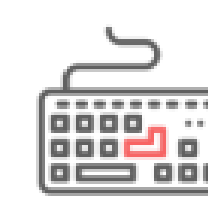
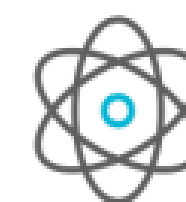
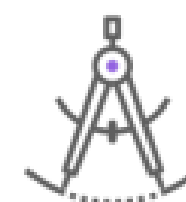
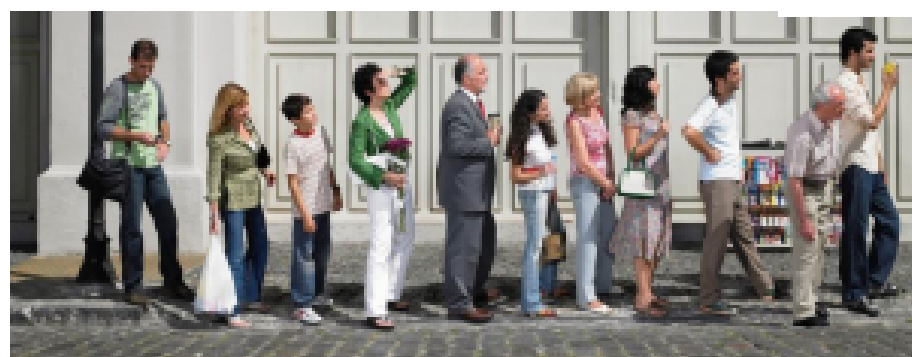




# Being an OT student in times of COVID 19

#STAYHOME CAMPAIGN SPOTEUROPE





For the lecture, please could we all:

Arrive & join on time Mute microphones Wait your turn to speak

Not have separate conversations Stay on topic Thank you



The background of the slide is a dark, moody photograph of green leaves, possibly from a plant like a philodendron, with a semi-transparent dark overlay. The leaves are detailed with visible veins and are arranged in a way that creates a sense of depth and texture.

# Things we'll talk about...

- Introduction
- Case #1
- People as occupational beings
- Disruption or Deprivation?
- What can we do as OT's?
- Conclusion



# Who are we?

# SP



# T

Student Platform Occupational Therapy

# #StayHome Campaign?

# Who are you?

MO	TU	WE	TH	FR	SA	SU
Introduction to the week's topic	Video	Quiz	Emerging Thursday - literature	A day in the life of being a student in quarantine  Video Chat on Zoom	Evaluation and Summary	Self-Care Sunday

From where are you (Country/Uni)?  
Which stage in your studies?



# What should we suggest for Luca?

*Our topic this week: Occupational deprivation and COVID-19*

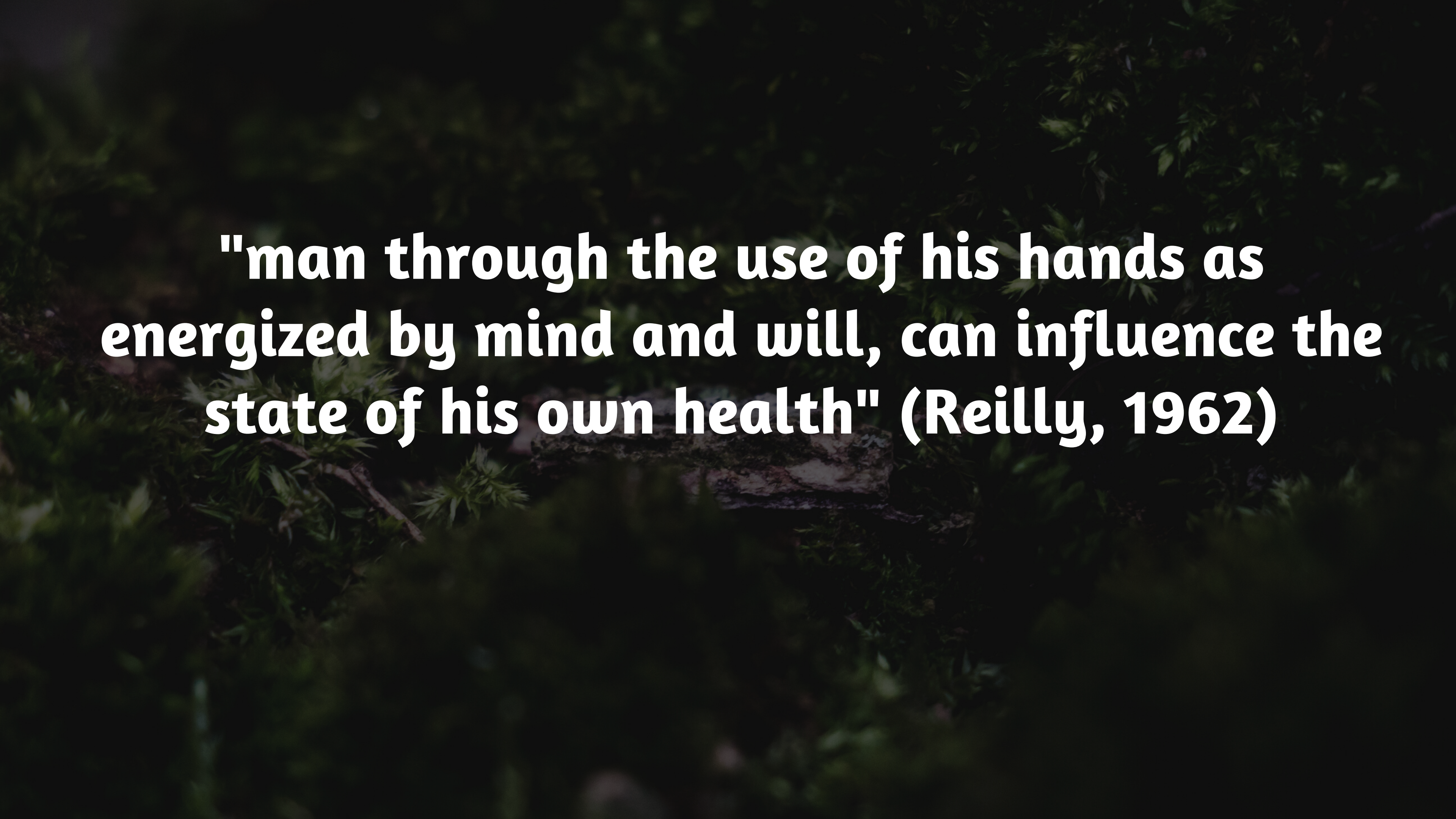
## *Case #1: Being an OT-student during COVID-19 times*

Luca is an OT-student in his first year. Since more than a week, there are no lectures, because universities are closed to prevent the spread of the coronavirus. Furthermore, since some days his region is in quarantine, which means he is only allowed to go outside the house to go to the next local supermarket, work or for a short walk alone or with someone he is living with. Therefore, he is also not able to meet friends since he is living at his parent's house. Besides meeting friends, he usually likes to go to concerts and to do outdoor sports such as climbing or skiing.

However, the last week he mainly used the time to Netflix, scroll in social media, read the news and playing video games. After a week of staying at home, he starts not feeling so good. He is concerned about the current circumstances, about his studies and he misses his friends. Therefore, he reached out to other OT students, who remembered him on the recent lectures about occupational deprivation and how daily occupations are connected to well-being...

- What is occupational deprivation and how can this example be related to it?
- If you would be Luca's fellow OT-student, what would you suggest him to do?
- How can you relate this to your situation at the moment? Do you use your OT skills to maintain healthy during this time?





**"man through the use of his hands as energized by mind and will, can influence the state of his own health" (Reilly, 1962)**



“

a state of prolonged  
**preclusion from**  
**engagement in**  
occupations of necessity  
and/or meaning due to  
factors which **stand**  
**outside fo the control of**  
the individual.

—

WHITEFORD, 2000



“

occupational disruption  
is **temporary** or  
transient,...  
disruption results from  
factors or situations over  
which the individual has  
**some control.**

---

WHITEFORD, 2014



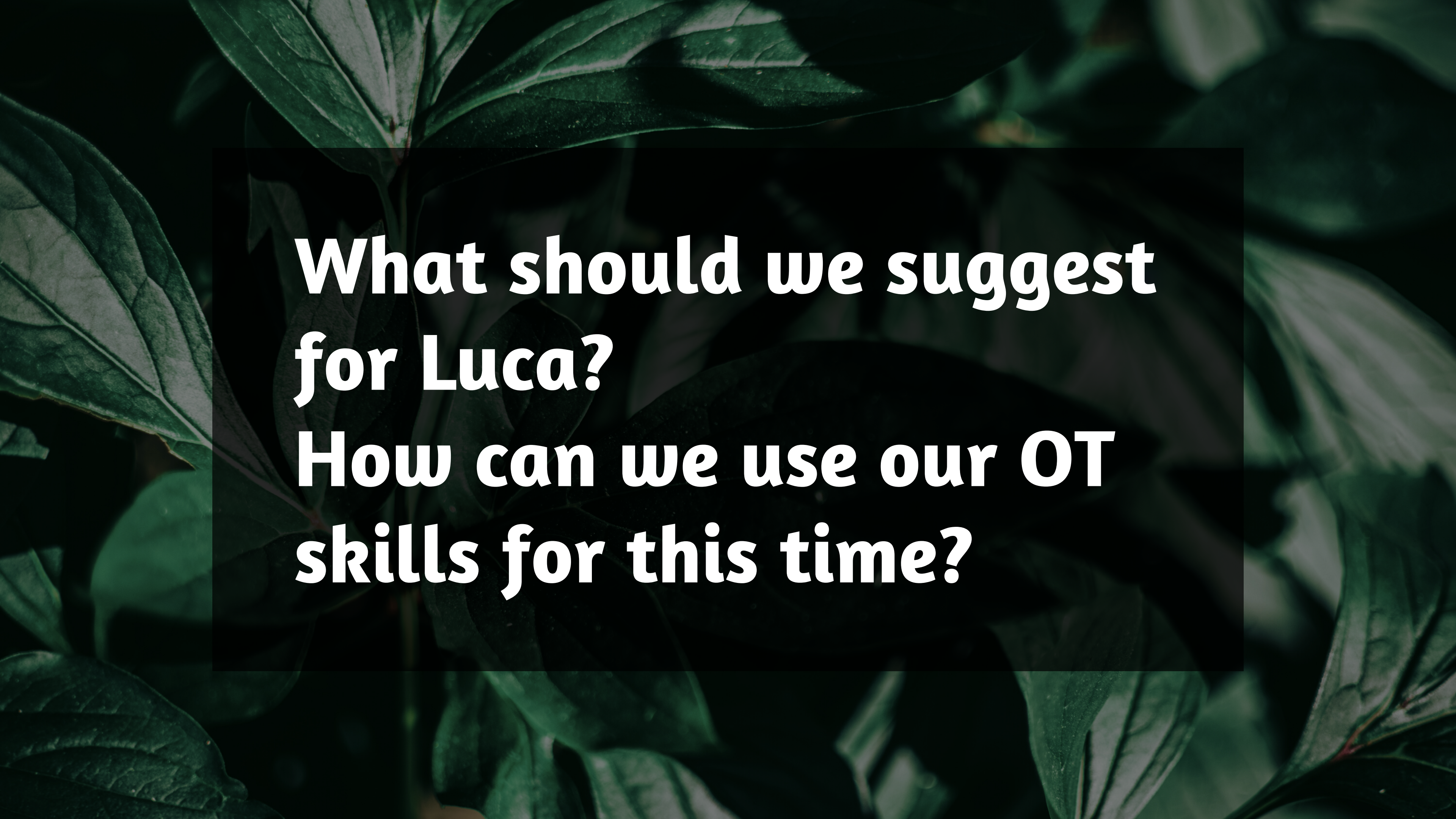


**deprivation?**

**OR**

**disruption?**



The background of the image is a close-up of dark green leaves, possibly basil, with prominent veins. A semi-transparent black rectangular box is centered over the image, containing white text.

**What should we suggest  
for Luca?  
How can we use our OT  
skills for this time?**



## some ideas ...

establish a  
Routine

balance your  
week

do activities  
that are  
important for  
you/ modify  
them

set daily goals

identify  
triggers that  
make you feel  
low

talk with  
friends, family,  
neighbours  
(online)

avoid staying  
still for too  
long

have a good  
sleep routine

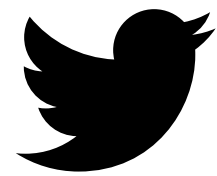
keep in  
touch



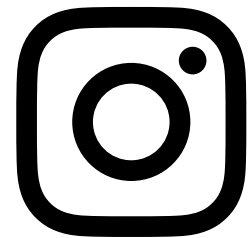
# Stay Updated



FACEBOOK



TWITTER



INSTAGRAM



info@spoteurope.eu  
studentboardmember@spoteurope.eu

# SP

Student Platform



# T

Occupational Therapy



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