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Addressing the Unspoken ADL: A Professional Development Training

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Addressing the Unspoken ADL: A Professional Development Training

Cadence Starr, OTS & Angela Blackwell, PhD, OTR

Background

Sexual activity is an ADL that directly impacts quality of life and well-being in all individuals regardless of disability. After a SCI, individuals are left with no education or rehabilitation into continuing participation in sexual expression leading to higher depression rates and lower quality of life. Occupational therapists fill a unique role to address sexuality during rehabilitation, however, often do not due to lack of education and training.

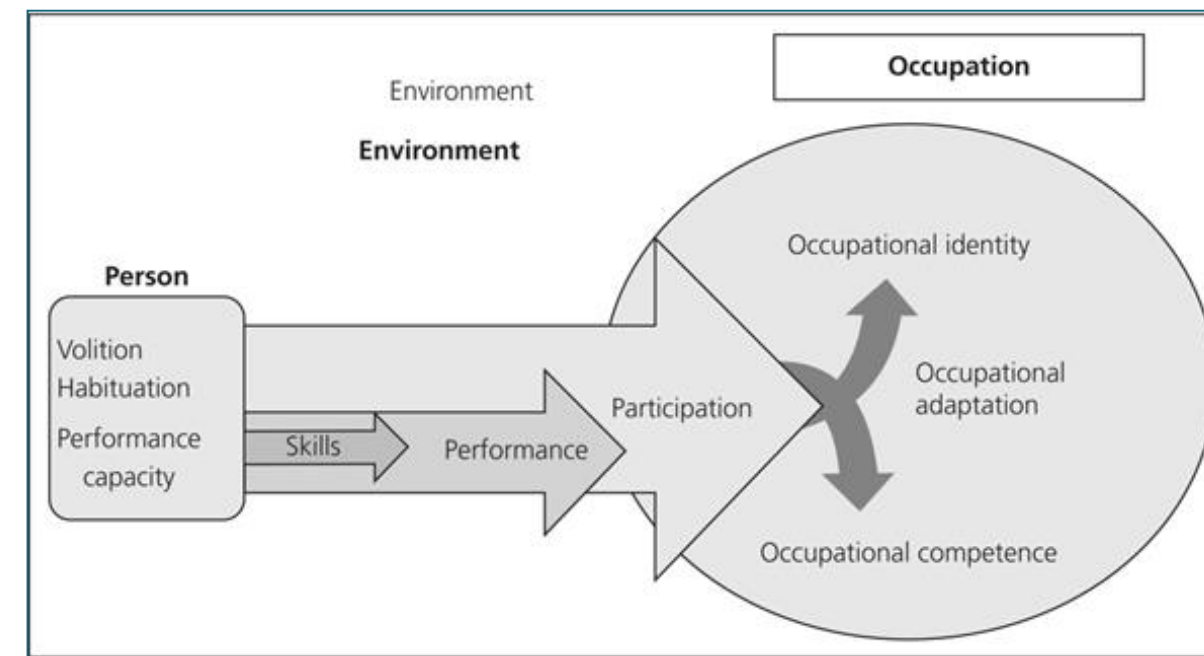
Problem

Sexual activity is the most highly neglected activity of daily living by occupational therapists when working with individuals with spinal cord injury due to lack of education and continued training, leading to strains in client's self-efficacy, relationships, and overall well-being.

Purpose

Create an online professional development training that educates and trains occupational therapists on how to address sexuality when treating individuals with spinal cord injuries

Methods



Theoretical Framework:

- MOHO
- Adult Learning Theory
- Sexual Rehabilitation Framework

Participants & Setting:

Occupational therapists on the SCI floor at the Detroit Medical Center Rehabilitation Institute of Michigan

Measure:

Knowledge, Comfort, Approach, and Attitudes towards Sexuality Subscale (KCAASS)

Process:

Phase 1: Product Development

Phase 2: Product Implementation

Phase 3: Product Evaluation

Program

Learning Outcome:

OT professionals will demonstrate **basic** level competency (fundamental awareness) to address sexuality with SCI.

Learning Materials:

- Video lessons
- Case studies
- Reflection Activities
- Application Activities

1. Introduction

2. Sexuality Explained

3. Sexuality After Spinal Cord Injury

4. OT Evaluations

5. OT Interventions

6. Interdisciplinary Approach

7. Conclusion

Discussion

Strengths of the project:

- Fills need of a professional development training addressing sexuality
- Offers various application activities

Limitations of this project:

- No opportunities for in-person active learning due to COVID-19
- Limited participation due to COVID-19

Next steps

- Convert to a flipped classroom model with one in-person session providing time for application and discussions
- Make an AOTA approved CEU course

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