



# Occupational Therapy

## February 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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### Evidence Summary and Systematic Reviews

#### 1. Sexuality in the field of occupational therapy: A scoping review

**Item Type:** Journal Article

**Authors:** Auger, Louis-Pierre; Vinette, Billy; Potvin, Laury; Nelson-Drolet, Sandrine and Thomas, Alik

**Publication Date:** 2026

**Journal:** Australian Occupational Therapy Journal 73(1), pp. e70065

**Abstract:** While sexuality is gaining recognition as a relevant domain of occupational therapy practice, the scope of empirical research involving occupational therapy practitioners or students in relation to sexuality remains unclear. This study aimed to map the extent and focus of this research.

**Access or request full text:** <https://libkey.io/10.1111/1440-1630.70065>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=e2d026c9-72bc-3e28-9073-334524d55190>

#### 2. Family-Centered Occupational Therapy Consultation for Children Under 18 Years Old: A Scoping Review

**Item Type:** Journal Article

**Authors:** Shahbazi, Marjan; Abed, Elaheh Hojati; Esmaili, Samaneh Karamali and Hilton, Claudia



**Publication Date:** 2026

**Journal:** Occupational Therapy International 2026, pp. 1–12

**Abstract:** Introduction: Family-centered occupational therapy provided in children's natural environments can enhance learning, development, participation, and caregiver competence. Consultation is a key approach within this model. This scoping review examined the literature on family-centered occupational therapy consultation for individuals under 18 years old and its reported effects on families and goal achievement. Method: Following PRISMA-ScR guidelines, five databases and gray literature were searched (2000–April 2025). Studies were included if they described synchronous consultation between families and occupational therapists. Data were extracted on study design, intervention characteristics, and outcomes. Results: Then, 15 studies met inclusion criteria (12 quantitative and three qualitative). Of the quantitative studies, eight reported statistically significant improvements in child or parent outcomes (e.g., occupational performance, participation, and parental confidence), three reported mixed or nonsignificant results, and one was descriptive only. Qualitative studies consistently reported increased caregiver understanding, confidence, and ability to implement strategies in natural environments. Most interventions occurred in schools or home programs, with limited evidence from telehealth, adolescents, or non-Western contexts. Conclusion: Family-centered consultation in pediatric occupational therapy shows promise for improving participation-related outcomes and caregiver competence but remains methodologically heterogeneous and understudied in certain populations and formats. Further research should address these gaps to strengthen the evidence base.

**Access or request full text:** <https://libkey.io/10.1155/oti/1184326>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=51a57f0b-22b5-3b15-849b-6a39354482a7>

### 3. An Occupation-Based Review of Assessments used in Pediatric Occupational Therapy Practice

**Item Type:** Journal Article

**Authors:** Skuthan, Alysha;Stav, Wendy B.;McVey, Gracyn;Martinez, Jennifer;Hunter, Marissa;Diroll, Erin and Flanagan, Maureen

**Publication Date:** 2026

**Journal:** The Open Journal of Occupational Therapy 14(1), pp. 1–10

**Source:** Google Scholar

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### Published Research

#### 1. Children's Experiences of the Therapeutic Relationship in Occupational Therapy: A Phenomenological Study



**Item Type:** Journal Article

**Authors:** Gagné-Trudel, Sandrine;Therriault, Pierre-Yves and Cantin, Noémi

**Publication Date:** 2026

**Journal:** Physical & Occupational Therapy in Pediatrics , pp. 1–15

**Abstract:** AbstractAimMethodsResultsConclusionsThe aim of the study was to examine children's lived experiences of the therapeutic relationship with their occupational therapist.A hermeneutic phenomenological design was used. Fourteen children aged 2 to 10 were recruited through occupational therapists at various sites within a healthcare institution in Quebec (Canada). Individual art-based interviews were conducted with children. A hermeneutic phenomenological analysis was used to identify themes emerging from their experiences.Children's experiences of the therapeutic relationship reflected four main themes. First, trust-building emerged as central, with children highly attuned to nonverbal cues such as empathic gaze and active listening. Second, children highlighted the importance of feeling genuinely heard and understood in their therapeutic journey. Third, the learning process, with its progress and challenges, was shaped by the therapist's responsiveness. Finally, a shared understanding of therapeutic activities fostered a strong connection, especially when the activities held personal meaning for the children and reflected their own goals.This study showed that children value being heard, understood, supported, and engaged in meaningful therapy activities that reflect their goals and interests. Their experiences emphasize the importance of recognizing children as active participants and integrating their voices into the co-construction of therapeutic relationships.

**Access or request full text:** <https://libkey.io/10.1080/01942638.2026.2614579>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=0a16327f-5d57-3938-abce-ccbef5489fe0>

## 2. Evaluation of an occupational therapy-led hand clinic for subacute and chronic wrist and hand conditions in an Irish public hospital

**Item Type:** Journal Article

**Authors:** Gavaghan, Gillian;Naughton, Mary;Sullivan, Paul and French, Helen

**Publication Date:** 2026

**Journal:** Journal of Hand Therapy

**Abstract:** Study design Retrospective service evaluation

**Access or request full text:** <https://libkey.io/10.1016/j.jht.2025.12.006>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=ebf497bf-e99c-3dc1-bdc8-9c290fd4b83d>



### 3. Hemodialysis, Transportation, and Mobility: A Systematic Review From an Occupational Therapy Perspective

**Item Type:** Journal Article

**Authors:** Gerosideris, Nikolaos;Daskalou, Symeon Dimitrios;Stratou, Elpida;Ouzouni, Christina;Vlotinou, Pinelopi and Katsouri, Ioanna Giannoula

**Publication Date:** 2026

**Journal:** OTJR : Occupation, Participation and Health , pp. 15394492251409640

**Abstract:** Adults on maintenance hemodialysis face transportation barriers that disrupt treatment adherence, roles, routines, and quality of life. To review evidence of transportation barriers in adults on hemodialysis and their impact on adherence, quality of life, and community participation. A systematic review was conducted, searching MEDLINE, CINAHL, Cochrane Library, and ScienceDirect (2015-2025) databases for English-language studies. Eleven studies (  $n = 28-115,982$ ) from eight countries met inclusion criteria. Four interrelated themes emerged from the synthesis: travel distance and time, transportation costs, mode of transport, and service reliability and availability. These barriers collectively constrained treatment adherence, autonomy, and participation in daily occupations, ultimately diminishing autonomy and quality of life. Transportation is a key environmental constraint on occupational performance in hemodialysis. Occupational therapists should assess transport needs, promote mobility supports, and develop interventions to enhance adherence.

**Access or request full text:** <https://libkey.io/10.1177/15394492251409640>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=c6b3df0d-e868-36e7-909f-23d93661aa6e>

### 4. Upholding Pluralism in Occupational Therapy: A Response to Recent Calls for Political Alignment

**Item Type:** Journal Article

**Authors:** Majnemer, Annette;Perlman, Cynthia;Mazer, Barbara;Wener, Pamela;Friedland, Judith;Hitterman, Noa;Kasner, Melanie;Stern, Marlene;Segal, Serena-Lee;Harowitz, Andrea;Johnston, Joanna;Birnbaum, Rena;Shuchat, Sheryl;Singer, Sheryl;Nisan, Yonit;Jacobs, Michelle;Bowman, Laura;Fishman, Sheila;Lazareck, Sara;Partnoy, Jackie, et al

**Publication Date:** 2026

**Journal:** Canadian Journal of Occupational Therapy.Revue Canadienne D'ergotherapie , pp. 84174251401852

**Access or request full text:** <https://libkey.io/10.1177/00084174251401852>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=eff41282-88b5-349d-9d2a->



[05ea2393e28b](#)

**5. Occupational therapy graduates' perceptions of their work readiness over their first year of work**

**Item Type:** Journal Article

**Authors:** Miles, Sarah;Brentnall, Jennie;Penman, Merrolee;Longman, Jo and Nisbet, Gillian

**Publication Date:** 2026

**Journal:** Australian Occupational Therapy Journal 73(1), pp. e70064

**Abstract:** Employers expect occupational therapy graduates to be ready to work in a broad range of roles, settings, and work contexts. Expected 'work readiness' extends beyond discipline-specific skills and includes the attitudes and attributes essential for success in the workplace. This qualitative research study explored the understanding of work readiness among new graduate occupational therapists in public, private, hospital, and community settings. Further, this study extended on prior research by interviewing participants regarding their perceptions of work readiness over time and the impact of their final placement on their work readiness.

**Access or request full text:** <https://libkey.io/10.1111/1440-1630.70064>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=7ed3b2d8-9ab3-39b0-81bc-36d1cfd6d618>

**6. Group telementoring using project ECHO proves efficient platform for knowledge translation in occupational therapy**

**Item Type:** Journal Article

**Authors:** Castillo, Yajaira;Barlow, Kate and McKinnon, Sarah

**Publication Date:** 2025

**Journal:** British Journal of Occupational Therapy 88(11), pp. 717–729

**Abstract:** Background: Therapists in low- and middle-income countries have limited access to mentorship and affordable continuing education within the field of occupational therapy. An international, 6-week Pediatric Clinical Competency Extension for Community Health Care Outcomes program for occupational therapists was developed to meet this need. The primary outcomes included the efficacy of the extension for community health care outcomes platform for improved clinical competency. Program retention, satisfaction, and confidence with the online platform were also examined. Method: A quasi-experimental pretest posttest design was utilized. Anonymous online surveys were sent before and after each of the six extension for community health care outcomes sessions. Findings: Participants (N = 109) from 26 countries attended, with 55 occupational therapists attending from low- and middle-income countries. Weekly learning objectives addressing knowledge yielded a significant



p-value of  $\leq 0.05$  in five of six of the weeks. Fifty-four of 109 participants regularly attended >50% of Zoom sessions. Participants also rated themselves confident to strongly confident on access to all virtual materials and satisfaction with the platform. Conclusion: The extension for community health care outcomes platform proved to be an effective, low-cost platform for telementoring and supporting occupational therapists in low resource areas. Extension for community health care outcomes was reported to be an accessible learning platform that could be used to expand knowledge internationally.

**Access or request full text:** <https://libkey.io/10.1177/03080226251340861>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=228f9f15-59ed-3104-92e8-ab713cd7bbe6>

## 7. Acute Treatment of Disabling and Nondisabling Minor Ischemic Stroke: Expert Guidance for Clinicians

**Item Type:** Journal Article

**Authors:** De Santis, Federico;Foschi, Matteo;D'Anna, Lucio;Coutts, Shelagh B.;Fischer, Urs;Khatri, Pooja;Nasreldein, Ahmed;Pontes-Neto, Oct;Nguyen, Thanh N.;Sandset, Else Charlotte;Tsivgoulis, Georgios;Turc, Guillaume and Sacco, Simona

**Publication Date:** 2025

**Journal:** Stroke

**Abstract:** Minor ischemic strokes, usually defined as acute ischemic strokes with National Institutes of Health Stroke Scale score  $\leq 5$ , account for over half of all cases and are often underestimated due to initially mild symptoms. Yet up to 30% of patients develop disability within 90 days, challenging the notion of a benign course. This guidance offers a pragmatic, scenario-based framework for acute minor ischemic stroke management, considering symptom severity (disabling versus nondisabling), eligibility for reperfusion, and presence of large vessel occlusion. Drawing from randomized trials, real-world evidence, and international guidelines, we examine therapeutic strategies, including dual antiplatelet therapy with aspirin plus a P2Y<sub>12</sub> inhibitor, anticoagulation, intravenous thrombolysis, and endovascular treatment. Intravenous thrombolysis is preferred for disabling symptoms within 4.5 hours of symptom onset, whereas dual antiplatelet therapy remains standard for noncardioembolic, nondisabling events. For cardioembolic minor ischemic stroke ineligible for reperfusion, early anticoagulation within 48 hours appears safe and beneficial. Evidence for routine endovascular treatment in minor ischemic stroke with large vessel occlusion remains limited and controversial. We also address management of rapidly improving yet disabling symptoms and postreperfusion antithrombotic strategies, emphasizing individualized care and the need for further research.

**Access or request full text:** <https://libkey.io/10.1161/STROKEAHA.125.053504>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=63fc2d4d-fa81-3438-885f-75f70b766900>





## 8. The relationship between occupational balance and anxiety and depression in individuals with spinal cord injury: A cross-sectional study

**Item Type:** Journal Article

**Authors:** Hasani Helm, Atiyeh Alsadat;Mousavi, Seyedeh Tahmineh;Salmani, Fatemeh;Raji, Parvin and Rashidzadeh, Parysa

**Publication Date:** 2025

**Journal:** British Journal of Occupational Therapy 88(12), pp. 756–762

**Abstract:** Introduction: Spinal cord injury (SCI) can lead to significant physical and psychological challenges, including anxiety and depression. Occupational balance (OB) is a fundamental concept in occupational therapy, but its relationship with mental health in the SCI population is not well understood. This study aimed to describe the relationship between occupational balance and anxiety and depression in people with SCI. Methods: A cross-sectional study was conducted with 52 participants with SCI, recruited from rehabilitation centers in Tehran and Hamadan. Some participants had cervical lesions, others had thoracic lesions, and the rest had lumbar lesions. Data were collected using the mini-mental state examination (MMSE), the Occupational Balance Questionnaire-11 (OBQ11-P), the Hospital Anxiety and Depression Scale, and a demographic information questionnaire. Results: Participants showed a mean OBQ11-P score of 18.45, indicating a moderate to slightly high level of occupational balance. Anxiety and depression levels were generally mild. A significant negative correlation was found between OB and anxiety ( $r = -0.519$ ,  $p < 0.001$ ), while the relationship between OB and depression was not significant ( $r = -0.20$ ,  $p = 0.164$ ). The mean MMSE score recorded was 28.61. Conclusion: Higher occupational balance was associated with lower anxiety levels in individuals with SCI. This highlights the importance of addressing OB in occupational therapy interventions to potentially reduce anxiety symptoms. Future studies should consider additional factors such as time since injury and economic status to further elucidate the relationship between OB and depression.

**Access or request full text:** <https://libkey.io/10.1177/03080226251352980>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=e6db0461-c9d7-3ce8-953a-87c8a5b5e571>

## 9. Interventions for treating urinary incontinence in older women: a network meta-analysis

**Item Type:** Journal Article

**Authors:** Vesentini, Giovana;O'Connor, Nicole;Le Berre, Mélanie;Nabhan, Ashraf F.;Wagg, Adrian;Wallace, Sheila A. and Dumoulin, Chantale

**Publication Date:** 2025

**Journal:** The Cochrane Database of Systematic Reviews 11

**Abstract:** Urinary incontinence is highly prevalent among women 60 years and over, impacting their quality of life. The condition is often overlooked and untreated. Various treatments are available, but their benefits and harms in older women remain uncertain.



**Access or request full text:** <https://libkey.io/10.1002/14651858.CD015376.pub2>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=f5619bfa-4071-3e39-8a48-5987031971eb>

**10. Occupational therapists' role in sleep management in palliative care: A cross-sectional survey**

**Item Type:** Journal Article

**Authors:** Webster, Madeleine;Barclay, Linda;Parikh, Dhvani and Lalor, Aislinn

**Publication Date:** 2025

**Journal:** British Journal of Occupational Therapy 88(12), pp. 746–755

**Abstract:** Introduction: Sleep is fundamental to an individual's health, well-being and quality of life. Poor sleep and sleep disturbances are common for individuals receiving palliative care. Occupational therapists play a crucial role by effectively addressing sleep in this context. However, there has been limited research regarding the role, scope and implementation of sleep management interventions among occupational therapists within palliative care, and the needs that therapists have to support this area of practice. Methods: An online cross-sectional survey was conducted among Australian occupational therapists with current or recent experience in palliative care. Qualitative data from open-ended response items were analysed using content analysis. Results: Fifty-one occupational therapists (92.2% female) with an average of 7.6 years of experience working in palliative care completed the online survey. Most participants (88.2%) perceived that sleep was within the scope of the occupational therapy practice in palliative care; however, few participants indicated good/excellent knowledge of sleep or sleep assessment and intervention. Barriers to adequately addressing sleep issues included a lack of therapists' knowledge, limited understanding of the scope by other professionals, workload constraints and limited resources. Conclusion: Occupational therapists may benefit from evidence-based resources and guidelines to address sleep issues in palliative care.

**Access or request full text:** <https://libkey.io/10.1177/03080226251352648>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=6eccdbb1-081c-3906-8b35-451ea769a825>

**11. Predictors affecting initial assessment results using driving simulator in stroke patients admitted at a subacute rehabilitation hospital**

**Item Type:** Journal Article

**Authors:** Yoshida, Akihito;Sumi, Kaho;Kobayashi, Kanta;Ikai, Daijiro and Toshima, Kazuya

**Publication Date:** 2025





**Journal:** British Journal of Occupational Therapy 88(11), pp. 688–695

**Abstract:** Introduction: We surveyed predictors associated with pass/fail test results for initial driving assessment using a driving simulator in stroke patients admitted to a subacute rehabilitation hospital. Method: We prospectively analyzed 106 inpatients with stroke. Driving assessment was done using a simulator. Sociodemographic, disease-related (duration from onset to initial assessment using a driving simulator), cognitive (Stroke Driver's Screening Assessment (SDSA)), physical, and activity-related variables were assessed. Results: Multivariate logistic regression analyses demonstrated that three independent factors were associated with the pass/fail test result of initial driving assessment. These variables were the duration from onset to initial driving assessment using a driving simulator (per 1 day; odds ratio (OR) = 1.08, 95% confidence interval (CI) 1.05–1.11,  $p = 0.00$ ), required time (per 1 second; OR = 1.01, 95% CI 1.00–1.01,  $p = 0.02$ ), and errors of dot cancellation in the (per 1 time; OR = 1.16, 95% CI 1.05–1.28,  $p = 0.00$ ) SDSA. Conclusion: Our results suggest that the duration from onset to initial driving assessment using a driving simulator, required time, and errors of dot cancellation in the SDSA are the three predictors determining the passing/failing of patients with stroke in a driving simulator test.

**Access or request full text:** <https://libkey.io/10.1177/03080226251347191>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=ebc3a62a-1c33-3622-a632-ef30509ff9a2>

12. Asano, D., Sakai, H., Monden, H., Shimazaki, Y., Nakamura, K., & Ohmatsu, S. (2026). Immediate Effect of Digital Game Use and Verbal Encouragement on Lower Limb Activity and Psychological Enjoyment During Motor Task in Children with Motor Disorders. *Physical & Occupational Therapy In Pediatrics*, 1–16.

**Access full text here:** <https://doi.org/10.1080/01942638.2026.2618035>

13. Bean-Charsky, J., & Lin, M. L. (2026). Prewriting and Handwriting Performance of Young Children: Analysis of Worksheet Samples Collected Post COVID-19 Pandemic. *Journal of Occupational Therapy, Schools, & Early Intervention*, 1–20.

**Access full text here:** <https://doi.org/10.1080/19411243.2026.2614512>

14. Özdemir TE, Kaya Ö, Torpil B. Comparison of quality of life, kinesiophobia, and perceived occupational performance and satisfaction in individuals with low back and/or neck pain. *British Journal of Occupational Therapy*. 2026;0(0).

**Access full text here:** [10.1177/03080226251413139](https://doi.org/10.1177/03080226251413139)

15. **The Impact of a One-Time Group Pain Management Educational Session in Primary Care**

**Item Type:** Journal Article

**Authors:** Howell, Allyssa A.; Rider, John V. and Edgeworth, Rebecca

**Publication Date:** Jan 3 ,2026

**Journal:** Occupational Therapy in Health Care , pp. 1–21



**Abstract:** This study investigated the impact of a 1-hour group pain management session on pain beliefs, kinesiophobia, and occupational engagement delivered by occupational therapists in a primary care setting. Thirty participants with chronic pain completed pre- and post-assessments about their pain beliefs and kinesiophobia. Significant improvements were observed immediately after the session and maintained at a 1-month follow-up. Participants reported an increased understanding of pain, as well as improved satisfaction and confidence in their daily activities. These findings suggest that brief, occupational therapy-led group interventions may have a positive impact on chronic pain management in primary care settings.

**Access or request full text:** <https://libkey.io/10.1080/07380577.2025.2609718>

**16. Occupational therapy graduates' perceptions of their work readiness over their first year of work**

**Item Type:** Journal Article

**Authors:** Miles, Sarah;Brentnall, Jennie;Penman, Merrolee;Longman, Jo and Nisbet, Gillian

**Publication Date:** Feb ,2026

**Journal:** Australian Occupational Therapy Journal 73(1), pp. e70064–1630.70064

**Abstract:** INTRODUCTION: Employers expect occupational therapy graduates to be ready to work in a broad range of roles, settings, and work contexts. Expected 'work readiness' extends beyond discipline-specific skills and includes the attitudes and attributes essential for success in the workplace. This qualitative research study explored the understanding of work readiness among new graduate occupational therapists in public, private, hospital, and community settings. Further, this study extended on prior research by interviewing participants regarding their perceptions of work readiness over time and the impact of their final placement on their work readiness. METHODS: The participants were six occupational therapy graduates who had completed their final placement in an Australian University Department of Rural Health. This qualitative study, underpinned by pragmatism, used the critical incident technique with two interviews undertaken across the first year of employment. Framework analysis methodology was used to systematically analyse the data inductively and deductively. CONSUMER AND COMMUNITY INVOLVEMENT: None. FINDINGS: The participants' descriptions were consistent with the work readiness elements of social intelligence, organisational acumen, work competence, and personal characteristics. Overall, three themes for occupational therapy graduates' work readiness were identified: work readiness over time, the importance of relationships across all aspects of work, and the ability to work autonomously. The participants noted that the learning opportunities during a student-led placement developed their caseload management skills, fostered autonomy and interprofessional working, and enhanced self-reflection. CONCLUSION: The participants in this study highlighted many similar and some new aspects of work readiness, perhaps because of the broad nature of occupational therapy work. As the first study to consider perceptions of work readiness over time, this research identified that graduates may emphasise different work readiness components at different points in their first year of employment. These findings and the graduates' attributions of work readiness to the placement model have implications for developing and supporting graduates' work readiness.; This study looked at how new occupational therapists felt when they started work. Six graduates did their final placement in a rural area. They were interviewed twice



in their first year of work. The study found that being ready for work means having good people skills and being confident with tasks. It showed that readiness changes over time. It also found that relationships and working independently are both important. Graduates said their placement helped them do their job, talk with others, and think about what they learned. It also shows that placement can shape how prepared graduates feel.

**Access or request full text:** <https://libkey.io/10.1111/1440-1630.70064>

**17. Life changes of people with visual impairment post participating in a group-based physical activity programme**

**Item Type:** Journal Article

**Authors:** Chang, Chun-Wei;Chen, Ming-De;Thomacos, Nikos and Lalor, Aislinn F.

**Publication Date:** Jan ,2025

**Journal:** Scandinavian Journal of Occupational Therapy 32(1), pp. 2619340

**Abstract:** BACKGROUND: People with visual impairment (VI) face barriers to participating in physical activity (PA). While research has explored ways to improve PA accessibility and documented short-term benefits, its long-term impact, particularly from an occupational perspective, remains underexplored. AIMS/OBJECTIVES: To examine the long-term influence of a group-based PA programme for people with VI, exploring its impact on daily life and sustained wellness. METHODS: This qualitative study involved semi-structured interviews with 11 respondents who had participated in a 10-week PA programme. Data were collected two months and four months post-programme to assess lasting effects, and reflexive thematic analysis was applied. RESULTS: Three overarching themes were identified: 'I have a healthier body and mind', 'I perform better in my day-to-day life', and 'My connection with others is growing', reflecting participants' perceived improved health, enhanced daily activity engagement, and strengthened social connections. CONCLUSIONS AND SIGNIFICANCE: The influence of PA programmes for people with VI expands and becomes progressively more pronounced over time. This study underscores the role of structured PA programmes in fostering long-term positive changes. It highlights the importance of considering long-term PA outcomes in occupational therapy practice for people with VI.

**Access or request full text:** <https://libkey.io/10.1080/11038128.2026.2619340>

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**Professional Development/ Reports/News**

**The Conversation (2025)** Life after stroke: the hidden struggle for recovery.  
Available at: <https://theconversation.com/life-after-stroke-the-hidden-struggle-for-recovery-266041>

**The Conversation (2025)** Cities aren't built for older people. Available at:  
<https://theconversation.com/cities-arent-built-for-older-people-our-study-shows-many-cant-walk-fast-enough-to-beat-a-pedestrian-crossing-271874>



**RCOT (2025)** Restrictive equipment for children and young people guidance.  
Available at: <https://www.rcot.co.uk/latest-news/new-guidance-support-safe-consistent-decisions-restrictive-equipment-children-young-people>