



# Occupational Therapy

May 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. The personal and professional characteristics of students who were successful in occupational therapy practice education: A scoping review.

**Item Type:** Journal Article

**Authors:** Gebhardt, Ali;Bye, Rosalind Ann and Coxon, Kristy

**Publication Date:** Apr ,2026

**Journal:** Australian Occupational Therapy Journal 73(2), pp. e70088

**Abstract:** INTRODUCTION: Practice education in occupational therapy can be a challenging learning experience for students, and not all students succeed. Research to date has explored some of the predictors for successful practice education. However, a consolidated description of an occupational therapy student who is successful in practice education is needed. This scoping review systematically searched, identified, and mapped available evidence describing personal and professional characteristics of occupational therapy students who were successful in practice education. METHODS: Using Joanna Briggs Institute methodology, APA PsychInfo, CINAHL, Scopus, Web of Science, Embase, Google Scholar, and ProQuest dissertations were searched. Records exploring characteristics of occupational therapy students who were successful in placement, defined by passing practice education, were included. Data describing characteristics of successful students were extracted and summarised. CONSUMER AND COMMUNITY INVOLVEMENT: This scoping review did not involve consumers or community members. FINDINGS: Thirty-two records describing the personal and professional characteristics of a successful student



were included. Regarding the professional characteristics, students with higher levels of prior academic success who had demonstrated attainment of knowledge and skills at university were more successful in practice education. Effective communication skills and professionalism were important requisite skills. Personal characteristics of resilience and emotional intelligence were linked to practice education success. CONCLUSION: Students with professional characteristics of higher academic scores, specifically, occupational therapy practice skills and professionalism, as well as personal characteristics of resilience and emotional intelligence were more successful in practice education. These findings can inform strategies to prepare students for placement success. Explicit teaching of professional knowledge and skills and educational experiences that enable the development of resilience and emotional intelligence have the potential to enhance student success in practice education.

Copyright © 2026 The Author(s). Australian Occupational Therapy Journal published by John Wiley & Sons Australia, Ltd on behalf of Occupational Therapy Australia.; plain-language-summary Not all occupational therapy students go well on placement. Teachers need to know what helps students pass. We found 32 papers that described students who went well on placement. Who went well? Students who understood their feelings, were flexible, had good marks at university, and good skills. Teachers can prepare students to go well by teaching them good communication and therapy skills and how to cope in the workplace. Language: English

**Access or request full text:** <https://libkey.io/10.1111/1440-1630.70088>

**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=mesx&DO=10.1111%2f1440-1630.70088> <https://libkey.io/libraries/1780/openurl?genre=article&sid=OVID:medline&id=pmid:41978329&id=doi:10.1111%2F1440-1630.70088&issn=0045-0766&isbn=&volume=73&issue=2&spage=e70088&pages=e70088&date=2026&title=Australian+Occupational+Therapy+Journal&atitle=The+personal+and+professional+characteristics+of+students+who+were+successful+in+occupational+therapy+practice+education%3A+A+scoping+review.&aulast=Gebhardt&pid=%3Cauthor%3EGebhardt+A%3BBye+RA%3BCoxon+K%3C%2Fauthor%3E%3CAN%3E41978329%3C%2FAN%3E%3CDT%3EJournal+Article%3C%2FDT%3E>

## 2. Occupational Therapy in the Treatment of Breast Cancer-Related Lymphedema: A Narrative Review

**Item Type:** Journal Article

**Authors:** Jimenez-Jimenez, Ana Belen;Elvira-Pastor, Irene;Mayordomo-Riera, Fernando Jesus and Munoz-Alcaraz, Maria Nieves

**Publication Date:** Mar 17 ,2026



**Journal:** Medical Sciences 14(1)

**Abstract: Background/Objectives:** Breast Cancer-Related Lymphedema (BCRL) is one of the most prevalent complications among patients, causing physical limitations and a negative impact on their quality of life. Given its chronic nature and influence on personal autonomy, it is essential to review the therapeutic approaches applied to date. The main objective of this study was to analyze and to compare the effectiveness of the different treatments currently used in the management of BCRL, especially those that incorporate the intervention of an occupational therapist.

**Methods:** A narrative review of the scientific literature published between 2013 and 2025 was conducted. The search was carried out in the PubMed, Scopus, Web of Science, and Dialnet databases. Inclusion and exclusion criteria were applied to select studies with therapeutic interventions, selecting eight studies for review.

**Results:** Complex Decompression Therapy (CDT) is currently the standard treatment, although one of its components, manual lymphatic drainage, is controversial in terms of its effectiveness. Interventions such as Activity-Oriented Proprioceptive Anti-Edema Therapy (TAPA), adapted physical exercise, and hydrotherapy showed significant benefits in quality of life, functionality, and reduction in the volume of lymphedema.

**Conclusions:** The therapeutic approach to BCRL must be multidisciplinary and personalized. Occupational Therapy (OT) provides a person-centered approach that contributes to improving occupational performance and patient well-being. More studies with greater methodological rigor and sample size are needed to unify clinical criteria.

**Access or request full text:** <https://libkey.io/10.3390/medsci14010139>

**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=mex&DO=10.3390%2Fmedsci14010139> <https://libkey.io/libraries/1780/openurl?genre=article&sid=OVID:medline&id=pmid:41892854&id=doi:10.3390%2Fmedsci14010139&issn=2076-3271&isbn=&volume=14&issue=1&spage=&pages=&date=2026&title=Medical+Sciences&atitle=Occupational+Therapy+in+the+Treatment+of+Brest+Cancer-Related+Lymphedema%3A+A+Narrative+Review.&aulast=Jimenez-Jimenez&pid=%3Cauthor%3EJimenez-Jimenez+AB%3BElvira-Pastor+I%3BMayordomo-Riera+FJ%3BMunoz-Alcaraz+MN%3C%2Fauthor%3E%3CAN%3E41892854%3C%2FAN%3E%3CDT%3EJournal+Article%3C%2FDT%3E>

**3. Interventions for promoting physical activity and reducing sedentary time among people aged 55 years and older: an overview of systematic reviews**

**Item Type:** Journal Article



**Authors:** Tang, Qi;Shan, Sikai;Chen, Hongbo and Zhou, Weijiao

**Publication Date:** 2026

**Journal:** Age & Ageing 55(2), pp. 1–11

**Abstract:** Background Physical inactivity and prolonged sedentary behaviours are common among older adults, leading to an increased risk of chronic diseases and mortality. We aimed to synthesise existing systematic reviews of interventions for promoting physical activity and reducing sedentary time among people aged 55 years and older. Methods We searched five electronic databases (PubMed, CINAHL, Scopus, Cochrane and SportDiscus) and identified systematic reviews of randomised controlled trials on interventions to promote physical activity and reduce sedentary behaviours among adults aged 55 years or older. The methodological quality of each systematic review was assessed using the AMSTAR-2 tool. A narrative synthesis was used to group findings of the included reviews by type of interventions (e.g. technology-based intervention, exercise and behavioural intervention) and outcome measure e.g. total physical activity, step counts, moderate to vigorous physical activity (MVPA) and sedentary time]. Meta-analyses of the original studies were conducted to explore the effect of different types of intervention on the outcomes in the short and intermediate term. Results A total of 21 systematic reviews were included, 17 of which conducted meta-analyses. Seven reviews were of moderate quality, 11 were of low quality and three were of critically low quality. For six meta-analysis of exercise and behavioural interventions, two reported a significant difference in physical activity after 12 months, two found no significant difference and two presented mixed findings across subgroups. Only one meta-analysis reported an effect on sedentary time and observed no significant improvement. For technology-based interventions, six of seven meta-analyses demonstrated significant increases in physical activity. All five meta-analyses reported significant improvements in step counts, and four of five meta-analyses showed significant benefits for MVPA. Two meta-analyses reported inconsistent findings on sedentary time. The above results were partially supported by our meta-analysis results. Conclusion Consistent evidence suggests that technology-based interventions are effective in increasing physical activity, step counts and MVPA, whereas inconsistent findings support the effectiveness of exercise and behavioural interventions in increasing physical activity. Limited evidence examines interventions to reduce sedentary time, and future research targeting sedentary behaviours is needed.

**Access or request full text:** <https://libkey.io/10.1093/ageing/afag045>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=9767a7f3-645e-3a7c-b382-9686439ce1bd>



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#### 4. Integrative Health and Wellness Coaching in Occupational Therapy-A Scoping Review

**Item Type:** Journal Article

**Authors:** Smith, Alyssa M.;Kauffroath, Kelli;Westervelt, Karen and Priganc, Victoria

**Publication Date:** 2026

**Journal:** Occupational Therapy International 2026(1), pp. e5937689

**Abstract: BACKGROUND:** Integrative health and wellness coaching (HWC) is an emerging evidence-based profession that promotes healthy behavioral change to reduce lifestyle disease risk factors. This scoping review identifies parallels between occupational therapy and HWC. **PURPOSE:** The purpose of this study is to examine the following question: Are HWC practices already being implemented in occupational therapy, and if so, how? **DATA SOURCES:** Searches were conducted for peer-reviewed articles published from 2013 to 2025. **STUDY SELECTION AND DATA COLLECTION:** Inclusion criteria included articles published in English and the use of health promotion interventions by occupational therapists or an interprofessional team of healthcare providers including occupational therapists. **FINDINGS:** Twenty-five articles fit the inclusion criteria. This includes qualitative and quantitative studies highlighting occupational therapists using HWC skills and strategies within their health promotion interventions. Multiple lifestyle disease risk factors were targeted through healthy behavior changes including increasing physical exercise, education regarding



nutrition, and goal setting. These health-promoting interventions were provided across a spectrum of diagnoses and clinical settings. **CONCLUSIONS:** Results demonstrated a connection between HWC and the holistic and health-promoting practices of occupational therapy. This review adds important evidence to the literature supporting the use of HWC skills in occupational therapy practice.

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## Published Research

### 1. Perceived value of physiotherapy and occupational therapy among people with multiple sclerosis: insights from a qualitative interview study.

**Item Type:** Journal Article

**Authors:** Beckerman, Heleen;Coppers, Jacqueline Pma and Eijssen, Isaline Cjm

**Publication Date:** May ,2026

**Journal:** Multiple Sclerosis and Related Disorders 109, pp. 107112

**Abstract: OBJECTIVE:** While physiotherapy, occupational therapy and Cesar/Mensendieck exercise therapy are considered essential in the management of multiple sclerosis (MS), little is known about how people with MS (PwMS) value these therapies across the disease course. This study explores the lived experiences and values of PwMS regarding these therapies during the lifespan with MS. **METHODS:** In-depth interviews were conducted with a purposive sample of 23 PwMS (15 females, 8 males; median age 50 years, range 32-79; median disease duration 13 years, range 2-32). The sample size ensured a broad range of experiences with the therapies, so that in-depth and detailed meanings could be obtained for interpretative



phenomenological analysis, coloured by contextual factors. **RESULTS:** PwMS highly value continuous physiotherapy and occupational therapy, especially when tailored to personal needs and disease progression. Only 7 PwMS had experiences with Cesar/Mensendieck therapy. Five key themes emerged: values related to the patient, the therapist, the patient-therapist relationship, the therapy itself, and collaboration among healthcare providers. These values are dynamic, multifaceted and interwoven, underpinning positive therapy experiences. Personal needs, goals, and the role of the therapist evolve over time, and therapies shift from general orientation to tailored interventions, empowering PwMS to make increasingly autonomous and confident decisions. **CONCLUSION:** Continuous, individualized physiotherapy and occupational therapy are highly valued by PwMS. Adapting therapy to their interwoven values, evolving needs and circumstances, is considered essential for optimal MS care.

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**Access or request full text:** <https://libkey.io/10.1016/j.msard.2026.107112>

**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=mex&DO=10.1016%2Fj.msard.2026.107112> <https://libkey.io/libraries/1780/openurl?genre=article&sid=OVID:medline&id=pmid:41832841&id=doi:10.1016%2Fj.msard.2026.107112&issn=2211-0348&isbn=&volume=109&issue=&spage=107112&pages=107112&date=2026&title=Multiple+Sclerosis+and+Related+Disorders&atitle=Perceived+value+of+physiotherapy+and+occupational+therapy+among+people+with+multiple+sclerosis%3A+insights+from+a+qualitative+interview+study.&aurl=Beckerman&pid=%3CAuthor%3EBeckerman+H%3BCoppers+JP%3BEijssen+IC%3C%2FAuthor%3E%3CAN%3E41832841%3C%2FAN%3E%3CDT%3EJournal+Article%3C%2FDT%3E>

## 2. Integrating Well-Being in Living and Learning Through Occupational Therapy Fieldwork on a College Campus: The WILL Thrive Program

**Item Type:** Journal Article

**Authors:** Brockway, Sarah E.; Will, Carrie; Mendolia, Molly and Keptner, Karen

**Publication Date:** 2026

**Journal:** Behavioral Sciences

**Source:** <https://www.mdpi.com/2076-328X/16/4/601>



### 3. How much and what type of exercises and training were provided to people with spinal cord injury as part of usual physiotherapy and occupational therapy in the SCI-MT Trial?

**Item Type:** Journal Article

**Authors:** Chu, Jackie;Glinsky, Joanne V.;Liu, Hueiming;Roberts, Sharon;Rimmer, Christine;Tamburella, Federica;Lincoln, Claire;Di Natal, Fernanda;Chen, Lydia W.;Rainey, Donna;Jorgensen, Vivien;van der Lede, Jessica;van Laake-Geelen, Charlotte C. M.;McDonald, Mark;Gollan, Emilie J.;Paddison, Sue;Bell, Chris;Oostra, Kristine;Van Roey, Lot;Ben, Marsha, et al

**Publication Date:** 2026

**Journal:** Spinal Cord 64(4), pp. 317–323

**Abstract:** **STUDY DESIGN:** A descriptive quantitative study. **OBJECTIVES:** To determine how much and what type of exercises and training were provided as part of usual physiotherapy and occupational therapy to participants of the SCI-MT Trial (the Early and Intensive Motor Training for People with Spinal Cord Injuries Trial). This information is important because the SCI-MT Trial concluded that additional motor training is redundant if people with SCI receive equivalent usual care as what was provided to participants of the SCI-MT Trial. **SETTINGS:** Fifteen spinal injury units across Europe and Australia. **METHODS:** Data were collected on the time participants of both groups of the SCI-MT Trial (n = 220) attended physiotherapy and occupational therapy provided as part of usual care over the 10-week intervention period. The International Spinal Cord Injury Physical Therapy and Occupational Therapy Basic Data Set was used to capture time spent on activity and impairment directed categories of exercises and training. **RESULTS:** Participants attended a median (interquartile range) of 8.3 (6.2 to 11.4) hours of physiotherapy and occupational therapy per week. Approximately 70% of therapy time was spent actively exercising or training with a median of 3.8 h per week spent on activity-directed and 1.9 h per week spent on impairment-directed exercises and training. **CONCLUSIONS:** The results of this study detail the amount and type of physiotherapy and occupational therapy that needs to be provided as part of usual rehabilitation care to render additional motor training redundant.

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**Access or request full text:** <https://libkey.io/10.1038/s41393-026-01180-7>

**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=mesx&DO=10.1038%2Fs41393-026-01180-7> <https://libkey.io/libraries/1780/openurl?genre=article&sid=OVID:medline&id=pmid:41760789&id=doi:10.1038%2Fs41393-026-01180-7&issn=1362->



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**4. Parental insights about supports for children with disabilities who are restricted eaters.**

**Item Type:** Journal Article

**Authors:** Fraser, Rene; Bulkeley, Kim and Barton, Rebecca

**Publication Date:** Apr ,2026

**Journal:** Australian Occupational Therapy Journal 73(2), pp. e70085

**Abstract:** INTRODUCTION: Restricted eating-where children eat less than 30 foods, eliminate whole food groups, or avoid mealtimes-has far-reaching consequences beyond nutrition. Due to this complexity, parents may seek help from multiple health professionals. Although literature reports on various supports, there is limited understanding of parents' experiences. This research aims to explore parents' perspectives on supports provided to children with disabilities who have been identified as restricted eaters. METHODS: A constructivist qualitative design with reflexive inductive thematic analysis of semi-structured interviews with seven parents of children with restricted eating was employed. CONSUMER AND COMMUNITY INVOLVEMENT: There was no consumer or community involvement in this study. FINDINGS: Parents described factors impacting access to services and a variety of supports that can be described on two axes: (a) focus of support and (b) responsiveness of support. Parents highlighted that supports on the more responsive end of the continuum-where clinicians acknowledged parental expertise, adapted strategies to individual child needs, and attended to family context-were perceived as more helpful. Conversely, rigid or prescriptive approaches were often experienced as misaligned with their child's needs, increasing parental stress and reducing perceived usefulness. CONCLUSION: The findings of this study highlight a need to critically appraise standardised structured approaches. Recommendations have been made to support shifts in practice towards services that are family-centred, focussed on capacity building, and



promote responsive approaches to mealtimes.

Copyright © 2026 The Author(s). Australian Occupational Therapy Journal published by John Wiley & Sons Australia, Ltd on behalf of Occupational Therapy Australia.; plain-language-summary Many children with disabilities have trouble eating. They may only eat a small number of foods or avoid entire food groups like vegetables or meat. When children eat less than 30 foods or do not eat food from all the food groups, this is called restricted eating. For children with disabilities, this often lasts longer than other children and can affect growth and how bodies work. These children may find it hard to eat with others and avoid family meals, missing out on important family time. Although we know about therapies to help these children, we do not know much about what parents think about these therapies. Understanding parents' views is important because they play a crucial role in children's lives. We interviewed seven parents about their children with disabilities who are restricted eaters. We asked about the therapy their children received and recorded everything they told us. We carefully analysed every word to understand parents' experiences. Parents described two approaches: Some therapists worked directly with children, whereas others worked with parents. They also told us about two different styles-some therapists used standard programmes for all children, whereas others created personalised plans for each child's specific needs. Our findings suggest that personalised approaches may work better than one-size-fits-all rigidly structured programmes. We recommend therapists work closely with families to develop supports that fit each child's unique needs and family situation. This study provides important guidance to help therapists, children, and families to work together to support children's eating. Language: English

**Access or request full text:** <https://libkey.io/10.1111/1440-1630.70085>

**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=f ulltext&D=mex&DO=10.1111%2f1440-1630.70085> <https://libkey.io/libraries/1780/openurl?genre=article&sid=OVID:m edline&id=pmid:41968055&id=doi:10.1111%2F1440-1630.70085&issn=0045-0766&isbn=&volume=73&issue=2&spage=e70085&pages=e70085&date=202 6&title=Australian+Occupational+Therapy+Journal&atitle=Parental+insights+a bout+supports+for+children+with+disabilities+who+are+restricted+eaters.&aul ast=Fraser&pid=%3Cauthor%3EFraser+R%3BBulkeley+K%3BBarton+R%3C %2Fauthor%3E%3CAN%3E41968055%3C%2FAN%3E%3CDT%3EJournal+ Article%3C%2FDT%3E>

## 5. Patterns of Structural Disconnection Driving Proprioceptive Deficits in Chronic Stroke

**Item Type:** Journal Article



**Authors:** Kaeja, Mika;Gajiyeva, Leila;Iturria-Medina, Yasser;Villringer, Arno;Sehm, Bernhard and Steele, Christopher J.

**Publication Date:** 2026

**Journal:** Stroke 57(3), pp. 732–744

**Abstract:** Background: Stroke is a leading cause of death and disability, with proprioceptive impairments affecting up to 64% of survivors. These impairments hinder sensorimotor recovery, significantly impacting poststroke quality of life. Proprioception depends on an integrated brain network but remains underexplored due to limitations in clinical assessments, hindering links between stroke-related damage and functional deficits. We combined quantitative proprioceptive measurements (arm position matching task) with connectome-based lesion-symptom mapping to identify white matter (WM) disconnection patterns underlying proprioceptive deficits in chronic sensorimotor stroke while controlling for motor impairment. Methods: In this single-center observational study (Leipzig, Germany, 2015-2018), we investigated relationships between WM disconnection and proprioceptive deficits in chronic stroke survivors with paretic arm function using connectome-based lesion-symptom mapping and kinematic assessments. Lesions were manually delineated, and proprioception was quantified using the arm position matching task on the KINARM Exoskeleton. Patient-specific voxelwise WM disconnection maps were generated using the tractography-based lesion assessment standard, quantifying disconnection relative to a healthy WM connectome (n=1001; women=556; age=22-37 years). Proprioceptive scores were regressed against disconnection maps using voxelwise linear regressions (familywise error-corrected, controlled for age and sex). A secondary analysis included motor performance (visually guided reaching task) as a covariate to isolate proprioceptive-specific effects. Results: Of 42 patients, 39 had valid arm position matching data, and 38 had valid visually guided reaching data included in the analyses (women=13; age=35-81 years). Arm position matching task scores were significantly associated with WM disconnection ( $d=0.58-1$ ;  $PP<0.05$  familywise error;  $t=2.69-5.72$ ). Conclusions: We provide evidence that proprioceptive impairments in chronic stroke may arise from network-wide WM disconnection in key tracts mediating proprioceptive function. Our findings highlight the benefits of connectome-based lesion-symptom mapping for assessing stroke-related proprioceptive deficits and offer a framework for network-informed assessments of functional impairments that could guide targeted therapies poststroke.

**Access or request full**

**text:** <https://libkey.io/10.1161/STROKEAHA.125.052266>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=6e4b5388-cbc6-3f84->



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## 6. Factors Influencing Engagement in Work-Related Activities Among People With Dementia or Mild Cognitive Impairment: A Cross-Sectional Study

**Item Type:** Journal Article

**Authors:** Kamo, Erika;Sonoda, Yuma;Yuri, Takuma;Yotsumoto, Kayano and Kowa, Hisatomo

**Publication Date:** 2026

**Journal:** Occupational Therapy International 2026(1), pp. e5966517

**Abstract:** Introduction: People with dementia or mild cognitive impairment (MCI) desire social connection and meaningful contribution, despite often being excluded from work-related activities. The impact of engagement in work-related activities on the mental well-being of people with dementia or MCI remains underexplored. Objective: The aim of this study is to investigate the factors influencing engagement in work-related activities among people with dementia or MCI. Design: Cross-sectional study. Setting: Seven-day care centers in Japan. Participants: Sixty-three day care center members with dementia or MCI who had participated in work-related activities for at least 6 months. Measures: Well-being assessed by the World Health Organization-Five Well-Being Index (WHO-5); engagement evaluated by the Assessment of Quality of Activities (A-QOA), an occupational therapists-developed observational assessment tool; and confounders of engagement. Results: Among the 63 participants (age: median: 83 years, interquartile range [IQR]: 61, 94; Mini-Mental State Examination-Japanese score: median: 19 points, IQR: 4, 27), 74.6% were female. A significant correlation was observed between the WHO-5 and A-QOA ( $\rho = 0.433$ ,  $p < 0.001$ ). Stepwise multiple regression analysis revealed a significant association between the A-QOA and WHO-5 ( $\beta = 0.480$ ,  $p < 0.001$ ), frequency of participation ( $\beta = 0.337$ ,  $p = 0.003$ ), and hearing loss-related social limitations ( $\beta = 0.286$ ,  $p = 0.01$ ). Conclusion: Greater engagement in work-related activities was associated with better well-being, higher frequency of participation, and hearing loss-related social limitations. Implementation of and support for personalized work-related activities, considering these factors for people with dementia or MCI, could enhance their engagement and promote their mental well-being.

**Access or request full text:** <https://libkey.io/10.1155/oti/5966517>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=e8f4ae20-6240-314e-8f55-7f7af3ebf0a9>



## 7. The effects of occupation-based intervention combined with cognitive behavioral therapy in patients with cervical spinal cord injury

**Item Type:** Journal Article

**Authors:** Kim, JinAh and Kim, DeokJu

**Publication Date:** 2026

**Journal:** British Journal of Occupational Therapy 89(2), pp. 116–128

**Abstract:** Introduction: We investigated the effect of combined treatment with cognitive behavioral therapy (CBT) and occupation-based intervention on the mental health, upper extremity function, activities of daily living (ADLs), and occupation participation of patients with cervical spinal cord injury (SCI). Methods: We included 40 patients with cervical SCI and randomized them between the experimental (n = 20) and the control (n = 20) group. Combined CBT and occupation-based intervention treatment was administered to the experimental group; combined progressive muscle relaxation and occupation-based intervention treatment was administered to the control group. Results: The experimental group showed significant changes in the outcomes of negative and automatic thoughts, depression, anxiety, upper extremity function, ADLs, and occupation participation after the intervention compared to the preintervention values (p .05), but significant changes were confirmed in upper extremity function, ADLs, and occupation participation (p <.001). Conclusion: Our results indicated that combined CBT and occupation-based intervention administered based on the goals set by the patients themselves may serve as an effective intervention strategy for achieving improvement in mental health, upper extremity function, ADLs, and occupation participation for patients with cervical SCI.

**Access or request full text:** <https://libkey.io/10.1177/03080226251369652>

**URL:** <https://research.ebsco.com/linkprocessor/plink?id=2e88010c-62b6-34ea-8cdd-e3932b6726ee>

## 8. Occupational Therapy Perspectives on Recovery From War-Related Risk Across the Life Course.

**Item Type:** Journal Article

**Authors:** Kinney, Adam R.;Cogan, Alison M.;Rich, Tonya L. and Cramm, Heidi

**Publication Date:** May 01 ,2026



**Journal:** American Journal of Occupational Therapy 80(3)

**Abstract:** This Special Section presents research that examines recovery from war-related risk across diverse populations, settings, and life stages. Taken together, these articles demonstrate that war-related exposure is a dynamic, longitudinal process that shapes participation in daily roles, routines, relationships, and identity among both combatants and noncombatants. From childhood through late adulthood, the studies highlight the enduring functional consequences of war and the contextual factors that influence recovery. Although many of these insights align with long-standing occupational therapy perspectives, their significance lies in strengthening the empirical foundation for life-course, participation-centered approaches to recovery. In this Guest Editorial, we provide an overview of these studies and outline key future directions for the occupational therapy profession to advance recovery from war-related risk across the lifespan.

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**Access or request full text:** <https://libkey.io/10.5014/ajot.2026.051622>

**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=medl&DO=10.5014%2fajot.2026.051622> <https://libkey.io/libraries/1780/openurl?genre=article&sid=OVID:medline&id=pmid:41941372&id=doi:10.5014%2Fajot.2026.051622&issn=0272-9490&isbn=&volume=80&issue=3&spage=&pages=&date=2026&title=American+Journal+of+Occupational+Therapy&atitle=Occupational+Therapy+Perspectives+on+Recovery+From+War-Related+Risk+Across+the+Life+Course.&aulast=Kinney&pid=%3Cauthor%3EKinney+AR%3BCogan+AM%3BRich+TL%3BCramm+H%3C%2Fauthor%3E%3CAN%3E41941372%3C%2FAN%3E%3CDT%3EEditorial%3C%2FDT%3E>

## 9. Victorian primary school teachers' perspectives on collaboration with occupational therapists.

**Item Type:** Journal Article

**Authors:** Lavery, Abbey;MacKinnon, Caroline and Clark, Emma

**Publication Date:** Apr ,2026

**Journal:** Australian Occupational Therapy Journal 73(2), pp. e70087

**Abstract:** INTRODUCTION: Effective interprofessional collaboration between primary school teachers and occupational therapists is crucial in fostering inclusive learning environments. Occupational therapists work in schools to assist children who require additional support through the recommendation of capacity building strategies. Teachers play a fundamental role in ensuring



these recommendations are implemented consistently, making collaboration with occupational therapists important for student performance and participation. However, various factors impact this collaborative process. There is a lack of research on Australian teachers' perspectives regarding collaboration with occupational therapists. Therefore, this study investigated the perspectives of Victorian primary school teachers on collaborating with occupational therapists to identify ways to enhance collaboration. **METHODS:** This study employed an exploratory qualitative research design. Seven Victorian primary school teachers were recruited through a combination of convenience and snowball sampling. Participants completed online semi-structured interviews, sharing their personal perspectives and experiences on collaborating with occupational therapists in schools. Interviews were transcribed verbatim and analysed using reflexive thematic analysis. **CONSUMER AND COMMUNITY INVOLVEMENT:** No consumer or community involvement. **FINDINGS:** Two themes were generated from the data, each with several subthemes. The first theme, 'We need to have everyone working on the same page' represented a misalignment between the professions and was supported by two subthemes: Defining dynamics and clarifying contributions and Talk to me: clear, concise and frequent. The second theme, Bridging the resource gap, presented various resource constraints and included three subthemes titled: School rules, All hands on deck and Teach me, teach you. **CONCLUSION:** Misalignments in role understanding and communication between teachers and occupational therapists hinder effective collaboration. Moreover, limited resources and inadequate support systems make it difficult for occupational therapists and teachers to better align their practices. Outside of supportive policy changes, strengthening this collaboration requires greater appreciation of each other's role demands, concise communication methods, and supportive information sharing.

Copyright © 2026 The Author(s). Australian Occupational Therapy Journal published by John Wiley & Sons Australia, Ltd on behalf of Occupational Therapy Australia.; plain-language-summary Occupational therapists often work with primary school teachers to support students who need extra help with learning. When teachers and occupational therapists work well together, they can help create classrooms where all children feel included and can do their best. But working together is not always easy. There is little research on how Australian teachers feel about working with occupational therapists. This study looked at the perspectives of seven primary school teachers in Victoria, Australia. Each teacher took part in an online interview to talk about their views. The interviews were carefully read to find patterns and common ideas. Two main themes came out of the study. The first theme showed that teachers and occupational therapists are not always on the same page. Teachers said they wanted clearer communication and a better understanding of each other's jobs. The second theme showed that schools often do not have enough time, staff, or resources. Teachers said they needed more support and chances to learn alongside occupational therapists. The study found that poor



communication and confusion about roles can make teamwork harder. A lack of school resources also adds to the problem. To work better together, teachers and occupational therapists need clear ways to share information and understand each other's roles. School policies that support teamwork could also help. Language: English

**Access or request full text:** <https://libkey.io/10.1111/1440-1630.70087>

**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=medl&DO=10.1111%2f1440-1630.70087> <https://libkey.io/libraries/1780/openurl?genre=article&sid=OVID:medline&id=pmid:41952249&id=doi:10.1111%2F1440-1630.70087&issn=0045-0766&isbn=&volume=73&issue=2&spage=e70087&pages=e70087&date=2026&title=Australian+Occupational+Therapy+Journal&atitle=Victorian+primary+school+teachers%27+perspectives+on+collaboration+with+occupational+therapists.&aulast=Lavery&pid=%3Cauthor%3ELavery+A%3BMacKinnon+C%3BCIark+E%3C%2Fauthor%3E%3CAN%3E41952249%3C%2FAN%3E%3CDT%3EJournal+Article%3C%2FDT%3E>

10. **Unveiling the Impact of Occupational Therapy on Acute Care Outcomes: A Machine Learning Approach.**

**Item Type:** Journal Article

**Authors:** Lee, Mi Jung;Johnson, Joshua K.;Marchiando, Anna;Sullivan, Virginia and Freburger, Janet K.

**Publication Date:** Apr ,2026

**Journal:** Archives of Physical Medicine & Rehabilitation 107(4), pp. 631–639

**Abstract:** **OBJECTIVE:** To examine the effects of occupational therapy (OT) services on patient discharge outcomes. **DESIGN:** This is a retrospective cohort study. We developed decision tree algorithms to investigate how 3 measures of OT service delivery-(1) the total number of completed OT visits, (2) the total minutes of all completed OT visits, and (3) the proportion of hospitalized days that included an OT visit (frequency)-affect outcomes. **SETTING:** Acute care settings. **PARTICIPANTS:** The target population was patients admitted to and discharged from the Cleveland Clinic between 2017 and 2021, who received at least 1 OT session and stayed in the hospital for : The target population was patients admitted to and discharged from the Cleveland Clinic between 2017 and 2021, who received at least 1 OT session and stayed in the hospital for **INTERVENTIONS:** Not applicable. **MAIN OUTCOME MEASURES:** Reduced 30-day readmission rates, increased rates of home discharge, and improved daily activity abilities after hospital discharge. **RESULTS:** Our prediction models for predicting our



outcomes showed good to excellent performance metrics (accuracy, 0.69-0.91). Our model demonstrated that variations in the total number, minutes, or frequency of OT sessions are associated with the likelihood of readmission within 30 days after hospital discharge and minimal detectable improvements in daily activities for subgroups of patients with orthopedic conditions. **CONCLUSIONS:** Our study suggests that the effective use of limited OT services may require prioritizing certain subgroups of patients for providing more frequent OT sessions to optimize the impact of OT services on patient outcomes.

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11. **Practitioner perspectives on the contemporary role of occupational therapists working with women during perinatal transitions: A multiple case study**

**Item Type:** Journal Article

**Authors:** Slootjes, Hannah;McKinstry, Carol;Hooker, Leesa and Kenny, Amanda

**Publication Date:** 2026

**Source:** [https://opal.latrobe.edu.au/articles/report/Practitioner\\_perspectives\\_on\\_the\\_contemporary\\_role\\_of\\_occupational\\_therapists\\_working\\_with\\_women\\_during\\_perinatal\\_transitions\\_A\\_multiple\\_case\\_study/31977858?file=63856881](https://opal.latrobe.edu.au/articles/report/Practitioner_perspectives_on_the_contemporary_role_of_occupational_therapists_working_with_women_during_perinatal_transitions_A_multiple_case_study/31977858?file=63856881)

12. **Revisiting the core principles of physical rehabilitation after stroke: It's not only what you do but how you do it that matters**

**Item Type:** Journal Article



**Authors:** Stockley, Rachel C.;Clark, Louise and Kelly, Kate

**Publication Date:** 2026

**Journal:** British Journal of Occupational Therapy 89(2), pp. 67–69

**Source:** <https://journals.sagepub.com/doi/10.1177/03080226251330757>

### 13. Clinical utility of the upper limb-motor learning strategy tool: exploring occupational therapists' experiences.

**Item Type:** Journal Article

**Authors:** Taghizadeh, Atefeh;Hoare, Brian;Webster, Kate E. and Bhojti, Anoo

**Publication Date:** Apr ,2026

**Journal:** Disability & Rehabilitation 48(8), pp. 2379–2394

**Abstract:** PURPOSE: To investigate the clinical utility of the newly developed Upper Limb-Motor Learning Strategy Tool (UL-MLST) within the upper limb therapy models for children with cerebral palsy. MATERIAL AND METHOD: A qualitative interpretive phenomenological approach was used, incorporating four components of clinical utility to explore clinicians' experience of using the UL-MLST in practice. Semi-structured interviews were conducted with a convenience sample of seven Australian-based occupational therapists who attended a three-session Online Training Program on the use of the UL-MLST and later used the tool in their clinical practice 4 to 6 weeks after the program. Interviews were analysed for themes and subthemes using thematic analysis and constant comparison methods. RESULTS: Six themes were generated from the interviews. Two themes highlighted unanimously that the UL-MLST "Builds the clinicians' capacity" and "Strengthens the clinicians and family partnerships." The remaining four themes identified, were "Strengths" of using the UL-MLST, "Navigating practical constraints" of its use, "Suggested changes," and its "Future use." CONCLUSIONS: The clinicians' experience of using the UL-MLST confirmed its clinical utility highlighting that it is appropriate, practicable and acceptable for use with upper limb therapy models for children with cerebral palsy, and that its accessibility is highly important.; plain-language-summary The Upper Limb-Motor Learning Strategy Tool (UL-MLST) is a valid, reliable, and clinically useful self-reflective tool for clinicians who provide therapy to children with cerebral palsy. It builds professional expertise through improved knowledge development, clinical reasoning, and skill development. It builds trust and collaboration between clinicians and families. It has a potential to strengthen communication and information exchange between clinicians and other healthcare professionals.  
Language: English

**Access or request full text:** <https://libkey.io/10.1080/09638288.2025.2549795>



**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=mex&DO=10.1080%2F09638288.2025.2549795> <https://libkey.io/libraries/1780/openurl?genre=article&sid=OVID:medline&id=pmid:40844992&id=doi:10.1080%2F09638288.2025.2549795&issn=0963-8288&isbn=&volume=48&issue=8&spage=2379&pages=2379-2394&date=2026&title=Disability+%26+Rehabilitation&atitle=Clinical+utility+of+the+upper+limb-motor+learning+strategy+tool%3A+exploring+occupational+therapists%27+experiences.&aulast=Taghizadeh&pid=%3Cauthor%3ETaghizadeh+A%3BHoare+B%3BWebster+KE%3BBhopti+A%3C%2Fauthor%3E%3CAN%3E40844992%3C%2FAN%3E%3CDT%3EJournal+Article%3C%2FDT%3E>

**14. The Early Movers Clinician's Guide: Co-Designing a Resource for the 24-Hour Movement Guidelines in Paediatric Occupational Therapy.**

**Item Type:** Journal Article

**Authors:** Taylor, Leah G.;Phillips, Sophie M.;Tzvetkov, Denis;Alvarez, Liliana and Tucker, Patricia

**Publication Date:** May ,2026

**Journal:** Child: Care, Health & Development 52(3), pp. e70275

**Abstract: BACKGROUND:** Balancing physical activity, sedentary time and sleep is important for the well-being of preschoolers (3-4 years) with disabilities. Occupational Therapists (OTs) are important disseminators of the Canadian 24-Hour Movement Guidelines for the Early Years but require a resource for clinical implementation. This study aimed to co-design and assess the content validity of such a resource. **METHODS:** Using the Framework for Co-design of Clinical Tools, five workshops were conducted with an advisory council of OTs (n = 9) and caregivers of children with disabilities (n = 5) to co-design the resource. Researchers (n = 6) consulted on the scientific integrity of the resource. Thematic analysis was used to summarize workshop data for the co-design process and examine content validity. **RESULTS:** The Early Movers Clinician's Guide, an open access resource to support OTs in using the guidelines was created. Themes reflected within the co-design process included the importance of a person-centred approach, meaningful measurement and context-driven information sharing. Participants reported positive perceptions of the resource's content validity, supporting its potential for clinical application. **CONCLUSIONS:** The Early Movers Clinician's Guide was co-designed to support OTs in translating the guidelines into practice with preschoolers with disabilities. Future research will evaluate broader implementation.



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**Access or request full text:** <https://libkey.io/10.1111/cch.70275>

**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=mex&DO=10.1111%2fcch.70275> <https://libkey.io/libraries/1780/openurl?genre=article&sid=OVID:medline&id=pmid:41980876&id=doi:10.1111%2Fcch.70275&issn=0305-1862&isbn=&volume=52&issue=3&spage=e70275&pages=e70275&date=2026&title=Child%3A+Care%2C+Health+%26+Development&atitle=The+Early+Movers+Clinician%27s+Guide%3A+Co-Designing+a+Resource+for+the+24-Hour+Movement+Guidelines+in+Paediatric+Occupational+Therapy.&aulast=Taylor&pid=%3Cauthor%3ETaylor+LG%3BPhillips+SM%3BTzvetkov+D%3BAIvarez+L%3BTucker+P%3C%2Fauthor%3E%3CAN%3E41980876%3C%2FAN%3E%3CDT%3EJournal+Article%3C%2FDT%3E>

15. **Experiences of occupational and physical therapists in Germany as recipients of knowledge transfer: A qualitative telephone interview study.**

**Item Type:** Journal Article

**Authors:** Wimmesberger, Nicole; Armbruster, Christoph; Voigt-Radloff, Sebastian and Farin-Glattacker, Erik

**Publication Date:** Apr ,2026

**Journal:** Zeitschrift Fur Evidenz Fortbildung Und Qualitat Im Gesundheitswesen 201, pp. 10–16

**Abstract:** Healthcare professionals have a responsibility to base their decisions on a combination of clinical experience, evidence-based research, and the inclusion of patient values and preferences to improve their clients' quality of care. However, the implementation of research findings into clinical practice is often delayed by up to 15 years. Therefore, this study explores experiences of occupational and physical therapists in Germany as recipients of knowledge transfer in order to identify influencing factors and possible ways to enhance knowledge transfer and to address the knowledge-to-practice gap. We conducted 16 semi-structured, guided individual telephone interviews with occupational and physical therapists and employed thematic qualitative content analysis. The results show a variety of strategies to access knowledge (e.g., teaching materials, educational programmes, peer exchange), which are applied with various frequency: conferences are rarely attended, while search engines are used more regularly. However, accessing knowledge usually takes place outside working hours and is rated differently in terms of effectiveness/efficiency and quality of content: despite potential inadequacies



of some strategies to access knowledge (e.g., due to a disputable level of evidence), others (e.g., peer exchange) are considered useful because of their simplicity and efficiency. The access to knowledge is influenced by a number of facilitating and hindering factors related to resources, communication, and organisational and individual aspects. Thus, potential for optimisation has been identified in terms of access, supply, and content of knowledge. These research findings facilitate an enhanced understanding of knowledge transfer received by therapists. This is needed to establish targeted strategies to access, integrate, and evaluate knowledge, and it may lead to an improvement in professional development and patient outcome.

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**16. Parental insights about supports for children with disabilities who are restricted eaters.**

**Item Type:** Journal Article

**Authors:** Fraser, Rene; Bulkeley, Kim and Barton, Rebecca

**Publication Date:** Apr ,2026

**Journal:** Australian Occupational Therapy Journal 73(2), pp. e70085

**Abstract:** INTRODUCTION: Restricted eating-where children eat less than 30 foods, eliminate whole food groups, or avoid mealtimes-has far-reaching consequences beyond nutrition. Due to this complexity, parents may seek help from multiple health professionals. Although literature reports on various supports, there is limited understanding of parents' experiences. This research aims to explore parents' perspectives on supports provided to children with disabilities who have been identified as restricted eaters. METHODS: A



constructivist qualitative design with reflexive inductive thematic analysis of semi-structured interviews with seven parents of children with restricted eating was employed. CONSUMER AND COMMUNITY INVOLVEMENT: There was no consumer or community involvement in this study. FINDINGS: Parents described factors impacting access to services and a variety of supports that can be described on two axes: (a) focus of support and (b) responsiveness of support. Parents highlighted that supports on the more responsive end of the continuum-where clinicians acknowledged parental expertise, adapted strategies to individual child needs, and attended to family context-were perceived as more helpful. Conversely, rigid or prescriptive approaches were often experienced as misaligned with their child's needs, increasing parental stress and reducing perceived usefulness. CONCLUSION: The findings of this study highlight a need to critically appraise standardised structured approaches. Recommendations have been made to support shifts in practice towards services that are family-centred, focussed on capacity building, and promote responsive approaches to mealtimes.

Copyright © 2026 The Author(s). Australian Occupational Therapy Journal published by John Wiley & Sons Australia, Ltd on behalf of Occupational Therapy Australia.; plain-language-summary Many children with disabilities have trouble eating. They may only eat a small number of foods or avoid entire food groups like vegetables or meat. When children eat less than 30 foods or do not eat food from all the food groups, this is called restricted eating. For children with disabilities, this often lasts longer than other children and can affect growth and how bodies work. These children may find it hard to eat with others and avoid family meals, missing out on important family time. Although we know about therapies to help these children, we do not know much about what parents think about these therapies. Understanding parents' views is important because they play a crucial role in children's lives. We interviewed seven parents about their children with disabilities who are restricted eaters. We asked about the therapy their children received and recorded everything they told us. We carefully analysed every word to understand parents' experiences. Parents described two approaches: Some therapists worked directly with children, whereas others worked with parents. They also told us about two different styles-some therapists used standard programmes for all children, whereas others created personalised plans for each child's specific needs. Our findings suggest that personalised approaches may work better than one-size-fits-all rigidly structured programmes. We recommend therapists work closely with families to develop supports that fit each child's unique needs and family situation. This study provides important guidance to help therapists, children, and families to work together to support children's eating. Language: English

**Access or request full text:** <https://libkey.io/10.1111/1440-1630.70085>

**URL:** <https://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=medl&DO=10.1111%2f1440->



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17. **Gaps in Access to Cognitive Rehabilitation Referrals Among Veterans With Mild Traumatic Brain Injury.**

**Item Type:** Journal Article

**Authors:** Kinney, Adam R.;Penzenik, Molly E.;Forster, Jeri E.;O'Donnell, Frederica and Bahraini, Nazanin H.

**Publication Date:** Apr ,2026

**Journal:** Archives of Physical Medicine & Rehabilitation 107(4), pp. 715–725

**Abstract:** **OBJECTIVE:** To examine whether cognitive symptoms, an indicator of need, were associated with the likelihood that veterans with mild traumatic brain injury (mTBI) received a cognitive rehabilitation referral in the Veterans Health Administration (VHA). We also examined whether nonclinical factors modified the relationship between cognitive symptoms and receipt of a referral. **DESIGN:** Retrospective cohort study of VHA medical record data. Modified Poisson regression was used to model the likelihood of receiving a cognitive rehabilitation referral based on cognitive symptom severity and nonclinical predisposing (eg, race/ethnicity) and enabling (eg, drive time) factors. Discipline-specific models were specified to explain a referral to occupational therapy; speech-language pathology services, and neuropsychology. Statistical interactions determined whether nonclinical factors modified the relationship between cognitive symptoms and receipt of a referral. **SETTING:** VHA. **PARTICIPANTS:** Veterans with a mTBI (n=77,001), determined using the Comprehensive Traumatic Brain Injury (TBI) Evaluation database. **INTERVENTIONS:** Not applicable. **MAIN OUTCOME MEASURES:** Cognitive rehabilitation referrals (no/yes), identified using a validated algorithm. **RESULTS:** Only 26% received a cognitive rehabilitation referral, with speech-language pathology services being the most common discipline (19%), followed by neuropsychology (6%) and occupational therapy (3%). Veterans with more severe cognitive symptoms were more likely to receive a referral, and this relationship was stable in discipline-specific models. However, many veterans without a referral reported severe cognitive challenges, indicating unmet need. Moreover, nonclinical factors-including Hispanic ethnicity, employment status, rurality, drive time, neighborhood



disadvantage, and VHA enrollment priority group (eg, requiring a copayment)-modified the relationship between cognitive symptom severity and receipt of a referral. **CONCLUSIONS:** These results suggest that although cognitive rehabilitation services tend to be allocated to those in need, significant gaps in access exist. Findings lay the foundation for developing strategies that expand access to beneficial cognitive rehabilitation among veterans with mTBI, reducing their cognitive symptoms and enhancing their daily function.

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18. **Noninferiority Randomized Clinical Trial Comparing Three Delivery Formats of a Rehabilitation Intervention to Reduce Fatigue Among Individuals With Multiple Sclerosis.**

**Item Type:** Journal Article

**Authors:** Plow, Matthew;Packer, Tanya;Mathiowetz, Virgil G.;Van Denend, Toni;Preissner, Katharine;Ghahari, Setareh;Wu, Qian;Sattar, Abdus;Bethoux, Francois;Nowacki, Amy S. and Finlayson, Marcia

**Publication Date:** Apr ,2026

**Journal:** Archives of Physical Medicine & Rehabilitation 107(4), pp. 691–702

**Abstract: OBJECTIVE:** To compare 3 delivery formats of a rehabilitation intervention in reducing fatigue: (1) synchronous group sessions via audio-only teleconference, (2) asynchronous group sessions delivered online, and (3) synchronous 1-to-1 sessions delivered in-person or videoconference. The primary hypothesis was that group-based teleconference and internet formats would be noninferior to the 1-to-1 format. **DESIGN:** Decentralized, randomized, noninferiority trial with assessments at baseline, 2, 3, and 6 months. **SETTING:** Community-based adults in Midwestern United



States. **PARTICIPANTS:** A total of 590 adults with multiple sclerosis. **INTERVENTIONS:** An occupational therapist-led intervention aimed at supporting self-management of fatigue. **MAIN OUTCOME MEASURES:** Generalized estimating equations tested the primary hypothesis using a 10-point noninferiority margin on the Fatigue Impact Scale (FIS). Moderation and mediation analyses explored the effects of demographic, health, and psychosocial factors. **RESULTS:** Generalized estimating equation analysis showed that the teleconference format had higher (worse) estimated FIS scores compared with the 1-to-1 format, with values of 5.96 (1.80-10.12) at 2 months, 8.73 (4.52-12.94) at 3 months, and 4.89 (0.67-9.12) at 6 months. The internet format also had higher FIS scores, with estimates of 9.94 (5.68-14.20) at 2 months, 9.09 (4.80-13.38) at 3 months, and 6.12 (1.81-10.44) at 6 months. Moderation analysis indicated that participants from racial and ethnic minority groups, and individuals experiencing more anxiety, sleep disturbance, or comorbidities derived better improvements in FIS from the 1-to-1 format. College graduates (4-year degree) typically did worse in the internet format compared to the 1-to-1 format. The number of logins significantly mediated fatigue improvements in the internet format, whereas outcome expectations significantly mediated the teleconference format. **CONCLUSIONS:** The upper bound confidence interval for teleconference and internet formats exceeded the noninferiority margin at most timepoints, indicating the hypothesis was neither supported nor rejected. Although teleconference and internet formats may offer broader accessibility, potential effectiveness trade-offs should be considered, especially for individuals with complex health profiles needing intense, personalized care.

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## 19. Barriers to Occupational and Physical Therapy Utilization for Children With Cancer.

**Item Type:** Journal Article

**Authors:** Swartz, Maria C.;Zhang, Shiming;Kelly, Donna;Andersen, Clark R.;Schadler, Keri;Rajan, Alakh P.;Villarreal, Eduardo Gonzalez;Wells, Stephanie J.;Heaton, Amy and Moody, Karen

**Publication Date:** Mar ,2026

**Journal:** Cancer Medicine 15(3), pp. e71598

**Abstract: INTRODUCTION:** Occupational and physical therapy (OT/PT) referrals and utilization barriers for childhood cancer patients have not been adequately examined. The current study investigated factors influencing referrals to and utilization of OT/PT services among children with cancer at an NIH-designated cancer center. **METHODS:** This retrospective cohort study included pediatric cancer patients (up to 18.99 years) presenting to the center over a 33.5-month period. Variables that could influence referrals to OT/PT were extracted from the electronic medical record (EMR) including OT and PT referrals (inpatient and outpatient), OT and PT consult completion, age at diagnosis, cancer type, sex, race/ethnicity, insurance, cancer treatment, comorbidities, and social vulnerability index. Mixed-effect logistic regression models were applied. **RESULTS:** The cohort included 1080 patients (mean age 10.9 years; 55.1% male; 40.7% non-Hispanic White; 52.0% privately insured; 40.8% diagnosed with a non-neural solid tumor). Overall, 55.1% of inpatients and 22.5% of outpatients were referred for OT/PT, and 32.6% (93.6% of referrals) of inpatients and 13.7% (60.9% of referrals) of outpatients completed their OT/PT consults. Patients aged 18 to : The cohort included 1080 patients (mean age 10.9 years; 55.1% male; 40.7% non-Hispanic White; 52.0% privately insured; 40.8% diagnosed with a non-neural solid tumor). Overall, 55.1% of inpatients and 22.5% of outpatients were referred for OT/PT, and 32.6% (93.6% of referrals) of inpatients and 13.7% (60.9% of referrals) of outpatients completed their OT/PT consults. Patients aged 18 to **CONCLUSION:** Barriers to rehabilitation included age  $\geq$  18 years, outpatient setting, and leukemia diagnosis. More research is needed to identify strategies, such as using patient navigation and automated referrals, to improve utilization of OT/PT services for the pediatric cancer population.

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## Professional Development/ Reports/News

### [What support do people with long COVID need to return to work?](#)

National Institute for Health and Care Research (NIHR); 2026.

<https://evidence.nihr.ac.uk/alert/what-support-do-people-with-long-covid-need-to-return-to-work/>

[People with long COVID can struggle to return to, and stay in, employment due to fluctuating and unpredictable symptoms. Interviews with people with long COVID highlighted the problems they face.]

### [Elizabeth Casson Memorial Lecture 2024: The time is now, building a social movement to demonstrate the value of occupation.](#)

Bannigan K. *British Journal of Occupational Therapy* 2026;89(2):70–82. [There is a pervading feeling of dissonance within the occupational therapy profession: a sense that occupational therapy, and the work of occupational therapists, is not always recognised. Alongside this, there are examples of occupational therapists whose work is recognised at the highest levels and who are realising Elizabeth Casson's legacy.]

### [Parliamentary debate on Allied Health Professionals](#)

On Thursday 23 April, Parliament will hold a debate on the value and future of Allied Health Professionals (AHPs).

The debate has been secured by Sonia Kumar MP, Chair of the All-Party Parliamentary Group (APPG) on AHPs. The debate, scheduled in the House of



Commons, will give MPs the chance to discuss the impact AHPs have on people's health, wellbeing and independence, as well as their role in supporting the sustainability of health and care services.

[Life as an occupational therapist beyond the NHS](#)