe cerebral palsy (GMFCS&MACS IV/V) experience the provision of the first wheelchair in Switzerland.

**Method:** The approach of the Interpretative Phenomenological Analysis was chosen to gain insight into the lived experience of 5 mothers regarding the provision of the first wheelchair to their child. Data was collected through one-to-one, in-depth semi-structured interviews and observation.

**Results:** The findings entailed three superordinate themes, "It was some big step from the buggy to the wheelchair", "Getting through it" and "And the wheelchair meant", describing the caregiver's inner struggle to accept their child's diagnosis before being able to agree to the provision of the wheelchair, the impact the wheelchair had on child and caregiver and the evaluation of the service and the collaboration with the health professionals in the provision.

**Conclusions:** The findings of this study can help occupational therapists to understand caregiver's perspectives when confronted to ascend to the change from a buggy to a wheelchair, recognise the importance for comprehensive assessment and close collaboration with parents in the intervention and distinguish clearly between the needs of the caregivers and children with GMFCS level IV and V.

**Keywords:** Severe cerebral palsy, provision of first wheelchair, caregiver, GMFCS, occupational therapy, Switzerland
Nina Teufen

*Lived experiences of co-occupation of everyday life among couples being parents for the first time - A phenomenological study*

**Aim:** Occupational science sees the family as an important place where everyday life occurs. This qualitative study with a hermeneutic, phenomenological methodology, aims at understanding the experiences of co-occupation of four couples in their everyday lives after becoming first time parents in the German speaking part of Switzerland.

**Method and Results:** Through semi-structured interviews data was collected. The interpretative analysis revealed the three main themes of “From two to three”, “Together through a changing everyday life” and “Bringing it all together”, and showed a process of occupational change that the couples experienced. Co-occupation between the parents was experienced as equal teamwork. The presence of the child facilitated the co-occupation between the parents and from a co-occupation between the parents made a co-occupation in the family unit.

**Implications:** This impact of the child on the co-occupation of the parents implied that in a family, the individual view of occupation is challenged and must be looked at more from the view of a system of the family. In addition, questions on the current concept of co-occupation in the family context arose.

**Keywords:** co-occupation, first time parents, couples, everyday life, Interpretative Phenomenological Analysis
Fay Zischeck

Resilience in everyday life: experiences of individuals with a work-related musculoskeletal disorder of the upper extremity

Introduction: In Europe, musculoskeletal disorders (MSD) of the upper extremity pose a major problem due to the cost they cause in terms of sick leave and heightened health care expenditures. Individuals with a work-related MSD of the upper extremity experience stress and are limited in their everyday life. Resilience as adapting well in the face of adversity is therefore important in the recovery of individuals with a work-related MSD of the upper extremity.

Aim: This qualitative study aims to explore how individuals with a work-related MSD of the upper extremity experience resilience in everyday life.

Method: The study was conducted following the constructivist grounded theory approach. The data was collected through five in-depth semi-structured interviews and analysed using the constant comparison method.

Results: The participants experience resilience in everyday life as a continuous adjustment period with three main phases that are not linear but are marked by ups and downs. Furthermore, the participants experienced this continuous adjustment period as the successful adaptation of their routine to suit the capabilities of their bodies in their actual health condition and it therefore restored their self-efficacy to a great extent.

Implications: The findings imply that resilience is a process that can be learned and improved. Occupational therapy practice can benefit from this knowledge by considering that feeling good and being distracted worked as a catalyst in the process that helped participants embracing their actual health condition and actively planning positive experiences.

Keywords: upper extremity, adjustment, routine, activities of everyday life
Finding your way around the ZHAW

The School of Health Professions is situated at Eulachpassage in the Buildings TN and TS, which is a 5 min. walk from the train station. The Main entrance is in Building TN, the seminars will take place in TN O2.11 and TN O2.19 – the way to the rooms will be indicated on site.

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