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Transforming Disability into Ability: The Niche of Occupational Therapy in the Multi-Rehabilitation Team at Healthcare Services

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“What remains---hold the true meaning, not what has been lost. Some things can never be undone, so having a vision that goes beyond the present needs to be possessed to regain independence with renewed zeal”.

This vision calls for the desire to succeed, a dedication to inclusivity, and a desire to be effective. The goal of occupational therapy, a combination of science and art, is to achieve optimal performance in daily activities by simultaneously addressing the body and the mind¹. In this context, “occupation” refers to a person’s actions outside their job, such as eating, dressing, using the restroom, moving around, and communicating². Additionally, it includes undertaking roles and responsibilities, sleeping, resting, playing, socializing, and earning a living³. Occupational therapy is required when temporary or long-term physical or psychological impairments prevent a person from fully engaging in their desired occupations⁴. A four or five year undergraduate professional program that covers a wide range of topics, such as human anatomy, physiology, movement sciences, psychology, and other pertinent clinical sciences, is required of occupational therapists before they can practice⁵. From infants to older adults, they serve customers from all walks of life. Despite the high demand for the profession globally, there aren’t enough human resources available because people don’t know much about it⁴⁻⁵.

Occupational therapists work in various healthcare environments, including primary care clinics and tertiary care hospitals, as well as in businesses, clinics, nursing homes, rehabilitation facilities, community centres, and vocational training facilities⁴. Assessment, evaluation, intervention, discharge or reevaluation, and additional intervention are all steps in the occupational therapy process⁴. Evidence-based frameworks and research adapted to the individual’s condition serve as the process’ guiding principles³. For instance, a model of human occupation may be combined with a rehabilitation model for displaced people in the wake of a disaster.

Occupational therapists are well-equipped to deal with various conditions, including stroke, cardiovascular and neurological disorders, mental health issues, pediatric developmental disorders, neurodiversity, amputation, intellectual challenges, and many others, thanks to the

occupational therapy field's rigorous educational requirements⁴. Occupational therapy, which considers physical, psychosocial, and cultural factors, seeks to improve a person's participation in occupational performance by treating and assisting them in overcoming their disabilities⁴. Therefore, occupational therapy must be incorporated into healthcare policies to improve community health and well-being, as it is essential for standardized healthcare provision included in municipal healthcare acts and national healthcare services, as is the case in many developed countries.

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