

COVID-19 au Quotidien

Un Réengagement Occupationnel



Plan

01

Des bouleversements brusques et inattendus

02

Principes de base pour gérer les perturbations occupationnelles durant la période de confinement

03

Les personnes atteintes de Covid-19 et le rôle des ergothérapeutes

04

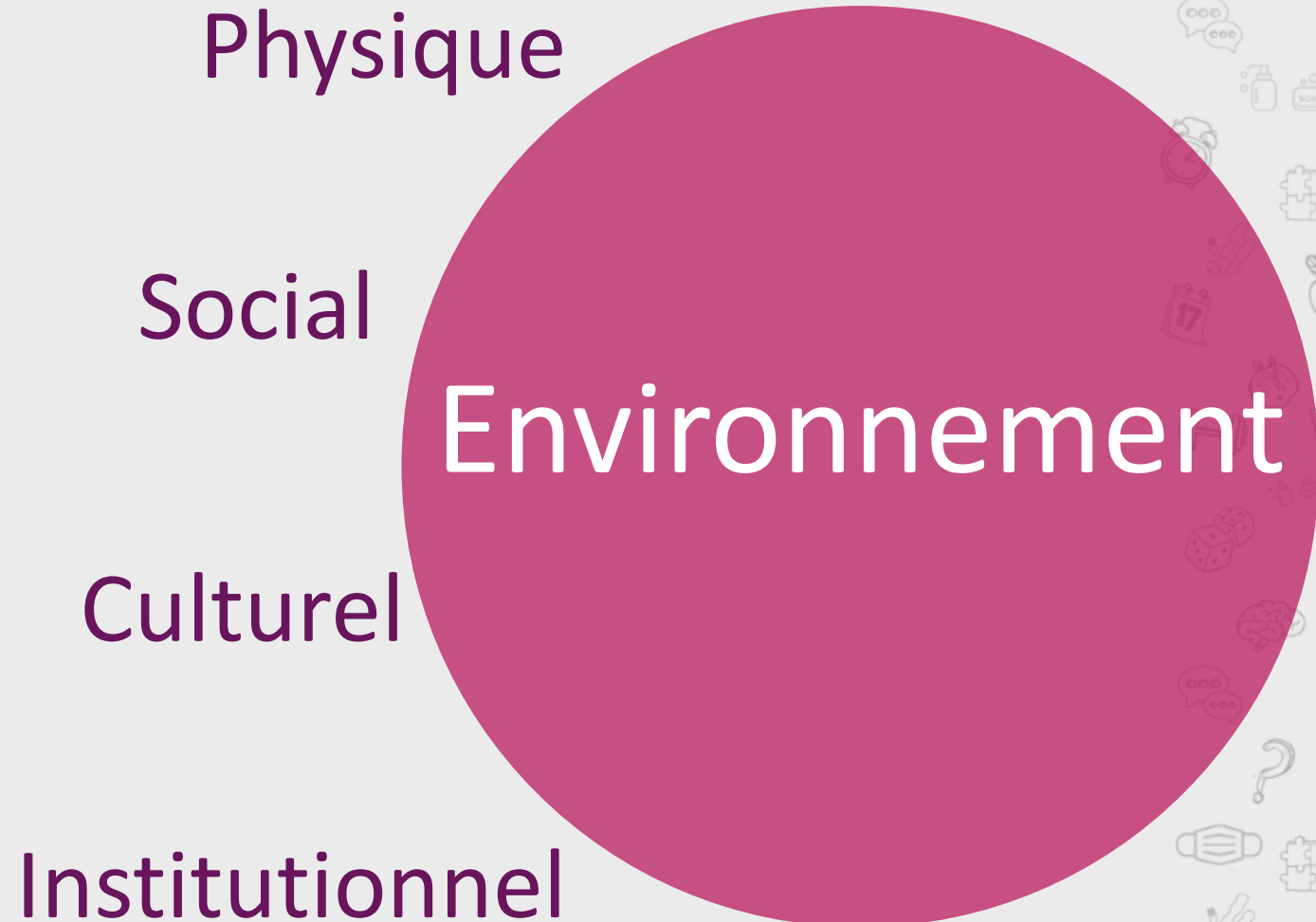
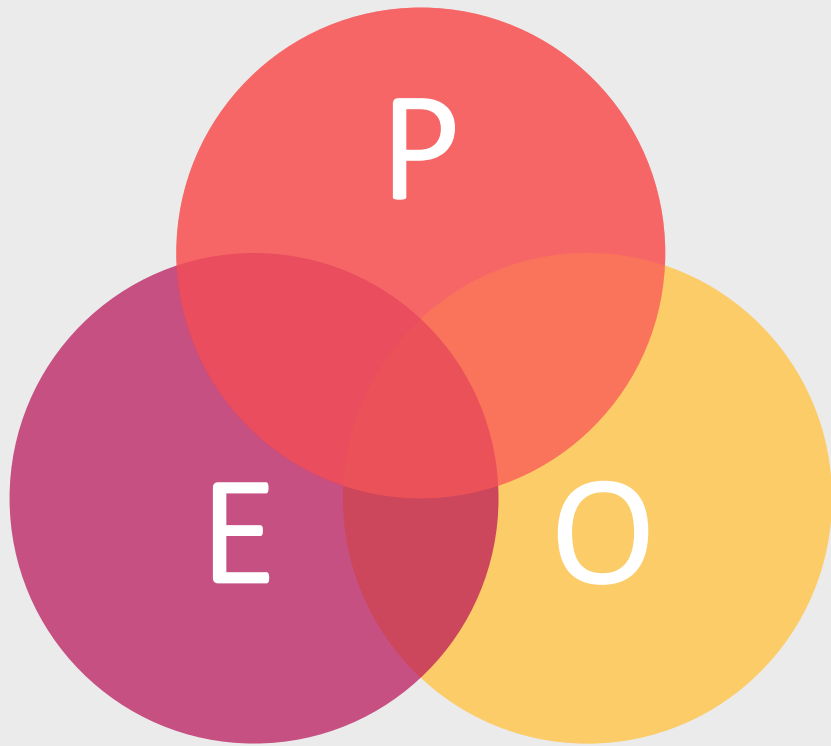
La vie après le Covid-19.



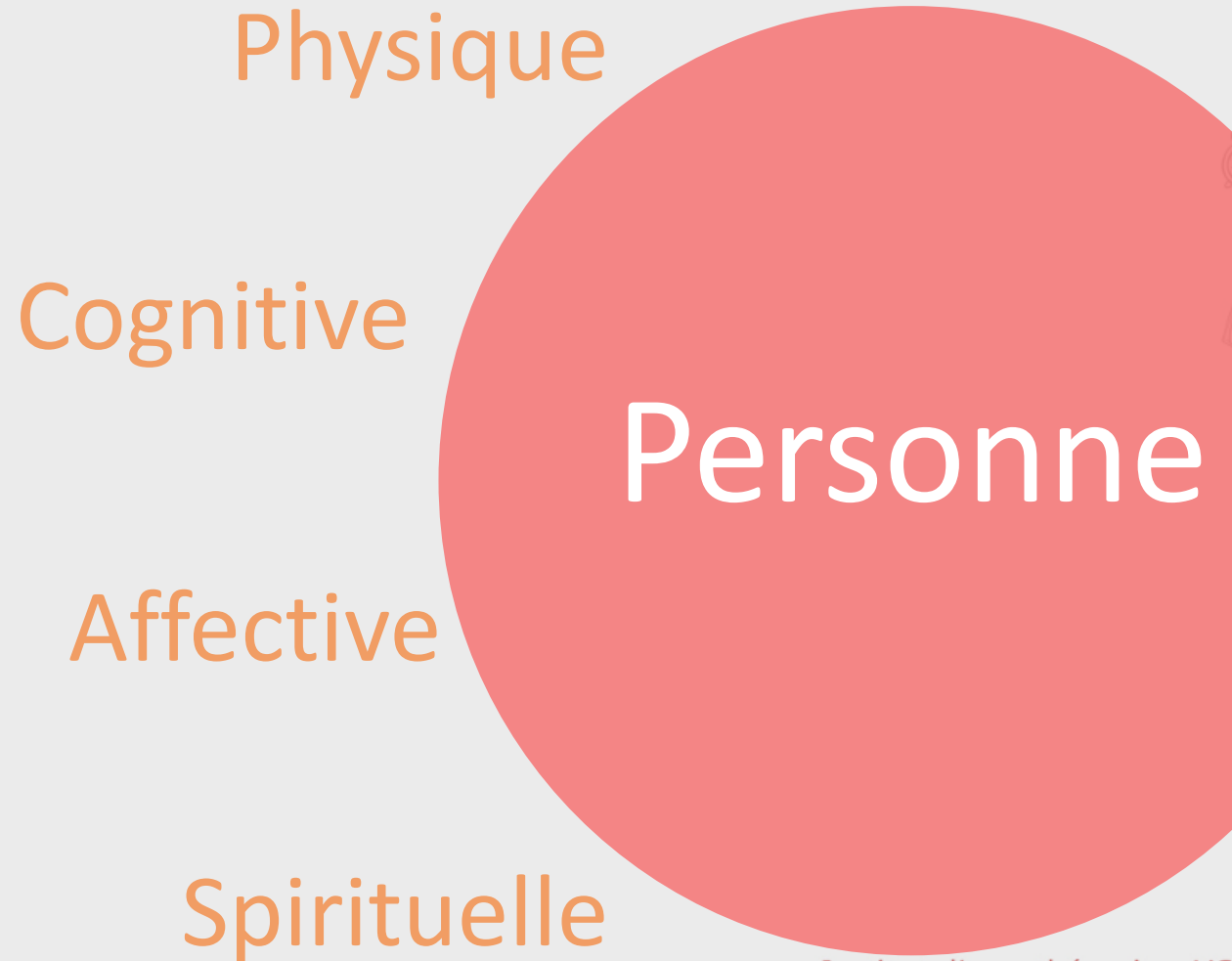
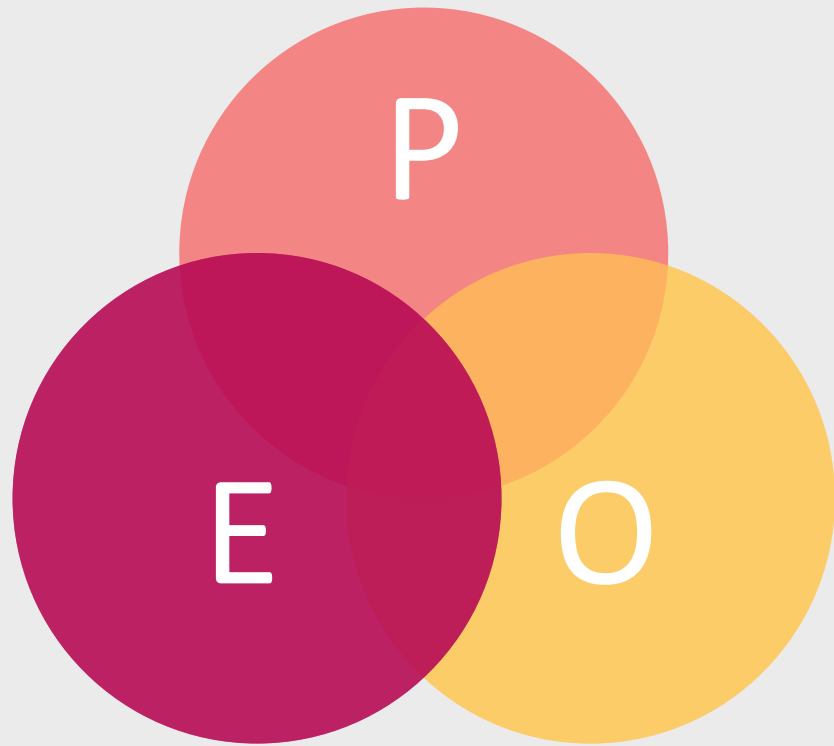
Des bouleversements brusques et inattendus



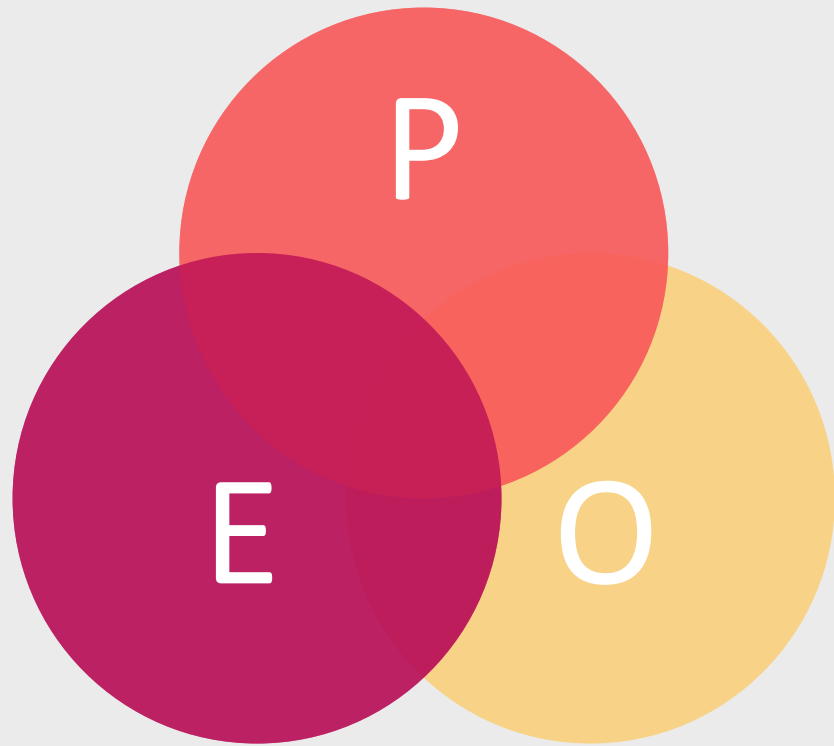
Des bouleversements brusques et inattendus



Des bouleversements brusques et inattendus



Des bouleversements brusques et inattendus



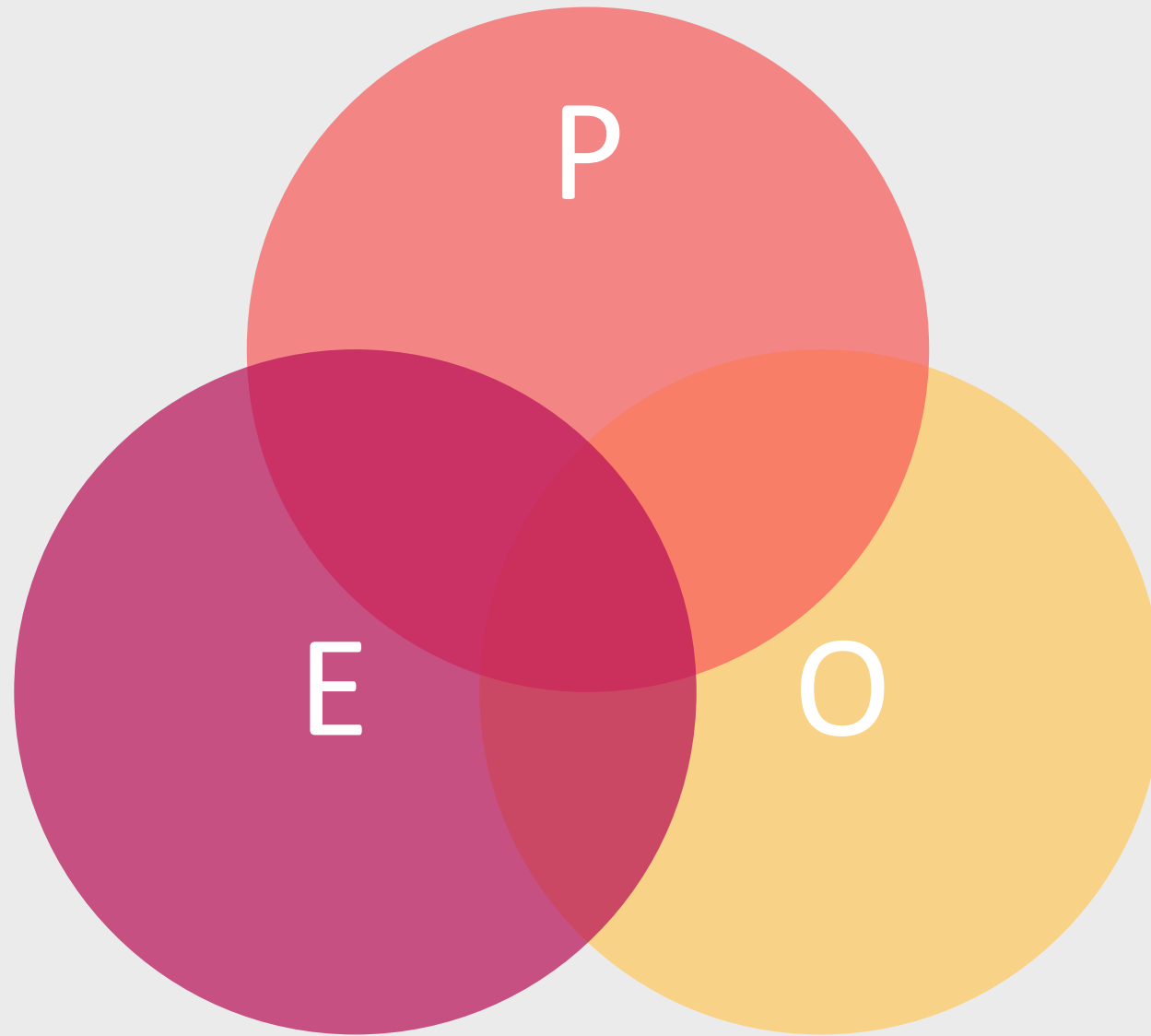
Productivité

Soins
Personnels

Occupation

Loisirs





Notre philosophie d'ergothérapeutes

- l'activité est un besoin fondamental de l'être humain
- l'activité a un potentiel thérapeutique

«L'Ergothérapie est l'art et la science de faciliter la participation à la vie quotidienne, à travers l'occupation ; l'habilitation des gens à effectuer les occupations qui favorisent la santé et le bien-être; la promotion d'une société juste et n'excluant personne afin que tous puissent participer de leur plein potentiel aux activités quotidiennes de la vie »

(Townsend & Polatajko, 2007)

Principes de base pour gérer les perturbations occupationnelles

Plan



Pace



Pause



Principes de base pour gérer les perturbations occupationnelles

“Plan”



La routine est cruciale

1. Qu'est-ce qui est important pour vous?
2. Quels sont vos désirs/ vos besoins?
3. Comment passez vous les weekends? Et les jours de la semaine?
4. Prioriser des activités qui ont une valeur importante ?

Que faites-vous pour...?

1

Activer votre corps et votre esprit

Lorsque vous vous sentez bien

Lorsque vous vous sentez moins bien

2

Vivre du plaisir et de la joie

Lorsque vous vous sentez bien

Lorsque vous vous sentez moins bien

3

Créer des liens avec les autres

Lorsque vous vous sentez bien

Lorsque vous vous sentez moins bien

4

Exprimer votre identité

Lorsque vous vous sentez bien

Lorsque vous vous sentez moins bien

5

Prendre soin de vous-même

Lorsque vous vous sentez bien

Lorsque vous vous sentez moins bien

6

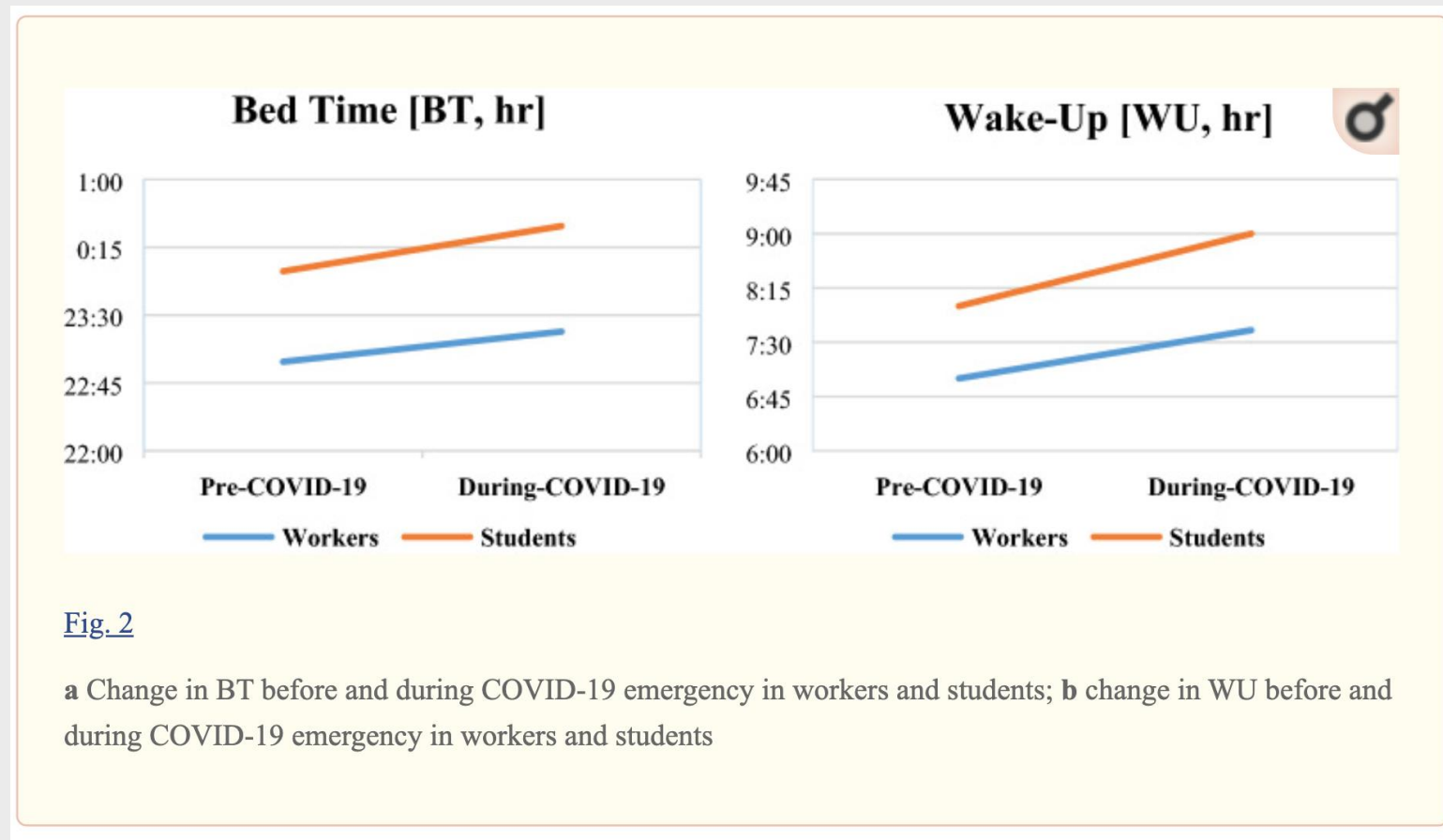
Développer votre potentiel

Lorsque vous vous sentez bien

Lorsque vous vous sentez moins bien



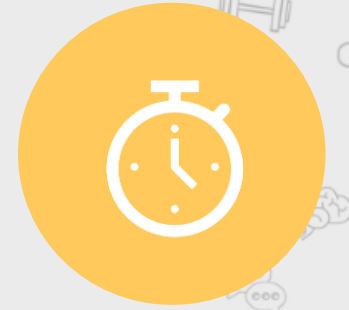
Qualité du sommeil & Influence sur l'engagement des étudiants



Marelli, S., Castelnuovo, A., Somma, A., Castronovo, V., Mombelli, S., Bottoni, D. & Ferini-Strambi, L. (2021). Impact of COVID-19 lockdown on sleep quality in university students and administration staff. *Journal of Neurology*, 268(1), 8-15.

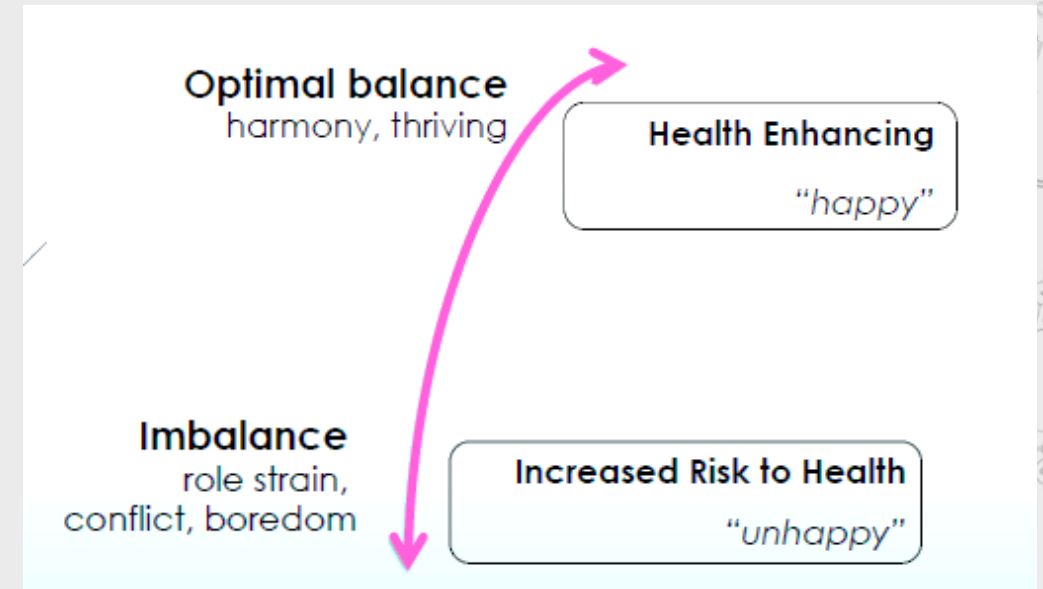
Principes de base pour gérer les perturbations occupationnelles

Pace



S'engager dans des occupations variées

- ▀ L'expérience subjective d'un pattern d'activités est composé de la quantité et de la variation adéquate des activités
- ▀ Découverte occupationnelle



Principes de base pour gérer les perturbations occupationnelles

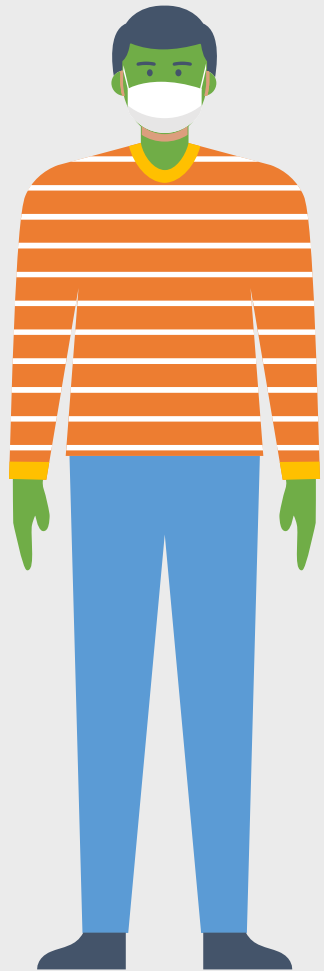
Pause

Coupe-toi un peu, adapte

- ▮ Important de prendre une pause des nouvelles
- ▮ Identifier les activités qui vous font plaisir et réviser votre routine pour les ajuster
- ▮ It's okay to worry
- ▮ Respiration profonde, exercice physique



Et pour la famille?



Partager

Choisir des
Activités
communes

1

Planifier

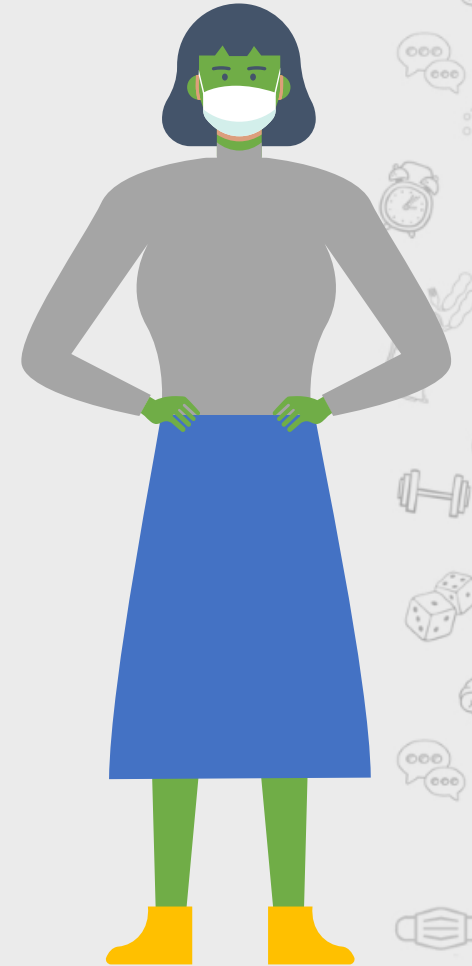
Organisez &
Synchronisez
vos horaires

2

S'adapter

Changement
de rôles

3



Ce changement n'est pas facile...Mais

- ▣ Observer les stratégies qui fonctionnent pour vous et qui vous correspondent
- ▣ Cultiver votre sentiment d'engagement dans vos activités
- ▣ Célébrer les petites victoires
- ▣ Être connecté au moment présent
- ▣ Rester indulgent avec vous-mêmes
- ▣ Demander de l'aide

- ▣ Période de rétablissement
- ▣ Planifier et maintenir le bien-être



https://www.google.com/search?q=recovery+pictures&newwindow=1&sxsrf=ALeKk02x0q8vf1wHK21C3JLxWN9apuTVw:1614415331187&source=Inms&tbm=isch&sa=X&ved=2ahUKewj5_Nbi1YnvAhWlp3EKHaUiDQsQ_AUoAXoECA8QAw&biw=1366&bih=625#imgrc=LNC9pL8AQolt_M

Continuum de bien-être

Sample Personal Wellness Plan

Barbic, S. Bill, N., Dersken, C. (2018). Personal Wellness Plan. Department of Occupational Science and Occupational Therapy. University of British Columbia.



Wellness Continuum¹



GREEN ZONE

Indicators that I am in the GREEN zone.

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

In my experience, these are things that support my wellness:

THIS IS WHAT I NEED TO KEEP WELL:

Goal 1: _____

Goal 2: _____

Goal 3: _____



Wellness Continuum¹



YELLOW ZONE

Indicators that I am entering the YELLOW zone.

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

This is what I need to do when I am in the yellow zone.

Strategy 1: _____

Strategy 2: _____

Strategy 3: _____

Barbic, S. Bill, N., Dersken, C. (2018). Personal Wellness Plan. Department of Occupational Science and Occupational Therapy. University of British Columbia.

Wellness Continuum¹

GREEN ZONE

YELLOW ZONE

ORANGE ZONE

RED ZONE

ORANGE ZONE

What are the early warning signs that I might be entering the ORANGE zone?

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

What actions can I take when I recognize the early warning signs of being in the orange zone?

Action 1: _____

Action 2: _____

Action 3: _____

² Mental Health Commission of Canada. (2008). Mental Health Continuum Model.

Barbic, S. Bill, N., Dersken, C. (2018). Personal Wellness Plan. Department of Occupational Science and Occupational Therapy. University of British Columbia.

Wellness Continuum¹



RED ZONE

What are the early warning signs that I might be entering the RED zone?

Indicator 1: _____

Indicator 2: _____

Indicator 3: _____

What actions can I take when I recognize the early warning signs of being in the red zone?

Action 1: _____

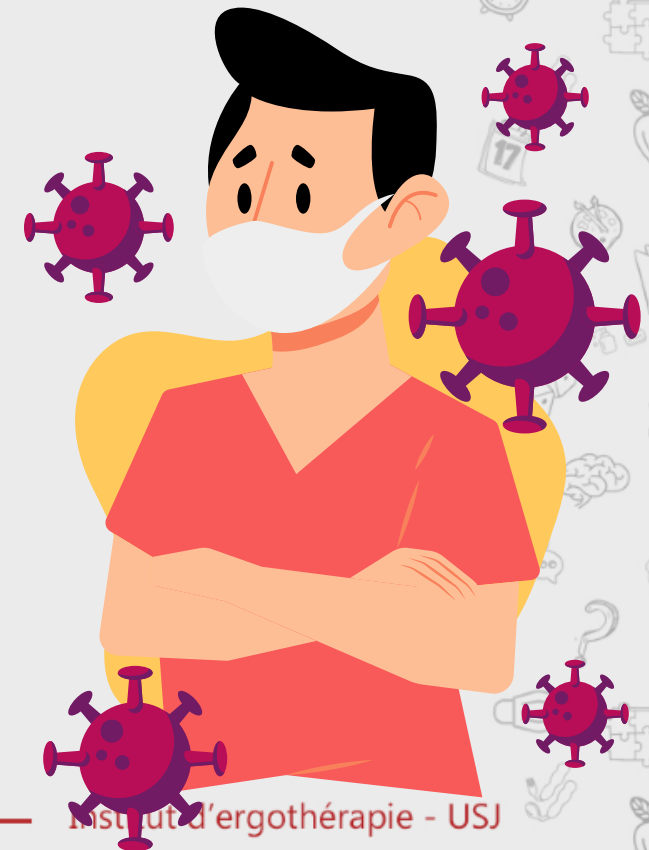
Action 2: _____

Action 3: _____

Barbic, S. Bill, N., Dersken, C. (2018). Personal Wellness Plan. Department of Occupational Science and Occupational Therapy. University of British Columbia.

Les personnes atteintes de Covid-19 et le rôle de l'ergothérapeute

- ▮ Perte d'autonomie pour les activités de la vie journalière (toilette, habillage, repas, communication, continence...);
- ▮ Risques de chutes ;
- ▮ Difficultés de transferts, lit, fauteuils, toilettes...
- ▮ Troubles cognitifs, désorientation, opposition, fugue...



Actualités

< Retour à la liste

Accueil > À propos de l'Ordre > Salle de presse > Actualités > le contexte de la pandémie

Accompagnement en ergothérapie des patients atteints de maladie à Coronavirus 2019 (Covid-19) de l'hôpital au lieu de vie Recommandations professionnelles

26 mai 2020



OPEN LETTER

Occupational therapy: The key to unlocking locked-up occupations during the COVID-19 pandemic [version 1; peer review: 1 approved, 3 approved with reservations]

Sureshkumar Kamalakannan^{1,3}, Stuti Chakraborty^{1,4}

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²ICED Clinical Research Department, London School of Hygiene & Tropical Medicine, London, England, WC1E 7HT, UK
³India Alliance (DBT - Wellcome Trust), Hyderabad, India
⁴Occupational Therapy Rehabilitation Institute, Christian Medical College, Vellore, Tamil Nadu, 632002, India

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<https://doi.org/10.12688/wellcomeopenres.16089.1>
Latest published: 01 Jul 2020, 5:153
<https://doi.org/10.12688/wellcomeopenres.16089.1>

Abstract

Occupations refer to the everyday activities that people do as individuals, in families and with communities to occupy time and bring meaning and purpose to life. It is not always limited to just paid employment. Occupations of the global population have been adversely affected in one way or the other because of this COVID-19 pandemic. Four different key sectors of occupations were majorly affected. These are the occupations of those who are or were COVID-positive, occupations of healthy individuals affected by COVID-19/lockdown, occupations of the population highly susceptible and vulnerable of contracting COVID-19 and occupations having a direct impact on global market, supply chain or economy. These occupations were locked up due to the pandemic lockdown.

Occupational therapists can scientifically analyse occupations and help formulate exit strategies for the lockdown. They are experts who understand and study the different ways of measuring participation in occupation to develop innovative strategies and therapeutic interventions to facilitate individuals' engagement in occupations. They can unravel the pragmatic strategies for preventing transmission (physical distancing, hand hygiene, personal protective equipment usage and decontamination) despite engaging in occupations safely and effectively. Nourishing this niche and essential science is pertinent, not just in this pandemic context but also against a backdrop of health and social care research, policy, practice and education for the future.

Keywords

Occupational Science, Occupational Therapy, Covid-19, Pandemic, Lockdown Coronavirus, Activity Analysis, Occupations

Open Peer Review

Reviewer Status ? ? ? ?

	Invited Reviewers			
	1	2	3	4
version 1	?	✓	?	?
01 Jul 2020	report	report	report	report

- Karthik Mani** , National Board for Certification in Occupational Therapy, GaitHERSburg, USA
Vijaya Occupational Therapy Centre, Chennai, India
- Lakshmanan Sethuraman** , National Institute of Mental Health and Neurosciences, Bengaluru, India
- Ashish S. Macaden** , Raigmore Hospital, Inverness, UK
University of Aberdeen, Centre for Rural Health, Inverness, UK
- Lynette Mackenzie** , University of Sydney, Sydney, Australia

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2/6/2021 Mieux vivre la pandémie : comment retrouver un équilibre dans nos activités grâce à l'ergothérapie | Ordre des ergothérapeutes du Québec



Actualités

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Mieux vivre la pandémie : comment retrouver un équilibre dans nos activités grâce à l'ergothérapie

COVID-19 - Fiche thématique

Mise à jour le 8 avril 2020

Les ergothérapeutes ont un rôle important à jouer dans la situation actuelle. En effet, les occupations de la population sont bouleversées et certaines habitudes de vie ne peuvent plus être réalisées. Comment retrouver un équilibre dans nos activités? La professeure Nadine Larivière démontre [dans cet article \(version anglaise\)](#) comment l'ergothérapie peut être bénéfique pour organiser son quotidien de manière à mieux vivre cette période particulière.

Vous voulez approfondir votre réflexion? Voici d'autres outils pour vous aider :

[https://www.oeq.org/propos-de-l-ordre/salle-de-presse/actualites/120-mieux-vivre-la-pandemie-comment-retrouver-un-equilibre-dans-nos-activites-gr...](https://www.oeq.org/propos-de-l-ordre/salle-de-presse/actualites/120-mieux-vivre-la-pandemie-comment-retrouver-un-equilibre-dans-nos-activites-gr) 1/2

2/6/2021 Activités en changement! Trouver l'équilibre en tant qu'adulte | Ordre des ergothérapeutes



Actualités

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Activités en changement! Trouver l'équilibre en tant qu'adulte

COVID-19 - Fiche thématique

Mise à jour le 21 avril 2020

Êtes-vous essouffé par le bouleversement dans vos activités? En contexte de pandémie, ce bouleversement est préoccupant. Chaque personne est soumise à de petits et grands changements qui exigent beaucoup d'énergie pour s'adapter. Rechercher le sens, le bien-être et la satisfaction dans les activités du quotidien en contexte de confinement est tout un défi.

Truc 1 : Prioriser des activités qui sont source de plaisir, font sens et permettent de répondre à ses besoins :

- Est-ce que je retire un certain bien-être dans cette activité?

<https://www.oeq.org/propos-de-l-ordre/salle-de-presse/actualites/130-activites-en-changement-trouver-l-equilibre-en-tant-qu-adulte.html?pagen1> 1/4

CONTRIBUTION DES ERGOTHÉRAPEUTES EN CE TEMPS DE PANDÉMIE : VOUS ACCOMPAGNER EN CES TEMPS DE PERTURBATION OCCUPATIONNELLE

Nadine Larivière, erg., PhD, Professeure titulaire et directrice du programme d'ergothérapie, Université de Sherbrooke

Ergothérapie : la santé, le bien-être et la qualité de vie par l'activité signifiante

La situation que l'on vit actuellement nous amène rapidement de nombreux bouleversements dans nos occupations habituelles : écart entre le temps réellement consacré aux activités et le temps désiré, privation de certaines activités importantes pour nous, déséquilibre entre des activités imposées et des activités choisies, etc.

En ce temps, nous avons une opportunité de redécouvrir que la vie au quotidien a une richesse que nous n'avons pas remarquée ou minimisée en temps « habituel ». La vie chez soi contient des opportunités occupationnelles qui sont propices à vivre des expériences soutenant notre santé, notre bien-être et notre qualité de vie.

Des études scientifiques montrent que certains aspects exprimés lors de la poursuite d'une ou de plusieurs activités contribuent à notre santé et à notre bien-être, notamment :

1. Activer notre corps, notre esprit et nos sens
2. Créer des liens
3. Contribuer à la société
4. Prendre soin de soi
5. Développer et exprimer notre identité personnelle
6. Développer nos capacités et notre potentiel
7. Vivre du plaisir et de la joie
8. Construire notre prospérité

Il est donc important de réfléchir à votre répertoire d'activités et c'est la VARIÉTÉ qui permet de contribuer aux aspects précités. Donc, pas de prescription de ce que vous pourriez faire et à quel moment, cela vous appartient de déterminer ceci. Vous êtes l'expert de votre vie.

Mettez des mots sur ce que vous vivez :
vous donnant un espace pour réfléchir et l'expliquer à vous-même ou à des proches

Post Covid-19 in Occupational Therapy

Julia Scott
 Chief Executive, Royal College of Occupational Therapy
 Royal College of Occupational Therapists, London, UK

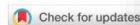
British Journal of Occupational Therapy
 2020, Vol. 83(10) 607-608
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 DOI: 10.1177/0308022620957579
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It is astonishing to think that only a year or so ago very few of us had ever uttered the terms coronavirus or Covid-19. And yet, over the last 6 months, to a large extent, it has been something we haven't stopped talking or reading about as well as responding to, and managing extremely carefully in order to limit its impact on our place of work as well as our homes and those around us.

And so, as the immediate crisis starts to pass, although mindful that a second wave seems likely to appear, it seems a good time to pause and reflect on the impact the virus has had on the profession. This reflection must start with a moment of sadness as we think of those within our professional community who have contracted the virus and become extremely unwell.

Looking forward, we need to take the time to reflect on recent learning and consider how we can better prepare against future risks whilst embedding any thoughts or positive changes provided by the crisis.

In terms of the arenas that most occupational therapists operate within, risks identified so far relate to workplace and the individuals within it (Khun 2020). We know that enhanced infection control measures, such as the provision of personal protective equipment (PPE) for all those on the front line during a pandemic, also know that there is strong evidence of disproportionate mortality and morbidity amongst black, Asian and minority ethnic (BAME) NHS staff who have been



SYSTEMATIC REVIEW

Occupational therapy productions in times of pandemic: a systematic review of occupational therapeutic actions against the new coronavirus (COVID-19) epidemic [version 1; peer review: awaiting peer review]

Carlos Eduardo Ramos Ataide¹, Alberto Gonçalves Matos Junior²,

OPEN LETTER

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Sureshkumar Kamalakannan¹⁻³, Stuti Chakraborty⁴

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Open Peer Review

Reviewer Status

In
 1
 version 1
 01 Jul 2020
 report

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Sydney, Australia

Any reports and responses to this article can be found at



Journal of Geriatric Oncology

Development of a telehealth geriatric assessment model in response to the COVID-19 pandemic

Grace DiGiovanni^a, Kathryn Mousaw^b, Terri Lloyd^a, Nancy Dukelow^c, Bryan Fitzgerald^d, Heidi D'Aurizio^b, Kah Poh Loh^a, Supriya Mohile^a, Erika Ramsdale^a, Ronald Maggiore^a, Jason Zittel^a, Sindhuja Kadambi^a, Allison Magnuson^{a,*}

^a Division of Hematology/Oncology, University of Rochester Medical Center, Rochester, NY, USA
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^c Occupational Therapy, University of Rochester Medical Center, Rochester, NY, USA
^d University of Rochester Specialty Pharmacy, University of Rochester Medical Center, Rochester, NY, USA

1. Background and Significance

2. University of Rochester Specialized Oncology Care and Research in Geriatric Oncology



Disability and Rehabilitation: Assistive Technology

ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/ijid20>

Preliminary experiences in acute occupational therapy for in-patients with coronavirus-19 (COVID-19): leveraging assistive technology in three case studies of male veterans

Tonya Rich , Brandon Hicks , Abigail Dahl , Elle Sullivan , Benjamin Barrett & Beau Bedore

To cite this article: Tonya Rich , Brandon Hicks , Abigail Dahl , Elle Sullivan , Benjamin Barrett & Beau Bedore (2020): Preliminary experiences in acute occupational therapy for in-patients with coronavirus-19 (COVID-19): leveraging assistive technology in three case studies of male veterans, Disability and Rehabilitation: Assistive Technology, DOI: [10.1080/17483107.2020.1852326](https://doi.org/10.1080/17483107.2020.1852326)

To link to this article: <https://doi.org/10.1080/17483107.2020.1852326>

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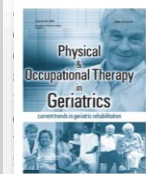
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Physical & Occupational Therapy In Geriatrics

ISSN: 0270-3181 (Print) 1541-3152 (Online) Journal homepage: <https://www.tandfonline.com/loi/ijog20>

Perspectives on Research and Health Practice in Physical and Occupational Therapy in Geriatrics during and Post COVID-19

Edgar Ramos Vieira, Lynne Richard & Rubens A. da Silva

To cite this article: Edgar Ramos Vieira, Lynne Richard & Rubens A. da Silva (2020) Perspectives on Research and Health Practice in Physical and Occupational Therapy in Geriatrics during and Post COVID-19, Physical & Occupational Therapy in Geriatrics, 38:3, 199-202, DOI: [10.1080/02703181.2020.1786906](https://doi.org/10.1080/02703181.2020.1786906)

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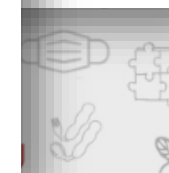
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In collaboration with the six dual-trained geriatric oncologists, the CARE clinic evaluates patients with geriatric concerns. Geriatric oncologists if they feel a GA plan and/or supportive care referral. The CARE clinic includes a geriatric oncologist, advanced practice nurse navigator (NN), clinical nurse, dietitian, and social worker. Patients referred to the clinic are asked to complete a geriatric assessment tool is approximately 15 domains except objective (Column 2).

Assessment Delivery

Implementing a telehealth GA questionnaire was time and the slow turn-around. It was considered a digital tool was considered an email account or a lower uptake among older patients who did not have a computer. We elected to convey geriatric assessment (GA) to patients one day prior to their appointment.

To ask if they gave permission, the NN continued by





**À quoi
ressemblera
la vie
après le
Covid-
19 ?**

La vie après le Covid-19

- ▀ Que restera-t-il de cette pandémie une fois le coronavirus est maîtrisé ? quels enseignements tirerons-nous de cette crise sanitaire ?
- ▀ A quoi pourra ressembler le monde d'après ?



Ressources

Normal life has been disrupted.

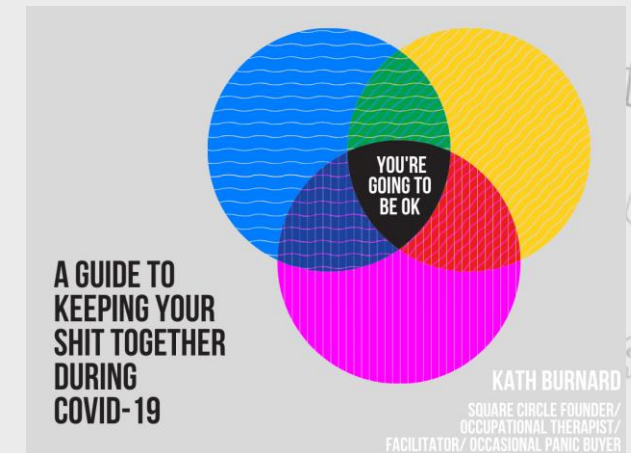
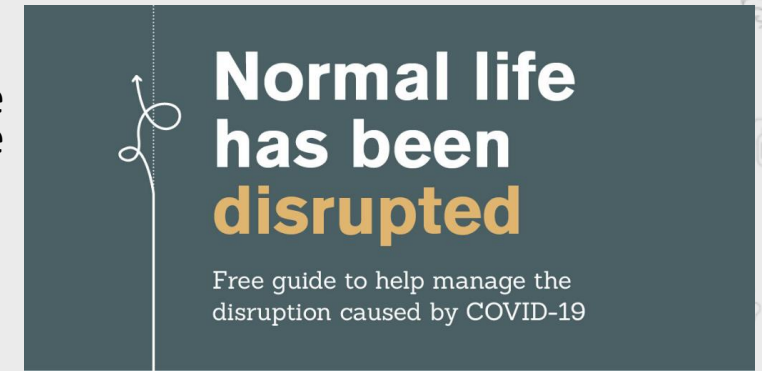
- 📌 In collaboration with Occupational Therapy Australia, Forensicare's Lorrae Mynard has created an important resource for managing daily life amid the coronavirus (COVID-19) pandemic.
- 📌 <https://www.forensicare.vic.gov.au/normal-life-has-been-disrupted-a-guide-to-managing-disruption-caused-by-covid-19/>

A guide to keeping your sh*t together during COVID-19.

- 📌 By Kath Burnard, Square Circle Founder.
- 📌 If you'd like to be sent an editable version of the template so you can be the master of your own routine just email team@squarecircleagency.com
- 📌 <https://www.squarecircleagency.com/blog-1/keeping-it-together-during-covid-19>

Beyond covid-19

- 📌 <https://beyondcovid-19.com/the-doing-library>



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