



**Indiana University  
School of Health  
and Rehabilitation  
Sciences**

**Department of  
Occupational  
Therapy**

# **Establishing Student Directed Occupational Therapy Services at IU Student Outreach Clinic**

## **Learning in the Changing Health Care Market**



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# Presenters

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# Presentation Objectives

- ❖ Recognize the interdisciplinary educational benefits for health professional students at IUSOC
- ❖ Describe the unique contributions of occupational therapy within this primary care setting
- ❖ Discuss future IPE collaborative opportunities



# Outline

Introduction to IUSOC

Needs assessment results

Clinic development

Current IPE collaborations

Discussion on future IPE opportunities



# Introducing...



<http://www.youtube.com/watch?v=iX-xL688TB4>

# Indiana University Student Outreach Clinic

- Student-run free clinic offering free medical care to uninsured and underserved of Indiana
- Services offered every Saturday from 10-2
- Students are responsible for:
  - Setting up the clinic
  - Daily operations
  - Providing medical services under the direction of faculty
  - Coordinating patient care
  - Determining future direction of clinic and community outreach initiatives



# Interprofessional Service Learning

IU School of Medicine

IU School of Dentistry

IU School of Social Work

IU School of Law

Butler University – Pharmacy

IU School of Health and Rehabilitation Science

- Department of Occupational Therapy
- Department of Physical Therapy

University of Indianapolis – Krannert School of Physical Therapy

Richard M. Fairbanks School of Public Health at IUPUI



# InterProfessional Education and Practice (IPEP)

Interprofessional  
**Education**  
(Pre-Licensure)

Interdependent

Interprofessional  
**Practice**  
(Post-Licensure)





# Community Needs Assessment

## 1. IUSOC Database Extraction

# of diagnoses applicable to OT scope of practice (e.g. Diabetes)

## 2. Patient survey

## 3. IUSOC Partner survey

Difference between OT and PT



# Needs Assessment

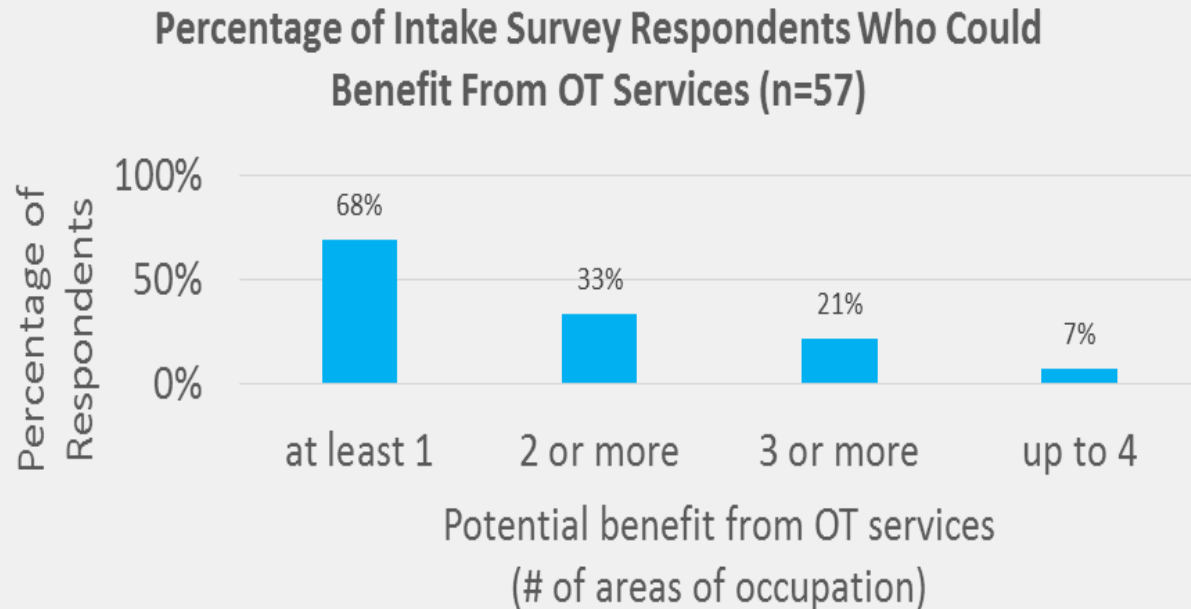
## Patient Diagnosis Breakdown: Jan-Aug 2013

Chronic Diagnosis	No.	Chronic Diagnosis	No.
Addiction/Dependence	24	HIV	0
ADHD	2	Homelessness	0
Allergies	13	HTN	463
Anemia	7	Hyperlipidemia	83
Anxiety	17	Hyperthyroidism	2
Arthritis	15	Hypothyroidism	20
Asthma	53	IBS	1
Atrial Fibrillation	0	Incontinence	0
		Inflammatory Bowel	
Back Pain	8	Disease	0
Bipolar	12	Insomnia	3
Cardiac dysrhythmia	1	Migraine	6
CHF	4	Obesity	0
Constipation	0	OSA	1
COPD	22	Osteoporosis	0
Dementia	1	Peptic ulcer disease	1
Dental	1	Personality Disorder	1
Depression	68	Pre-DM	5
DM	166	Pre-HTN	1
Fatigue	1	Psoriasis	0
GERD	66	PTSD	3
GYN	3	Schizophrenia	5
Heart Disease	4	Seizure Disorder	4
Hepatitis B/C	2	Sinusitis	2
Herpes	1	Vascular Disease	1

<b>Total Chronic Diagnoses</b>	1093
<b>Within OT Scope of Practice</b>	923
Percentage Applicable to OT	84%



# Patient survey results



## Summary of Intake Survey Responses

Number of responses N = 57

**Difficulty concentrating, thinking, remembering**

N = 18

**Difficulty in Instrumental Activities of Daily Living**

N = 15

**Difficulty resting and/or sleeping**

N = 30

**Difficulty in leisure, play, social participation**

N = 46



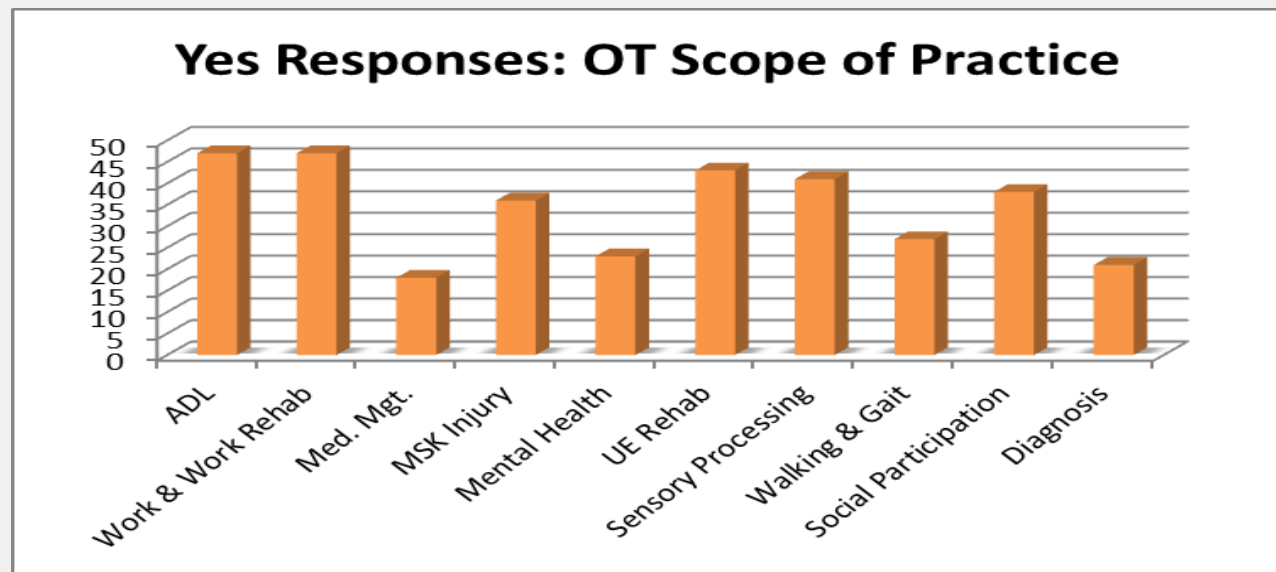
# How are PT and OT different?

Primary concern among the partners

Duplication of services

Confusion among the clientele

Interprofessional survey distributed



# OT Clinic Development Timeline

→ January 2013 Intent for inclusion

→ Jan – Aug 2013 Needs assessment

→ August 2013 Proposal presentation

→ November 2013 Initiate monthly service  
Includes 1<sup>st</sup> and 2<sup>nd</sup> year OT students

→ Oct 2014 Increase to bi-monthly



# Services Provided

IU OT offers services twice a month in conjunction with Physical Therapy

## Physical Therapy

- “Patient education, improve movement dysfunction, identify health risk factors, alleviate pain and enhance functional mobility for a variety of neuromusculoskeletal and cardiopulmonary conditions.”

## Occupational Therapy

- “The therapeutic approach to “everyday life” activities (occupations) with individuals, groups, populations, or organizations to support participation, performance, and function in roles and situations in home, school, workplace, community, and other settings (AOTA Model Practice Act, 2011).



# Services Provided

Since November 2013:

- 46 clients referred to OT after screening
- Provided services to 21 clients with some clients returning more than once
- Completed 28 interventions



# Services Provided

Examples:

- ❖ Sleep hygiene
- ❖ Stress management
- ❖ Memory/Cognition interventions
- ❖ Hand and UE interventions
- ❖ Chronic condition self-management
- ❖ Ergonomics and body mechanics
- ❖ Medication management





**Primary  
Care  
Priorities**

The diagram consists of two overlapping circles. The left circle is labeled 'Primary Care Priorities' and the right circle is labeled 'Occupational Therapy Scope of Practice'. The intersection of the two circles contains four text elements: 'Self-Management', 'Health Promotion/ Disease Prevention', 'Lifestyle Modification', and 'Sustainable Behavior Change'.

**Self-  
Management**

**Health  
Promotion/  
Disease  
Prevention**

**Lifestyle  
Modification**

**Sustainable  
Behavior  
Change**

**Occupational  
Therapy  
Scope of  
Practice**



# OT Role in Primary Care at the Clinic

## **Self-management**

- ❖ Medication management
- ❖ Chronic conditions management

## **Health Promotion/Disease Prevention**

- ❖ Smoking Cessation

## **Lifestyle Modification**

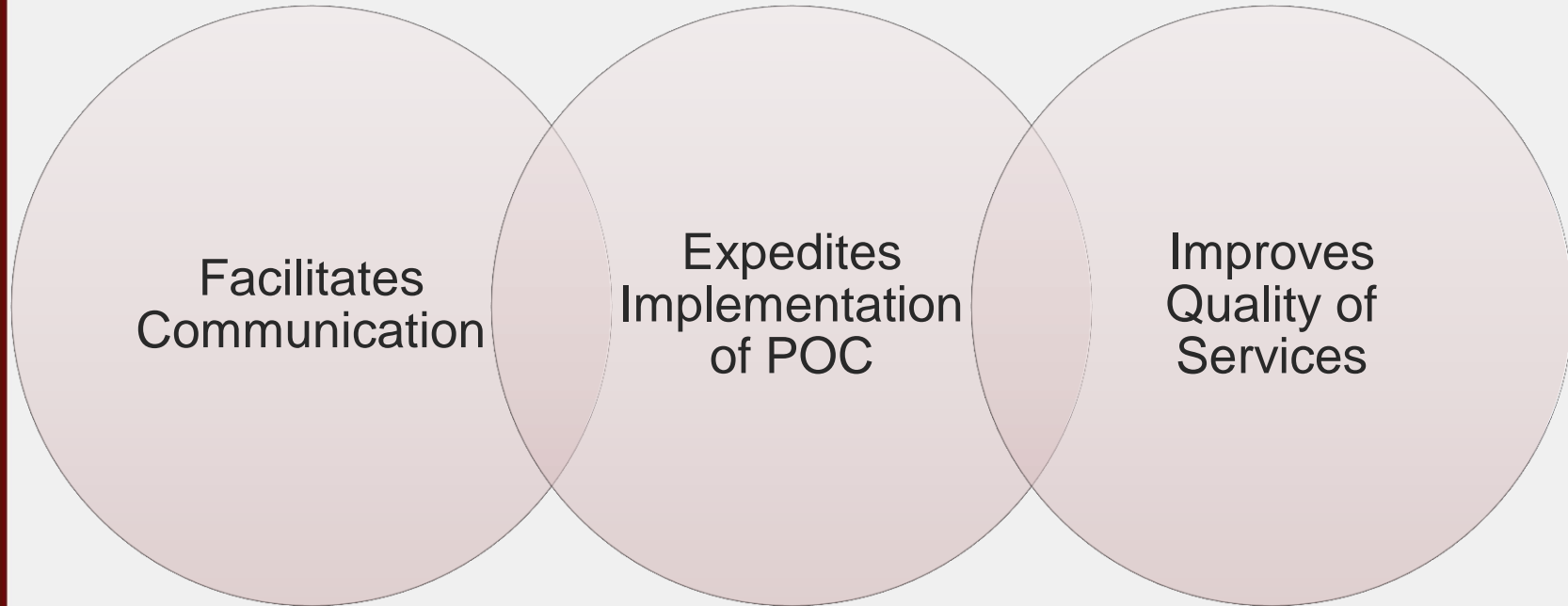
- ❖ Establishing sleep and rest routines
- ❖ Stress management

## **Sustainable Behavior Change**

- ❖ Developing and maintaining habits and routines for health and wellness



# Primary Care Settings Facilitate IPE



**Clarification of orders**

**Prevents duplication of services**

**More data readily available about the client- helps provide “big picture”**

**Identification of gaps in service provision**

**Ease of referral**



# Interprofessional Education

- Annual partners retreat
- Monthly partners meeting
- Case conferences
- Clinic day huddle
- OT/PT screening tool
- Monthly education
- Referral process
- Implementing EMR system
- Partnerships and collaborative initiatives



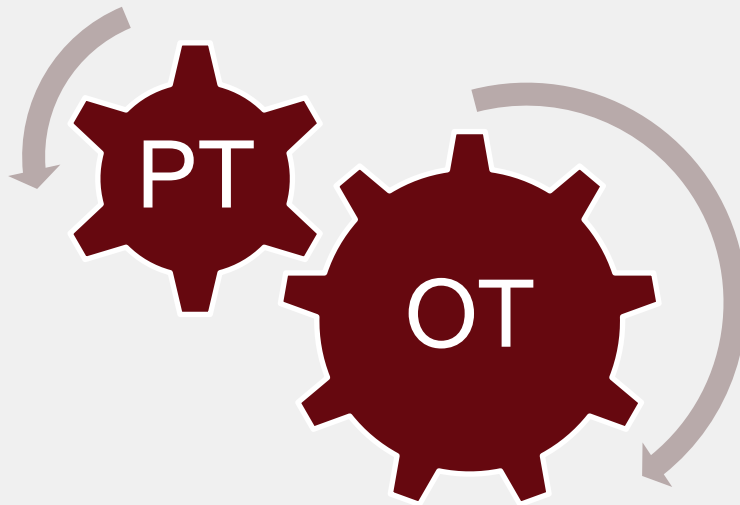
# IPE Collaborations

- Monthly Partners Meeting
  - All partners attend (including the church)
  - Updates
  - New Initiatives
  - Proposals



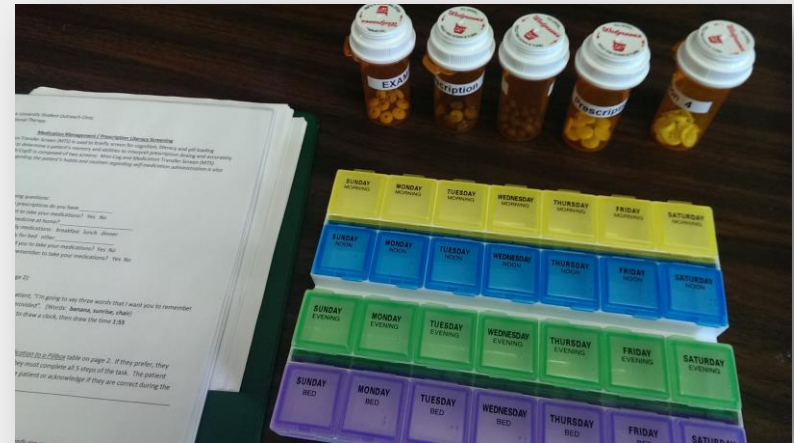
# IPE Collaborations

- Rehab Triage Screening
- Education



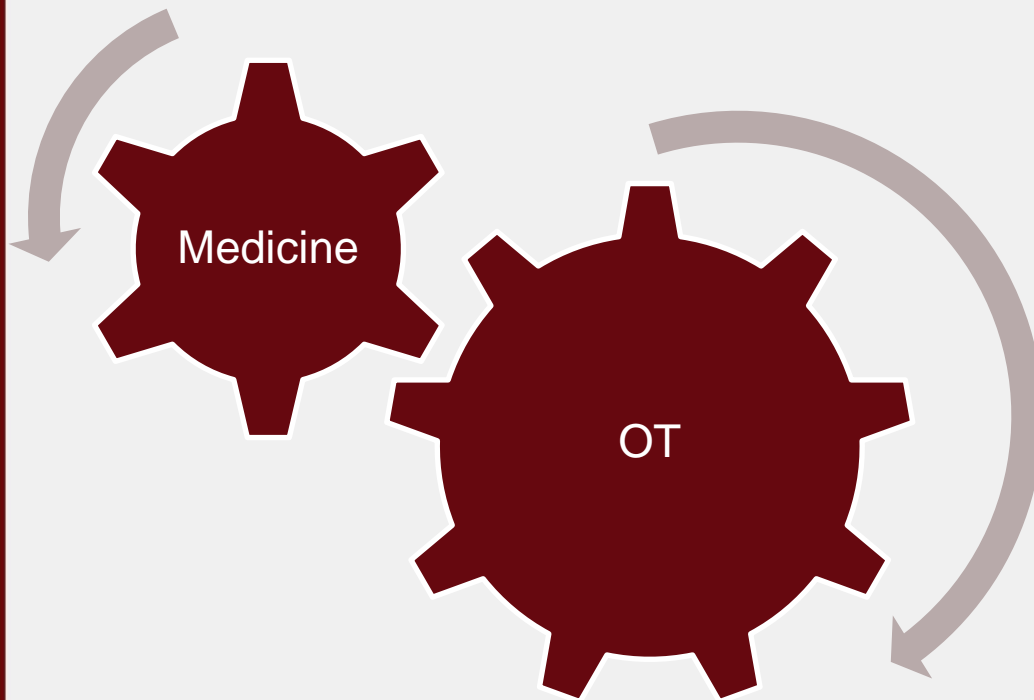
# IPE Collaborations

- Medication literacy – Medi-Cog



# IPE Collaborations

- Electronic Medical Record





# Challenges

- Accessibility for volunteers
- Lack of understanding of what each discipline does
- Differences in scope of practice in community setting
- Disagreeing goals and priorities among partners
- Physical barriers to communication
- Sustainability (i.e. returning clients)



# Future

- ❖ Transitional Care Team
- ❖ Tracking Outcomes
- ❖ Role Delineation
- ❖ Ease of Referral
- ❖ Establishing New Partnerships
- ❖ Group Interventions
- ❖ Providing Pediatric Services



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IU Student Outreach Clinic website

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