

# An Introduction to Protocols for Occupational Therapy

Inga Warren

**The use of protocols for clarifying thinking and promoting occupational therapy is described, drawing on personal experience. Potential applications and methods of presentation are outlined and illustrated.**

## Introduction

A protocol is a working document, a draft, formula or record, which can be used to clarify ideas, plans and processes. An appropriate definition of a protocol is 'a statement reporting an observation exactly and without attempting an interpretation'.<sup>1</sup> A protocol describes but does not discuss. Occupational therapy protocols state what occupational therapy does or intends to do in given situations. They can be used for service planning and negotiating for resources, setting standards, research, education and training, and role definition.

## Potential applications

### Service planning

When planning services, intentions can be explained by drafting concise information about what will be done, to whom, by whom and how. This document can then be used to present proposals when seeking approval for service developments, or negotiating resources or contracts of service. It may later be used as a framework for planning individual treatments.

The author designed a protocol for occupational therapy with high risk infants admitted to a special care baby unit (SCBU). The project was new and without precedent. The protocol stated objectives, aims, criteria for referral, intended interventions, and skills needed (Table 1). References to appropriate research and publications were included. This was submitted to the paediatrician who discussed it with key members of staff and agreement that the project should go ahead was reached. The service was implemented in accordance with the protocol, which was updated to take into account increased skills, changes in unit structure and the results of evaluation.

In another example, a protocol was used as the foundation for planning a new elderly care service as part of a hospital complex. In this case, a protocol stating priority goals, preferred locations for interventions, staff numbers and grades was presented to help plan facilities and bids for continuing funds (Table 2). A concise, clearly laid out written statement of what the occupational therapy service intends is essential when bidding for space, funding or representation or when resisting service cuts.

### Setting standards

Protocols can be used to define what is acceptable practice in an occupational therapy department given available resources. Similarly, they can be used to illustrate the effect of changes

in resources, structures or other services. They can also be used to compare practices. For example, two protocols for the rehabilitation of amputee patients were prepared. One described the existing service while the other proposed an improved service which would result from earlier referral. These were used to convince surgeons of the advantages of preoperative referral.

**Table 1. Text format (widely used by the author and applied to SCBU project)**

|   |
|---|
| Objectives: State main purpose of programme.  |
| Aims: State how you intend to meet the objectives.  |
| Referral: State criteria for referring patients/clients to the programme and method of referral.                |
| Assessment: State screening and assessment tools to be used.  |
| Interventions: State treatment techniques to be used and methods of delivery (for example, direct or indirect). |
| Discontinuation: State criteria for discontinuing intervention.   |
| Locations: State where intervention will take place.  |
| Liaison: State other disciplines or agencies who will collaborate.  |
| Skills required: State specialised skills required by the therapist and related training needs.                 |
| References: List supporting research.   |

**Table 2. An extract from a grid layout used to plan resources for a new elderly care unit serving hospital and community patients**

|                               | Acute in-patients | Rehabilitation ward | Day hospital | Community care |
|-------------------------------|-------------------|---------------------|--------------|----------------|
| Number of patients            |                   |                     |              |                |
| Priority goals                |                   |                     |              |                |
| Assessment                    |                   |                     |              |                |
| Treatment activities          |                   |                     |              |                |
| Location of treatment         |                   |                     |              |                |
| Facilities/equipment required |                   |                     |              |                |
| Staff numbers and grade       |                   |                     |              |                |
| Annual costs                  |                   |                     |              |                |

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*British Journal of Occupational Therapy*, January 1993, 56(1)

# Group Protocol Occupational Therapy Example

**Marilyn B. Cole**



### **Group Protocol Occupational Therapy Example:**

**Occupational Therapy and Mental Health** Jennifer Creek, Lesley Lougher, 2011-11-29 This book is a comprehensive textbook for occupational therapy students and occupational therapists working in the field of mental health. It presents different theories and approaches, outlines the occupational therapy process, discusses the context of practice, and describes a wide range of techniques used by occupational therapists. These include physical activity, cognitive approaches, group work, creative activities, play, and life skills. The book covers all areas of practice in the field, including mental health promotion, acute psychiatry, community work, severe and enduring mental illness, working with older people, child and adolescent mental health, forensic occupational therapy, substance misuse, and working with people on the margins of society. The theory chapters are written by occupational therapists who are recognised experts in their fields, and the applied chapters are written by practitioners. An innovation in this edition is the inclusion of commentaries by service users on some of the chapters. This fourth edition has been extensively revised and updated. The new structure reflects changes in service delivery and includes sections on philosophy and theory, base the occupational therapy process, ensuring quality, the context of occupational therapy, occupations, client groups. Important new areas that are covered include mental health promotion, evidence-based practice, community development, and continuing professional development. Addresses the needs of the undergraduate course, covers all the student needs for this subject area in one volume. Links between theory and practice are reinforced throughout. Written by a team of experienced OT teachers and practitioners. Comprehensive, covers theory, skills, and applications, as well as management. The clear structure, with the division of chapters into six distinct sections, makes it easy to learn and revise from, as well as easy to refer to for quick reference in the clinical situation. Provides key reading and reference lists to encourage and facilitate more in-depth study on any aspect. It is written in a style that is easy to read and understand, yet there is enough depth to take students through to their final year of education. Chapters on the application of occupational therapy are written by practising clinicians, so they are up to date and realistic. For qualified occupational therapists, the book includes a review of current theories and approaches to practice, with references so that they can follow up topics of particular interest. Suitable for BSc and BSc Hons occupational therapy courses.

### **Group Dynamics in**

**Occupational Therapy** Marilyn B. Cole, 2025-02-25 This best-selling textbook, now in its Sixth Edition, provides the essential strategies and tools that occupational therapists need to design and organize client groups for enhanced theory-based therapeutic interventions for physical, mental health, and wellness populations. Updated in line with AOTA's latest Occupational Therapy Practice Framework, the book is split into three sections. Section I introduces author Marilyn Cole's 7-step format for group leadership, the cornerstone for the rest of the book. This is followed by chapters on the fundamentals of group dynamics, client-centered groups, and issues around diversity, inclusion, and cultural humility. Section II provides an overview of a range of theoretical approaches to group work, from psychodynamic, biomechanical, behavioral, cognitive,

developmental sensory and occupation based models Section III focuses on design of group protocols synthesizing the theories activities or modalities leadership and membership selection guidelines Revisions include guidelines for using a client centered group approach with marginalized populations as well as designing occupational therapy groups with wellness and non traditional populations for student service learning in the community Thoroughly updated throughout and with new case studies drawn from a range of disciplines this is an essential resource for any student or practitioner in the field of occupational therapy      *Occupational Analysis and Group Process* Jane Clifford O'Brien, Jean W. Solomon, 2014-04-14

Get the best instruction on occupational analysis group process and therapeutic media all from one book Using a matter of fact style to share their experiences successes and failures expert authors Jane Clifford O'Brien and Jean W Solomon provide you with effective therapeutic media sample activity analyses useful in current health care contexts practical guidance in play leisure and social participation areas of occupation strategies for effective group management and processes and overviews of theories supporting best practice Comprehensive content covers the material taught in group process and occupational analysis courses thoroughly and completely for the OTA Logically organized content that's written in a matter of fact style helps you better understand and retain information Clinical pearls emphasize the practical application of the information Therapeutic Media are tried and true methods pulled from the author's extensive experience      *Occupational Analysis and Group Process - E-Book* Jane Clifford O'Brien, Jean W. Solomon, 2021-04-13

Learn how to analyze client needs and use group therapy for effective interventions Occupational Analysis and Group Process 2nd Edition provides practical information on two key components of occupational therapy practice helping you understand how to intervene with a variety of clients Using case scenarios and clinical examples this book provides strategies and guidelines for analyzing functional tasks for clients from children to adolescents to adults It guides you through every step of the group process including group leadership communication within the group and group interventions Written by noted OT educators Jane Clifford O'Brien and Jean W Solomon this book provides a solid foundation for intervention planning Comprehensive content covers the material taught in group process and occupational analysis courses within Occupational Therapy and Occupational Therapy Assistant programs Clear matter of fact approach provides an understanding of the group process strategies for leading groups and guidelines for group interventions Case examples tables and boxes highlight the key content in each chapter Clinical Pearls emphasize practical application of the information providing tips gained in clinical practice Therapeutic Media are tried and true methods pulled from the author's extensive experience in occupational therapy NEW Updates and revisions to all chapters reflect the new Occupational Therapy Practice Framework and current OT practice NEW New chapter's include Guidelines and Best Practices for Setting and Developing Goals and Managing Difficult Behaviors During Group Interventions NEW Clinical Application Exercises and Worksheets chapter reinforces your understanding with learning exercises activities and forms for each chapter NEW Full color design provides a greater visual impact NEW Clinical Case begins each chapter

and includes questions on key content NEW Case Application and Summary in each chapter address the Key Questions NEW Additional content on specific groups includes topics such as community trust building functioning civic rehab role playing and measuring outcomes NEW Expanded content on therapeutic interventions is added to the book NEW Emphasis on group work in a variety of practice settings prepares you to handle groups in multiple environments NEW Creative examples show groups and intervention activities

**Psychosocial Conceptual Practice Models in Occupational Therapy** Moses N. Ikiugu, Elizabeth A. Ciaravino, 2007-01-01 This book examines the occupational therapy paradigm its focal viewpoint core constructs and values as well as the role of complexity chaos theory as a scientific framework for occupational therapy research and practice Unlike other current OT texts this book uses clinical case examples to illustrate application of proposed changes to make procedures consistent with the latest Occupational Therapy Practice Framework The reader walks away with a clear grasp of the theoretical principles guiding his or her treatment interventions the explanations behind those principles and the applicable intervention for said techniques and procedures An emphasis on clinical reasoning skills including information on different types of reasoning skills as well as the MAPP model of teaching helps the student and clinician translate theoretical principles into practice The section on specific interventions addresses each of the conceptual practice models according to a consistent chapter template which enables the reader to apply conceptual practice models in real world contexts Preview questions at the beginning of each chapter alert the reader to important concepts in the upcoming text Critical analysis of the theoretical core provides suggested modifications to increase consistency with the new occupational therapy paradigm

**Early's Mental Health Concepts and Techniques in Occupational Therapy** Cynthia Meyer, Courtney Sasse, 2024-03-13 Packed with up to date evidence based practice information and examples of contemporary interventions Early's Mental Health Concepts and Techniques for Occupational Therapy Practice 6th Edition equips occupational therapy occupational therapy assistant students and practitioners with an authoritative guide to working effectively with clients with mental health issues across all practice settings This practical bestselling text delivers a holistic approach to client care directly addressing the clinical needs of COTAs and OTs in assessing clients psychosocial status and providing interventions that improve their quality of life An ideal resource for OT students as well as those pursuing an Occupational Therapy Doctorate the extensively updated 6th Edition expands coverage of the many assessments and interventions available in today's clinical practice empowering users with a sound foundation in occupational therapy processes and clearly demonstrating how to effectively intervene to meet the needs of clients with mental health issues

Creek's Occupational Therapy and Mental Health Wendy Bryant, Jon Fieldhouse, Katrina Bannigan, 2014-06-17 Now in its fifth edition this seminal textbook for occupational therapy students and practitioners has retained the comprehensive detail of previous editions with significant updates including the recovery approach informed by a social perspective Emerging settings for practice are explored and many more service users have been involved as authors writing commentaries on 14

chapters All chapters are revised and there are also new chapters such as mental health and wellbeing professional accountability intersectionality green care and working with marginalized populations Chapter 11 is written by two people who have received occupational therapy examining different perspectives on the experience of using services This edition is divided into clear sections exploring theory and practice issues in detail The first section covers the historical theoretical and philosophical basis for occupational therapy in the promotion of mental health and wellbeing The second section examines the occupational therapy process followed by a third section on ensuring quality in contemporary practice The fourth section offers insights into issues arising from the changing contexts for occupational therapy including an analysis of the implications for occupational therapy education The fifth section has eight chapters on specific occupations that can be applied across the varied settings which are covered in the sixth and final section Occupational Therapy and Mental Health is essential reading for students and practitioners across all areas of health and or social care in statutory private or third voluntary sectors and in institutional and community based settings Presents different theories and approaches Outlines the occupational therapy process Discusses the implications of a wide range of practice contexts Describes a broad range of techniques used by occupational therapists Provides many different perspectives through service user commentaries Coverage of trust as part of professional accountability leadership green care ethical practice using a principled approach Additional and extended service user commentaries An editorial team selected and mentored by the retired editors Jennifer Creek and Lesley Lougher

**Willard and Spackman's Occupational Therapy** Barbara A. Schell, Glen Gillen, Marjorie Scaffa, Ellen S. Cohn, 2013-03-08 Willard and Spackman's Occupational Therapy Twelfth Edition continues in the tradition of excellent coverage of critical concepts and practices that have long made this text the leading resource for Occupational Therapy students Students using this text will learn how to apply client centered occupational evidence based approach across the full spectrum of practice settings Peppered with first person narratives which offer a unique perspective on the lives of those living with disease this new edition has been fully updated with a visually enticing full color design and even more photos and illustrations Vital pedagogical features including case studies Practice Dilemmas and Provocative questions help position students in the real world of occupational therapy practice to help prepare them to react appropriately

**Creek's Occupational Therapy and Mental Health E-Book** Wendy Bryant, Jon Fieldhouse, Nicola Plastow, 2022-05-28 Promoting and maintaining mental health continues to be a key challenge in the world today Creek's Occupational Therapy and Mental Health is essential reading for students and practitioners across a wide range of health professions capturing contemporary practice in mental health settings Now fully updated in its sixth edition it retains the clarity and scholarship associated with the renowned occupational therapist Jennifer Creek while delivering new knowledge in a fresh perspective Here readers can find everything they need on mental health for learning practice and continuing professional development Complex topics are presented in an accessible and concise style without being oversimplified aided by summaries case

studies and questions that prompt critical reflection The text has been carefully authored and edited by expert international educators and practitioners of occupational therapy as well as a diverse range of other backgrounds Service users have also co authored chapters and commentaries Evidence based links between theory and practice are reinforced throughout This popular title will be an indispensable staple that OTs will keep and refer to time and again Relevant to practice outlines a variety of therapeutic interventions and discusses the implications of a wide range of contexts New chapters on eating disorders cognitive learning based approaches and being a therapist Extended service user commentaries Expanded scope to accommodate diverse psychosocial perspectives and culturally sensitive practices New questions for readers in every chapter Key reading and reference lists to encourage and facilitate in depth study      *Research for the Health Professional* Angela N. Hisson, Jennifer E. Lape, Diana M. Bailey, 2014-11-26 This classic text explains the hows and whys of conducting and writing a research project Step by step guidance shows you how to select topics how to select the appropriate methodology and theoretical framework how to collect analyze and interpret the data and how to write present and publish your project

*Psychosocial Occupational Therapy - E-BOOK* Nancy Carson, 2024-12-11 Develop the psychosocial skills to treat and address the mental health needs of clients in all practice settings Psychosocial Occupational Therapy Second Edition uses evidence based models to demonstrate effective occupational therapy for clients diagnosed with mental health conditions Clearly and logically organized the book begins with theories and concepts and follows with in depth coverage of OT interventions in both individual and group contexts Case studies and models show how to apply the fourth edition of the Occupational Therapy Practice Framework OTPF in selecting treatment strategies UPDATED AOTA s Occupational Therapy Practice Framework 4th Edition and current OT practice are reflected throughout the book to ensure alignment with the latest OT guidelines for education and practice NEW Complementary and Integrative Health chapter provides an overview of complementary approaches that have expanded in use within health care and includes examples of how to effectively incorporate them into OT treatment UNIQUE At least two cases studies in each clinical chapter show how to apply the Occupational Therapy Practice Framework OTPF in determining treatment options and one or more conceptual models address the psychosocial needs of clients NEW Feeding and Eating Disorders chapter offers more in depth information on eating disorders included in the DSM 5 along with the OT s role in treatment NEW Enhanced ebook version included with every new print purchase allows access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Using the Occupational Therapy Practice Framework chapter describes how to apply the 4th edition of the OTPF to the practice of occupational therapy Balanced approach to psychosocial occupational therapy includes thorough coverage of primary diagnoses as well as occupational and psychosocial theories models and approaches Emphasis on clinical reasoning skills provides insights on how to select treatment strategies based on the conceptual theories and models presented in the earlier chapters the information on diagnoses also references the

DSM 5 A focus on psychosocial skills makes it easier to adjust the method of approaching a client the nature of the therapeutic relationship and the direction and eventual outcomes of intervention regardless of the setting or the primary diagnosis Coverage of therapeutic interaction skills and group process skills shows how to provide treatment in both individual and group settings      **Willard and Spackman's Occupational Therapy** Gillen, Glen,Catana Brown,2023-07-13 A foundational book for use from the classroom to fieldwork and throughout practice Willard Spackman s Occupational Therapy 14th Edition remains the must have resource for the Occupational Therapy profession This cornerstone of OT and OTA education offers students a practical comprehensive overview of the many theories and facets of OT care while its status as one of the top texts informing the NBCOT certification exam makes it an essential volume for new practitioners The updated 14th edition presents a more realistic and inclusive focus of occupational therapy as a world wide approach to enhancing occupational performance participation and quality of life It aims to help today s students and clinicians around the world focus on the pursuit of fair treatment access opportunity and advancement for all while striving to identify and eliminate barriers that prevent full participation      **Social Participation in Occupational Contexts** Marilyn B. Cole,Mary V. Donohue,2011 Social participation naturally occurs in everyday life in combination with daily occupations such as when people interact while eating playing carpooling and working This book provides information on social participation for different occupations      **The Entry Level Occupational Therapy Doctoral Capstone** Elizabeth D. DeJuliis,Julie A. Bednarski,2025-10-24 The second edition of The Entry Level Occupational Therapy Doctoral Capstone is an essential resource to guide both students and educators through every phase of the doctoral capstone from development to dissemination Fully revised to align with the latest ACOTE accreditation standards and terminology each chapter of the book is divided into two sections one for students and one for educators This updated edition includes new chapters on mentorship and how to build collaborative skills conducting a literature review and performing a needs assessment and program evaluation Student learning activities are redesigned around design thinking principles such as empathy and identity mapping and personal mission statements to promote student self exploration and alignment with capstone sites and populations Mezirow s transformational learning theory is threaded throughout the content designed for the educator Additional guidance for faculty and capstone coordinators includes exemplar assignments rubrics and relevant topics such as artificial intelligence and intellectual property in relation to capstone deliverables A chapter on post professional capstones has also been added Well organized and full of practical examples of capstone experiences and projects this book is a vital tool for students in entry level or post professional OTD programs as well as their educators and mentors      **Mental Health Practice for the Occupational Therapy Assistant** Christine Manville,Jeremy Keough,2024-06-01 Mental Health Practice for the Occupational Therapy Assistant is a comprehensive text that delineates the role of the occupational therapy assistant in the delivery of mental health services Christine Manville and Jeremy Keough provide information and learning activities



that enable the student to build knowledge of mental health practice incorporating approaches used in the traditional medical model as well as the community. The impact of mental illness on occupational performance across the lifespan is also examined. Mental Health Practice for the Occupational Therapy Assistant guides the reader in how to analyze the service environment including cultural, societal, and political factors, explore the client's participation in age-appropriate meaningful occupations, and under supervision of the occupational therapist provide treatment that includes 1:1 and group interventions. Mental Health Practice for the Occupational Therapy Assistant structures each chapter to provide an enhanced approach to student learning by incorporating concepts from Bloom's Taxonomy. Current and emerging trends in mental health practice are discussed as well as service provision in the traditional medical model. The appendices include a discussion of additional factors that impact the provision and efficacy of therapy services including pharmacology and ethical and legal issues. Features: Provides an overview of the DSM 5 and the World Health Organization's International Classification of Functioning, Disability, and Health. These classification systems provide a common language for practitioners from a variety of disciplines to communicate about the impact of mental illness on occupational performance and participation. Describes the use of general educational strategies to enhance the teaching/learning process in the provision of occupational therapy services. Terminology from the Occupational Therapy Practice Framework, Third Edition, is utilized to enhance the development of clinical reasoning and practice skills. Provides information on how to communicate effectively with clients. Mental health practice is viewed across the lifespan. Instructor's materials include PowerPoint presentations, student study sheets, tests, questions, and application questions for each chapter. Included with the text are online supplemental materials for faculty use in the classroom. Mental Health Practice for the Occupational Therapy Assistant is an excellent side-by-side resource for the occupational therapy assistant, occupational therapist, or any practitioner working in a mental health setting.

**Preparing for the Occupational Therapy National Board Exam: 45 Days and Counting** Rosanne DiZazzo-Miller, Joseph Pellerito Jr., 2009-12-23. Preparing for the Occupational Therapy National Board Exam 45 Days and Counting is a comprehensive overview for occupational therapy students preparing to take the National Board for Certification in Occupational Therapy (NBCOT) exam. Containing more than just study questions, this comprehensive review guide is organized by domain areas, and each subject is addressed according to the degree it is covered on the NBCOT examination. Corresponding workbook pages include specific references to occupational therapy curricula, enabling additional exploration of content that is challenging or unfamiliar. Also included with each new print copy of the review guide is the companion CD-ROM, which simulates online testing with multiple-choice practice questions, each providing evidence-based rationale for why a particular answer is correct or incorrect. Health and wellness is also addressed throughout the book with test-taking strategies, study plans, goal sheets, and other stress-reducing tips. A well-rounded informational and helpful guide. Preparing for the Occupational Therapy National Board Exam 45 Days and Counting is a valuable resource to help students prepare for the NBCOT exam. Features: Detailed

schedule for 45 days of study In depth content outlines for each chapter References for each question with evidenced based rationale Over 100 Figures and Tables to illustrate key points Wellness Tips and Self Assessment forms to develop healthy study habits Study Plans and Goal Sheets to keep focused and on track Example of a completed study guide with resources CD ROM with over 100 test questions case studies and work sheets Please note Electronic formats of this review guide do not include the CD ROM *Implementing Play Therapy with Groups* Clair Mellenthin, Jessica Stone, Robert Jason

Grant, 2021-12-22 *Implementing Play Therapy with Groups* is a new and innovative edited book bringing together experts from across the field of play therapy to explore how to facilitate group play therapy across challenging settings diagnoses and practice environments Applying theoretical and empirical information to address treatment challenges each chapter focuses on a specific treatment issue and explores ways the reader can implement group work within their play therapy work Chapters also provide contemporary evidence based clinical information in providing group therapy with specific populations such as working with children who have been exposed to violence trauma adoption foster care those who are chronically medically fragile and more This book will bring awareness to and provide easily implemented play therapy knowledge and interventions for child and family therapists who work in a range of settings including schools hospitals residential treatment centers and community mental health settings **Kielhofner's Research in Occupational Therapy** Renee

Taylor, 2023-10-16 Ren e Taylor and an international team of contributors carry on Gary Kielhofner s innovative vision to demystify the research process and demonstrate that research is essential to occupational therapy practice They present a comprehensive guide to conducting applied research in the field from qualitative quantitative and mixed perspectives for students and clinicians You ll begin with a grounding in conducting evidence based practice in OT and an explanation of the six broad components of the research process Then you will explore research designs measurements and statistical analysis for qualitative and quantitative studies You ll examine the steps and procedures required to conduct research and how research can be used to shape professional practice and improve patient care *Mindful Crafts as Therapy* Cynthia

Evetts, Suzanne Peloquin, 2017-04-28 Arts and crafts were one of the very first therapies employed by occupational therapists Today crafts are still employed as effective interventions for clients with mental health disorders physical dysfunctions cognitive issues and sensory concerns in hospitals outpatient clinics veterans centers schools skilled nursing facilities or community settings Step by step the authors show you how to use a wide range of novel and highly engaging crafts They explain how to connect the key tasks associated with an activity to functional outcomes and how to modify them to meet the specific needs of individual patients They also address the issues of documentation and reimbursement Mental Health Concepts and Techniques for the Occupational Therapy Assistant Mary Beth Early, 1993 A textbook for the student of occupational therapy providing the basic foundation for dealing with patients who have mental health problems Assumes previous courses in human growth and development group process and crafts and other popular occupational therapy

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