

Summer 8-7-2023

Occupational Therapy for Perinatal Women: An Online Educational Course

Rachel Killorin

University of St. Augustine for Health Sciences, r.killorin@usa.edu

Steven M. Gerardi

University of St. Augustine for Health Sciences, sgerardi@usa.edu

Sabina Khan

University of St. Augustine for Health Sciences, skhan@usa.edu

Follow this and additional works at: <https://soar.usa.edu/otdcapstonessummer2023>



Part of the [Obstetrics and Gynecology Commons](#), [Occupational Therapy Commons](#), and the [Women's Health Commons](#)

Recommended Citation

Killorin, R., Gerardi, S. M., & Khan, S. (2023, August 7). Occupational Therapy for Perinatal Women: An Online Educational Course. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstonessummer2023/34>

This Poster/presentation is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Summer 2023 Virtual OTD Capstone Symposium by an authorized administrator of SOAR @ USA. For more information, please contact soar@usa.edu.

Occupational Therapy for Perinatal Women: An Online Educational Course

Rachel Killorin Hemminger, Steven M. Gerardi, PhD, OTD, MSS, OTR, Sabina Khan, PhD, OTD, MS, OTR

Background

- 3,664,292 registered births took place in 2021 in the United States (Centers for Disease Control and Prevention [CDC], 2022).
- Many perinatal women have barriers to participation and challenges to effective occupational performance (Slootjes, 2022).
- Occupational therapy (OT) has a role on the perinatal healthcare team, although OT practitioners are frequently absent from the team (Pollari et al. 2022).

Problem

The role of OT in the care of perinatal women is not well understood by the maternal health team, including the OT practitioners, which leads to limited involvement of OT in perinatal maternal healthcare.

Purpose

To create an online educational course to inform stakeholders of the role of OT in perinatal healthcare.



Methods

The Model of Human Occupation Informed Project Development

Focus is on the individual's volition, habituation, and performance capacity of their occupations within their environments.

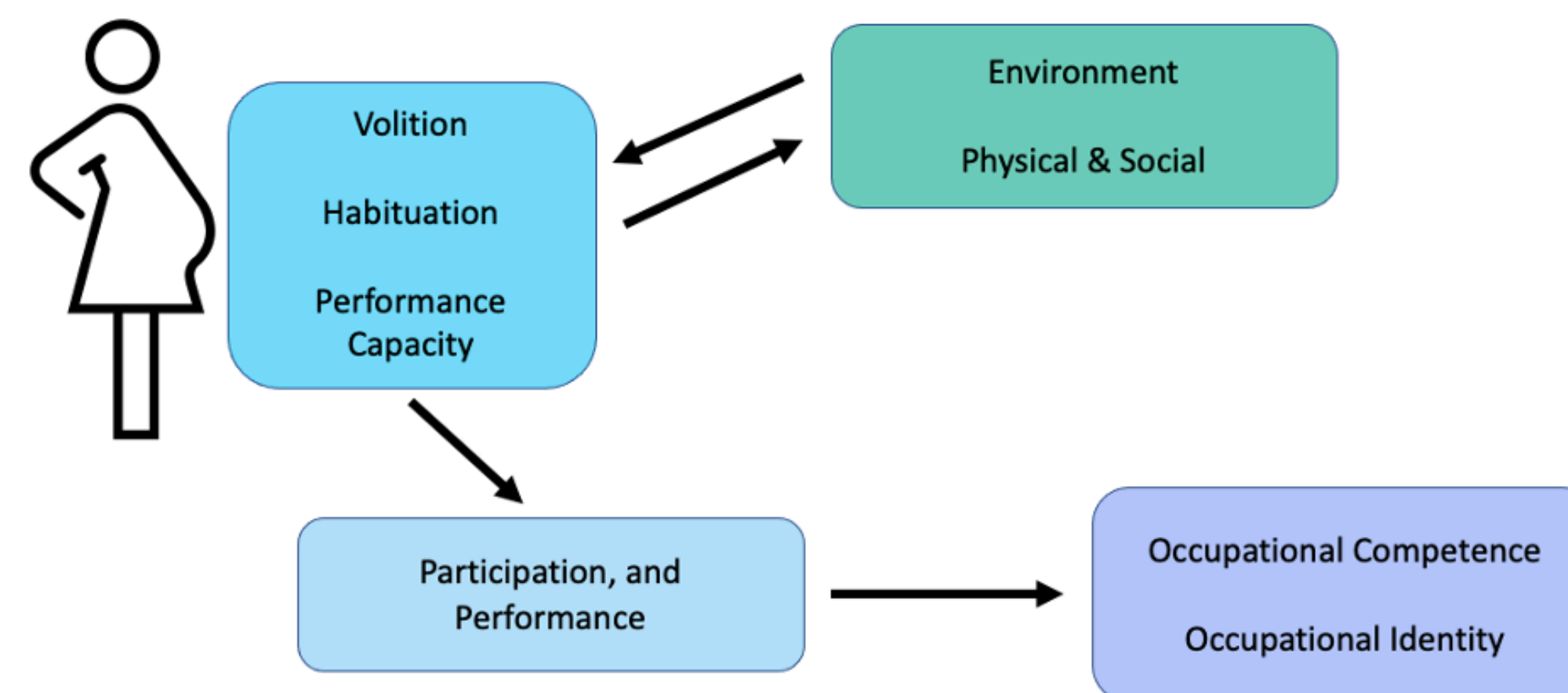


Figure adapted from Kielhofner's *Model of Human Occupation* (Taylor, 2017).

Phase 1: Data Gathering

- A literature review was conducted to determine the role of OT for perinatal women.
- Conducted a needs assessment with Matrescence Occupational Therapy and Austin Doula Care of Austin, TX. through discussions of the service needs of mothers and families, gaps in service provision, and the role of OT with this population.

Phase 2: Development

- Reviewed current online OT online resources.
- Developed an outline for the course.
- **WIX.com** was chosen as the hosting platform.
- First draft of Perinatal Occupational Therapy website and course created.

Phase 3: Project Review

- OT mentor, doctoral coordinator, OT site supervisors, and OT student peers reviewed "Perinatal Occupational Therapy" for content and ease of use of website and course.

Phase 4: Evaluation and Revision

- Revised content based on feedback to clarify content and improve the website and course.

Phase 5: Dissemination

- Shared with capstone team and site supervisors
- Launched website for public use.
- Wrote draft article to submit to *OT Practice Magazine* to spread awareness of the course.

Project

Perinatal Occupational Therapy

<https://www.perinataloccupationaltherapy.com/>

Website Components:

The course website is organized into the following sections of therapy-specific resources, and resources for those seeking perinatal services.

- Home
- Therapy Resources
 - Course
 - Before Baby Arrives
 - Postpartum
 - Factsheets
 - Product Recommendations
 - References
- Find a Therapist
- About Me

Course Link



References



Acknowledgement: A special thank you to Steven M. Gerardi, PhD, OTD, MSS, OTR, Sabina Khan, PhD, OTD, MS, OTR, Jessica Peterson, OTR, MSOT, PMH-C, and Gayle Schweet OTR, MOT, PMH-C for their endless guidance and encouragement throughout.