Occupational Therapy in Primary Care

What’s Happening?
What’s Next?

Tiffany Boggis, MBA, OTR/L
with special guests
Tori Eaton, OTD, OTR/L
Katie Smith, OTS
Mackenzie Gamble, OTS

OTAO 2016
The Primary Care Revolution

- Health Care Reform (ACA)
- New Models of Care
- OT Legislative Advocacy
Challenges

- OTs strive to define our role in primary care
- Justification of the efficacy of OT Intervention in primary care through evidence & research
- Narrow awareness of primary care providers of what OT can offer
- Primary care physicians are unaccustomed to team-based care
- Limited opportunities to demonstrate what OT can offer
- Funding and reimbursement for OT services
Overcoming The Challenges

OTAO Conference 2015
- Breakout session
- Roundtable
- OOTEP
- Oregon OT Emerging Practice
- Listserv
- Survey

Action Plan
- Research the evidence base
- Education Marketing
- Relationships Contexts
- Service Demonstration
- Funding OTJobs

Legislative Advocacy
Progress on Action Plan

- Literature review/ Annotated bibliography
- Marketing/Informational brochures
- Legislative accomplishments
- OT position: Pacific Psychology & Comprehensive Health Clinic, Portland
- Clinical instructor and OT student capstones & experiential in primary care settings
- Exploration of funding & reimbursement
Research Evidence for Best Practice

Katie Smith, OTS & Mackenzie Gamble, OTS
Pacific University School of OT
OOTEP: Research

- Annotated Bibliography
  - Foundational Documents
  - Case for Integration
  - Promoting OT
  - ACA and OT
  - Integration Options
  - Service Provision
Service Provision Priorities

- Demonstrate efficacy to prevent the most deadly, disabling, and costly conditions
Our process:

<table>
<thead>
<tr>
<th>Health Conditions</th>
<th>Citations</th>
<th>Risk Factors</th>
<th>Citations</th>
</tr>
</thead>
</table>
| **Diabetes**      | -CDC, 2009  
- CDC, 2015b  
- ODPHP, 2016a  
- Willett et al., 2006 | -Overweight-----------------------------  
- Physical inactivity----------------------  
- High blood pressure----------------------  
- Unhealthy cholesterol levels---------------  
- Unhealthy diet--------------------------- | -AHA, 2015; IDF, 2015  
- AHA, 2015; IDF, 2015  
- AHA, 2015  
- IDF, 2015 |
| **Stroke**        | -CDC, 2009  
- ODPHP, 2016b  
- WHO, 2014  
- Willett et al., 2006 | -Overweight-----------------------------  
- Physical inactivity----------------------  
- High blood pressure----------------------  
- Unhealthy cholesterol levels---------------  
- Unhealthy diet---------------------------  
- Heart disease-------------------------------  
- Diabetes----------------------------------- | -CDC, 2015a; NHLBI, n.d.  
- CDC, 2015a; NHLBI, n.d.  
- CDC, 2015c; NHLBI, n.d.  
- CDC, 2015c; NHLBI, n.d.  
- CDC, 2015a; NHLBI, n.d.  
- CDC, 2015c; NHLBI, n.d.  
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- Physical inactivity----------------------  
- High blood pressure----------------------  
- Unhealthy cholesterol levels---------------  
- Unhealthy diet--------------------------- | -CDC, 2015e  
- CDC, 2015e  
- CDC, 2015d  
- CDC, 2015d  
- CDC, 2015e |
What can OT do?

- **Lifestyle modification**
  - Diet, Physical Activity, Overweight
    - OTPF, AOTA Obesity Statement

- **Blood Pressure?**
- **Cholesterol?**
What can OT do?

LIFESTYLE CHANGES THAT CAN REDUCE BLOOD PRESSURE

<table>
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<tr>
<th>Findings</th>
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<tr>
<td>-Eat healthy, reduce sodium</td>
<td>AHA (2014)</td>
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<td>-Regular physical activity</td>
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<tr>
<td>-Maintain a healthy weight</td>
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<tr>
<td>-Manage stress</td>
<td></td>
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<tr>
<td>-Limit alcohol, avoid tobacco</td>
<td></td>
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<tr>
<td>-Eat healthy, reduce sodium</td>
<td>Mayo Clinic (2015)</td>
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<td>-Regular physical activity</td>
<td></td>
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<tr>
<td>-Limit alcohol, quit smoking</td>
<td></td>
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<tr>
<td>-Lose weight</td>
<td></td>
</tr>
<tr>
<td>-Manage stress</td>
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LIFESTYLE CHANGES THAT CAN REDUCE CHOLESTEROL

<table>
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<td>-Eat healthy</td>
<td>AHA (2014)</td>
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<tr>
<td>-Regular physical activity</td>
<td></td>
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<tr>
<td>-Eat healthy (less saturated fat, trans fat, and cholesterol)</td>
<td>National Heart, Lung, and Blood Institute (2005)</td>
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<td>-Regular physical activity</td>
<td></td>
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<tr>
<td>-Limit alcohol, quit smoking</td>
<td></td>
</tr>
<tr>
<td>-Lose weight</td>
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Overweight
Evidence for OT treatment

Overweight

- What we don’t have:
  - Outcomes studies
- What we do have:
  - Theoretical papers
  - Advocacy
  - Anecdotal evidence
  - Evidence-based non-OT practices within scope of OT
Best Practice Example

Guidelines
Best Practice Example

Guidelines

OT Theory
Best Practice Example

Anecdotal Evidence:
- Sue: solitary and gaining weight
- Roger: many health and functional issues related to weight (Forhan & Richmond, 2002)
Distinct Value

- Overweight is not currently being effectively managed in primary care (Guidelines)
- OT addresses the prevention and concerns of obesity through a holistic and client-centered approach to lifestyle through participation in activities that promote health (AOTA Obesity Position Paper)
# OT & Primary Care: Annotated Bibliography

Katie Smith & Mackenzie Gamble  
Pacific University, Class of 2018

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<td>DHS (2000). <em>Healthy People 2010: Understanding and improving health</em></td>
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<td>Amini, D. (2014). <em>Understanding occupational therapy’s role in primary care.</em></td>
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<td>AOTA (2014, April). <em>OT as primary care: Health care systems change</em></td>
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An OT’s Experience in Primary Care

Tori Eaton, OTD, OTR/L
Clinical Instructor
Pacific University
Essential Health Benefits

- Ambulatory patient services
- Emergency services
- Hospitalization
- Pregnancy, maternity, & newborn care
- Mental health & substance use disorder services
- Prescription drugs
- Rehabilitative & habilitative services
  - Injuries, disabilities, chronic... mental & physical
- Laboratory services
- Preventive & wellness services
- Pediatric services (including oral & vision)
Pacific Psychology & Comprehensive Health Clinic

- Hybrid behavioral health & primary care
- Interdisciplinary team

Psychology

O.T.

S.L.P.

Naturopath

P.T.
Populations

- Individuals, couples
- Low-risk
- Low-income
- Tri-County area
- High % PSU referrals @ PDX
- High % of Spanish-speaking in Hillsboro
Primary Needs

- Executive function
- Anxiety
- Depression
- Sensory
- Some neuro rehab
- Chronic pain management
Virginia Garcia Memorial Health Center- Hillsboro

- HRSA grant
- Interdisciplinary team
  - MD
  - Community Pharmacy Services
  - Occupational Therapy
  - Behavioral Health

- Purpose
  - Decrease hospital readmits within 30 days
  - Decrease medication errors
Populations

- Individuals released from hospital within 8 days
- Low-income
- High % Spanish-speaking
- High % geriatric population
- Extremely varied backgrounds
Primary Needs

- Cirrhosis
- Diabetes
- COPD
- Anxiety/Depression
- HBP
- N-STEMI
- Chronic pain
- Pneumonia, E. coli
- Hepatitis C
- Hand injuries
- RA, lupus
Case Study

- 35 y/o Caucasian male
- HBP, depression, anxiety, sleep disturbance
- Stays up late watching TV
- Forgets medications
- Lives independently
Case Study

- 38 y/o Hispanic female
- Married, 3 children (18, 14, 13)
- Hx DM, depression; A1-C is 9.2
- Son just left for boot camp
- Youngest daughter over-eating
- Middle daughter withdrawing, pulling out hair
- Husband is alcoholic
- Hospitalized due to chest pain, dizziness
Quote from Dr. Carden

"Before I worked with Dr Eaton I was unaware of the breadth of scope for OT. She spent a morning with me and was able to offer concrete solutions for improving the health of every patient on my schedule."

- Geoffrey Carden, MD
Keep up the momentum

- Familiarize yourself with current literature and evidence base for best OT practice in primary care to justify & develop intervention strategies in primary care
- Determine if your facility is part of a CCO or partnered with community care, behavioral health or primary care centers
- Seek individuals in these settings who are providing services – find a champion!
- Identify what providers struggle with? Can you meet a need or fill a void?
- Advocate (AOTA & OTAO) with public officials to include OT in legislation that identifies OT as qualified primary care providers
- Volunteer to be a community advisor for a Pacific University OT student experiential in a primary care setting
Special Thanks

Pacific University OT students
Hailey Oliver, Kelly Moore, Maggie Sutherland &
Daniel Tautenhan. Karen Smoots

Class of 2017
Advocacy & Marketing Brochures

OOTEP Members
OTAO
Guest Presenters
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References/Resources


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