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## An OT Program to Support Women with High-risk Pregnancy

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# An OT Program to Support Women with High-risk Pregnancy

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## BACKGROUND

High-risk pregnancy affects many women and is known to cause increased stress, anxiety, and physical deconditioning. Occupational therapists often treat pelvic conditions in pregnant women, but there is little evidence in the literature to support occupational therapy (OT) intervention with a high-risk population (da Conceição et al., 2020; Ozberk & Mete, 2021)

## PROBLEM

Occupational therapists lack resources for treating women with high-risk pregnancy.

## PURPOSE

To develop a program that uses occupational therapy intervention to support the health and well-being of women with high-risk pregnancy.

### Outcome objectives:

- Complete a needs assessment at site to gain insight into the lived experiences and needs of high-risk patients.
- Establish a website containing 6 intervention modules based on needs assessment responses and administer modules to participants for evaluation.
- Create a program summary booklet and lunch and learn presentation for dissemination of program development results

## METHODS

- 14 respondents to needs assessment survey
- 5 respondents to pre-survey
- 3 pilot participants

**Needs assessment:** Participants answered 15 questions that gauged their function and level of independence with questions containing components drawn from the AOTA Occupational Therapy Practice Framework: Domain and Process 4<sup>th</sup> Edition (2020).

**Program Pilot:** Participants completed an 11-question pre-survey drawing from needs assessment responses, followed by semi-formal interviews to ascertain program modification needs, and concluded with a 9-question post-survey centered on program outcome objectives.

### Topics covered:

1. Participant Inclusion and Exclusion Criteria
2. Setting
3. Theoretical frameworks to guide intervention
4. Program Development Process
5. Implementation Process
6. Evaluation Component
7. Alignment with Objectives

## PROGRAM

### General Program Goals:

1. Decrease stress and anxiety levels through the provision of relaxation techniques, coping skills, and mental health support.
2. Enhance functional mobility and ADL participation through customized occupational therapy interventions.
3. Increase number of women who feel confident and informed about their condition and birth plan.

### Theoretical Frameworks:

The Model of Human Occupation (MOHO)

### Intervention Modules:

- ❖ Mindfulness techniques
- ❖ Emotional regulation techniques
- ❖ Sleep hygiene and positioning activities
- ❖ Energy conservation techniques
- ❖ Functional movement and exercise interventions
- ❖ Social participation education and activities

Program Guide:



## Conclusions / Future Directions

### Conclusions:

1. Participants reported decreased stress and anxiety as a result of program participation
2. Participants valued having access to exercises that increased their functional mobility even if their mobility was decreased or restricted.
3. Participants said sleep hygiene and quality interventions were beneficial in improving sleep and reducing fatigue
4. Participants expressed a desire for more education and resources for post-partum care.

### Future Direction:

1. Further research to explore the long-term effects of occupational therapy interventions on maternal and neonatal outcomes among women with high-risk pregnancies
2. Comparative studies evaluating different models of occupational therapy delivery and interventions
3. More qualitative research exploring the experiences and perspectives of women participating in occupational therapy programs