



Occupational Therapy

September 2026

The aim of this current awareness bulletin is to provide a digest of recent guidelines, reports, research and best practice in Occupational Therapy. Part of this bulletin draws on content created by Manchester University NHS FT and University Hospitals Dorset NHS Trust

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Published Research

1. Fetal Alcohol Spectrum Disorder Awareness, Knowledge, and Practice Among Australian Occupational Therapists: A Cross-Sectional Survey

Item Type: Journal Article

Authors: Chilman, Laine; Meloncelli, Daniel; Houghton, Alison; Mudholkar, Asmita and Hilly, Catherine

Publication Date: 2026

Journal: Australian Occupational Therapy Journal 73(4), pp. e70118

Abstract: Introduction Fetal Alcohol Spectrum Disorder (FASD) describes a spectrum of birth defects and developmental disabilities resulting from prenatal alcohol exposure. With a prevalence rate of 3.64%, developing an FASD-informed occupational therapy workforce is essential across all practice contexts. Since the Australian diagnostic guidelines were introduced in 2016 and updated in 2025, awareness has grown. This study aimed to explore Australian occupational therapists' awareness, knowledge, and practice regarding FASD. Method A cross-sectional survey of 90 occupational therapists assessed knowledge, awareness, and confidence regarding FASD via a 22-item online questionnaire. Chi-square tests examined associations between key variables; effect sizes were estimated using Cramér's V. Inductive content analysis was performed on open-ended responses. Consumer and Community Involvement The survey was designed for occupational therapists practising in Australia to obtain information on current practice contexts and was piloted by occupational therapists working with the FASD community. Results Despite 93.3% agreeing FASD knowledge is important, confidence and preparedness were markedly low. Only 26.7% had completed professional development, 37.8% reported easy access to reliable information, and 66.7% were unprepared to discuss FASD concerns. Professional development was strongly associated with confidence in recognising FASD (66.7% vs. 12.1%, $P < 0.001$, $V = 0.517$) and confidence working with adolescents and children. Clinical experience showed a categorical



threshold effect: 40.7% with experience reported confidence in recognising FASD versus 0% without. Access to reliable information was a significant predictor of preparedness (58.8% vs. 17.9%, $P = 0.008$). Qualitative findings highlighted an absence of FASD-specific guidance, with occupational therapists drawing on frameworks and knowledge from other diagnoses. Conclusion This study indicates a need for occupational therapy-specific FASD research and practice guidance. Access to reliable information and professional development is critical to building workforce confidence and preparedness in FASD recognition and management.

Access or request full text: <https://libkey.io/10.1111/1440-1630.70118>

URL: <https://research.ebsco.com/linkprocessor/plink?id=46d7cdb1-3090-37da-9691-4485e6eb7580>

2. "Fit into the systems" or challenging social transformation? Strengthening bridges to occupation-centred practice

Item Type: Journal Article

Authors: Daniel Cezar, da Cruz

Publication Date: 2026

Journal: British Journal of Occupational Therapy , pp. 03080226261479084

Access or request full text: <https://libkey.io/10.1177/03080226261479084>

URL: <https://doi.org/10.1177/03080226261479084>

3. Adaptive strategies and occupational responses in the everyday lives of bereaved mothers

Item Type: Journal Article

Authors: Daniel, Ferreira Dahdah and Regina Helena Vitale, Torkomian Joaquim

Publication Date: 2026

Journal: British Journal of Occupational Therapy , pp. 03080226261476879

Abstract: Bereavement imposes significant occupational demands on bereaved mothers, requiring the development of adaptive occupational responses to the changed reality resulting from the death of their child. This qualitative, cross-sectional, and exploratory study aimed to identify occupational responses in the everyday lives of bereaved mothers. Data were collected through semi-structured interviews with participants and analyzed using oral history and content analysis techniques. Findings revealed that bereaved mothers employ diverse occupational strategies that support the restoration of occupational performance, enhance familiarity with their environment, and enable biographical reorientation in everyday life. These adaptive responses facilitate coping with the loss and the reconstruction of personal meaning. The study highlights the crucial role of occupations in understanding how bereaved mothers navigate their grief and adapt to new life circumstances. This knowledge can inform occupational therapy



practices aimed at supporting this population.; Bereavement imposes significant occupational demands on bereaved mothers, requiring the development of adaptive occupational responses to the changed reality resulting from the death of their child. This qualitative, cross-sectional, and exploratory study aimed to identify occupational responses in the everyday lives of bereaved mothers. Data were collected through semi-structured interviews with participants and analyzed using oral history and content analysis techniques. Findings revealed that bereaved mothers employ diverse occupational strategies that support the restoration of occupational performance, enhance familiarity with their environment, and enable biographical reorientation in everyday life. These adaptive responses facilitate coping with the loss and the reconstruction of personal meaning. The study highlights the crucial role of occupations in understanding how bereaved mothers navigate their grief and adapt to new life circumstances. This knowledge can inform occupational therapy practices aimed at supporting this population.

Access or request full text: <https://libkey.io/10.1177/03080226261476879>

URL: <https://doi.org/10.1177/03080226261476879>

4. The Impact of Sensory Manipulation on the Limit of Stability of Children and Adolescents with Autism Spectrum Disorder

Item Type: Journal Article

Authors: Gardinal, Marina; Rodacki, André Luiz F. and Pavão, Silvia Letícia

Publication Date: 2026

Journal: Physical & Occupational Therapy in Pediatrics , pp. 1–18

Abstract: Aims To compare the limit of stability (LoS) in a group of children and adolescents with autism spectrum disorder (ASDG) and with typical development (TDG), under different sensory conditions. Methods Fifty-nine participants (ASDG = 28; TDG = 31) performed LoS test under four sensory conditions: eyes_open/stable; eyes_closed/stable; eyes_open/unstable; eyes_closed/unstable. Maximum CoP displacements and velocities were tracked in the anterior/posterior and medial/lateral directions. Statistical analysis included a repeated-measures ANOVA ($p < 0.05$). Results The groups showed similar CoP displacement in the anterior and mediolateral directions. The ASDG showed greater CoP velocities in anterior-posterior and mediolateral directions. The groups showed greater anterior and mediolateral CoP displacement and faster oscillation with an unstable base of support than with a stable one, regardless of the visual manipulation. The absence of visual information associated with an unstable base of support increased CoP velocity and reduced the anterior displacement. Under stable conditions, the absence of visual information reduced CoP during anterior displacement. Conclusion The ASDG exhibited reduced postural control during the test, as evidenced by greater AP and ML CoP velocities. Both groups were similarly affected when visual and somatosensory information was manipulated. Regardless of the visual information, the unstable surface resulted in increased displacement and velocity of CoP.

Access or request full text: <https://libkey.io/10.1080/01942638.2026.2718158>



URL: <https://research.ebsco.com/linkprocessor/plink?id=4a1e104c-fec7-30f3-a22a-b7afc4fee2be>

5. A Mixed-Methods Study of the Lived Experiences of Patients and Caregivers Receiving Home Health Occupational Therapy Services

Item Type: Journal Article

Authors: Mendias, Peyton A.

Publication Date: 2026

Source: Google Scholar

6. Siblings' lived realities of Autism Spectrum Disorder

Item Type: Journal Article

Authors: Reddya, Gwen;Gurayah, Thavanesi and Fewster, Deborah Leigh

Publication Date: 2026

Journal: South African Journal of Occupational Therapy 56(2), pp. 1–10

Abstract: Introduction: Autism spectrum disorder (ASD) affects 1 in 54 children globally. South African estimates suggest that approximately 2% of the population has the condition. The persistent nature of ASD characteristics requires an enduring commitment of care from the entire family. Despite the positive experiences equated with raising a child with ASD, families experience stress and reduced mental and emotional well-being. Both the positive and less favourable aspects of ASD influence typically developing siblings within the family unit. This study explored the perspectives of typically developing siblings who live in the same household as their sibling with ASD. Methods: The qualitative design allowed for the collection of in-depth data via semi-structured interviews. Participants aged seven years and older were recruited to participate in the study. The necessary permissions, consent and assents were obtained. Thematic analysis using an inductive approach was used to analyse the data. Findings: The findings revealed that siblings coped with challenging behaviours from the child with ASD, communication difficulties, limited time with parents, and resource limitations regarding support and skill acquisition. However, they adapted to these challenges by developing coping strategies and being self-driven to understand ASD. Conclusion: Siblings are integral to the family unit. Further research into their lived experiences and needs is prudent. Implications for practice Family-centred occupational therapy should address the unique needs of siblings in families with a child with ASD, which imposes significant challenges on family dynamics. This study provides the following insights for research and intervention: * Insights into sibling experiences and coping strategies can inform targeted interventions for siblings. * Siblings, alongside parents, may reinforce therapeutic strategies at home, enhancing intervention outcomes. * Further research is needed in culturally diverse contexts, particularly in South Africa, to optimise occupational therapy for families with autistic children.

Access or request full text: <https://libkey.io/10.17159/2310-3833/2026/vol56no2a8>



URL: <https://research.ebsco.com/linkprocessor/plink?id=afc8942e-5a13-3ee2-b680-89fb775424d5>

7. Bariatric equipment and housing adaptations for people with severe obesity in the community: A detailed micro-costing study

Item Type: Journal Article

Authors: Williamson, Kath;Grieve, Eleanor;Michael, E. J. Lean and Blane, David N.

Publication Date: 2026

Journal: British Journal of Occupational Therapy , pp. 03080226261474693

Abstract: Background: Few data exist on bariatric equipment and housing adaptations prescribed by occupational therapists and used by community-dwelling people with severe obesity (PwSO; body mass index (BMI) ≥ 40 kg/m²). This study aimed to document the use and costs of equipment and home adaptations by community-dwelling PwSO. Methods: An observational, cross-sectional study was conducted with 25 consenting PwSO. During home visits an investigator-administered questionnaire captured use of community equipment and housing adaptations. Local and published sources directed a comprehensive micro-costing. Results: Participants were aged 40–87 years (mean 62 years), BMI ≥ 40 kg/m² (mean 55 kg/m²): 20 were housebound. Nineteen participants (76%) used specialist equipment to accommodate larger body size. The most frequently used equipment were rise-recline chairs. Most chairs ($n = 16$, 80%) were heavy duty or custom-made, with a mean cost of £2241, more than double the mean cost of standard chairs £993. Analysis indicated a relationship between increasing BMI category and escalating use and cost of bariatric equipment. Housing adaptations ranged from bathroom grab rails to full-scale house extensions including widened doorways. Wet floor showers were the most common housing adaptation (mean cost £6043). Conclusion: These results highlight areas for further research, staff training and health economic evaluation.; Background: Few data exist on bariatric equipment and housing adaptations prescribed by occupational therapists and used by community-dwelling people with severe obesity (PwSO; body mass index (BMI) ≥ 40 kg/m²). This study aimed to document the use and costs of equipment and home adaptations by community-dwelling PwSO. Methods: An observational, cross-sectional study was conducted with 25 consenting PwSO. During home visits an investigator-administered questionnaire captured use of community equipment and housing adaptations. Local and published sources directed a comprehensive micro-costing. Results: Participants were aged 40–87 years (mean 62 years), BMI ≥ 40 kg/m² (mean 55 kg/m²): 20 were housebound. Nineteen participants (76%) used specialist equipment to accommodate larger body size. The most frequently used equipment were rise-recline chairs. Most chairs ($n = 16$, 80%) were heavy duty or custom-made, with a mean cost of £2241, more than double the mean cost of standard chairs £993. Analysis indicated a relationship between increasing BMI category and escalating use and cost of bariatric equipment. Housing adaptations ranged from bathroom grab rails to full-scale house extensions including widened doorways. Wet floor showers were the most common housing adaptation (mean cost £6043). Conclusion: These results highlight areas for further research, staff training and health economic evaluation.

Access or request full text: <https://libkey.io/10.1177/03080226261474693>



URL: <https://doi.org/10.1177/03080226261474693>

8. A profile of occupational therapy practice in Australia for people diagnosed with borderline personality disorder

Item Type: Journal Article

Authors: Wood, Jade;Tepper, Dillon;Sellar, Ben and Murray, Carolyn M.

Publication Date: 2026

Journal: Australian Occupational Therapy Journal 73(4), pp. 1–16

Abstract: Introduction: Borderline personality disorder (BPD) is a complex and prevalent diagnosis with impact on occupational performance. Occupational therapists are well-placed to provide rehabilitation services for those diagnosed with BPD. Thus, this study aimed to explore the models, approaches, assessment tools, and interventions used by Australian occupational therapists, including perspectives on current practice. Methods: An online questionnaire was constructed, piloted, and distributed to occupational therapists in Australia who had experience working with adults diagnosed with BPD within the last 5 years. Demographic details and drop-down responses were analysed using descriptive statistics, while open-text qualitative responses were analysed using summative content analysis. Consumer and community involvement: There was no consumer or community involvement. Results: Sixty-three occupational therapists across Australia responded, with more than half employed in private practice. Occupation-based, trauma-informed, recovery and sensory approaches were most frequently reported. Over three-quarters of respondents used the Sensory Profile, with all except one respondent using open discussion with clients for assessment. Stress management techniques were the most frequently used intervention. The top three limitations and gaps for BPD practice were time constraints, underdevelopment of practitioner knowledge and skills and workload/capacity. Limited funding and fragmented service/system design (n = 32) were the top contributing factors to practice gaps. Conclusion: Australian occupational therapists work with people diagnosed with BPD across diverse practice areas, predominantly in private practice settings. Trauma-informed care was valued by occupational therapists in practice, but its application needs to be more explicit in assessment and intervention choices. Occupation-based practice needs a distinct and stronger evidence base to determine effectiveness in promoting occupational performance. **PLAIN LANGUAGE SUMMARY:** Borderline personality disorder (BPD) is a complex and common mental condition. People diagnosed with BPD often have difficulty managing day-to-day activities and routines. Occupational therapists can provide services to improve daily function, but practice with people diagnosed with BPD is not well researched. A survey was used to find out more about what Australian occupational therapists do so that we know where more attention is needed to improve practice. Sixty-three occupational therapists responded to the survey. Respondents came from diverse areas of practice but took similar approaches to the assessment and assistance of their clients. There was a clear focus on sensory and occupational needs of clients, with the focus on trauma being more indirect. Funding, time, knowledge, and separated services were seen to limit practice.

Access or request full text: <https://libkey.io/10.1111/1440-1630.70117>



URL: <https://research.ebsco.com/linkprocessor/plink?id=c6b4022c-fdde-3df3-a785-cdabff268beb>

9. The impact of fatigue on occupational balance and quality of life in individuals with cerebral palsy: a cross-sectional study

Item Type: Journal Article

Authors: Buchwald-Grøhn Freja;Reffstrup, Christensen Jeanette and Nørgaard, Remmen Line

Publication Date:

Journal: International Journal of Therapy and Rehabilitation 33(7), pp. 1–12

Access or request full text: <https://libkey.io/10.12968/ijtr.2025.0033>

URL: <https://doi.org/10.12968/ijtr.2025.0033>

10. Effectiveness of tele-occupational performance coaching in improving occupational performance and executive function in children with attention deficit hyperactivity disorder: a pilot randomised controlled trial

Item Type: Journal Article

Authors: Sima, Dehghani;Parvin, Raji;Mehdi, Rassafiani;Shooshtari, Mitra Hakim;Baghestani, Ahmad Reza and Simin, Dehghani

Publication Date:

Journal: International Journal of Therapy and Rehabilitation 33(7), pp. 1–14

Access or request full text: <https://libkey.io/10.12968/ijtr.2025.0048>

URL: <https://doi.org/10.12968/ijtr.2025.0048>

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Reviews

1. Occupational therapy-informed interventions for diabetes self-management: A systematic review

Item Type: Journal Article

Authors: Angelopoulos, Nikolaos;Angelopoulou, Maria;Siaperas, Panagiotis;Angelopoulou, Konstantina and Paschou, Stavroula



Publication Date: 2026

Journal: British Journal of Occupational Therapy , pp. 03080226261468498

Source: Google Scholar

2. Interventions Within the Scope of Occupational Therapy to Support Grandparents Raising Grandchildren: A Systematic Review

Item Type: Journal Article

Authors: Hunter, Elizabeth G.;Barefoot, Samantha M.;Barry, Maureen;DiMeo, Carli;Kite, Lydia;Kopf-Apple, Samantha;Miller, Vivian J. and Scarletto, Edith

Publication Date: 2026

Journal: Physical & Occupational Therapy in Geriatrics , pp. 1–17

Abstract: AbstractIntroductionMethodsResultsDiscussionGrandparents raising grandchildren are an underserved population at risk for poor health and well-being due to the stress and financial burden of unexpected caregiving later in life.Using Cochrane methodology and PRISMA 2020 guidelines, using PubMed, Web of Science, PsycINFO, CINAHL, and ERIC the review was performed. Included studies were peer-reviewed, published from 2000 to 2025, conducted in the United States, involving grandparents as primary caregivers, and reporting grandparent outcomes. Interventions had to fall within the scope of occupational therapy. Risk of bias was assessed by study design, and findings were synthesized narratively.Twenty-four studies were included. Interventions included interdisciplinary approaches, resourcefulness training, case management, empowerment, health and wellness, support groups, social intelligence, parenting, and biofeedback.Although evidence quality was generally low, the number of studies strengthened confidence in the findings. Six of the nine intervention categories demonstrated moderate-strength evidence and warrant consideration in clinical practice.

Access or request full text: <https://libkey.io/10.1080/02703181.2026.2716758>

URL: <https://research.ebsco.com/linkprocessor/plink?id=4b6ea21c-c503-3697-b9a6-843df556c9de>

3. A scoping review of bereavement interventions: Occupational therapy's potential role

Item Type: Journal Article

Authors: Kraus, Bridget and Earwood, Juliana

Publication Date: 2026

Journal: British Journal of Occupational Therapy , pp. 03080226261466902

Abstract: Background: Bereavement is an inevitable lifespan experience. Bereavement and grief have health and functional impacts, yet occupational therapy practitioners (OTPs) do not currently have an identifiable role in bereavement support.Objectives: To



explore current bereavement grief interventions that reasonably fall within the scope of occupational therapy (OT). Methodology: Five databases were searched. Eligibility criteria included peer-reviewed journal quantitative research articles published between 2014 and 2024 and included an intervention targeting bereavement using deductive codes defined by authors based on Ann Wilcock's Occupational Perspective of Health: Doing (DG), Being (BG), Becoming (BC), and Belonging (BL) and analyzed. Results: Thirty-four articles met eligibility criteria and fell within the OT scope. Seven articles incorporated the construct of DG and only 5.8% of articles (n=?2) incorporated all four approaches. Interventions including more than one approach were more effective. Conclusion: Despite the functional impact of bereavement, few interventions include DG or assess functional outcomes. OTPs could address bereavement grief through DG and assess functional impacts. Plain language summary Death is a natural part of human life; however, bereavement and grief can negatively affect your health and function. Occupational therapy practitioners (OTPs) are healthcare professionals with a unique functional lens and could help support people who are grieving the death of a loved one. This is a scoping review of treatment approaches described in literature from five databases. 34 articles that met inclusion criteria were analyzed. Each one was categorized based on Ann Wilcock's Occupational Perspective of Health (2024). The authors found that while successful coping with grief is related to function, few interventions measured functional performance or incorporated Doing as a part of treatment. It is possible that OTPs could help fill this gap.; Background: Bereavement is an inevitable lifespan experience. Bereavement and grief have health and functional impacts, yet occupational therapy practitioners (OTPs) do not currently have an identifiable role in bereavement support. Objectives: To explore current bereavement grief interventions that reasonably fall within the scope of occupational therapy (OT). Methodology: Five databases were searched. Eligibility criteria included peer-reviewed journal quantitative research articles published between 2014 and 2024 and included an intervention targeting bereavement using deductive codes defined by authors based on Ann Wilcock's Occupational Perspective of Health: Doing (DG), Being (BG), Becoming (BC), and Belonging (BL) and analyzed. Results: Thirty-four articles met eligibility criteria and fell within the OT scope. Seven articles incorporated the construct of DG and only 5.8% of articles (n=?2) incorporated all four approaches. Interventions including more than one approach were more effective. Conclusion: Despite the functional impact of bereavement, few interventions include DG or assess functional outcomes. OTPs could address bereavement grief through DG and assess functional impacts. Plain language summary Death is a natural part of human life; however, bereavement and grief can negatively affect your health and function. Occupational therapy practitioners (OTPs) are healthcare professionals with a unique functional lens and could help support people who are grieving the death of a loved one. This is a scoping review of treatment approaches described in literature from five databases. 34 articles that met inclusion criteria were analyzed. Each one was categorized based on Ann Wilcock's Occupational Perspective of Health (2024). The authors found that while successful coping with grief is related to function, few interventions measured functional performance or incorporated Doing as a part of treatment. It is possible that OTPs could help fill this gap.

Access or request full text: <https://libkey.io/10.1177/03080226261466902>

URL: <https://doi.org/10.1177/03080226261466902>

4. The Role of Occupational Therapy from Religious and Cultural Perspectives in People Living with HIV/AIDS: A Systematic Literature Review



Item Type: Journal Article

Authors: Munir, Zainal;Masrurroh, Lailatul;Jannah, Siti Khalisatul;Sa'adah, Apriliatus;Aziz, Afandi and Mualifah, Siti

Publication Date: 2026

Journal: AIDS: A Systematic Literature Review (August 01, 2026) **Source:** Google Scholar

5. A Rapid Review of occupational therapy intervention for neonatal care

Item Type: Journal Article

Authors: van der Walt, Janke;Engelbrecht, Madri;van Biljon, Hester M. and Soeker, Shaheed M.

Publication Date: 2026a

Journal: South African Journal of Occupational Therapy 56(2), pp. 1–9

Abstract: Introduction: This rapid review synthesised global evidence on occupational therapy intervention practices for neonatal care to inform occupational therapy practice within national health policies. Neonatal care refers to early intervention for premature or at-risk newborn infants. Methods: Searches were conducted of the Cochrane, Medline, CINAHL, and Academic OneFile databases through keyword searches. Systematic reviews and randomised controlled trials (RCTs) that qualified as Level I and II studies, published in peer-reviewed journals from January 2015 to August 2025, were included for screening. Screenings took place in Rayyan.ai first by title and abstract by two reviewers, and then by full text. Conflicts were resolved by a third reviewer. The Critical Appraisal Skills Programme checklists for systematic reviews and RCTs were used for bias and quality control. The records included in the study were systematically analysed, and the resulting data were plotted using a customised Excel worksheet. Results: Nine records were included for analysis, focusing on the following interventions: family-focused care, sensory-focused oral-motor interventions, management of tone, interventions for obstetric brachial plexus injuries, multisensory stimulation and priming, and the effects of neonatal therapy interventions on the development of premature infants. A strong focus on family involvement was present. Intervention took place on a primary, secondary, and tertiary healthcare level where the occupational therapist was part of a specialised team. Short and possible long-term outcomes were described for all developmental domains. Conclusion: Evidence from this rapid review confirms that occupational therapists are vital members of specialist neonatal teams at all levels of healthcare. They contribute to the early care of infants for overall development and support families through education and training. Implications for practice: * Occupational therapists' unique skill set enables them to provide a specialised yet holistic approach within a multidisciplinary neonatal care team * Occupational therapy intervention in neonatal care is required in tertiary, secondary, and primary health settings * A family-focused approach is recommended across different interventions and diagnoses and provides possible cost-effective quality intervention for neonatal care

Access or request full text: <https://libkey.io/10.17159/2310-3833/2026/vol56no2a9>



URL: <https://research.ebsco.com/linkprocessor/plink?id=296d34eb-af77-3353-ae15-bf1657e1ec68>

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Item Type: Journal Article

Authors: van der Walt, Janke;Engelbrecht, Madri;van Biljon, Hester M. and Soeker, Shaheed M.

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Access or request full text: <https://libkey.io/10.17159/2310-3833/2026/vol56no2a9>

URL: <https://research.ebsco.com/linkprocessor/plink?id=296d34eb-af77-3353-ae15-bf1657e1ec68>

7. Occupational therapists' perspectives on pressure garment intervention in post-stroke upper limb rehabilitation: A qualitative study



Item Type: Journal Article

Authors: Xu, Zhenkun; Wang, Nan; Song, Jun; Peng, Yan; Shin, Ying Chu; Siaw, Chui Chai and Li, Kuicheng

Publication Date: 2026

Journal: British Journal of Occupational Therapy , pp. 03080226261466087

Abstract: Background: The use of pressure garments in post-stroke upper limb rehabilitation is controversial, with quantitative studies often conflicting with clinical observations and patient experiences. Occupational therapists, as key implementers, provide essential insights into their real-world effects. Objective: To explore occupational therapists' perspectives, experiences, and decision-making when using three pressure garment designs (dorsal-double-layered and single-layered, both with 10% circumferential reduction, and placebo) in stroke rehabilitation. Methods: A qualitative study using semi-structured interviews with six occupational therapists from an 8-week randomised controlled trial. Data were analysed thematically. Results: Four main themes and 13 subthemes were identified: (1) Therapeutic effects of the pressure garment, reflected in oedema control, influence on muscle tone, enhancement of sensory input, and improvement of motor function; (2) Real-world challenges in clinical practice, where patient adherence was the central issue, addressed through therapists' guidance and feedback strategies; (3) Assessing patient suitability, involving a comprehensive framework of clinical presentation, personal goals, rehabilitation timing, and willingness to cooperate; (4) Evaluation and recommendations for the pressure garment, where therapists critically reviewed existing designs and proposed future intelligent, user-friendly improvements. Conclusion: Therapists' reasoning links technology to patient outcomes, offering practice-based evidence to resolve research inconsistencies and guide clinical practice, research, and product development.

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Access or request full text: <https://libkey.io/10.1177/03080226261466087>

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Professional Development/ Reports/News

1. UK and England Policy and Public Affairs Update (RCOT)

Published: 21 August 2026

Why it matters: Provides a summary of recent national policy developments affecting occupational therapy, health and social care services, workforce issues, and RCOT's influencing activity. Useful for keeping abreast of the wider policy landscape.

Link:

<https://www.rcot.co.uk/latest-news>

2. UK and England Policy and Public Affairs Update – July

Published: 21 August 2026

Why it matters: Summarises key UK and England health and social care policy developments affecting occupational therapy practice, workforce planning, service delivery and RCOT's policy influencing work. Useful for keeping abreast of the wider policy landscape.

Link:

<https://www.rcot.co.uk/latest-news/uk-and-england-policy-and-public-affairs-update-july-0>