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Occupational Therapy for Sleep Dysfunction: An Education Course for Students and Occupational Therapy Practitioners

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BACKGROUND

Sleep disorders are the second most frequent complaint, after pain, in individuals with chronic illness; the healthcare field is considering this an epidemic [1]. Sleep helps regulate the body's physiological functioning and significantly affects health, participation, engagement, and overall quality of life [1;3;5]. Research suggests there is an insufficient amount of education regarding treating sleep in the OT field [1;2;4].

PROBLEM

There is an insufficient amount of awareness and education regarding treating sleep dysfunction among occupational therapy students and practitioners.

PURPOSE

To create an OT education course for OT students and practitioners to utilize when addressing sleep dysfunction with their clients and caregivers.

OBJECTIVES

1. Identify non-pharmacological sleep interventions, as well as assessments and measurement tools to treat sleep dysfunction, that are within the OT scope of practice.
2. Create an educational course on the treatment and management of sleep dysfunction.

METHODS

Phase 1: A needs assessment was conducted at Encompass Health.

Phase 2: Create the education course on the treatment and management of sleep dysfunction for occupational therapists.

Phase 3: After receiving USAHS IRB approval, participants were recruited to participate in the education course as well as the pre- and post- course survey.

Phase 4:

- The educational course modules were disseminated through e-mail with links to the surveys.
- First, participants reviewed consent to participate and checked yes before participating in the pre-course survey.
- Once a participant finished the course, they completed the post-course survey.
- The quantitative and qualitative data were analyzed from the pre- and post-course survey were organized into tables and figures.

- **17 respondents to Pre-Course survey**
- **16 respondents to Post-Course survey**

RESULTS

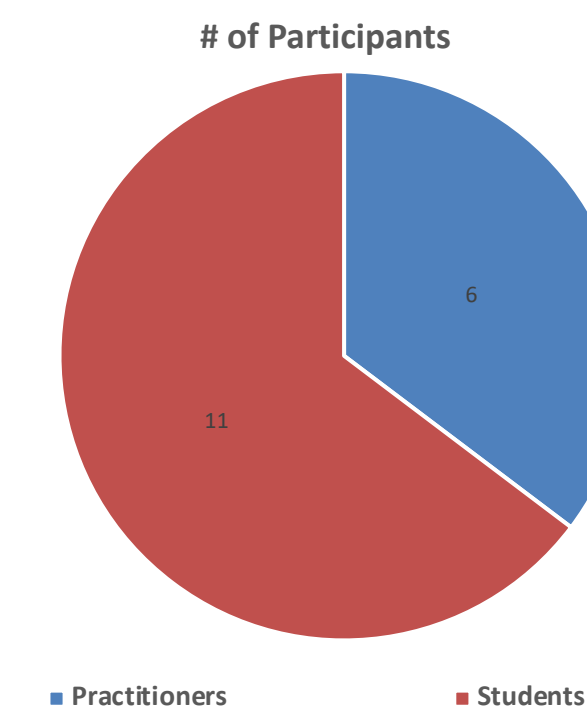
Pre-Course Survey Results:

Supports the capstone problem statement; that there is an insufficient amount of awareness and education regarding the treatment and management of sleep dysfunction among occupational therapy students and practitioners.

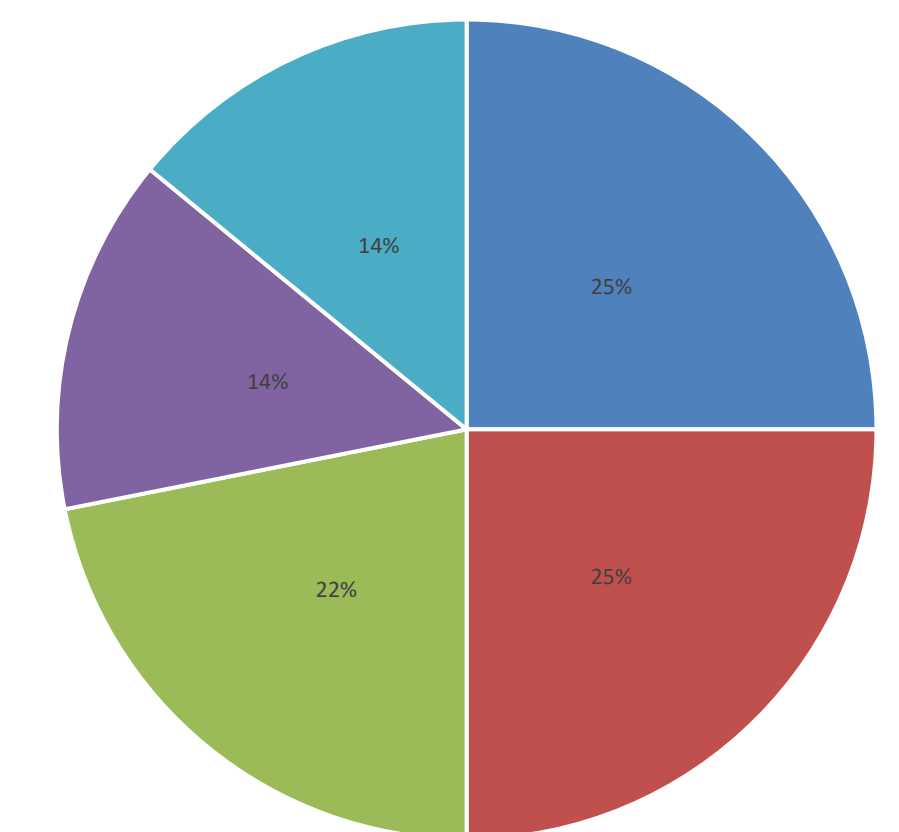
Post-Course Survey Results:

Demonstrates that the participants did feel more confident in the treatment and management of sleep dysfunction after completing the post-course survey.

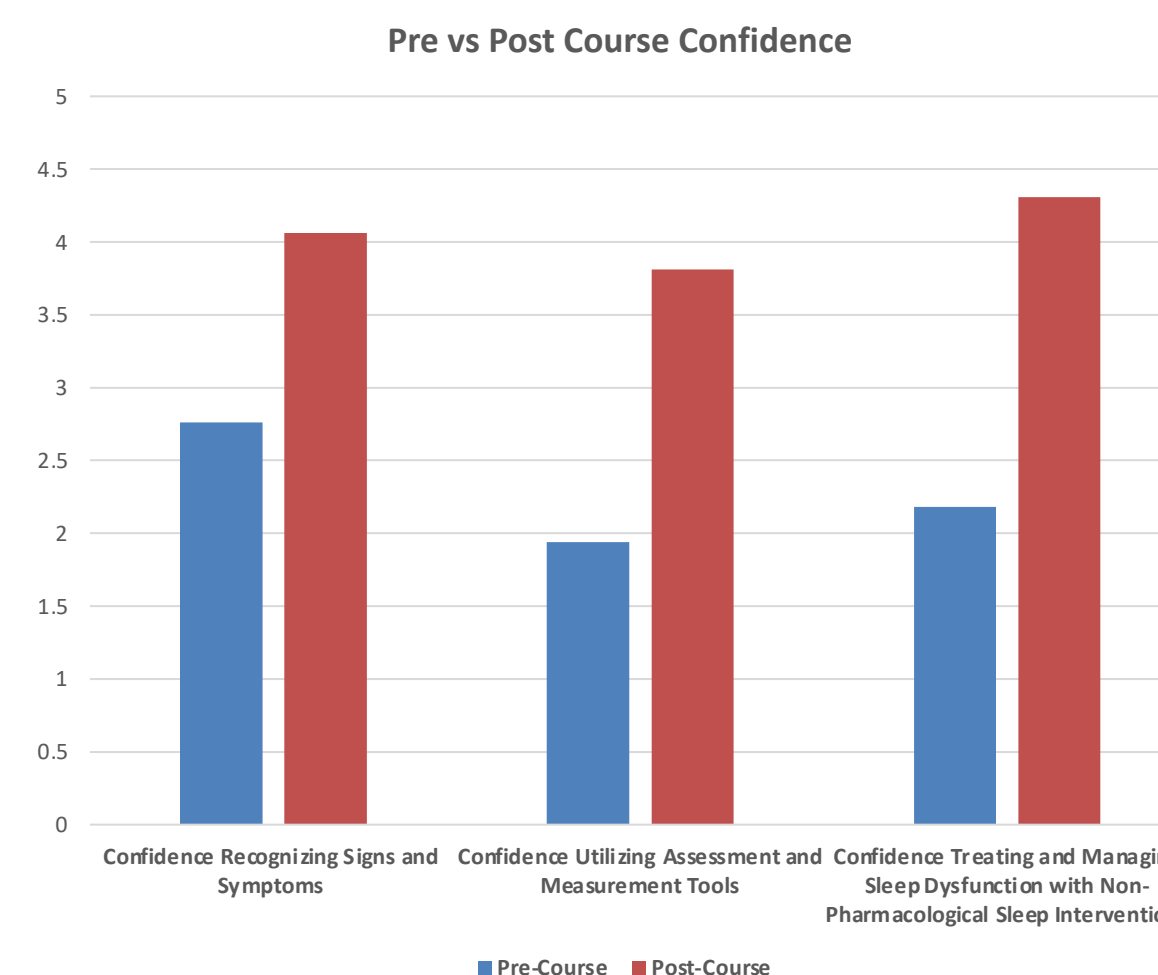
Demographics



Participants Requested More Education in the Following Areas



Confidence Change Score:



■ Interventions ■ Assessments ■ Measurement Tools
■ Signs and Symptoms ■ Referrals

Theoretical Model:

Responses to question 6, regarding clear identification of the Person-Environment-Occupation-Performance model (PEOP), received a mean score of 4.69 out of a 5-point Likert Scale.

References

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3. Ganjikia, S., & Gansor, S. (2015). The current status of occupational therapy professionals in addressing the occupation of sleep. *American Journal of Occupational Therapy*, 69, 1249-1253. <https://doi.org/10.5014/ajot.2015.69S1-PO6088>
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