**COPOTDS**

**Community of Practice for Occupational Therapists in Diverse Settings**

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| Your job title and email contact if happy to share: |
| Occupational Therapists / Personal Trainer  |
| The type of organisation you work for (eg: social enterprise, charity, NHS, Private company, Local government etc) |
| Self employed  |
| Your area of practice (eg: mental health, learning disabilities, social engagement young offenders, supporting the unemployed etc) |
| Fitness  |
| Examples of assessments that you use? |
| Initial interview based on OCAIRS and personal recovery. Outcome measure and readiness to exercise questionnaire |
| Do you find a model(s) of practice useful - if so can you provide examples? |
| MOHO to support meaningful formulation and goal setting  |
| Please provide some examples of the type of interventions you carry out: |
| Workshops- making sustainable lifestyle changes/ managing menopause. Groups- post natal, menopause, groups combining relaxation / mindfulness and exercise. Individual tailored exercise  |
| Do you use specific outcome measures? Please provide examples |
| Usually based on goal attainment but also PROM  |
| Have you found relevant research to underpin your practice? Are there areas of research you feel are necessary?  |
| There is research on health benefits of exercise but need further research on how a programme of exercise impacts on overall occupational performance.  |
| Is there particular legislation, policy, guidelines that underpin your practice? |
| NICE guidelinesPublic health England  |
| Which other professionals do you work with? How do you feel occupational therapy has benefited your team?  |
| Network includes nutritionists, psychologists, easting disorder nurses, counsellors, personal trainers.  |
| Anything else that you would like to add: |
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