

# OTIcon 2024

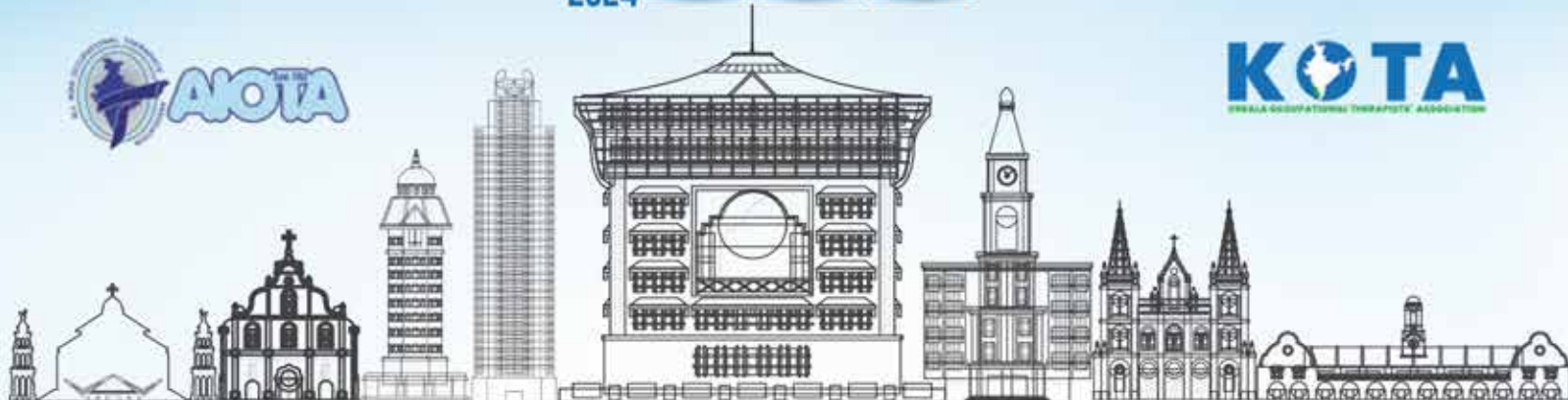
The 61<sup>st</sup> Annual National conference of  
All India Occupational Therapists' Association

Organised by  
Kerala Branch of All India Occupational Therapists' Association

## THEME

*Occupations & Occupational Science : Creating 'Magic' in Occupational Therapy*

JAN 2024 19<sup>TH</sup> 20<sup>TH</sup> 21<sup>ST</sup>





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# OTICON'2024 Souvenir

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## **WELCOME NOTE FROM THE ORGANIZING COMMITTEE, OTICON'2024**

On behalf of the entire fervent organizing committee of OTICON'2024 and the All India Occupational Therapists' Association (AIOTA), we welcome one and all delegates from India and across the globe.

We the team of OTICON'2024 is truly honoured in presenting the eSouvenir of the signature event of 61st annual national conference of the AIOTA with the steadfast effort to give vibrant and ingenious ideas. The content of the eSouvenir is based on the theme: Occupations & Occupational Science : Creating 'Magic' in Occupational Therapy

We believe that this conference shall share an insight into the recent research and cutting-edge technologies, which shall gain immense interest with the colossal and exuberant presence of adepts, young and brilliant researchers, delegates and talented student communities. As we know that the AIOTA is committed to build a better world for all and the conference OTICON'2024 will work as a catalyst for the same. At this conference let us celebrate what we, as a professional community, have achieved.

We welcome one and all, with gratitude and warm regards

On behalf of the entire OTICON'2024 Organizing Committee at Kochi  
The AIOTA/ACOT Office Bearers and EC Members  
The IJOT Board  
Scientific Program Committee



The All India Occupational Therapists' Association (AIOTA) regularly organizes an annual national academic event as an annual conference for continual professional education, professional networking, to keep up with the latest knowledge for evidence-based practice and to update members on recent advances and research in the areas of vivid interest. The first annual national conference of the AIOTA was organized by Late Mrs. Kamala Vishnu Nimbkar (Ms. Elizabeth Lundy) in the year 1953 in Mumbai, Maharashtra, India. Initially the AIOTA annual conferences were named as EMCON (Empowering Conference) and later the terminology changed to OTICON (Occupational Therapy India Conference). Over the period of 70 years of existence of the AIOTA since inception i.e. 1952 till date i.e. 2024, we are now organizing the 61<sup>ST</sup> annual national conference of the AIOTA i.e. OTICON'2024

## List of OTICONS

Annual National Conference of AIOTA	Year	Region	Annual National Conference of AIOTA	Year	Region
1 <sup>st</sup>	1953	Mumbai	40 <sup>th</sup>	2003	Bangalore
20 <sup>th</sup>	1982	Baroda	41 <sup>st</sup>	2004	Bhubaneshwar
21 <sup>st</sup>	1983	Nagpur	42 <sup>nd</sup>	2005	Hyderabad
22 <sup>nd</sup>	1984	Mumbai	43 <sup>rd</sup>	2006	Aurangabad
23 <sup>rd</sup>	1985	Hyderabad	44 <sup>th</sup>	2007	Indore
24 <sup>th</sup>	1986	Mumbai	45 <sup>th</sup>	2008	Nagpur
25 <sup>th</sup>	1987	Jaipur	46 <sup>th</sup>	2009	Indore
26 <sup>th</sup>	1988	Kanyakumari	47 <sup>th</sup>	2010	Ahmedabad
27 <sup>th</sup>	1989		48 <sup>th</sup>	2011	Chennai
28 <sup>th</sup>	1990	Goa	49 <sup>th</sup>	2012	Goa
29 <sup>th</sup>	1991	Pune	50 <sup>th</sup>	2013	Trivandrum
30 <sup>th</sup>	1992	Akola	51 <sup>st</sup>	2014	Bhubaneshwar
31 <sup>st</sup>	1993	Patna	52 <sup>nd</sup>	2015	Delhi
32 <sup>nd</sup>	1994	Delhi	53 <sup>rd</sup>	2016	Chennai
33 <sup>rd</sup>	1996	Hyderabad	54 <sup>th</sup>	2017	Jaipur
34 <sup>th</sup>	1997	Lucknow	55 <sup>th</sup>	2018	Nagpur
35 <sup>th</sup>	1998	Kolkata	56 <sup>th</sup>	2019	Chandigarh
36 <sup>th</sup>	1999	Chennai	57 <sup>th</sup>	2020	Mumbai
37 <sup>th</sup>	2000	Mumbai	58 <sup>th</sup>	2021	Virtual
38 <sup>th</sup>	2001	Bhubaneshwar	59 <sup>th</sup>	2022	Virtual
39 <sup>th</sup>	2002	Coimbatore	60 <sup>th</sup>	2023	Chennai
			61 <sup>st</sup>	2024	Kochi



## **OTICON'2024**

### **MESSAGE FROM PRESIDENT AIOTA**

The 61<sup>st</sup> Annual National Conference of All India Occupational Therapists' Association [OTICON'2024] is being organized from Jan. 19-21, 2023 at Gokulum Park Hotel, Kaloor, Kochi by Kerala Branch of AIOTA (KBAIOTA). The OTICON'2024 is being organized by the second time by the Kerala Branch. Earlier it was very successfully organized in Trivandrum in 2013. We still have fond memories of great welcome and affectionate hospitality offered by the Organising Team to delegates and guests.

I congratulate the members of KBAIOTA for taking up this huge responsibility to organize it for AIOTA. The occasion is great and hence the celebration will be enriched with dedication and enthusiasm. I am pleased to note that due to the significant impact of 2013 Conference in Kerala, now for the first time two Occupational Therapy Colleges are recently incepted in this State. It indeed is a praiseworthy achievement for occupational therapy in Kerala. AIOTA is looking forward to have 100 OT Colleges throughout the Country covering almost each of the States, by the year 2030.

The Theme chosen for OTICON'2024 is- 'Occupations and Occupational Science: Creating 'Magic' in Occupational Therapy' is impressively reflecting the unique contribution of occupational therapy by enabling occupation to optimize human activity and participation in all life domains across the lifespan, and thus promote the health and well-being of individuals,

groups, and communities. I further reflect the commitment of the conference to explore the advancements, innovations, strategies and solutions in occupational therapy interventions. The Organizing Committee under the potential leadership of Dr. Joseph Sunny- Hon. Secretary AIOTA as the Organising Secretary and Chairman of the Scientific Program Dr. Shriharsh Jahagirdar a senior faculty (Mumbai) are making tremendous efforts for making this conference a memorable event in respect to organization and academics.

I extend a warm welcome to members of AIOTA, eminent guests and delegates from India & overseas, who have become part of this academic annual national meet of AIOTA at Kochi.

The presentations supported with evidence based research in various areas of clinical practice would promote knowledge dissemination to enhance further growth of OT in India.

I wish the 61<sup>st</sup> Annual National Conference of AIOTA under the leadership of Dr. Joseph Sunny a great success.

Looking forward to meet you all in God's own city Kochi.



**Dr Anil K. Srivastava**





**Dr. Joseph Sunny**  
Organizing Secretary, OTICON 2024

## Message

Dear Esteemed Participants,

I extend my warm greetings to each one of you as we come together for the OTICON 2024. It is with immense pleasure and excitement that as the organizing secretary I welcome you to this prestigious event, which serves as a platform for the exchange of knowledge, ideas, and innovations in the noble profession of Occupational Therapy.

As the Organizing Secretary, it is an honor to witness the convergence of brilliant minds from diverse backgrounds and regions. The OTICON 2024 is not just a gathering; it is a celebration of collective intellect and a testament to our shared commitment to advancing Occupational Therapy through collaborative efforts.

Our organizing committee has worked tirelessly to curate a program that reflects the cutting-edge developments in the sphere of Occupational Therapy, featuring renowned speakers who will inspire and enlighten us. The virtual format of this conference brings with it the advantage of connecting minds across borders and facilitating discussions that transcend geographical constraints.

I encourage each participant to actively engage in the various sessions, share insights, and build connections that extend beyond the conference. The theme of the conference, 'Occupations and Occupational Science: Creating Magic in Occupational Therapy,' delves into the transformative potential of occupational therapy interventions, challenging the notion that the impossible cannot be made possible. This innovative concept seeks to change lives for the better, ushering in a new understanding of the field.

The e-souvenir accompanying this event functions as a virtual archive, capturing and preserving the wealth of knowledge and experiences exchanged throughout these enlightening days. It stands as a tribute to the collective wisdom that unfolds when individuals united by a common purpose gather. A prime illustration of this collaborative spirit is found in the scientific session of the conference, featuring over 40 papers poised for presentation. I express my heartfelt gratitude to the Organizing Committee members, the Executive Committee of AIOTA for their support and encouragement, all the dedicated members of the various committees associated with organizing the OTICON, sponsors, speakers, and the wonderful volunteers who have contributed to making this conference a reality. Your support has been invaluable, and we look forward to creating lasting memories over the course of this event.

Thank you for being a part of the OTICON. May these days be filled with fruitful discussions, new connections, and a renewed sense of inspiration for each one of you.

Best Regards,

A handwritten signature in dark ink, appearing to read 'Joseph'.

Dr. Joseph Sunny

Organizing Secretary, OTICON 2024



## Samantha Shann

President



World Federation of  
Occupational Therapists

My hearty congratulations to the Kerala Branch of AIOTA for organizing the 61st Annual National Conference of AIOTA, OTICON 2024, from 19–21 January 2024 at Kochi, with special appreciation to Dr. Joseph Sunny, Organising Secretary. I am pleased to welcome all the delegates to this significant event and I am sure all of you will have a memorable time during the conference.

The theme of the conference *“Occupations & Occupational Science: Creating ‘Magic’ in Occupational Therapy”* will be proven correctly by the scientific program committee by bringing the magic in Occupational Therapy from all over the globe with novel ideas, and research innovations followed by scientific deliberations.

*As it is rightly said: “We are drowning in information but starved for knowledge – John Naisbitt”*

The Academic Council of Occupational Therapy (ACOT) is committed to infusing academic knowledge into the clinical practice of occupational therapists in India. To achieve this, the ACOT team with the fullest cooperation from the AIOTA-Executive, has been working hard to execute Academic and Fellowship programmes. ACOT has been leading and organizing the energetic “Continuing OT Education (COTE) Programmes” on various important and contemporary topics & this momentum will be continued and accelerated in the coming years. One such kind of COTE program is also organized every year during the annual national conference.

Artificial intelligence (AI) is an advanced & modern tool and when used in conjunction with clinical practice, would enhance the benefits of occupational therapy significantly. Therefore it is extremely important to include artificial intelligence into assistive technology to meet the challenges & improve the occupational performance of the specific clients. For this, we need to get our act together and enhance our knowledge of AI too. This year we have selected the topic of preconference COTE as

*“Artificial Intelligence & Assistive Devices: Occupational Therapy Practice”*

There will be four speakers – Dr. Nekram Upadhyay & Dr. Deepak Joshi (both from Delhi) – Dr Premraj Isaac & Dr. Salah Adarbeh (both from Qatar) who will be sharing their experiences on this subject. This then will be followed by the Panel discussion on “Bridging Barriers: Connecting the missing link between Human & Technology”. This would be a great opportunity to reach out to as many OT students and therapists to facilitate learning on advanced methods of assistive technologies in Occupational Therapy.

On behalf of ACOT, I would therefore like to reach out to a vibrant audience to participate in the pre-conference COTE and all the scientific deliberations to seize the opportunity to learn and acquire knowledge from the experience of the experts on this subject.

Looking forward to meeting up with as many of you as possible at OTICON 2024. With best wishes to all.



## **Dr. (Mrs) Pratibha M. Vaidya**

Hon Treasurer AIOTA

I welcome you to OTICON – 2024, here in this beautiful port city of Kochi also known as the “QUEEN of Arabian Sea “. Kochi is also a financial, commercial and industrial capital of Kerala. Our theme this year is “Occupations & Occupational Science: Creating Magic in Occupational Therapy”

This theme has been chosen with the intent to dwell upon a concept that encapsulates not only the use of Occupational Science to help individuals participate in the occupations that are important to them but also create Magic through integrity honesty, respect, courage and openness as the traits of the therapists. The OTICON 2024, conference with mega events will surely help the participants to strengthen their professional network connections, learn and acquire new skills and gain insight from Keynote Speakers. We expect to have a collaborative link between academics and professional practitioners and their workplaces, aiming at long-term sharing of knowledge and discussions of highly current issues.

Come let us all undertake to ‘Making Best’ out of this conference to promote our professional skills & qualities and expertise for the benefit of the community.

*I wish the participants & the organizers grand success.*

*I wish everyone a Happy, Prosperous, Peaceful & a Healthy New Year*

Occupational science research includes exploration of the relationship between occupation and development, and how occupation changes over the life course. It addresses how people organize daily occupations and the personal and socio-cultural meanings of occupation.

Occupational Science is an academic field that studies the nature of human occupation and its relationship to health and well-being, while Occupational therapy is a health profession that uses that understanding to help individuals participate in the occupations that are important to them.

honesty, integrity, respect, courage and openness among the necessary traits for a leader. Another important quality is balance





## Dr Jyothika Bijlani, Dean ACOT

Chairperson, Scientific Committee Program OTICON 2024

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Looking forward to meeting up with as many of you as possible at OTICON 2024. With best wishes to all.



## **Dr. Shriharsh Jahagirdar**

Chairperson, Scientific Committee Program OTICON 2024

Welcome to OTICON 2024, The 61st Annual National Conference of AIOTA! Greetings from Scientific Committee! I am pleased to address you all as the Chairperson of Scientific Program Committee of OTICON 2024, to be held at Kochi during 19th, 20th and 21st January, under the leadership and visionary of the Organizing Chairperson, Dr. Anil K. Srivastava (Hon. President, AIOTA) and The Organizing Secretary, Dr. Sunny Joseph (Hon. Secretary, AIOTA). Shouldering the responsibility to be the Chairperson of the Scientific Program Committee is been an amazing journey ! The Scientific committee team is the power bank of the conference, and I am glad to have Dr. Kavitha Mahamankar, Dr. Raviraj Shetty and Dr. Shivani Bhardwaj-Sharma as my pillars in this magnificent task assigned. The theme of the conference, "Occupations and Occupational Science: Creating Magic in Occupational Therapy", emerged from the idea about introducing the core concepts and paradigms of treatment under the Occupational Therapy process. The conference envisioned participation of young minds and the wisdom bank of the profession, to share and gain the knowledge about the power of Occupations and the Science of Occupation creating those magical moments in the recovery of the client in Occupational Therapy process, leading to the new functional being and experiencing the occupational justice through occupational participation. We are pleased to have Dr. Roshan Galvan from South Africa, as our Keynote speaker who has been renowned for the exuberant work in the field of Occupational Therapy education and community projects in South Africa.

We are also blessed to have eminent National and International speakers like Dr. Dasari (USA), Dr. Harshvardhan (New Zealand), Dr. Amit Sethi (USA), Dr. Wilona Annunciation (Psychiatrist, Mumbai), Dr. Reginald Alex (Medicine, Vellore), Mr. S. H Panchapakeshan (Kerala) who shall enrich us with their knowledge & an attraction of this conference, the reflections of Dr. T.V Velayudhan, who is the brave survivor of the Spinal Cord injury.

The Scientific program with more than 40 oral papers, Innovative technology, and Mini Movies are going to be the major source of knowledge and advancements in the Occupational therapy research. The student poster on the theme: "The use of self as agent of change in Occupational Therapy Process" and the student street play theme: "Influence of gender and sexuality in Occupational Therapy Practices" will give impetus to their critical thinking and bring out best ideas and novel depictions.

Being the member of the scientific program committee in the past to dispensing my responsibility as the Chairperson for this conference, has been a dream come true through the faith and trust bestowed on me by the esteemed EC members of AIOTA. This conference holds a very special place in my heart and hope it brings to you rich knowledge and best experience.



## **Dr. Amitabh Dwivedi**

Executive Committee Member, AIOTA Coordinator,  
Editorial Board – Indian Journal of Occupational Therapy [IJOT]  
Branches Coordinator, AIOTA

## **Message**

Dear Occupational Therapists of India,

As we reflect on another remarkable year in the journey of occupational therapy, I am honoured to address you as Dr. Amitabh Kishor Dwivedi, a dedicated member of the executive committee at AIOTA for the past eight years. Serving as the coordinator of the Editorial Board for the Indian Journal of Occupational Therapy and being the coordinator of all AIOTA branches, it has been an incredible privilege to witness the growth and evolution of our profession.

Our collective efforts have propelled occupational therapy to new heights, both in India and abroad. The commitment and passion demonstrated by each practitioner have contributed significantly to the recognition and respect our field commands today. As we stand at the cusp of a new era, let us focus on fostering the growth and development of occupational therapy, ensuring its continuous ascent.

Our dedication to research and education have been pivotal in advancing our understanding of occupational therapy's impact on individuals and communities. Let us strive for even greater collaboration, knowledge sharing, and innovation. By nurturing the seeds of curiosity and embracing emerging trends, we can further elevate the effectiveness of our interventions and broaden our professional reach.

The ongoing coordination among AIOTA branches serves as a testament to our unity and shared vision. Let us continue to strengthen these bonds, fostering a supportive network that empowers practitioners across the country. Through knowledge exchange, mentorship programs, and collaborative initiatives, we can create an environment conducive to continuous learning and professional excellence.

Looking beyond borders, let us explore opportunities for global collaboration and exchange of best practices. By engaging with the international community, we can enrich our perspectives, enhance our skills, and contribute to the global discourse on occupational therapy.

In conclusion, I extend my heartfelt gratitude to each member of the occupational therapy community for your unwavering dedication and commitment. Together, let us embark on this journey of broadening the horizon, propelling our profession to new heights, and ensuring a brighter future for occupational therapy practitioners worldwide.

Wishing you all continued success and fulfilment in your invaluable work.

Warm regards,

Dr. Amitabh Kishor Dwivedi

Executive Committee Member, AIOTA

Coordinator, Editorial Board – Indian Journal of Occupational Therapy [IJOT]

Branches Coordinator, AIOTA





## Dr. Vasudeo Sawlani

Convener Telangana branch of AIOTA

From the desk of Dr VT Sawlani, Convener Telangana branch of AIOTA

### Message

Dear Dr. Sunny Joseph,

Congratulations for being appointed as organising secretary for OTICON-24 and as convener Kerala State branch for jointly hosting 61th Annual conference of AIOTA OTICON- 24 at KOCHI -KERALA .

Every year we, all members of AIOTA ,will be waiting for conference to be held in different parts of the country so that message about Occupational Therapy profession, reaches to all the areas of the nation and enjoy the cultural heritage of that area as well.

This year Theme of the conference OTICON-24 "Occupations and Occupational Science :Creating Magic in Occupational Therapy", is self-explanatory, as to how, we all OT's create magic of Functional Independence, in their lives for all individuals post Ailment/ Disease/Injury/insults to the brain Etc ,through the use of their respective age appropriate, Occupation I.e Occupying them mentally and physically, in their, Work/Leisure/ ADL , so as to make them functionally independence and respectful individual of the family and society.

I wish the organisers and whole team of AIOTA and Oticon-24, very best ,for a grand success of this conference . I am confident you, as organising secretary along with stalwarts like Dr Lakshmanan Sethuraman and Dr Shriharsh Jahangir, with, their superb organising skills , will add more Laurels to glory of AIOTA by organising, Excellent Scientific Sessions , Cultural events and Hospitality as well.

I hope that all delegates will enrich themselves from the Scientific sessions and take home, with them ,memories of Scenic Beauty of Kochi, it's Hospitality and Exotic food of Kerala.

Thanks

DR Vasudeo Sawlani

Convener Telangana branch of AIOTA

# Organizing Committee OTICON'2024



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Executive Chairman and Editor-in-Chief



**Dr. Joseph Sunny**  
Organizing Secretary



**Dr. Lakshmanan**  
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**Dr. Shriharsh Jahagirdar**  
Scientific Program Committee



**Dr. Silla George**  
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**JANUARY 2024**

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**Dr. Amitabh Dwivedi**

The AIOTA Started In 1952,  
1<sup>st</sup> President **LATE MRS. KAMALA VISHNU NIMBKAR**





## EXECUTIVE COMMITTEE, ACOT

THE ACOT EXECUTIVE COMMITTEE  
APRIL 2020-MARCH 2024

THE ACOT STARTED IN 1983  
1ST DEAN: DR M.G DEO



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**JANUARY 2024**



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The IJOT editorial board  
April 2020 – march 2024

list in UGC – care list indexed  
in Indian citation index

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Dr Alex

Dr Neelambari

Dr Varatharajan

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Dr. Raisa

Dr Elsa Rose Varghese

Dr Maimoona

Mr Deepak G Nair

Ms Alicia Sabu

Ms Kavitha Shah



# Scientific Program Schedule

TIME	DAY 1 - 19 <sup>th</sup> January 2024	
8.30 am TO 1 pm	<b>COTE:</b> Artificial Intelligence and Assistive Technology- Applications in Occupational Therapy	Mr. Nekram Upadhya (New Delhi) Mr. Deepak Joshi (New Delhi) Dr. Premraj Issac Chandran (Qatar) Mr. Salah Adarbeh (Qatar)
	<b>Panel Discussion:</b> Bridging barriers: Connecting the missing link between human and technology	Moderator: Dr. Neeraj Mishra
1 pm to 1.45 p,m	LUNCH	
1.45 pm TO 1.55 pm	OPENING OF CONFERENCE	
1.55- 2.35 pm	<b>KEYNOTE ADDRESS-</b> Towards making magic: Critical reflections on Occupational Science for Occupational Therapy	Dr. Roshan Galvaan (South Africa)
2.35 pm - 2.50 pm	<b>Guest Faculty:</b> "How do OTs become a high impact force in the Rehab area?"	Mr. G. Vijayaraghavan
2.50 pm to 4 pm	<b>SCIENTIFIC SESSION 1: Weaving Occupation Back into Life: one stitch at a time</b>	Chair Persons: Dr. S. K. Meena, Dr. Anna Daniel
1	Effect of Group Therapy through Relationship Based Interactive Intervention on each component of social participation in children with autism spectrum disorder	Dr. Fatema Khatoon (Bhubaneshwar)
2	Effectiveness of Mealtime PREP (Promoting Routines of Exploration and Play) Intervention in improving mealtime behaviour for children with ASD	Dr. Jeena Mary (Cochin)
3	Activity limitation and participation restriction among proximal humerus bone tumor patients treated with nail cement spacer	Dr. Kajal Rajpurohit (Mumbai)
4	Exploring the Integration of Sexual health and sexuality in Occupational Therapy Practice within the Indian Context.	Dr. V. Sovundriya (Bhubaneshwar)
5	The effect of Activity based Sensory Re-education Training on Symptom Severity in patients with carpal tunnel syndrome: A comparative study.	Dr. Ananya Jana (Bhubaneshwar)
4 pm - 4.10 pm	<b>Guest Faculty:</b> The secret ingredients to Quality Excellence (CAHO)	Dr. Saril. V. S. (Bengaluru)

4.10 pm- 4.20 pm	<b>CPL</b>	Ms. Sarah Cardter
4.30 pm onwards	<b>OTICON 2024 Inauguration</b>	
<b>Mini Hall</b>		
3 PM – 4 PM	ACOT GB Meeting	Only for FACOT Members
5.30 PM- 7.30 PM	AIOTA GB Meeting	Only for Life Members of AIOTA
<b>6:00 - 7:30</b>	<b>Cultural Program Day 1</b>	
	Solo dance , Dialogue Delivery in Navarasa, Spot Choreography, DJ Night	
	SS Splint-O-Tist Best Innovative Splint award will be held at the stall on the 20th between 9 am to 3 pm and on the 21st of January between 9 am and 12 noon.	
	<b>DAY 2 - 20<sup>th</sup> January 2024</b>	
8.30 am- 9.40 am	<b>SCIENTIFIC SESSION 2: Drawing professional practices, projecting better Occupational Therapy Evidence</b>	Chairpersons:: Dr. Roshan Galvaan, Dr. U. Ganapaty Sankar
1	A Survey on Current Occupational Therapy Practice for Children with Autism Spectrum Disorder.	Dr. Francina Jose (Madurai)
2	Utilization of Leisure Assessments and Interventions by Occupational Therapy Practitioners in India: A cross-sectional survey.	Dr. Agrima Aggarwal (New Delhi)
3	Job Satisfaction analysis in budding occupational therapists working in different setups across India.	Dr. Lakshita Jaya (Jaipur)
4	Occupational Participation in patients from Neurosurgical Recovery unit using Functional based Structured Cognitive Interventions: A Case Series	Dr. Yash Dedhia (Mumbai)
5	Effect of Siblings Participation during Occupational Therapy Sessions (SPOT Program) on the sensory profile among children with Autism Spectrum Disorder and quality of life of their families: A Quasi-experimental study.	Dr. Naresh Babu (Pondicherry)
9.40 am to 9.55 am	<b>Guest Faculty:</b> Benefits of Accreditation in Healthcare (CAHO)	Dr. Salumon Chandrasekaran (UAE)
9.55 am to 10.05 am	<b>Guest Faculty:</b> Work Related Musculoskeletal Disorders among Healthcare Workers	Dr Reginald Alex
10.05 am to 11.35 am	<b>SCIENTIFIC SESSION 3: Foraging the Context of Occupation</b>	Chairpersons: Dr. Shailaja Jaywant , Dr. Punita Solanki

1	Association of Emergence of Hand Preference and the Child Development.	Dr. Harini D (Bengaluru)
2	Effectiveness of occupational therapy intervention in improving Handwriting Skills Among Primary School Students In South Chennai	Dr. Raghuram P (Chennai)
3	The Impact of Sensory Processing on Sleep in Children with Autism Spectrum Disorder: A Systematic Review	Dr. Deepak Vignesh Raj S. (Chennai)
4	Relationship between duration of immobilization, hand injury severity, and shoulder functional outcome in clients with a hand injury.	Dr. Abiram U (Thrissur)
5	WhatsApp Dependency, Pattern of Use and Fear of Missing Out in Housewives: A Cross-Sectional Study.	Dr. Bhavita Sharma (New Delhi)
6	Prevalence of Musculoskeletal Disorders and healthcare utilization among Female homemakers in Rural Odisha	Dr. Aradhana Nayak (Thrissur)
7	'The prevalence of myofascial trigger points and related disability in patients with migraine – A cross-sectional study	Dr. Vaishnavi Joshi (Mysuru)
11.35 am to 11.45 am	<b>Invited Speaker:</b> "Occupational Therapy Creating magical moments in my journey to recovery"	Dr. T. V. Velayudhan
11.45 am to 11.55 am	<b>Invited Speaker:</b> Reflections	Mr. M J Joseph
11.55am to 12.05 noon	<b>Guest Faculty:</b> Mental Health Disorders and Occupational Therapy: creating magic in functional outcomes	Dr. Wilona Annunciation (Mumbai)
12.05noon to 1.15 pm	<b>SCIENTIFIC SESSION 4: Moulding values and interests in Occupational Therapy practices</b>	Chairpersons: Dr. Jyothika Bijlani, Dr. Pragyan Singh
1	Effectiveness of coping strategies for stress and anxiety for parents of CP children using Thumb abduction splint: A Quasi-Experimental study.	Dr. Hema Thakral (Jaipur)
2	Adapting to Change: Exploring the Impact of Pandemic-Induced Shifts in Teaching and Learning on Teachers' Mental Health, Sleep Quality, and Quality of Life.	Dr. Noor Mohammad (New Delhi)
3	Transforming lives through rehabilitation- based coaching	Dr. Franzina Coutinho (Mumbai)
4	Impact of low vision on the occupational performance of older adults & its reflection on their quality of life.	Dr. Pramod Lambor (Manipal)
5	A Study on Leisure Satisfaction and Leisure Motivation among Tamil Nadu Working Women.	Dr. Angelin Blessy (Chennai)
1.15 pm to 1.30 pm	<b>Guest Faculty:</b> Legal Implication of Occupational Therapy Professional Misconduct	Shri S. H Panchapakesan
1.30 pm to 2.30 pm	Lunch	
2.30 pm to 2.45 pm	<b>Overseas Faculty:</b> Applying Lessons Learned During the COVID-19 Pandemic to Teaching Anatomy for Occupational Therapy Students at a British University.	Dr. Bhoomiah Dasari & Christopher John Franks (UK)



2.45 pm to 4 pm	<b>SCIENTIFIC SESSION 5: Playing with ideas- Occupational Therapy interventions in paediatrics</b>	Chairpersons: Dr. Zarine Ferzandi, Dr. Shashi Oberai
1	Effect of pressure along with vibration through face Roller on drooling and swallowing in children with cerebral palsy.	Dr. Sanjeev Kumar (Chandigarh)
2	Effectiveness of inter-limb coordinated activities on the development of postural control in children with spastic diplegic cerebral palsy.	Dr. Kanishka Mehta (Bhubaneswar)
3	A Systematic Review on The Application of Cognitive Orientation to Daily Occupational Performance approach for children with developmental coordination disorder	Dr. Madhu Mithraa (Chennai)
4	Effectiveness of Individualized Multicomponent Intervention for Sensory food Aversion Feeding Disorder (SFAFD) in Children: Case Series	Dr. Kowsalya M. (Kerala)
5	Enhancing Visual Perception and Visual Motor Integration in Children Ages 4-12 years: A Systematic Review of Technology-Based Interventions.	Dr. Simran Sandeep Redkar (Chennai)
6*	Landscaping the therapeutic powers of play in children with neurodevelopmental disabilities.	Dr. Meenakshi Batra (New Delhi)
	(* Non-Competitive presentation)	
4 pm to 4.15 pm	<b>Overseas Faculty:</b> Significance of Strategic Advocacy in Occupational Therapy	Dr. Harsh Vardhan (New Zealand)
<b>5:00 pm - 7.30pm</b>	<b>Cultural Program Day 2</b>	
	Group Song, Group Dance, Fashion Show	
7.30 onwards	Dinner	
Parallel Hall		
9am to 12 Noon	AIOTA Professional Membership Exam	Co-ordinator: Dr. Zarine Ferzandi Dr. Shailaja Jayawant
9am to 10am	Best Graduate Gold Medal Exam	Co-ordinator: Dr. Kavitha Mahamankar, Dr. Murali Krishnan
3pm to 4.30pm	<b>SCIENTIFIC SESSION 6: Cooking ingredients to create recipes to nurture- Occupational Therapy novel Interventions</b>	Chairpersons: Dr. Lalit Narayan, Dr. Vasudeo Sawlani
1	To compare the effect of Augmented Biofeedback and conventional occupational therapy in C3-C7 incomplete Spinal cord injury clients.	Dr. Jyoti Kumari (Patna)

2	The effectiveness of Mindfulness Based Cognitive Therapy (MBCT) and Recreational activities on Post Traumatic Stress Disorder (PTSD) and Quality of Life in Patients with traumatic Spinal Cord Injury.	Dr. Lakshita Jaya (Jaipur)
3	Correlation between Mindfulness and Emotional regulation in College going students of age group 18 to 25 years.	Dr. Shaima Nasim (Bhubaneswar)
4	Effectiveness of Adapted Cognitive Intervention on Elderly with Mild Cognitive Impairment: - A Quasi-experimental Study.	Dr. Swency Fernandes (Goa)
5	Approach to severe dysphagia in chronic lateral medullary syndrome.	Dr. Hitesh Gupta (New Delhi)
6*	Motor Recovery Status and Cognitive level in among Stroke subjects: A Correlational Study.	Dr. Shanta Pandian (New Delhi)
7*	Magnified Mirror therapy for Unilateral Spatial Neglect in Stroke: A Feasibility Study.	Dr. Kamal Arya (New Delhi)
	(* Non-Competitive presentation)	
<b>Judging</b>		
9.30am to 10.30am	Delegate IT	
10.30 am to 11.30 am	Student IT	
10 am to 12noon	<b>Student Competitive Poster</b> <b>Topic:</b> The use of self as an agent of change in Occupational Therapy	
10am to 12noon	<b>OMG Provo Best Humorous Poster</b>	
<b>DAY 3 - 21st January 2024</b>		
8.30 am- 10.20	<b>SCIENTIFIC SESSION 7: Gardening for new innovations</b>	Chairpersons: Dr. Amitabh Dwivedi, Dr. Shovan Saha
1	Task-Oriented Circuit Class Training with Motor Imagery (TOCCT) Versus Motor Imagery (MI) for Balance and Gait Rehabilitation in Post-stroke Patients- A Comparative Study	Dr. Preeti Bhutani (Bhubaneswar)
2	Multimodal prehabilitation in bone sarcomas around knee joint- a feasibility study.	Dr. Mahesh Sanzgiri (Goa)
3	Effect of vincristine induced peripheral neuropathy on functional abilities of pediatric acute lymphoblastic leukemia patients	Dr. Saumya Dixit (Ghaziabad)
4	Experimental & analytical study on the effect of emotional literacy programme on social skill development in primary grade children (3rd & 4th standard)	Dr. Deepak Kumar Shrivastav (Mumbai)
5	Effectiveness of mindfulness practices on improving quality of sleep in the mothers of children with Cerebral Palsy	Dr. H. Lalruatfeli (Bhubaneswar)
6	Understanding functional correlates of dynamics of squatting during its movement transition from stand to squat in patients with early degenerative changes at knee	Dr. Vijay Batra (New Delhi)
7	Effectiveness Of Adapted Multimodal Sensory Stimulation On Comatose Patients Post-traumatic brain injury: a quasi-experimental study.	Dr. Shilpa Naik (Goa)

	(* Non-Competitive presentation)	
10.20 am- 10.30 am	<b>Guest Faculty:</b> Role of Developmental Pediatrician in a multi/transdisciplinary team	Dr. Nimmi Joseph (Cochin)
10.30 am to 10.45 am	<b>Overseas Faculty:</b> Occupation-based behavioral activation for developing interventions for chronic Occupational Dysfunctional management	Dr. Amit Sethi (USA)
10.45 am to 11.50 am	<b>Panel Discussion:</b> Occupational Therapy Education in Gen Z <b>Moderator:</b> Dr. Shriharsh Jahagirdar	Dr. Jyothika Bijlani (Mumbai) Dr. R. K. Sharma (Ghaziabad) Dr. Sanjeev Padankatti (Vellore) Dr. Noor Mohammad (New Delhi) Dr. Yash Dedhia (Mumbai) Ms. Malavika Saha (Manipal)
11.50 am to 12 noon	<b>Therasoft</b>	Mr. Tarun Panda
12 noon to 12.15 pm	<b>Faculty Talk:</b> Breaking the stigma, rising above challenges- Empowering those caring for loved ones with Autism Spectrum Disorder	Dr. Sanjeev Padankatti (Vellore)
12.15 pm to 12.30	<b>Faculty Talk:</b> Common errors in IJOT submission	Dr. Lakshmanan S. (Bengaluru)
12.30 pm to 1.15 pm	Mini Movie Screening	
12.30 onwards	<b>Judging of SS Splint-O-Tist Best Innovative Splint</b>	
1.15 pm to 1.25 pm	<b>Envertiz</b>	Mr. Suresh Kumar
1.25 pm to 1.30 pm	<b>CIPLA</b>	
1.30 pm- 2.30 pm	LUNCH BREAK	
2.30- 3.45 pm	<b>SCIENTIFIC SESSION 8:</b> Students Street play Theme: Influence of gender and sexuality in Occupational Therapy practices	Chairpersons: Dr. Pratibha Vaidya, Dr. R. K. Sharma
4.30 pm onwards	Valedictory Function	

## Dr. Shriharsh Jahagirdar

Chairman, Scientific Committee, OTICON 2024



# ABSTRACTS

## ABSTRACTS

### Pre-Conference: Continuing Occupational Therapy Education

#### 1.Assistive Technology: Bridging the Gap

–*Salah Adarbeh*

In a world constantly striving for inclusivity and accessibility, assistive technology stands as a beacon of hope, bridging the gap between limitations and possibilities. This presentation delves into the transformative power of these tools, exploring how they empower individuals with disabilities to navigate the world with greater autonomy and participation.

We will embark on a journey through the diverse landscape of assistive technology, showcasing its multifaceted applications in various spheres of life. From communication aids that break down language barriers to mobility devices that redefine physical boundaries, we will witness how these innovations foster independence and dignity.

Beyond the technological marvels, the presentation will delve into the human stories behind assistive technology. We will hear from individuals whose lives have been transformed by these tools, gaining first hand insights into the impact they have on daily experiences and social integration.

Furthermore, we will explore the challenges and opportunities that lie ahead in the ever-evolving world of assistive technology. We will discuss the need for continuous innovation, accessible design, and equitable distribution to ensure that these life-changing tools reach those who need them most.

This presentation aims to be a call to action, an invitation to embrace the potential of assistive technology and recognize its role in creating a world where everyone, regardless of ability, can thrive. As we bridge the gap together, we pave the way for a future where limitations become merely stepping stones on the path to limitless possibilities. Ultimately, therapists hold the key to unlocking the true potential of assistive technology, both low-tech and AI-powered. By harnessing our expertise in human needs, ethical considerations, and therapeutic practices, we can guide this transformative journey towards a future where inclusivity, empowerment, and well-being flourish for all.

This presentation will explore the transformative impact of AT through two inspiring success two stories, highlighting how high-tech AT solutions have significantly improved the quality of life and satisfaction for individuals with severe disabilities.

The second part of presentation will about the low tech assistive tools project which include 4 categories:

1. Splinting innovation: This initiative focuses on developing customized splints with out of box ideas. One success story.
2. Toys Modification: We transform ordinary toys into accessible and engaging play tools for children with disabilities, and give them the opportunity to play like other kids. With patient experience
3. Therapy Tools Customization: which is totally new approach, by designing and fabricating customized low cost solutions, and how we are conducting research to build evidence of these innovation.
4. Self-Care Tools Modification: We empower individuals with disabilities to perform self-care tasks independently by modifying existing tools or creating new ones, enhancing their daily living skills and autonomy. With one inspiring very success story of Quadra amputation and how we make her more independent in her daily living activates like Eating, grooming, and empower her to back to her job by facilitate computer access , mobile access and hand writing .

In conclusion, this presentation will highlight the transformative impact of assistive technology, showcasing its ability to bridge the gap between individuals with disabilities and their aspirations. Through innovative solutions and inspiring success stories, we will emphasize the importance of AT in creating a more inclusive and accessible world for all.

## **2. Recent Advances in Assistive Technology Product and Service Provision for Neurological Rehabilitation**

***-Mr. Nekram Upadhyay, Dr. Ravindra Singh***

The field of technology in healthcare is rapidly evolving. There have been significant notable trends and advancements in assistive technology and rehabilitation engineering for neurological rehabilitation.

Artificial Intelligence (AI) is being used to analyze patient data and provide more personalized rehabilitation plans. It can help in early detection of neurological disorders and track progress during rehabilitation. AI and machine learning have been increasingly integrated into assistive technology to enhance the capabilities of devices and applications. AI-powered speech recognition, computer vision, and natural language processing are improving the functionality of assistive devices, making them more adaptable to users' needs.

Advancements in mobility assistive technology have led to the development of more versatile wheelchairs and exoskeletons. These devices are designed to improve mobility and independence for individuals with physical disabilities.



Virtual Reality (VR) and Augmented Reality (AR) technologies have gained prominence in neurological rehabilitation. They offer immersive environments for patients to engage in therapeutic exercises, thereby promoting neuroplasticity. Wearable Devices (WD) such as smartwatches and fitness trackers, have become increasingly popular for monitoring and assisting individuals with neurological disorders.

Robotics-assisted rehabilitation devices are used to aid in the recovery of motor functions in stroke patients and individuals with spinal cord injuries. These devices can provide precise and repetitive movements that are crucial for neurorehabilitation.

Brain-Computer Interfaces (BCIs): BCIs are being explored in India for individuals with severe neurological impairments, such as those with locked-in syndrome. These interfaces enable direct communication between the brain and external devices, potentially allowing patients to control assistive technology through their thoughts.

Customized Assistive Devices: Advances in 3D printing and manufacturing technologies have enabled the production of personalized assistive devices and orthoses tailored to the specific needs of patients with neurological conditions.

It's essential to keep in mind that healthcare technology is a rapidly evolving field, and new advancements are continually emerging. The Indian government, through various initiatives and research programs, is actively supporting the development and adoption of assistive technologies for neurological rehabilitation.

### **3. Advanced technology in rehabilitation: Improves life after stroke.**

***-Premraj Issac Chandran***

The factsheet from Global stroke has mentioned that stroke is one of the diseases that results in disability and can even lead to death. The factsheet of 2022 global stroke data reveals that the occurrence of stroke has increased to 50% and since 1990 to 2019 there has been increased stroke incidence by 70% and death rate by 43%. It was also reported that majority of the stroke victims are from lower and lower middle-income countries where there are financial issues for families living with a stroke survivor (Markus., 2022, Feigin et al., 2022).

Most stroke survivors experience a physical, mental, emotional, and social disability that needs standard rehabilitation care (Kamalakannan et al., 2016). Standard rehabilitation care involves a dedicated inpatient unit where people with stroke receive rehabilitation service, which is offered by a core multidisciplinary team. The team consists of a physician, occupational therapist, physical therapist, rehabilitation nurse, speech therapist, clinical psychologist, social worker etc. The team members should be having the knowledge and skill to work with people with stroke and their families. Standard

rehabilitation care provides overall rehabilitation which includes physical training, cognitive training, gait training, communication, and speech training, selfcare training and so on. The overall goal of a standard rehabilitation care is to regain functional independence and to return to their community (NICE, 2013). This standard rehabilitation care is necessary to prevent disability and enhance function. Some studies reported that the recovery patterns are unique and can be influenced by various factors such as the severity of the impairment, intensity and frequency of the therapy given and the individual's motivation to participate (Ferreira et al., 2020).

Standard rehabilitation care for a stroke survivor is generally labour-intensive, involving a multidisciplinary team, which is usually time-consuming and expensive (Winstein et al., 2016). Intensive in terms of the rate of work and the level of effort taken by both the rehabilitation team, the patient and their family members (Billinger et al., 2015). In stroke rehabilitation, one of the key elements for any functional recovery and neuroplasticity is the repetitive activities which can bring about motor and cognitive recovery (Mang et al., 2015). Along with standard rehabilitation care, many developed countries implement technology-based treatment to train stroke survivors to regain their lost skills and abilities (Langan, et al., 2018). Technology based treatment includes use of robot-assisted therapies, virtual reality (VR), Gamification, teleconferencing and use of assistive devices (Selamat et al., 2021). Studies have shown significant effect of technology-based intervention on improving both cognitive and motor functions among people with stroke (Xue fang et al., 2021). The focus of this paper is to study the effect of technology-based treatment on stroke rehabilitation.

#### **4. AI –supported FES system in adjunct to occupational therapy in Spinal Cord Injury and stroke patients**

**–Dr Deepak Joshi**

Last decade has witnessed tremendous and encouraging results from neuroprosthesis development for rehabilitation in Stroke and spinal cord injury (SCI) patients. One such intervention which has gain popularity in neuroprosthesis is functional electrical stimulation (FES). Despite of the huge potential of FES, its use in open loop mode has restricted its full benefits in neuroprosthesis development. This open loop choice is primarily due to limited modelling knowledge of complex sensorimotor control in impaired movements like in stroke and SCI. In this talk, a model-free approach to decide the FES dosage is discussed. An AI-based approach including muscle synergy based muscle impairment assessment will be discussed. The results on SCI and stroke individuals to show the effectiveness of AI-based approach will be presented. Finally, the challenges in the development of FES-based neuroprosthesis will be presented. Some experimental videos will be the part of talk for demonstration purpose.



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# SCIENTIFIC SESSION

## SCIENTIFIC SESSION 1

### Weaving Occupation Back into Life: one stitch at a time

#### 1. Category: Oral Presentation. Competitive

**Title:** Effect of Group Therapy through Relationship Based Interactive Intervention on each component of social participation in children with autism spectrum disorder

**Authors:** Fatema Khatoon (Bhubaneswar), Anurupa Senapati

#### ABSTRACT

**Background:** Social impairments found in autism spectrum disorder (ASD) children. Group intervention facilitates communication and social participation.

**Objectives:** The objective of the study is to find out which of the component of Social Participation (SP) shows more improvement through Relationship Based Interactive Intervention-Group Therapy (RBII-GT).

**Study Design:** Cross sectional experimental.

**Methods:** Children with mild ASD (N=40) were randomly assigned to experimental and control group. Experimental group was randomly divided into four groups (N=05). The children were assessed before and after 6 weeks of intervention (five days per week for sixty minutes). The control group was given RBII, experimental group received RBII-GT. The outcome measures were SP sub-scale of Sensory Processing Measure Home (SPM-H).

**Results:** Each component of SP showed significant improvement in experimental and control group. Whereas, by statistical analysis between the components showed, component A of SP (cooperation ability) has shown more improvement as compare to all other components in both experimental  $0.450 \pm 0.605$  ( $P=0.003$ ; CI: 0.167 to 0.733) as well as in control group  $0.785 \pm 0.993$  ( $P=0.010$ ; CI: 0.955 to 0.1457). Component A of SP was analyzed between both the groups, result showed significant difference in improvement and the experimental group showed more improvement than control group.

**Conclusion:** There was significant improvement in each component of SP of SPM-H. Moreover, component A of experimental group showed better improvement as compare to control group.

## 2. Category: Oral Presentation. Competitive

**Title:** Effectiveness of Mealtime PREP (Promoting Routines of Exploration and Play) Intervention in improving mealtime behavior in children with Autism Spectrum Disorder

**Authors:** Jeena Mary (Cochin), Jay Vijay Sonawane

### ABSTRACT

**Background:** Children with autism are more likely to engage in disruptive mealtime behaviors and selective eating. The Mealtime PREP intervention is a parent-led, child-centered intervention that uses social modeling, positive reinforcement, and repeated exposure as its active components to support better feeding outcomes.

**Objectives:** The objective of the study is to find out which of the component of Social Participation (SP) shows more improvement through Relationship Based Interactive Intervention-Group Therapy (RBII-GT).

**Study Design:** Cross sectional experimental.

**Methods:** There were 30 subjects with ASD allocation to both control and experimental groups. Total Intervention period was 10 weeks. Brief Autism Mealtime Behavior Scale (BAMBI) and Sensory Eating Problem Scale (SEPS) were used to define the presence of eating problems. Behavioral Pediatric Feeding Assessment Scale (BPFAS) to measure the outcomes.

**Results:** The statistically significant "t" value of 8.485 was obtained after putting through bio-statistical analysis and the "p" value is  $<0.0001$ , ( $< 0.05$  LOS), using the InStat 2.0 software.

**Conclusion:** Successful outcome implies; enhancing a child's behavior during mealtime eases parental worries.

**Keyword:** Autism spectrum disorder, Food selections, Feeding and eating disorders in childhood, Occupational Therapy, Behaviour, feeding.



### 3. Category: Oral Presentation. Competitive

**Title:** Activity limitation and participation restriction among proximal humerus bone tumor patients treated with nail cement spacer

**Authors:** Kajal Rajpurohit (Mumbai), Manjusha Vagal

#### ABSTRACT

The proximal humerus is the most common site for bone cancers. Nail cement spacer surgery is the preferred surgical option over other surgeries as it is economical, technically simple to perform, and provides adequate shoulder and arm stability and excellent hand and elbow function. There is poor to no data about the activity limitations and participation restrictions experienced by these patients. Study aimed to understand the activity limitations and participation restrictions in patients treated with proximal humerus nail cement spacer for proximal humerus tumors. 15 primary proximal humerus tumor patients treated with nail cement spacer surgery between January 2010 to February 2021 above 18 years with no history of infection, local recurrence, and metastasis were screened from the bone and soft tissue outpatient department (OPD) appointment list and were subjected to one-time assessment for Performance components using Standard occupational therapy assessment proforma, Occupational performance using Canadian Occupational Performance Measure (COPM), Emotional outcomes using Depression, Anxiety, and Stress Scale (DASS-21), and Functional outcomes applying Toronto Extremity Salvage Score (TESS). Study observed that patients showed decrease in mean active shoulder flexion, abduction, horizontal abduction, and horizontal adduction ranges, poor strength of shoulder flexors, abductors, extensors, horizontal abductors, horizontal adductors, external rotators & reduced strength in elbow muscles, and affectations in superficial touch sensation at lateral aspect of arm & forearm and over the surgical site. The performance score was 5.26, and the mean satisfaction score was 3.80. 20 % of patients reported stress, 40% anxiety and 33.3% of study patients reported depression while functional outcome was found to be 54.17%. It is the first observational study to highlight the rehabilitation needs pertaining to the performance components, occupational performances, and emotional health of proximal humerus bone tumor patients treated with nail cement spacer during the post-operative 18-150 months.

#### 4. Category: Oral Presentation. Competitive

**Title:** Exploring the integration of sexual health and sexuality in occupational therapy practice within the Indian context

**Authors:** V Soundariya (Bhubaneswar), Anurupa Senapati

#### ABSTRACT

**Background:** The expression of sexuality and sexual health is a vital component of their overall quality of life, health and well-being. Despite sexual activity being considered a part of Activities of Daily Living, there are studies showing that this is not addressed properly in therapy settings across the world. In our country, it is a topic that is generally considered taboo and this study was done to explore the views of Occupational therapists (OTs) in addressing sexual health issues in therapy.

**Objectives:** To understand the knowledge, practice beliefs, and comfort of Indian OTs in addressing sexuality and sexual health with Indian clients. To understand the views of OTs on addressing sexuality and sexual health in India

**Study Design:** Online Survey-based Study

**Methods:** Heck and Young Questionnaire was obtained after correspondence with the author of a previous study and converted into an online survey format using Google Forms and then circulated among Occupational Therapy (OT) groups in Social Media platforms, E-mails, etc. The total time of the study was 2 months and 152 samples were obtained. 4 were excluded based on exclusion criteria. Descriptive and thematic analysis of the data was done to obtain results.

**Results:** Most participants considered sexual issues to be an important part of OT practice, assessment, and education, but have limited knowledge about most topics related to sexual health except sexual abuse. Comfort regarding addressing sexual health varied across different aspects. A Qualitative analysis of responses showed that most respondents would like to include more related topics in OT education and Lack of knowledge, lack of comfort, and lack of privacy were seen as the major barriers.

**Conclusion:** This study gave us a greater understanding of the factors that influence OTs addressing sexual issues in India and has great implications for the integration of this domain into common practice for a more holistic approach.

**Title:** The effect of Activity based Sensory Reeducation Training on Symptom Severity in Patients with Carpal Tunnel Syndrome: A Comparative Study

**Authors:** Ananya Jana (Bhubaneshwar), MRS. PRAGYAN SINGH

### ABSTRACT

**Background:** Carpal tunnel syndrome is one of the most common types of entrapment neuropathies of upper extremities caused by compression of the median nerve at the wrist level resulting in somatosensory deficits in the thumb, index, middle and lateral half of the ring finger and in severe cases motor deficits in the thumb. The somatosensory system is crucial for sensorimotor integration, and sensory loss can have an impact on hand motor activities. The improvement in symptoms has also been seen to improve motor functions. As a result, it is reasonable to believe that the hand sensation and the severity of the symptoms are associated. As consequently, an active cognitive approach has been used, and the present study was proposed to evaluate the effect of activity-based sensory reeducation training on symptom severity in patients with carpal tunnel syndrome. It was designed as a pretest and posttest experimental study.

**Subjects and Methods:** Total 30 CTS patients, aged 20–60yrs participated who were randomly assigned into 2 groups: group 1 (experimental group) received sensory reeducation protocol for 20min/session and repeated the same at home with traditional therapeutic exercises for 40min/session a day till 4 weeks and group 2 (control group) received only Traditional Therapeutic Exercises (Median Nerve Gliding, Tendon Gliding and Proximal Conditioning Exercises) for 1hr/session a day till 4 weeks. Assessment was done pre and post treatment using Semmes Weinstein monofilament (SWM) test to measure the sensory threshold and symptom severity scale (SSS) of Boston Carpal Tunnel Questionnaires (BCTQ) to measure the symptoms severity of the affected hand.

**Results:** Patients analyzed in experimental group (N=15) and control group (N=13). There was a statistically significant improvement in sensory threshold and symptom severity in the experimental group post treatment. Significant result ( $P=0.007$ ) was seen in symptom severity scores, with a mean difference score of  $0.68 \pm 0.22$  in the experimental group when compared with control group ( $0.44 \pm 0.17$ ). Between the groups, sensory threshold showed significant improvement in all components of SWM ( $P<0.001$ ).

**Conclusion:** Activity based Sensory Reeducation Training along with Traditional Therapeutic Exercises leads to improvement in Symptom Severity in patients with Carpal Tunnel Syndrome.



## Drawing professional practices, projecting better Occupational Therapy Evidence

### 6. Category: Oral Presentation. Competitive

**Title:** Occupational Participation in patients from Neurosurgical Recovery unit using Functional based Structured Cognitive Interventions: A Case Series

**Authors:** Yash Dedhia (Mumbai), Shriharsh S Jahagirdar

#### ABSTRACT

**Background:** Neurocognitive impairments are a common clinical manifestation in post operative patients recovering in Neurosurgery ICU. Along with the specific cognitive impairments, patients are at risk of developing a number of ICU syndromes like delirium, disorders of consciousness, physical weakness due to prolonged bed rest and mental health consequences. This often leads to person's occupational deprivation in ICU and prevents early meaningful interaction with the environment. Keeping this in mind, we used functional based structured cognitive interventions to facilitate early occupational participation in patients in Neurosurgery recovery unit (NSRU) and promote smooth transition to further rehabilitation post discharge.

**Objective:** The aim of this study was to improve the level of occupational participation and facilitate patient's early meaningful interaction with the environment in NSRU.

**Study Design:** A case series.

**Methodology:** Five patients (n=5) who underwent neurosurgical interventions were intervened using the functional based structured cognitive interventions in the NSRU. Activities designed were structured and a comprehensive kit was formed to improve patient's meaningful interaction with the environment and occupational participation. Problem areas in the functional cognition and perception were noted based on the comprehensive neurological evaluation. Pittsburgh Rehabilitation Participation Scale (PRPS) was used to assess the patients' level of participation pre and post intervention and also during each subsequent session till discharge from NSRU. Activities presented during each session were graded and modified contingent on the patient's improvement in participation and performance.

**Result:** At the time of discharge, the level of participation of 5 patients (n=5) improved from 50%, 50%, 33%, 50%, 50% to 67%, 83%, 67%, 67%, 83% respectively.

**Conclusion:** This study highlights the importance of acute care occupational therapy. The results suggest that using functional based structured cognitive intervention in

patients recovering from neurosurgical procedures in ICU helps in improving their occupational participation, thereby improving their quality of life.

## 7. Category: Oral Presentation. Competitive

**Title:** A Survey on Current Occupational Therapy Practice for Children with Autism Spectrum Disorder.

**Authors:** Francina Jose (Madurai), Sujata Missal

### ABSTRACT

**Background:** Autism is a Pervasive Developmental Disability which affects all areas of occupational performance. An analysis of current Occupational Therapy practice is necessary to improve currently used treatment methods and to use more evidence based assessment tools. This study intends to explore the current therapy practice in assessing and planning interventions for children with Autism Spectrum Disorder and to explore what additional developments are required in this field.

**Objective :** To analyse the current Occupational Therapy Practice for children with ASD.

**Method:** A self-modified questionnaire titled 'Occupational Therapy practice survey for children with Autism Spectrum Disorder' was sent all over India as a link to official occupational therapy groups in facebook, whatsapp or through mail and encouraged in turn to forward it to colleagues who would potentially meet the criteria therefore promoting a snowball sampling effect.

**Results:** A valid response rate of 33% was obtained. The majority of the participants worked in hospitals and had between one and five years of experience. Theories, assessments and interventions that are associated with or based on sensory integration and/ or processing approaches are highly utilised by the participants in their service delivery with children with Autism Spectrum Disorders. According to International Classification of Functioning, Disability and Health, Body structure and function being the most focussed. Participants indicated that they felt they needed training and courses around sensory integration.

**Conclusion:** The study concluded that the selection of theoretical models, assessments and interventions are mostly focussed on sensory needs and not occupation based interventions to children with autism spectrum disorders. Occupation based approaches to be focussed while working with children with Autism Spectrum Disorders. Standardized assessments and interventions to be implemented in other components of ICF rather focussing only on body structure and function.

## 8. Category: Oral Presentation. Competitive

**Title:** Utilization of Leisure Assessments and Interventions by Occupational Therapy

**Authors:** Agrima Agarwal (New Delhi), Anurupa Senapati

### ABSTRACT

**Background:** Leisure has been identified as a key component of occupational therapy among various practice models and frameworks including the Occupational Therapy Practice Framework. Using leisure interventions has assisted therapists in developing a sense of freedom and identity among clients, eases coping with a new lifestyle, and provided a platform for social engagement, thus enhancing the overall quality of life and well-being of the individuals. <sup>1</sup> Despite being one of the valid and valuable mediums of service, it has been underrated in our routine practice. This study aimed to identify the prevalence and application of leisure assessments and interventions by occupational therapy practitioners in India.

**Objectives:** To study the usage of leisure assessments and interventions and identify their comprehension and application amongst occupational therapy practitioners through a web-based survey.

**Study Design:** A cross-sectional survey

**Methods:** A web-based questionnaire was developed and its content validity was established via experts in the field. Around 500 occupational therapy professionals were identified through virtual snowball sampling and the Google form link was generated via emails, WhatsApp, and messenger platforms. Data was collected from March 2021 to November 2021.

**Results:** 211 practitioners responded of which the majority belonged to the younger age group of 21-30 years (85.3%) followed by 31-40 years (9.5%) and 41-60 years (5.2%). Amongst the respondents, 97.2% of therapists considered leisure valuable though only 86.3% perform leisure assessments in regular practice among whom only 44.5% involve the use of both informal and formal leisure assessments. 21.5% were aware of the novel leisure concepts and practice models such as the taxonomy of leisure or the flow concept. <sup>2</sup> Only 61.1% of therapists used leisure as a therapeutic activity during their intervention process to achieve the goals of activity participation, motivation, and socialization.

**Conclusions:** This study suggests advocacy and gradation of knowledge to conduct formal leisure assessments and exploration of more leisure participation areas and interventions by Indian occupational therapy practitioners.



## 9. Category: Oral Presentation. Competitive

**Title:** Job satisfaction levels in budding Occupational Therapists working in different setups across India

**Authors:** Lakshita Jaya (Jaipiur), MRS. PRAGYAN SINGH

### ABSTRACT

**Background:** Job satisfaction affects professional commitment and organizational stability. The demand for OT professionals in India has gathered momentum in the past decade. OT professionals work in a variety of practice settings including government/private hospitals, rehabilitation centres, NGOs, special schools and academic institutions. To have a better understanding of the future of OT in the country a comprehensive analysis of the present engagements and job satisfaction levels of the budding therapists has to be made.

**Objectives:** The present study aims to perform job satisfaction analysis of OTs working across different setups across the country- this would help getting a realistic picture of the extent of problems faced by the therapists in India and suggesting possible opportunities for upliftment of the profession.

**Study Design:** Online Survey Research Design

**Methods:** A questionnaire consisting of Work profile information, JDIJIG (Job Descriptive Index and Job in General Scale), TIM (Trust in Management Scale) and SIG (Stress in General Scale) was distributed through online platform to 695 therapists practicing across India who completed their graduation within the last 5 years. Data collection was carried out for a period of 8 months.

**Result:** The overall Job Satisfaction scores were five times more in the private organizations than the Government sectors. The respondents expressed more job satisfaction in Private setups which are in Urban areas followed by Government setups in Urban areas. The respondents serving in Paediatric setups and setups which cater to a mixed population had greatest job satisfaction score. Job Satisfaction was the least in Oncological Rehabilitation and Mental health setups. Trends for Trust in management and Stress in General are similar to Job Satisfaction levels for the budding therapist population.

**Conclusion:** Prima facie it seems that the respondents have far more of a job satisfaction when working in urban setups rather than rural setups, at the same time the Trust in Management is way too less in rural setups than in urban, however the stress levels seemed to be quite less in the rural setups as compared to urban setups. Effect of Siblings Participation during Occupational Therapy Session (SPOT Program) on the

## 10. Category: Oral Presentation. Competitive

**Title:** Effect of Siblings Participation during Occupational Therapy Session (SPOT Program) on the Sensory Profile among Children with Autism Spectrum Disorder and Quality of Life of their family – A Quasi Experimental Study”

**Authors:** Naresh Babu Karunakaran (Pondicherry), R K Sharma, Amit Dwivedi, Venugopal

### ABSTRACT

**Background:** Siblings play a major role in developing their special needs’ physical, emotional, and cognitive skills, which are intrinsic development and their relationship and bonding. Hence this study focused mainly on the participation of siblings during the occupational therapy session in their sensory profile and the improvement in the quality of life of their family.

**Objectives:** To investigate the effect of Siblings Participation during Occupational Therapy session on the sensory profile among children with autism spectrum disorder and quality of life of their family.

**Study Design:** A quasi- experimental study design

**Methods:** In this study, 60 children with ASD includes IVF from 2-6 years enrolled at Lorem Wellness Care Pvt. Ltd. were taken after obtaining informed consent from their caregivers. Experimental group 30 children received the SPOT program twice a week in addition to conventional occupational therapy. In control group 30 children received only conventional occupational therapy twice weekly. The outcome measures were the Sensory Profile2 Caregiver Questionnaire and WHOQOL-BREF Scale.

**Results:** Clients analyzed in experimental group were N=30 and control group were N=30, both the groups showed improvement in Sensory Profile2 for experimental group vs. control group ( $59.67 \pm 6.078$  Vs  $55.87 \pm 5.186$ ), however, the experimental group showed significant improvement in WHOQOL-BREF Scale was significant between the groups for experimental and control group ( $63.27 \pm 7.610$  Vs  $52.7 \pm 4.882$ ).

**Conclusions:** This study proves that SPOT Program can be used as an effective intervention to achieve early intervention goals and also make an impact on quality of life of their family.

## Foraging the Context of Occupation

### 11. Category: Oral Presentation. Competitive

**Title:** Association of Emergence of Hand Preference and the Child Development

**Authors:** Harini (Bengaluru), Lakshmanan S, Naveenan Lingam

#### ABSTRACT

**Background:** Hand dominance reflects the cerebral dominance associated with language, cognition and manual skills development. Children with autism spectrum disorder show less hand dominance than typically developing children. The purpose of this study is to investigate the relation of the development of hand preference and its association with developmental skills in children with autism spectrum disorder.

**Objective:** The objective of the study is to analyze the relation between emergence of hand preference and primary developmental domains of children with Autism Spectrum Disorder.

**Study design:** Cross-sectional study

**Method:** A convenient sampling method was used for the sample selection. Study recruited children diagnosed with Autism Spectrum disorder aged between 3 and 6 years. The study was conducted in a clinical setting at Dexterity Occupational Therapy Services, Bangalore. The children selected based on criteria were screened with the Indian Scale for Assessment of Autism (ISAA) for severity, the Modified Edinburgh Handedness Inventory to assess hand preference and the Developmental Assessment of Young Children (DAYC-2) to evaluate the primary developmental domains. Scores on DAYC-2 were correlated with the scores of the modified Edinburgh handedness inventory.

**Result:** A total of Fifty-four children were recruited including 43 boys and 11 girls. The mean age of the children included in the study was  $52.09 \pm 9.08$  months. ISAA scores revealed 25 children belong to Mild, 26 belong to Moderate and 3 belong to Severe category of autism. The scores of Edinburgh Handedness Inventory are significantly correlated with cognition ( $P=0.021$ ), communication ( $P=0.012$ ), socio emotional ( $P=0.003$ ), adaptive behavior ( $P=0.002$ ) and fine motor ( $P<0.001$ ) domains of DAYC-2 with weightage to the age.

**Conclusion:** Results of the study stress the importance of emergence of hand preference and considering unimanual tasks to facilitate hand preference in occupational therapy intervention for motor development.

**Acknowledgment:** My gratitude to all the participants of this study. My humble expressing thanks to my co-therapists Sariga Sri J, Kaavya M, Derek Yeshwanth Daniel, Nandhini M, Gayathri R, Ayyanar K, Aamina Beevi Z, Sunil Priya C S for their contribution.



## 12. Category: Oral Presentation. Competitive

**Title:** Effectiveness of occupational therapy intervention in improving Handwriting Skills Among Primary School Students In South Chennai

**Authors:** Raghuram (Chennai), Dr. Ramachandran P, Dr. Lakshmanan S, Ms. Shirley

### ABSTRACT

**Background:** Problems with handwriting impact a student's ability to learn during the school day. Occupational therapy interventions for handwriting difficulties include the Cognitive Based Approach, the Multisensory Approach, and the Task-Oriented Approach. Previous research has shown that the two most popular ways are the Motor Approach and the Multi-Sensory Approach.

**Objectives:** To evaluate the effectiveness of Occupational Therapy Intervention among primary school students

To interpret the effectiveness of Occupational Therapy intervention with respect to grades (1st to 5th).

**Study Design:** Experimental Study design

**Methods:** Based on the selection criteria, the students were selected and obtained consent. ETCH Scale administered for the Pre-test. A 4-week intervention program titled the Customized Occupational Therapy Intervention Protocol for Handwriting Skills and the Post test – ETCH was administered.

**Results:** There were 5 students participated from each grade. Using Paired Samples test, Word Legibility (95% CI, -21.75), Letter Legibility (95% CI, -15.721), Numeral Legibility (95% CI, -15.071). There was a significant improvement in the Word Legibility ( $p = 0.011$ ,  $N=5$ ) and Letter Legibility ( $p = 0.012$ ,  $N = 5$ ), but not in the Numeral Legibility ( $p = 0.217$ ,  $N=5$ ).

**Conclusion:** There was a significant improvement in Handwriting skills post 4 weeks (12 sessions) of Effective Occupational Therapy Tailor-Made Individualized Intervention protocol for Handwriting skills to the study participants.

### 13. Category: Oral Presentation. Competitive

**Title:** The Impact of Sensory Processing on Sleep in Children with Autism Spectrum Disorder: A Systematic Review

**Authors:** Deepak Vignesh Raj (Chennai), Ganapathy Sankar U, Simran Redkar Sandeep,

#### ABSTRACT

**Background:** Children with Autism Spectrum Disorder (ASD) often experience challenges related to sensory processing, which can significantly affect their sleep patterns and quality of life. Understanding the impact of sensory processing difficulties on sleep in children with ASD is crucial for the development of effective interventions and support strategies.

**Objectives:** To identify the impact of sensory processing on the sleep patterns of children aged 3 to 12 years diagnosed with ASD

**Study Design:** Systematic Review

**Methods:** A comprehensive search for articles was conducted in databases, such as Scopus, PubMed, Embase, and OTseeker, using specific keywords related to sensory processing, sleep, and ASD. Furthermore, a manual search for articles was conducted in printed journals, including the American Journal of Occupational Therapy, the British Journal of Occupational Therapy, the Canadian Journal of Occupational Therapy, and the Australian Journal of Occupational Therapy.

**Results:** Electronic and hand-searching of literature were conducted, leading to 2,612 articles after eliminating duplicates. Among them, 9 published articles met the predetermined inclusion criteria between Jan 2012– Dec 2022. The review identified various sensory processing challenges associated with disrupted sleep patterns in children with ASD, including over-responsivity, under-responsivity, and seeking to sensory stimuli.

**Conclusion:** This Systematic review underscores the significant impact of sensory processing difficulties on sleep in children with ASD. The findings emphasize the need for holistic interventions that address both sensory processing challenges and sleep disturbances to improve the overall well-being and quality of life for children with ASD.

## 14. Category: Oral Presentation. Competitive

**Title:** Relationship between duration of immobilization, hand injury severity and shoulder functional outcome in clients with a hand injury

**Authors:** Abiram U (Thrissur), Dr.Shovan Saha

### ABSTRACT

**Background:** Hand injuries are among the most common injuries globally accounting for 6.65% to 28.6 % and constituting 28% of musculoskeletal injuries. Consequent immobilization of the injured hand lead to secondary changes such as muscle atrophy, stiffness, and movement restrictions, particularly long immobilization days have been linked with poor functional outcome. Most reported secondary changes are in the proximal areas to the injury and majorly the shoulder. The shoulder has the highest contribution to the hand's movements in the forward direction and is essential for the performance of various ADL, IADL, and recreational activities. Impairment in the shoulder leads to decreased independence and quality of life. Previous studies have shown that pain develops in the shoulder after a hand injury and that interventions that include the shoulder had an increased functional outcome compared to isolated interventions for the hand. Previous studies focused on pain and ROM but did not take into consideration the shoulder function and there is limited evidence on influence of immobilization period and severity of injury on shoulder function.

**Objectives:** To study the relationship between duration of immobilization and severity of hand injury on the impact of shoulder function

**Study Design:** Cross sectional observational study

**Methods:** The study included 82 participants with hand injury recruited through convenient sampling. Period of immobilization and Modified Hand Injury Severity (MHIS) score and Constant Murley scale was used. Data analysis was done using MS Excel and SPSS version 15.

**Results:** The period of immobilization had a weak negative correlation with Constant Murley scale score ( $r = -0.297$ ,  $p = 0.007$ ) which indicated that more the duration of immobilization greater was the shoulder dysfunction. The MHIS score had a moderate negative correlation with Constant Murley scale score ( $r = -0.668$ ,  $p < 0.001$ ) which indicated that more the severity of injury, greater was the shoulder dysfunction.

**Conclusion:** Immobilization period and injury severity has a direct positive relationship with impairment of shoulder function. These findings would help Occupational therapists in formulating acute phase intervention protocols to prevent secondary complications of the shoulder and to restore function.



## 15. Category: Oral Presentation. Competitive

**Title:** WhatsApp Dependency, Pattern Of Use And Fear Of Missing Out In Housewives: A Cross-Sectional Study

**Authors:** Bhavita Sharma (New Delhi), Ruchi Nagar Buckshee,

### ABSTRACT

**Background:** WhatsApp, among various social media platforms, has become an important part of everyday life. Prior studies primarily targeted adolescent social media addiction with limited focus on Indian housewives. This study aims to bridge this gap and will highlight WhatsApp usage patterns in Indian housewives. The findings hold important implication in Occupational Therapy (OT), aiding the therapist in addressing digital well-being in their clients.

**Objective:** The objective of this study was to understand WhatsApp dependency, pattern of use and fear of missing out (FOMO) behaviour in housewives.

**Study Design:** This was a cross-sectional study. Methods: A sample of 100 housewives aged 20–50 years (mean =  $36.33 \pm 7.58$  years) using WhatsApp was randomly selected. WhatsApp Dependence Scale, Pattern of WhatsApp Use questionnaire and FOMO scale were administered to gauge WhatsApp dependency, usage patterns, and FOMO behaviour in housewives.

**Results:** WhatsApp was the most used app among housewives with nearly 15% displaying moderate dependency. More than half of housewives spent at least 1–2hrs/daily on the app and about 29% exhibited moderate FOMO behaviour. WhatsApp dependency and FOMO showed a significant positive moderate correlation of 0.54 ( $p < 0.01$ ) in housewives.

**Conclusion:** WhatsApp, an indispensable part of our everyday lives, can detrimentally impact one's physical, mental, social, and emotional well-being, warranting more exploration

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**Conclusion:** WhatsApp, an indispensable part of our everyday lives, can detrimentally impact one's physical, mental, social, and emotional well-being, warranting more exploration

**Title:** Prevalence of Musculoskeletal Disorders and healthcare utilization among Female homemakers in Rural Odisha

**Authors:** Aradhana Nayak (Thrissur), Anitha CT

### ABSTRACT

**Background:** Musculoskeletal disorders (MSDs) are the most common occupational health problem with global disease burden of 17% Years Lived with Disability (YLD). It is a gradually progressing degenerative condition which can severely limit function and impact Quality of Life (QOL). Prevalence of MSDs in women is more in comparison to men in India due to various physiological, psychological and social factors. Researches done across Odisha have shown that significant number of women engaged in various paid occupations suffer from MSDs and reported healthcare utilization has been minimal. But a research gap was seen in the context of female homemakers of Odisha. So, in this study an attempt was made to understand the prevalence of MSDs and related healthcare utilization in female homemakers of rural Odisha.

**Objectives:** To determine the prevalence of MSDs among female home makers in rural Odisha, To assess the pattern of healthcare utilization, To determine the association between MSDs and socio-demographic variables, To determine the association between participant healthcare utilization and socio-demographic variables.

**Methods:** This cross-sectional study was undertaken with 373 participants recruited through purposive sampling. Data was collected using Standardized Nordic Questionnaire (SNQ) and a pre-validated questionnaire for healthcare utilization. Data analysis was done using MS-Excel and SPSS version 20 software.

**Result:** Prevalence of MSDs was found to be 59.79%. 47.5% participants having MSDs used professional healthcare, 62.3% went to private healthcare centers, 0.9% opted for rehabilitation services and 14.15% used orthoses along with exercises. Association of MSDs was found with age ( $\chi^2 = 65.047$ ,  $P\text{-value} = <.001$ ). No statistically significant association was found between healthcare utilization and socio-demographic variables.

**Conclusion:** Prevalence of MSDs among rural female home makers of Odisha was high. But professional healthcare utilization was low. Moreover, the awareness and use of rehabilitation services was marginal among the participants. These findings can be used for developing preventive programs and health education plans for women and their family to create better understanding about the physiology of MSDs, proper working posture and timely healthcare utilization to minimize the impact of MSDs, functional limitation, dependence and disability.



**Title:** The prevalence of myofascial trigger points and related-disability in patients with migraine –A Cross-sectional Study

**Authors:** Vaishnavi Joshi (Thrissur), Janki A. Parekh, Leena A. Deshpande

**Background:** Migraine headache is a prevalent and disabling neurological disorder, impacting approximately 15.38% of individuals in India. Recognized as the third leading cause of disability by the World Health Organization, migraine significantly affects the quality of life, health, and productivity of those affected. The association between migraine and musculoskeletal impairments, particularly myofascial trigger points (MTrPs), has garnered attention, with implications for migraine-related disability.

**Objectives:** This study aims to determine the prevalence of myofascial trigger points and assess their correlation with occupational disability in patients with migraine. The primary objectives include examining the prevalence of MTrPs and occupational disability in this population, with a secondary objective to explore potential associations between MTrPs and occupational disability.

**Study design:** The research employs a cross-sectional study design conducted in the Neurology Department of a Tertiary Care Super-speciality Hospital over a four-month period. The study population comprises individuals aged 18–60 years diagnosed with migraine. Convenient sampling will be employed, and the final sample size is calculated to be 384 with a confidence level of 95%.

**Methods:** Patients meeting inclusion criteria, diagnosed with migraine by a Physician or Neurologist, will be selected after obtaining informed consent. MTrPs will be explored in specified muscles, and the Migraine Disability Assessment Scale (MIDAS) questionnaire will be used to assess disability. Data will be managed using Excel spreadsheets, with coding and decoding procedures for data management. Statistical analysis will be performed using appropriate tests of significance.

**Results:** The majority of migraine patients were female (84.90%), with a mean age of 37.2 years. MTrPs were identified in 91.93% of patients, predominantly in the temporalis (83.7%) and suboccipital muscles (78.1%). Patient variables, including gender, age, and employment status, showed no significant influence on active MTrPs. While no association was observed between total trigger points and migraine-related disability, the MIDAS demonstrated a moderate positive correlation with migraine duration.

**Conclusion:** Understanding the prevalence of myofascial trigger points in the Indian context and their potential association with migraine-related disability is crucial. This study aims to contribute valuable insights into the musculoskeletal aspects of migraine, offering implications for diagnosis, treatment, and overall patient care.

## SCIENTIFIC SESSION 4

### Moulding values and interests in Occupational Therapy practices

#### 18. Category: Oral Presentation. Competitive

**Title:** Effectiveness of coping strategies for stress and anxiety for parents of CP children using Thumb abduction splint: A Quasi-Experimental study

**Authors:** Hema Thakral (Jaipur), Shruti Jain

#### ABSTRACT

**Background:** Cerebral palsy (CP) places physical, cognitive, and emotional burdens on affected children and their parents. Thumb-in-palm deformity limits hand function in CP. Splints can improve function but parental stress/anxiety from care demands, negatively impact mental health.

**Objective:** To evaluate the impact of providing thumb splints along with coping strategies training versus splints alone on perceived stress and anxiety levels in parents of CP children.

**Methods:** In this quasi-experimental study, 30 parents were non-randomly assigned to experimental (n=15) and control (n=15) groups. Both groups received thumb splints for children's hand in palm deformities. The experimental group participated in 12 specialized coping strategies sessions over 3 months while the control received standard care. Pre/post intervention assessments using Perceived Stress Scale (PSS) and Generalized Anxiety Scale (GAD) evaluated mental health outcomes.

**Results:** Post-intervention mean of stress and anxiety scores were significantly lower than pre-scores for the experimental group, indicating reduced mental health issues. Both PSS and GAD improved more with additional coping strategies versus splint alone.

**Conclusions:** A combination of splinting to improve CP-related functional limitations along with targeted parental coping strategies training conferred additional benefit in enhancing stress/anxiety management beyond splinting alone. Teaching parents effective coping techniques empowered them to better handle care demands and promoted overall mental well-being.

## 19. Category: Oral Presentation. Competitive

**Title:** Adapting to Change: Exploring the Impact of Pandemic-Induced Shifts in Teaching and Learning on Teachers' Mental Health, Sleep Quality, and Quality of Life

**Authors:** Noor Mohammad (New Delhi), Md. Shahbaj Karim

### ABSTRACT

**Background:** The sudden shift from traditional offline teaching to online and hybrid modes brought about by the COVID-19 pandemic significantly impacted educators globally. This study aims to investigate the repercussions of this pedagogical transformation on the mental health, sleep quality, and overall quality of life of teachers.

**Objective:** to understand the multifaceted effects of altered teaching and learning environments on their well-being.

**Methods:** This study is a cross-sectional research design to gather data from 78 educators from various educational institutions of India, at a single point in time. The target population for this study includes educators aged 30 years to 50 years from diverse educational settings such as schools, colleges, and universities. A stratified random sampling technique was employed to ensure representation from different age groups and educational levels.

**Result:** The total subjects screened were 53% males and 47% females. Our findings show that subjects report mean score of anxiety of  $2.44 \pm 2.728$ , depression  $13.94 \pm 6.443$ , and stress  $1.88 \pm 1.823$ , sleep quality  $7.55 \pm 2.90$  and quality of life  $65.24 \pm 18.610$ . a substantial portion of teachers reported experiencing symptoms of depression, anxiety, and stress. 47.43% of participants indicated moderate levels of depression, while 14.10% reported severe levels. In the case of anxiety, 25.61% of teachers reported moderate anxiety levels, while a striking 39.71% reported severe anxiety. Moreover, regarding stress levels, 25.62% of teachers reported moderate stress, with 10.21% reporting severe stress. There was a significant Strong Correlation was seen ( $r = 0.34$ ,  $p = 0.002$ ) between Mental health (DASS-21) and Quality of Life Enjoyment and Satisfaction (Q-LES-Q-SF). There was a significant negative Correlation found ( $r = -0.03$ ,  $p = 0.05$ ) between Sleep quality (PSQI) and Quality of Life Enjoyment and Satisfaction (Q-LES-Q-SF).

**Conclusion:** These findings underscore the intricate relationship between mental health, sleep quality, and the overall well-being and contentment of teachers, emphasizing the need for comprehensive support and interventions to enhance mental health and sleep quality, ultimately improving their quality of life.



## 20. Category: Oral Presentation. Competitive

**Title:** Transforming Lives Through Rehabilitation Based Coaching

**Authors:** Franzina Coutino (Mumbai), Marie Brien; Dinesh Krishna; Gauri Saxena; Navamani Venkatachalapathy

### ABSTRACT

**Background:** The lack of formal peer support for parents has been cited as a gap in child rehabilitation programs that was exacerbated by the COVID-19 pandemic.

**Objective:** Amar Seva Sangam, an NGO in rural India that runs a community based Early Intervention (EI) program explored the feasibility of using rehabilitation coaching via social media platform (WhatsApp) to promote interaction between parents and share knowledge.

**Methods:** Parents with access to a smart phone were invited to join a 6-week pilot study between April–May 2020. Nine modules based on principles of Family Centered rehabilitation coaching services were posted with written messages with supportive pictures and voice messages to facilitate peer interaction and knowledge sharing. A mixed-method inquiry was used. Quantitative data were collected including number of participants, retention, participants' relation to child, postings read and discussions generated. Qualitative data on parents' experience with the groups were obtained via phone interviews with purposeful sampling of 33 parents.

**Results:** A total of 33 interviews were conducted. Mothers had the highest engagement levels in reading, replying to posts and generating discussion. Interviews revealed overall positive impact of social media groups, improved peer connections, information sharing to/between parents and motivation to increase child participation and inclusion. Interviews led to refinements including parent facilitators and broader incorporation of this peer group intervention into the program.

**Conclusion:** Parents WhatsApp groups are a feasible method to connect parents of children with disabilities to promote peer support, information sharing and learning.

## 21. Category: Oral Presentation. Competitive

**Title:** Impact of low vision on the occupational performance of older adults & its reflection on their quality of life

**Authors:** Pramod Lambor (Manipal), Dr. Odette M. Gomes

### ABSTRACT

**Background:** Low vision is a prevalent and often overlooked condition among older adults, characterized by significant visual impairment that cannot be fully corrected with glasses, contact lenses, medication, or surgery. (Lee & Mesfin, 2023) This condition can have a profound impact on various aspects of daily life, including an individual's ability to perform essential activities and maintain their quality of life. (Demmin & Silverstein, 2020) However, there is a gap in understanding the specific effects of low vision on the occupational performance of older adults and how it relates to their overall quality of life.

**Study Design:** Cross-sectional survey design was chosen.

**Objectives:** To investigate the impact of low vision on the occupational performance of older adults and explore how these effects are reflected in their quality of life.

**Methods:** Limitations in occupational performance were identified using Canadian Occupational Performance Measure (COPM) in both groups (N=50) (Group A- age related low vision; Group B- low vision due to retinal or optic nerve pathologies). Vision targeted Quality of Life was determined using National Eye Institute Visual Functioning Questionnaire-25 (NIE VFQ-25) and general quality of life was measured using Older People's Quality of Life-35 (OPQOL-35). The scores obtained were compared and analysed using Mann-Whitney U test & Chi-square test.

**Results:** The occupational performance was found to be better in group A (med=6) as compared to group B (med=5) on COPM. On NEI VFQ-25, Group B (med=51.77) showed significantly lower scores than group A (med=75.54) indicating affectation in vision-related Quality of Life. Similarly, on OPQOL-35, group A (med=71.43) showed better scores than group B (med=29.57) for 6 out of 8 domains. Also, a positive correlation was found between occupational performance & quality of life in both groups.

**Conclusion:** The study showed that low vision had a generalized negative impact on occupational performance & quality of life of older adults having low vision due to pathologies of optic nerve or retina, thereby affecting their community participation. It included a single urban cluster & hence, the results might not be generalized.

## 22. Category: Oral Presentation. Competitive

**Title:** A Study on Leisure Satisfaction and Leisure Motivation among Tamil Nadu Working Women”

**Authors:** Angelina Blessy (Chennai), Vishnuprakash S

### ABSTRACT

**Background:** Leisure Motivation and satisfaction are two important factors in understanding people’s choice of leisure activities. Hence, Leisure motivation assists in understanding the consequences of leisure engagement and leisure satisfaction can be a direct indicator of leisure effects. The overlap of Work and family responsibility result’s in increased psychological distress and also affects the leisure participation of women.

**Objectives:** To study the level of leisure satisfaction, leisure motivation among Tamil Nadu working Women. To identify the most satisfying and most motivating leisure component in working women and To find out the correlation between the Leisure satisfaction and Leisure motivation measure

**Study Design:** Cross sectional Web – based Survey

**Methods:** This cross-sectional study was conducted with working women in Tamil Nadu. 100 participants, who met the selection criteria participated in the study. Demographic questionnaire, Leisure Satisfaction Measure (LSM), Leisure Motivation Measure (LMM) form were administered in an online survey method. The scores were obtained and subjected to statistical analysis. It done using IBM SPSS Software (version 22)

**Result:** The results of this study reveals that, working women are highly satisfied with relaxation measure (89%) and highly motivated in Stimulus-avoidance measure (81%). The result of this study proves the alternate hypothesis and the Analysis revealed a significant positive correlation between LSM and LMM among working women ( $r = .833$ ,  $p \leq 0.05$ ). This shows that working women Leisure satisfaction has a positive effect on Leisure motivation.

**Conclusion:** The study revealed a positive relationship between LSM and LMM, indicating that when leisure satisfaction increases, leisure motivation increases and vice versa. Leisure motivation can make the participants engage in leisure activities, which provides satisfaction. So, engaging in leisure can help the working women to relax, relieve from stress and strain of their life and improve their mental health.



## SCIENTIFIC SESSION 5

# Playing with ideas- Occupational Therapy interventions in paediatrics

### 23. Category: Oral Presentation. Competitive

**Title:** Effect of pressure along with vibration through face Roller on drooling and swallowing in children with Cerebral Palsy

**Authors:** Sanjeev Kumar (Chandigarh), Anurupa Senapati

### ABSTRACT

**Background:** Children with cerebral palsy they have Drooling, swallowing, and feeding problems which are very common. jade roller or facial roller to improve blood flow and lymphatic drainage through the use of pressure and vibration. this study aims to find out the effect of pressure along with vibration through face roller on drooling and swallowing in children with cerebral palsy (CP).

**Method:** a single arm interventional study was conducted on CP children with drooling and swallowing difficulty. They were selected for the study on basis of Drooling Severity and Frequency Scale (DSFS) score more or equal to 3. And age group between 2 to 7 years. Intervention given for 2 month, 5 days in week, 20- 30-minutes per session, at the end of intervention post test data were obtained DSFS and Oral Motor Assessment Scale (OMAS) scales were used as the outcome measure.

**Results:** The data were statistically analysed. the mean post test score of DSFS was  $2.06 \pm 1.41$ ;  $p < 0.00$ ; 95% confident interval (CI): 1.53 to 2.59, OMAS -6.83 to 2.97  $p < 0.00$ ; 95% confident interval (CI): -7.94 to -5.72. it suggests that the frequency of drooling is decreased and swallowing improved after the intervention

**Conclusion:** The findings of the study suggest that after 2 months of intervention programme, pressure along with vibration through face roller has controlled frequency and severity of drooling and improve swallowing. Enhance acquisition of oromotor control therefore this significant improvement can be considered as efficacy of intervention programme.

## 24. Category: Oral Presentation. Competitive

**Title:** Effectiveness of inter-limb coordinated activities on development of postural control in children with spastic diplegic cerebral palsy.

**Authors:** Kanishka Mehta (Bhubaneshwar), Anurupa Senapati

### ABSTRACT

**Background:** Children with spastic diplegia face challenges in balance and postural control. Impaired postural control can affect mobility of the child. Inter-limb coordinated movement can promote neuromotor recruitment and enhance goal-directed movement, both of which are essential for postural control.

**Objective:** To determine the effect of inter-limb coordinated activities on postural control and thus balance in children with spastic diplegic cerebral palsy.

**Study Design:** Pretest Posttest Control Group Design

**Methods:** 24 Subjects aged between 5-12 years, diagnosed with spastic diplegia were divided into two groups based on convenient sampling after screening, 12 in Control Group, (which received traditional NDT program for postural control and balance involving two limbs) and 12 in Experimental Group (which received activities based on inter-limb coordination of all 4 limbs combined). All the subjects were given intervention for 4 weeks, 5 days in a week, 30 min session, and at the end of intervention post-test data was obtained. Outcome Measures used: Pediatric Balance Scale, Timed Up And Go Test

**Results:** Using Mann-Whitney Test, the p value was found as (0.036, 0.040) between two groups respectively for PBS & TUG test, hence alternate hypothesis ( $p < 0.05$ ) is accepted that is Inter-limb coordinated activities involving all four limbs is effective on development of postural control in children with spastic diplegic cerebral palsy.

**Conclusion:** Children with spastic diplegic cerebral palsy benefit from inter-limb coordinated activities that use all four limbs to develop postural control.

## 25. Category: Oral Presentation. Competitive

**Title:** A Systematic Review on The Application of Cognitive Orientation to Daily Occupational Performance (CO-OP) Approach for Children with Developmental Coordination Disorder

**Authors:** Madhu Mitra (Chennai), Sugi S

### ABSTRACT

**Background:** The Cognitive Orientation to daily Occupational Performance (CO-OP) approach, is a top-down approach, which was introduced in the literature in 2001 as an intervention to improve real-world performance in children with Developmental Coordination Disorder (DCD).

**Aim :** The purpose of this systematic review is to deliver a meticulous summary of the available evidences on the application of Cognitive Orientation to (daily) Occupational Performance (CO-OP) approach for Developmental Coordination Disorder (DCD) children.

**Objectives:** To analyse the effectiveness of applying CO-OP approach for DCD children and to summarize the utilization of various methods in applying CO-OP approach for DCD children. To identify the occupational performance areas that are addressed by the CO-OP approach in children with DCD.

**Study Design:** Systematic Review

**Methods:** This systematic review was completed in four stages, in accordance with the PRISMA guidelines. The first stage involved identification of potentially relevant studies through a series of electronic database and hand searches. The second stage involved screening of titles and abstracts of the obtained 789 evidences, and the irrelevant articles were excluded. In the third stage, study selection is done according to the specific inclusion and exclusion criteria. The fourth stage involves the inclusion of the 14 articles to be reviewed and quality assessment of those articles were performed using Modified Downs and Black checklist. An evidence table was created and reviewed.

**Results:** Of the 14 included articles, five studies were of level 2B evidence, four studies were of level 3B evidence, and the remaining five studies were of level 4 evidence. The obtained evidences proved the positive impact of CO-OP approach on DCD children. This client-centered approach is implemented in both individual and group format, across the occupational areas like ADL, education, play and leisure.

**Conclusion:** The existing evidence supports the use of the approach as specified in the CO-OP protocol, for DCD population. Adaptations should be investigated carefully, in the future.



## 26. Category: Oral Presentation. Competitive

**Title:** Effectiveness of Individualized Multicomponent Intervention for Sensory Food Aversion Feeding Disorder in Children: Case Series

**Authors:** Kowsalya M (Kerala), Sujata Missal,

### ABSTRACT

**Background:** Sensory Food Aversion Feeding Disorder (SFAFD) in children involves persistent refusal of most or all foods, addressable through a multicomponent intervention.

**Objectives:** Enhance non-preferred food acceptance and improve parental coping attitudes during mealtime.

**Methods:** Seven children with SFAFD (Chatoor's classification) underwent a 30-session intervention (1 hour/day, 5 days/week) involving sensory activities, behavioral modification, and parental education. Assessment tools included Food Preference Questionnaire (FPQ), Behavioral Pediatrics Feeding Assessment Scale (BPFAS), and Child Sensory Profile 2 (CSP2).

**Results:** Statistically significant improvements in BPFAS (Frequency:  $Z=-2.366$ ,  $p=0.018$ ,  $CI=0.005-0.009$ ; Problem:  $Z=-2.384$ ,  $p=0.017$ ,  $CI=0.006-0.010$ ) were observed, with large effect sizes (Frequency  $r=0.8$ ; Problem  $r=0.90$ ). Post-intervention, CSP2 oral domain showed improvements ( $Z=-2.371$ ,  $p=0.018$ ,  $CI=0.005-0.009$ ) with a large effect size ( $r=0.89$ ). FPQ indicated a significant difference ( $Z=-2.384$ ,  $p=0.017$ ,  $CI=0.000-0.482$ ) with a large effect size ( $r=0.90$ ).

**Conclusion:** It highlights the intervention's effectiveness in improving non-preferred food acceptance and empowering mothers in managing SFAFD mealtime behaviors.

**Title:** Enhancing Visual Perception and Visual motor integration in Children Ages 4-12 years: A Systematic Review of Technology-Based Interventions

**Authors:** Simran Redkar (Chennai), Ganapathy Sankar U, Deepak Vignesh Raj S

### ABSTRACT

**Background:** Visual perception plays a pivotal role in a child's overall development and learning processes. Occupational therapists often employ various interventions to support children in enhancing their visual perception skills, with technology-based approaches gaining prominence in recent years. This study highlights the significance of visual perception and visual motor integration interventions, especially those involving technology.

**Objectives of the Systematic Review:** To synthesize the literature on effectiveness of technology-based interventions on visual perception and visual motor integration in children ages 4-12 years.

**Study Design:** Systematic Review

**Method:** This systematic review was conducted using the PRISMA guidelines for systematic reviews. A comprehensive search was conducted through computerized database and printed journals from September 2013 to September 2023 for children with developmental disabilities aged 4-12 years. 560 studies were derived from the search strategies developed for the review.

**Results:** A total of 13 studies were identified that were within the scope of our study. The risk of bias assessment revealed that 9 studies had a "very good" score, while 4 studies yielded a score of "good" based on their methodological quality. The interventions were categorized into iPad-Based (n=2) and Computer-Based (n=11) interventions for children with developmental delay (n=3), dyslexia (n=2), cerebral palsy (n=3), deafness/hearing impairment (n=2), down syndrome (n=1), hydrocephalus (n=1) and intellectual disability (n=1). Strong evidence supports the use of technology-based interventions for improving visual perception and visual motor integration in children aged 4-12 years.

**Conclusion:** Visual perception interventions, particularly those incorporating technology, have become invaluable in the field of pediatric occupational therapy. As technology continues to evolve, occupational therapists must remain adaptive and innovative in their strategies to provide the best possible support for children with visual perception and visual motor integration difficulties.

## 28. Category: Oral Presentation. Non Competitive

**Title:** Landscaping the therapeutic powers of play in children with neurodevelopmental disabilities

**Authors:** Meenaxi Batra (Delhi), Dr. Vijay Batra

### ABSTRACT

**Background:** Children with Neuro developmental disabilities (NDD) have limited play participation due to underlying sensory processing issues. They play in atypical or stereotypical manner with limited participation & engagement in peer/social group. They can poorly nurture or build their social & emotional skills as they have no / limited interpersonal interaction during play.

**Objective:**

Using socio-emotional strategies for augmenting play engagement in children with neuro developmental disabilities

**Method:** Experimental-control Design. 30 children with developmental disabilities of age range 5-10 years were included. The baseline evaluation was done for Playfulness and Socio-emotional skills using Test of Playfulness (ToP) & Socio emotional development checklist respectively. The subjects were allocated to two groups. With group A, play framework based on sensorimotor play and socio emotional strategies incorporated while in group B, conventional activities including sensorimotor strategies were used. The home based intervention protocol was given to both the groups followed by reevaluation after 2 months.

**Results:** Between groups analysis was done using Mann Whitney U test. At baseline no significant differences were observed. Post-intervention significant differences were observed for Test of Playfulness [10(7) & 7(4),  $p \leq 0.031$ ]; Socio emotional development [self-management skill [2(1) & 1(0),  $p \leq 0.01$ ], Self-awareness skill [2(1) & 1(1),  $p \leq 0.24$ ], & Relationship skill [2(1) & 1(1),  $p \leq 0.002$ ], for group A with whom framework based on socio emotional strategies was used.

**Conclusion:** It is imperative that while formulating therapeutic intervention the multidimensional aspect for child's active engagement and learning must be included for the socioemotional development of children with NDD. socio-emotional strategies are essential component for augmenting play engagement behavior in children with neuro developmental disabilities



## SCIENTIFIC SESSION 6

### Cooking ingredients to create recipes to nurture Occupational Therapy novel Interventions

#### 29. Category: Oral Presentation. Competitive

**Title:** To compare the effect of augmented biofeedback and conventional occupational therapy on c3-c7 incomplete spinal cord injury clients

**Authors:** Jyoti Kumari (Patna), MRS. PRAGYAN SINGH

#### ABSTRACT

**Background:** Cervical SCI is impairment of arm and hand function which has a greater impact on an individual's level of independence. Biofeedback describe as external physiology feedback in form of visual and auditory signal are used to teach and manipulate involuntary or unfelt events by manipulating the display signals. Task specific repetitive functional training is most effective approach to direct and enhance plasticity as a mean to recover motor function.

**Objective:** To compare the effect of Augmented Biofeedback and Conventional Occupational Therapy (COT) versus only Conventional Occupational Therapy (COT) in C3-C7 incomplete SCI Clients in improvement of hand function.

**Study Design:** Experimental study.

**Methods:** The clients included in the study were taken from the department of occupational therapy at SVNIRTAR, Cuttack, Odisha. 40 clients with C3-C7 incomplete SCI were taken. And was divided in two groups such that group1 received augmented biofeedback plus COT (Task specific repetitive functional training) and group2 received only COT (Task specific repetitive functional training) for 30 mints, 5 times per week over 8 weeks. Jebsen Taylor Hand Function Test was used to measure the clients hand function.

**Results:** Indicates significant improvement in subtest of JTHFT between Group1 and Group2 There was a significant improvement  $p \leq 0.003$  in writing,  $p \leq 0.001$  in simulated page turning,  $p \leq 0.001$  in simulated feeding,  $p \leq 0.001$  in Lifting of small common objects,  $p \leq 0.005$  in Stacking checkers,  $p \leq 0.012$  in Lifting large heavy object in subtests of JTHFT, however lifting large light object did not showed significant improvement  $p \leq 0.092$ . Hence the group1 showed better improvement compared to group2.

**Conclusion:** The study showed that augmented biofeedback with conventional occupational therapy is more effective in improvement of hand function in c3-c7 incomplete SCI.

### 30. Category: Oral Presentation. Competitive

**Title:** The effectiveness of Mindfulness Based Cognitive Therapy (MBCT) and Recreational activities on Post Traumatic Stress Disorder (PTSD) and Quality of Life in Patients with traumatic Spinal Cord Injury

**Authors:** Lakshita Jaya (Jaipur), Mrs.. Pragyan Singh

#### ABSTRACT

**Background:** The onset of SCI involves a brush with death, the injury and disability can act as a reminder of death and associated trauma impacting the posttraumatic stress levels among individuals with SCI. PTSD is a widely reported psychological morbidity in SCI. Furthermore, physical limitations, alterations to basic physiologic functions, intense emotions and disruption of social relationships can lead to an altered Quality of Life in SCI. MBCT can act as an acceptable brief intervention to combat PTSD and is known to have effects on Quality of life. Effectiveness of its administration with recreational activities is yet to be seen.

**Objectives:** To reduce stress levels in Traumatic Spinal Cord injury patients and to improve their Quality of Life by administering MBCT with recreational activities.

**Study Design:** Pre-Post test experimental design.

**Methods:** A total of 30 subjects were taken for the study as per the inclusion criteria, outcome measures used were DASS-21 and WHOQOL-BREF. MBCT protocol was administered for a period of 8 weeks (1 session for 2 hours/week) , each session was followed by 15 mins of recreational activities. Therapy was administered in a group mode.

**Results:** Wilcoxon signed rank test revealed that there was significant improvement in Stress scores post intervention ( $Z = -4.738$ ,  $p = 0.000$ ). Similarly, a statistically significant increase in QoL was seen post intervention ( $Z = -4.768$ ,  $p = <0.001$ ). There was no significant difference in improvement of QoL in subjects with mild, moderate, severe and extremely severe stress. However mean score for improvement in QoL in subjects with mild Stress showed better improvements, least improvement in mean QoL score was seen in subjects with extremely severe stress.

**Conclusion:** Administration of MBCT along with recreational activities to subjects with Stress and reduced Quality of life post traumatic Spinal Cord injury shows potential as an effective mode of intervention.

### 31 Category: Oral Presentation. Competitive

**Title:** Correlation between mindfulness and emotional regulation in college going students of age group 18 to 25 years

**Authors:** Shaima Naseem (Bhubaneswar), Ruchi Nagar Buckshee, Anurupa Senapati

#### ABSTRACT

**Background:** Mindfulness can be described as the practice of paying attention in the present moment, and doing it intentionally and with non-judgment while emotional regulation refers to the ability to manage and respond to emotions effectively. Individuals who have difficulty in emotional regulation exhibit patterns of responding in which there is a mismatch between their goals, responses, expression, and the demands of the social environment, therefore occupational therapists must attend and attempt to enhance the emotional regulation.

**Objectives:** The objective of the study was to find out the relationship between mindfulness, emotional regulation and difficulties in emotional regulation.

**Study Design:** Correlational study design.

**Methods:** 50 college going students (n=50) of age group 18-25 years were taken through convenience sampling. We assessed mindfulness, emotional regulation and difficulties in emotional regulation through the Mindfulness attention awareness scale (MAAS), Cognitive and affective mindfulness scale-revised (CAMS-R), emotional regulation questionnaire (ERQ) and difficulties in emotional regulation scale -18 (DERS-18). Data was analysed through the Pearson correlation analysis, the level of significance was set at p values  $\leq 0.01$  and  $\leq 0.05$ .

**Results:** A Pearson product moment Correlation coefficient was computed to assess the relationship between mindfulness (CAMS-R) and reappraisal (ERQ), there was a positive correlation between the two variables  $r=.311^*$ ,  $n=50$ ,  $p=.028$ , whereas between MAAS and DERS-18 there was a negative correlation between the two variables,  $r= -.381^{**}$ ,  $n=50$ ,  $p=.006$

**Conclusion:** The results prove that higher the mindfulness, higher would be emotional regulation and lesser would be difficulties in emotional regulation.



## 32. Category: Oral Presentation. Competitive

**Title:** Effectiveness of Adapted Cognitive Intervention on Elderly with Mild Cognitive Impairment: – A Quasi-experimental Study

**Authors:** Swency Fernandes (Goa), Vivek Vajaratkar

### ABSTRACT

**Background:** 8-15% of individual with MCI (mild cognitive impairment) progress to dementia. There is increased number of people with decreased quality of life which impacts with economic burden. To reduce the negative impact, it is vital to address elderly with MCI to either return to normal cognitive functions, maintain current level of cognitive functioning or slow the rate of conversion of MCI to dementia.

**Objectives:** To assess the effect of adaptive cognitive intervention on elderly with MCI.

**Study Design:** A quasi-experimental study design was used for this study.

**Methodology:** 30 individuals above 65 years of age were recruited using non-probability convenient sampling and assigned to experimental or control group. Pre and post assessments were done using LOTCA (Lowenstein Occupational therapy Cognitive Assessment), MoCA (Montreal Cognitive Assessment) and FAQ (Functional Activities Questionnaire). Both groups received physical intervention for 30 minutes and the experimental group received additional adapted cognitive intervention for 30 mins for 5 days in week for 4 consecutive weeks.

**Results:** The experimental group showed significant improvement within the group for MoCA with  $t=-14$  and  $p<0.001$  and LOTCA with  $t=-11.99$  and  $p<0.001$ ,  $t=-10.35$  and  $p<0.001$ ,  $t=21.54$  and  $p<0.001$  for static, post mediation and dynamic score respectively and FAQ with  $t=2.25$  and  $p=0.04$  as compared to control group. When compared between the experimental and control groups, significant improvements were seen in the experimental group for MoCA and LOTCA sub scores but no significant improvement was evident for FAQ.

**Conclusion:** Both the experimental and control groups showed significant improvements in MoCA, LOTCA following the intervention. However, the experimental group demonstrated

### 33. Category: Oral Presentation. Competitive

**Title:** Approach to severe dysphagia in chronic lateral medullary syndrome

**Authors:** Hitesh Gupta (New Delhi), Maini Deepinder Kaur, Anand Rajiv

#### ABSTRACT

**Background:** Dysphagia is more profound in Lateral Medullary Syndrome (LMS) patients. 10% of LMS patients are dependent on tube feeding after months to years post stroke. There is dearth in literature reported about the prognosis of patients with severe dysphagia in chronic LMS. Objectives of this study is to characterise and understand the extent of functional impairment in the swallowing phases, to strategize the non-invasive methods as per the deficits present, and to document swallowing outcomes of severe dysphagia following rehabilitation in patients with chronic LMS.

**Methods:** This is an ambispective study with chronic LMS ( $\geq 1$  year) patients presenting with clinical picture of inability to swallow and were totally dependent on tube feeding. Dysphagia was assessed with clinical bedside swallowing examination and video fluoroscopy swallowing study (VFSS). The data included VFSS findings, penetration-aspiration scale (PAS), dysphagia severity rating scale (DSRS), bolus residue scale (BRS) and functional oral intake scale (FOIS).

**Results:** Six patients were included in our study for the final analysis. Initial VFSS was done at FOIS level 1 and DSRS score of 12. BRS and PAS score of all patients at this stage was 6. The second VFSS was done when patients achieved FOIS level  $\geq 2$  and DSRS score of  $\leq 10$ . At this stage, BRS was  $4 \pm 0.8$ , while PAS improved to 4 at the interval of  $8 \pm 3$  weeks following rehabilitation. Final VFSS was performed at FOIS level  $\geq 4$  and DSRS  $\leq 3$ . BRS and PAS at this stage were  $\leq 2$ . This was achieved in  $20.8 \pm 8.3$  weeks from the onset of rehabilitation.

**Conclusion:** Chronic and Severe dysphagia in LMS has a potential of complete recovery. In our study, patients resumed complete oral feeding in approximately 5 months following dysphagia rehabilitation.

### 34. Category: Oral Presentation. Non Competitive

**Title:** Motor Recovery Status and Cognitive level in Among Stroke subjects: A Correlational Study

**Authors:** Shanta Pandian (New Delhi), R.K.Sharma, Amit Diwedi

#### ABSTRACT

**Background:** Motor recovery is the consistent, dynamic but variable process among post stroke subjects. The motor status of hand and arm can have more crucial impact on cognitive status due to the skilled and complex demands. Though, cognition is also needed for the lower limb functions such as locomotion and mobility. It is evident that cognitive deficits can influence the motor recovery directly or indirectly throughout the recovery process among post stroke subjects.

**Objectives:** The purpose of this study was to find the relation between the motor status and the cognitive level among post stroke subjects.

**Study Design:** Correlational study

**Methods:** Setting - Neuro-Rehab unit of OT Department. Participants - 43 post stroke hemiparetic subjects, Outcome measures -Brunnstrom Recovery Stage of Arm, Hand and Lower Extremity and Fugl-Meyer Assessment of Arm, Hand, upper extremity and Lower extremity was applied to record the motor status of hemiparetic subjects. To assess the cognitive impairment MoCA was applied. Finger Breadth method to assess shoulder subluxation, Barthel Index to assess the functional status and mRS was applied to assess the disability level.

**Result:** MoCA was found to be significantly related with BRS of arm, hand and lower extremity, specifically the attention component was more significantly related. FMA of upper arm ( $r=.29$   $p=.05$ ) had a weak relation with MoCA specifically with the visuospatial component. The attention component also had a weak relation with FMA wrist and hand ( $r=.29$   $p=.05$ ), FMA UE ( $r=.33$   $p=.02$ ). mRS with MoCA was recorded as a weak and negative relation. FMA UE ( $r=-.37$   $p=.01$ ). BI FMA UE ( $r=.62$   $p<.001$ ) was found to be highly significantly correlated with MoCA.

**Conclusion:** There exist a relation between the motor status and cognitive impairment among the post stroke subjects. Hence it can be inferred that cognitive demands shall be taken into consideration during the motor management plan.



## 32. Category: Oral Presentation. Competitive

31

**Title:** Effectiveness of Adapted Cognitive Intervention on Elderly with Mild Cognitive Impairment: – A Quasi-experimental Study

**Authors:** Swency Fernandes (Goa), Vivek Vajaratkar

### ABSTRACT

**Background:** 8-15% of individual with MCI (mild cognitive impairment) progress to dementia. There is increased number of people with decreased quality of life which impacts with economic burden. To reduce the negative impact, it is vital to address elderly with MCI to either return to normal cognitive functions, maintain current level of cognitive functioning or slow the rate of conversion of MCI to dementia.

**Objectives:** To assess the effect of adaptive cognitive intervention on elderly with MCI.

**Study Design:** A quasi-experimental study design was used for this study.

**Methodology:** 30 individuals above 65 years of age were recruited using non-probability convenient sampling and assigned to experimental or control group. Pre and post assessments were done using LOTCA (Lowenstein Occupational therapy Cognitive Assessment), MoCA (Montreal Cognitive Assessment) and FAQ (Functional Activities Questionnaire). Both groups received physical intervention for 30 minutes and the experimental group received additional adapted cognitive intervention for 30 mins for 5 days in week for 4 consecutive weeks.

**Results:** The experimental group showed significant improvement within the group for MoCA with  $t=-14$  and  $p= <0.001$  and LOTCA with  $t= -11.99$  and  $p=<0.001$ ,  $t=-10.35$  and  $p=<0.001$ ,  $t= 21.54$  and  $p= <0.001$  for static, post mediation and dynamic score respectively and FAQ with.  $t=2.25$  and  $p=0.04$  as compared to control group. When compared between the experimental and control groups, significant improvements were seen in the experimental group for MoCA and LOTCA sub scores but no significant improvement was evident for FAQ.

**Conclusion:** Both the experimental and control groups showed significant improvements in MoCA, LOTCA following the intervention. However, the experimental group demonstrated

regime may be considered as promising intervention in stroke rehabilitation. Further randomized trials are warranted to confirm the present findings.

## SCIENTIFIC SESSION 7

### Gardening for new innovations

#### 36. Category: Oral Presentation. Competitive

**Title:** Task-Oriented Circuit Class Training with Motor Imagery Versus Motor Imagery for Balance and Gait Rehabilitation in Post-stroke patients- A Comparative Study

**Authors:** Preeti Bhutani (Bhubaneswar), Anurupa Senapati

#### ABSTRACT

**Background:** The ability to balance and walk is impaired in around 80% of population after stroke, there are evidences stating that task-oriented circuit class training and motor imagery has a significant impact on balance and gait impairments after stroke.

**Objective:** To compare the effects of task-oriented circuit class training with motor imagery versus motor imagery.

**Study design:** Experimental study

**Methodology:** Thirty stroke patients, both male and female, between ages 30 to 60, were separated into 2 groups after being screened based on inclusion and exclusion criteria. First group received 15 minutes of motor imagery training after 25 minutes of task-oriented circuit class training. The second group received 15 minutes of motor imagery after 25 minutes of standard balance and gait training. For both groups, the intervention lasted a total of forty mins, five days per week, for a period of four weeks. The Rivermead visual gait analysis and the Berg Balance Scale were used as outcome measures.

**Results:** The task-oriented circuit class training with motor imagery group showed a positive improvement in the mean/median score on both outcome measures as compared to the other group (Mann-Whitney U test (BBS,  $Z = -3.774$ , RVGA  $Z = -3.850$ ). As per Wilcoxon signed rank test, for group 1, BBS ( $p < 0.05$ ) and RVGA ( $p < 0.05$ ), for group 2, BBS ( $p < 0.05$ ) and RVGA ( $p < 0.05$ ).

**Conclusion:** The task-oriented circuit class training with motor imagery group showed a positive improvement in the mean/median score on both outcome measures as compared to the other group

### 37. Category: Oral Presentation. Competitive

**Title:** Multimodal Prehabilitation In Bone Sarcomas Around Knee Joint- A Feasibility Study

**Authors:** Mahesh Sanzgiri (Goa), Dr. Manjusha Vagal

#### ABSTRACT

**Background:** The endoprosthetic reconstruction post bone sarcomas around knee joint has affects an individual's function and participation in daily life. Prehabilitation has better outcomes when compared with standard post operative rehabilitation in oncological conditions like breast and colon cancers. No studies have reported about prehabilitation in bone sarcomas around knee joint. The aim of the study was to evaluate the feasibility of the multimodal prehabilitation,

**Objectives:** objectives were to measure the occupational performance, emotional health, fatigue and nutritional status of patients

**Material and Methods:** A feasibility study of prehabilitation was conducted on 24 patients with bone sarcomas around knee joint awaiting endoprosthetic reconstruction while on neo-adjuvant chemotherapy (NACT). Assessments were carried out on one day before chemotherapy fraction and on the 21st day after last chemotherapy dose. Prehabilitation consisted of individualized occupational therapy program and nutritional interventions. Outcomes measures included occupational performance, emotional health, fatigue and nutritional status of patients as measured by validated scores including Canadian occupational performance measure (COPM), Depression Anxiety Stress Scale- 21 (DASS-21), Multidimensional Fatigue Inventory- 20 (MFI-20) and Subjective Global Assessment (SGA) respectively. Baseline and the last assessment were compared using SPSS software version 25.

**Result:** 22 out of 24 patients completed prehabilitation. Significant improvement was found in the level of participation in patients' occupational performance (P pre-  $1.37 \pm 1.18$ , post-  $4.55 \pm 1.55$ ) (S pre-  $1.32 \pm 1.13$ , post-  $4.56 \pm 1.55$ ), fatigue (Pre -  $65.77 \pm 9.36$ , post  $36.77 \pm 12.06$ ), and emotional health (D pre-  $5.27 \pm 3.01$  post-  $1.45 \pm 1.44$ ) (A pre-  $4.82 \pm 2.17$  post -  $1.09 \pm 0.92$ ) (stress- pre-  $6.95 \pm 3.26$  post-  $2.23 \pm 1.98$ ). Nutritional status was maintained in 20, deteriorated in one and improved in one.



**Conclusion:** Multimodal prehabilitation in patients with bone sarcomas around knee joint awaiting endoprosthetic reconstruction is feasible. Outcomes, showed improvement in occupational performance, emotional health and reduced fatigue. Maintenance of nutritional status was observed.

### 38. Category: Oral Presentation. Competitive

**Title:** Effect of Vincristine induced peripheral neuropathy on Functional abilities of Pediatric Acute Lymphoblastic Leukemia patients.

**Authors:** Saumya Dixit (Ghaziabad), Dr. Manjusha Vagal

#### ABSTRACT

**Background:** Acute lymphoblastic leukemia (ALL) is prevalent in pediatric cancer patients and often treated with vincristine therapy, notorious for dose-limiting neurotoxicity. However, limited information exists on vincristine-induced peripheral neuropathy (VIPN) in the Indian context, specifically its sensory-motor symptoms and impact on daily life.

**Methods:** This prospective study assessed 53 Indian children (8-15 years) with ALL, utilizing standardized tools to track VIPN progression, balance, and daily functioning over 7 months. VIPN incidence was 26.4%, with significant changes in neuropathic, balance, and occupational performance scores.

**Result:** These findings inform the planning and execution of timely Occupational Therapy interventions, enhancing the management of VIPN, optimizing cancer treatment outcomes, and improving the quality of life for pediatric ALL patients undergoing vincristine therapy.

### 39. Category: Oral Presentation. Competitive

**Title:** Experimental & analytical study on the effect of emotional literacy programme on social skill development in primary grade children (3rd & 4th standard)

**Authors:** Deepak Kumar Srivastava (Mumbai), Shailaja Jaywant

#### ABSTRACT

**Background:** Education in school has strong impact on social, emotional development along with the development of academic skills. Development of Emotional awareness at early age guides social conduct & enhances social skills in children. Our school curriculum lacks the specific skill development for the social conduct. These skills can be developed through emotional literacy program. This study was undertaken to develop social skills through emotional literacy program for primary grade children (3 & 4 grade) and assessed the effect of emotional literacy program on social skill development in

primary grade typically developing children. It was Analytical prospective non-randomized single system study design.

**Methods:** The study was done on children from a school in Metropolitan city, having Hindi & English medium classes, for one academic year. Institutional Ethics Committee approved the study protocol. After seeking permission from the school committee, classes were selected randomly. The informed consent form from the parents, as well as assent form was taken from children. Sample of 417 typically developing children from primary grade 3rd & 4th standard were selected from Hindi & English medium classes. The Tauck family foundation formative assessment scale (TTFFAS) which include teacher survey & student survey were administered as outcome measure. The emotional literacy program was administered through various activities & games, taking an hourly session, once every two weeks for eight weeks i.e. 4 sessions. The followup was taken on TTFFAS after eight weeks.

**Results:** There were total 233 (55.90%) male participants out of total 417 participants of were total 184 (44.10%) females participants. Both medium showed improvements in their Self Control on teacher survey of TTFFAS median scores increased from 2.66 to 3 after emotional awareness programme. Hindi medium scores on social competency increased from median value 2.33 to 2.66. The verbal ability and temperament was improved leading to positive social behaviors. The academic competencies children has improved with positive social interaction.

**Conclusion:** The inclusion of emotional literacy program in regular curriculum may benefit children in developing social competencies & further enhancing the better skills for integrated social development.

#### 40. Category: Oral Presentation. Competitive

**Title:** Effectiveness of mindfulness practices on improving quality of sleep in the mothers of children with Cerebral Palsy

**Author:** Lalruatfeli (Bhubaneshwar), Mrs. Pragyan Singh

#### ABSTRACT

**Background:** Better sleep results in better occupational performance and improving daytime activity routines. CP mothers have poor sleep quality compared to typically developing child's mother. As a primary caretaker, it is essential for them to have better sleep quality and occupational performance to provide active support to their children.

**Objectives:** To improve quality of sleep in the mothers of children with CP

**Study Design:** Pretest posttest interventional study

**Methods:** 20 mothers (aged 24 to 40) of CP children with self-reported sleep disturbances were recruited in this study. They were randomly assigned to experimental group (mindfulness practices) or to control group (Sleep hygiene education). Pretest data were collected from both the groups and they received intervention every day for 3 weeks. Pittsburg Quality of Sleep Index was used as outcome measures.

**Results:** In Mann-Whitney U Test, p value was 0.022 between two groups, hence alternate hypothesis ( $p < 0.05$ ) is accepted i.e mindfulness practices is effective to improve quality of sleep in mothers of CP child.

**Conclusion:** Mindfulness practices is beneficial for mothers of CP child to improve quality of sleep.

## 41. Category: Oral Presentation. Non Competitive

**Title:** Understanding functional correlates of dynamics of squatting during its movement transition from stand to squat in patients with early degenerative changes at knee

**Author:** Vijay Batra (Non-competitive), Dr. Meenakshi Batra

### ABSTRACT

**Background:** The onset of degenerative changes at knee is characterized by altered ability to transmit load from knee to foot affecting movement transitions from standing to squatting during functional activities.

**OBJECTIVE:** To understand functional correlates of dynamics of squatting during movement transition from stand to squat in patients with early degenerative changes at knee

**METHOD:** Cross sectional Observational cohort study. A total of 252 subjects of age range 40-60 years were screened to include 92 subjects from normal population (group A). In phase II, 134 subjects with early degenerative changes at knee were screened to include 80 subjects (group B). All participants in both phases were evaluated for Q angle and gait parameters [base of support (BOS), toe out angle (TOA)] & plantar load distribution during test positions stand and squat.

**RESULTS:** In Phase I, Within group analysis of both the groups for test positions stand versus squat, for the components of gait dynamics [base of support and toe out angle (left & right) and plantar load distribution during stand & squat] was done using Paired' test. In group A (Normal population) p value, was significant, for plantar load distribution for anterior half of medial arch [ $2.1 \pm 1.2$  (stand) &  $1.6 \pm 1.3$  (squat),  $p \leq 0.004$ ] & posterior half of lateral border ( $24.0 \pm 4.3$  &  $25.0 \pm 6.5$ ,  $p \leq 0.027$ ) left foot and, lateral border ( $5.7 \pm 2.6$  &  $5.0 \pm 2.7$ ,  $p \leq 0.025$ ), & heel region ( $24.2 \pm 4.2$  &  $25.9 \pm 6.5$ ,  $p \leq 0.016$ ), right foot, BOS ( $10.7 \pm 2.1$  &  $11.97 \pm 1.6$ ,  $p \leq 0.001$ ), TOA, left & right foot [ $(9.4 \pm 2.3$  &  $11.1 \pm 2.5$ ,  $p \leq 0.001$ ) &  $(9.3 \pm 2.2$  &  $11.0 \pm 2.5$ ,  $p \leq 0.001)$ ]. Similarly within group analysis for group B was done for [base of support and toe out angle (left & right) and plantar load distribution during stand & squat] and, p value was significant for anterior half of medial arch Left foot ( $p \leq 0.008$ ), heel region right



foot ( $p \leq 0.017$ ), and BOS, ( $11.3 \pm 4.4$  &  $12.8 \pm 3.6$ ,  $p \leq 0.001$ ), TOA left foot ( $9.7 \pm 5.9$  &  $12.0 \pm 6.3$ ,  $p \leq 0.001$ ) & right foot ( $9.9 \pm 4.3$  &  $12.3 \pm 4.4$ ,  $p \leq 0.001$ ). Between group analysis was also done for parameters of gait dynamics [base of support and toe out angle (left & right)] & [plantar load distribution during stand & squat], using Independent 't' test. During standing, p value was significant for, anterior & posterior half of lateral border & heel region ( $p \leq 0.001$  to  $0.019$ ) and TOA, right foot ( $p \leq 0.001$ ) while in squatting p value was significant for posterior half of medial arch, lateral border & heel region ( $p \leq 0.001$  to  $0.02$ ), and BOS ( $p \leq 0.018$ ) & right TOA ( $p \leq 0.023$ ). **CONCLUSION:** It can be concluded that with the onset of degenerative changes at knee the squatting mechanism gets altered and patients develop compensatory strategies as demonstrated by gait deviations & plantar load distribution.

## 42. Category: Oral Presentation. Competitive

**Title:** Effectiveness of Adapted Multimodal Sensory Stimulation on Comatose Patients Post-Traumatic Brain Injury: A Quasi-Experimental Study

**Authors:** Shilpa Naik (Goa), Vivek Vajaratkar

### ABSTRACT

**Background:** Traumatic brain injury (TBI) can have a lasting impact on quality of life of survivors of all ages, one of the main and initial consequence of severe head injury is coma along with other disorders of consciousness. If not treated early this may affect motor, cognition, and other disorders, which may have severe economic burden on the families of patients with TBI. Hence it is vital to intervene comatose patients post TBI.

**Objective:** To evaluate the effectiveness of adapted multimodal sensory stimulation intervention on comatose patient's post-traumatic brain injury.

**Study Design:** The design of this study was a quasi-experimental quantitative study design.

**Methodology:** 30 comatose patients post traumatic brain injury were recruited using convenient purposive sampling method and were assigned to experimental and control group. Pre and post assessments were done using Glassgow coma scale (GCS), coma recovery scale-revised (CRS-R), disability rating scale (DRS). Both the groups received traditional treatment and the experimental group received additional adapted multimodal sensory stimulation program for 2 hours a day for 2 weeks.

**Result:** The experimental group showed significant improvement within the group for GCS with  $t = (-20.37)$  and  $p = (<0.001)$ , for CRS-R with  $t = (-10.20)$  and  $p = (<0.001)$  and for DRS with  $t = (-10.20)$  and  $p = (<0.001)$  as compared to control group. When compared between the experimental group and control group, the experimental group showed significant improvement.

**Conclusion:** Overall, the study found that adapted multimodal sensory stimulation therapy has significant effect on GCS, CRS and DRS in comatose patients, post traumatic brain injury when compared to the patients who did not receive adapted multimodal sensory stimulation therapy.

## Innovative Technology–Delegate Abstracts

### 1. Digital technology and rehabilitation: Bridging the service gap in India

**Presenters:** Franzina Coutinho, Tatiana Ogourtsova 2, Marie Brien 1\*, Dinesh Krishna 1, T. Maheshwari

**Background:** Amar Seva Sangam Ayikudy (ASSA) is a unique non-profit, non-governmental organisation in Tamil Nadu, India. ASSA believes that digital technology offers unique solutions towards bridging the healthcare divide. To further this goal, they have created a family-centred, community based early intervention programme called Enabling Inclusion® (EI). It is used with children between 0–18 years of age. Community rehabilitation workers are trained by rehabilitation specialists in administering screening tools and conducting interventions at the child's home or at centres close and accessible to families. The entire process is facilitated by the EI App. It acts as a communication and organisational tool between all stakeholders. It is designed as a one stop case management tool.

The app is currently used in 4 states in India. Overall, the EI® app has screened 83,846 children for developmental disabilities. 4,900 children have improved developmental outcomes as a result of this innovation since January 2015. Of these children 2555 ( 62%) are male and 1395 (34 %) are currently enrolled in school. The primary disabilities diagnosed and provided rehabilitation services were 1085 (26%) CP, 301 (7%) ASD and 314 (8%) Intellectual disability. 5535 health and education workers have been trained in identifying developmental disabilities and providing early intervention and child rehabilitation services as a result of the EI® innovation.

Implementing digital technologies holds unique advantages for densely populated countries such as India. It allows for smoother communication across all stakeholders, thus aiding the adoption of a transdisciplinary approach across geographical lines.

## Mini Movie–Delegate Abstracts

**1.Assistive technology in Occupational Therapy - A magical tool to facilitate occupational performance in individuals with functional deficits.**

**Presenter:** Mrs. Yogita Shendge



**Introduction:** Assistive Technology is defined by World Health Organisation (WHO) as "the system and service associated with the delivery of assistive devices and services". In the service of occupational therapy, the art and craft of designing and making of assistive devices forms this system of assistive technology facilitating functional change in the lives of individuals with functional deficits.

**Materials and methods:** The film presents the clinical cases of varied diagnosis in individuals presenting with deficits in functional performance of activities of daily living, work and leisure. Following the COPM model, based on the priority needs of the individuals with functional deficits, assistive devices were designed, fabricated, provided and trained to facilitate independence in their self-care, work and leisure.

**Observations and results:** Clinically, Occupational performance and Functional independence increased in individuals with functional deficits by more than average 50%, owing to the use of assistive devices planned, designed, customized, and used based on their occupational needs that is activities of daily living, work and leisure. These devices are handy, affordable, lightweight, compact and user friendly.

**Conclusion:** Use of Assistive technology in occupational therapy creates magic by facilitating tangible functional outcome in occupational performance –the core philosophy of occupational therapy.

**Keywords:** Assistive technology, assistive devices, individuals with functional deficit, occupational performance.

## **2.Harmony Regained: Navigating Schizophrenia's Symphony with Courage and Compassion**

**Presenters:** Kmch College Of Ot (10 Participants) 1. Athira 2.Andrew 3.Arthi 4.Krishna 5.Naila 6.Bhavana 7.Kaviya Shree 8.Sanjitha 9.Sivasankari 10. Samyuktha

**Abstract:** The film tells the story of a 21-year-old college student suffering from schizophrenia, experiencing frequent episodes of auditory and visual hallucinations, as well as delusions of persecution and reference. Despite suppressing these struggles, they affect her daily life in various settings, such as at home, during travel, in college, and within her community. One day, during a class, she undergoes intense hallucinations, leading a concerned friend to intervene. Despite pushing her friend away, the parents are informed, and they decide to consult a psychiatrist. The psychiatrist prescribes medication, allowing her to live without disturbances. However, upon re-entering society, she faces social stigma, prompting isolation. Recognizing her struggles, the college professor informs her parents, who consult the psychiatrist again. Despite the psychiatrist & efforts, he refers them to an occupational therapist. The movie centers on the occupational therapist role in helping the girl rebuild her life by assisting her in adjusting to her community.



### 3.Magic in Occupational Therapy

**Presenters:** Yashiki Chaddha, Dr. Kavitha Mahamankar

**Abstract:** Occupational Therapy is defined in a regular dictionary as use of activities as an aide to recuperate from physical or mental illness. However, behind this very simple definition is a vast sea of creativity and knowledge where the both the art and science of living are combined. Therapists truly create magic catering to different populations ranging from newborn infants to older adults with various impairments or disabilities. This video explains activities that can possibly be seen as adjuncts but can be used in mainstream occupational therapy to create magic ranging from art based interventions, relaxation strategies, using nature, using music and dance forms to finding spirituality and unity. Just as a magician uses techniques like entertainment, illusions, disappearances or sudden appearances a therapist can also use their voice, their bodies, activities and the environment to achieve results. All one needs is to have the right mindset!

### 4.Role of occupational therapist in palliative care for cancer patient.

**Presenter:** Maruvazhvu

**Abstract:** Shwetha, a budding badminton player, was diagnosed with third stage blood cancer despite leading a healthy lifestyle. She became depressed, lost all hope of survival, and gave up on her goal of becoming a badminton champion. Fortunately, she finds out about the occupational therapy palliative care. The occupational therapist (OT) provides a holistic therapy approach by determining her needs in the areas of ADL, play, education, leisure, hobbies, interests, physical health, mental health,

social wellness, and environmental modification. She also uses adaptive and assistive equipment to support her needs. Therefore, the main objective of this short film is to show that Occupational therapist can provide cancer patients with a full recovery.



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**Convener: Dr. Lalit Narayan**

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Total Members: 200

Current Tenure: 2019-2023

##### Haryana Branch of AIOTA

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**Convener: Manish Samnani**

Mobile: +91-9810887523

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Total Members: -

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##### Punjab Branch of AIOTA

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**Convener: Dr. Aditya Kumar**

Mobile: +91-9569384644

Email: adityamoth@gmail.com

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**Convener: Dr. Pankaj Bajpai**

Mobile: 0522-2350482, +91-9433098374

Email: pankajdaa@gmail.com

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**Convener: Dr. Lakshmanan Sethuraman**

Mobile: +91-9902652502

Email: lakshmansethu@gmail.com

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**Convener: Dr. Joseph Sunny**

Mobile: +91-9600005002

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**Convener: Dr. Ilavajagan Rajagopalan**

Mobile: +91-9994566412

Email: ilavajagan25@rediffmail.com

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**Convener: Dr. Raghuram P.**

Mobile: +91-9677073853, +91-9884167757

Email: raghumot@gmail.com

Website: www.tnaiota.org

Total Members: 484

Current Tenure: 2020-2024



## Telangana Branch of AIOTA

Year of Inception: 2017

**Convener: Dr. Vasudeo T. Sawlani**

Mobile: +91-7382526352

Email: vasudeo.sawlani@gmail.com

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## WestZone

### Goa Branch of AIOTA

Year of Inception: 2019-2021

**Convener: Dr. Mahera Kantawalla**

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Email: mahera@gmail.com ;

goabrancaiota@gmail.com

Total Members: 123

Current Tenure: 2020-2024

### Rajasthan Branch of AIOTA

Year of Inception: 2007

**Convener: Dr. Surendra Kumar Meena**

Mobile: +91-9785400331, +91-9414058796

Email: raj.aiota@gmail.com

Total Members: 19

Current Tenure: 2020-2024

### Gujarat Branch of AIOTA

Year of Inception: 1972

**Convener: Dr. Hetal Tripathi**

Mobile: +91-8000641554

Email: drhetaltripathi@gmail.com

Website: www.otgujarat.com

Total Members: 450

Current Tenure: 2020-2022

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### Bihar Branch of AIOTA

Year of Inception:

**Convener: Dr. Abhay Jaiswal**

Mobile: +91-9835014723

Email: abhay501@yahoo.com

Total Members:

Current Tenure: 2019-2023

### Odisha Branch of AIOTA

Year of Inception: 2001

**Convener: Dr. Anurupa Senapati**

Mobile: +91-9437631491

Email: anurupasenapati@gmail.com

Total Members: 50

Current Tenure: 2020-2022

### West Bengal Branch of AIOTA

**Year of Inception: 2006**

**Co-Convener: Dr. Tridil Chatterjee**

Mobile: +91-9831110577

Email: occuptridip@gmail.com

Total Members: 51

Current Tenure: 2020-2024

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### Aurangabad Branch Of AIOTA

Year of Inception: 2005

**Convener: Dr. Kalpana Kadu**

Mobile: +91-9423780475

Email: kalpanakadu3@gmail.com

Total Members: 10

Current Tenure: 2017-2022

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Year of Inception: 1965

**Convener: Dr. Sneha Goyadani**

Mobile: +91-9326325440; +91-8788566200

Email: nagpur.aiota@gmail.com

Website: www.aiotanagpur.in

Total Members: 150

Current Tenure: 2022-2025

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Year of Inception: 1976-1977

**Convener: Dr. Shriharsh S. Jahagirdar**

Mobile: +91-9821011353

Email: mumbaiota@gmail.com

Total Members: 60

Current Tenure: 2021-2024

### Navimumbai Branch of AIOTA

Year of Inception: 2019

**Convener: Dr. Shashi Oberai**

Mobile: +91-9820962641

Email: shashioberai@gmail.com

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Current Tenure: 2019-2023

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# PRESS RELEASE OTICON 2024

## ഓട്ടികോൺ 2024 സമ്മേളനം കൊച്ചിയിൽ

കൊച്ചി

ഓൾ ഇന്ത്യ ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷന്റെ 51-ാം ദേശീയ സമ്മേളനം 19 മുതൽ 21 വരെ കലൂർ ഗോകുലം പാർക്ക് ഹോട്ടലിൽ നടക്കുമെന്ന് സംഘാടകർ വാർത്താസമ്മേളനത്തിൽ പറഞ്ഞു. പതിനഞ്ചിലധികം രാജ്യങ്ങളിൽനിന്നായി ആയിരത്തിലധികം പ്രതിനിധികൾ 'ഓട്ടികോൺ 2024'ൽ പങ്കെടുക്കും. വാർത്താസമ്മേളനത്തിൽ സംഘാടക സെക്രട്ടറി ഡോ. ജോസഫ് സണ്ണി, ഡോ. മേരി ഫിലിപ്പ്, ഡോ. അനു ജോൺ എന്നിവർ പങ്കെടുത്തു.

## ഓട്ടികോൺ 2024 കൊച്ചിയിൽ

**കൊച്ചി:** ഓൾ ഇന്ത്യ ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷന്റെ (ഐഐഒടിഎ) 61-ാം ദേശീയ സമ്മേളനം 'ഓട്ടികോൺ 2024' 19 മുതൽ 21 വരെ കലൂർ ഗോകുലം പാർക്ക് ഹോട്ടലിൽ നടക്കും. 15ൽ അധികം രാജ്യങ്ങളിൽ നിന്നായി ആയിരത്തോളം പേർ പങ്കെടുക്കും. കൂട്ടികൾക്ക് സൗജന്യ ഭിന്നശേഷി നിർണ്ണയവും രക്ഷിതാക്കൾക്ക് പരിശീലനവും നൽകുന്ന ചിറക് പദ്ധതിയും ഇതോടനുബന്ധിച്ച് നടക്കുമെന്ന് സംഘാടകർ അറിയിച്ചു. ഡോ. ജോസഫ് സണ്ണി, ഡോ. മേരി ഫിലിപ്പ്, ഡോ. അനു ജോൺ എന്നിവർ പ്രത്യേക സമ്മേളനത്തിൽ പങ്കെടുത്തു.

MATHRUBHUMI - 13-01-2024

## ഓട്ടികോൺ 2024: ഓൾ ഇന്ത്യ ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷന്റെ ദേശീയസമ്മേളനം

കൊച്ചി: ഓൾ ഇന്ത്യ ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷന്റെ (ഐഐഒടിഎ) 61-ാം ദേശീയ സമ്മേളനം 19 മുതൽ 21 വരെ കലൂർ ഗോകുലം പാർക്ക് ഹോട്ടലിൽ നടക്കുമെന്ന് സംഘാടകർ വാർത്താസമ്മേളനത്തിൽ പറഞ്ഞു. പതിനഞ്ചിലധികം രാജ്യങ്ങളിൽനിന്നായി ആയിരത്തിലധികം പ്രതിനിധികൾ 'ഓട്ടികോൺ 2024'ൽ പങ്കെടുക്കും. വാർത്താസമ്മേളനത്തിൽ സംഘാടക സെക്രട്ടറി ഡോ. ജോസഫ് സണ്ണി, ഡോ. മേരി ഫിലിപ്പ്, ഡോ. അനു ജോൺ എന്നിവർ പങ്കെടുത്തു.

ഓട്ടികോൺ 2024: ഓൾ ഇന്ത്യ ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷന്റെ (ഐഐഒടിഎ) 61-ാം ദേശീയ സമ്മേളനം 19 മുതൽ 21 വരെ കലൂർ ഗോകുലം പാർക്ക് ഹോട്ടലിൽ നടക്കുമെന്ന് സംഘാടകർ വാർത്താസമ്മേളനത്തിൽ പറഞ്ഞു. പതിനഞ്ചിലധികം രാജ്യങ്ങളിൽനിന്നായി ആയിരത്തിലധികം പ്രതിനിധികൾ 'ഓട്ടികോൺ 2024'ൽ പങ്കെടുക്കും. വാർത്താസമ്മേളനത്തിൽ സംഘാടക സെക്രട്ടറി ഡോ. ജോസഫ് സണ്ണി, ഡോ. മേരി ഫിലിപ്പ്, ഡോ. അനു ജോൺ എന്നിവർ പങ്കെടുത്തു.



ഓട്ടികോൺ 2024: ഓൾ ഇന്ത്യ ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷന്റെ (ഐഐഒടിഎ) 61-ാം ദേശീയ സമ്മേളനം 19 മുതൽ 21 വരെ കലൂർ ഗോകുലം പാർക്ക് ഹോട്ടലിൽ നടക്കുമെന്ന് സംഘാടകർ വാർത്താസമ്മേളനത്തിൽ പറഞ്ഞു. പതിനഞ്ചിലധികം രാജ്യങ്ങളിൽനിന്നായി ആയിരത്തിലധികം പ്രതിനിധികൾ 'ഓട്ടികോൺ 2024'ൽ പങ്കെടുക്കും. വാർത്താസമ്മേളനത്തിൽ സംഘാടക സെക്രട്ടറി ഡോ. ജോസഫ് സണ്ണി, ഡോ. മേരി ഫിലിപ്പ്, ഡോ. അനു ജോൺ എന്നിവർ പങ്കെടുത്തു.

## Occupational therapists' meet

The 61st annual national conference of All India Occupational Therapists' Association, OTICON 2024, will be held in Kochi from Friday to Sunday.

Times Of India - 13.01.2024

Malayala manorama - 12.01.2024



# OTICON 2024: 61st Annual National Conference of All India Occupational Therapists Association-to be held from Jan 19th to 21st

By admin January 15, 2024 0

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Travel 4 Kerala- 15.01.2024



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## all-india-conference-of-occupational-therapists'-association-from-jan-19-to-21 News in Hindi -1 News Headlines Found

### All India conference of Occupational Therapists' Association from Jan 19 to 21

Kochi, Jan 13 (UNI) The Kerala Occupational Therapists' Association announces OTICON 2024, the 61st Annual National Conference of All India Occupational Therapists Association (AIOTA).

#All India conference of Occupational Therapists' Association from Jan 19 to 21

All India Conference Of Occupational Therapists' Association From Jan 19 To 21- Latest Hindi News Headlines On All India Conference Of Occupational Therapists' Association From Jan 19 To 21. Stay Updated With Recent Developments & News Stories About All India Conference Of Occupational Therapists' Association From Jan 19 To 21

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All India Conference Of Occupational Therapists' Association From Jan 19 To 21

By Kibbi January 14, 2024 10:13 AM



The Kerala Occupational Therapists' Association announces OTICON 2024, the 61st Annual National Conference of All India Occupational Therapists Association (AIOTA). The event is scheduled to take place from January 19th to 21st, 2024, at Golulan Park Hotel in Kalar. This year's theme, "Occupations and Occupational Science: Creating 'Magic' in Occupational Therapy" reflects the commitment of the conference to explore the latest innovations, technologies,

E 2 India- 14.01.2024

United News of India- 13.01.2024

## ഓട്ടികോൺ 2024: ഓൾ ഇന്ത്യ ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷന്റെ അറുപത്തിയൊന്നാം ദേശീയസമ്മേളനം കൊച്ചിയിൽ

By ANAND MV 1 Jan 12, 2024, 17:58 IST

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Kerala Online News- 12.01.2024

## ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോ. ദേശീയസമ്മേളനം കൊച്ചിയിൽ

**കൊച്ചി** • ഓൾ ഇന്ത്യ ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷന്റെ (ഐ.ഐ.ഒ.ടി.എ.) ദേശീയസമ്മേളനം 19 മുതൽ 21 വരെ ഗോകുലം പാർക്ക് ഹോട്ടലിൽ നടക്കും. കേരള ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷനാണ് സംഘാടകർ. കൂട്ടിക്കൂടെ മാനസികവും ശാരീരികവുമായ വളർച്ചാനിരക്ക് സൗജന്യമായി പരിശോധിക്കാൻ സമ്മേളനത്തിൽ അവസരമുണ്ടാകും. മാതാപിതാക്കൾക്കും അധ്യാപകർക്കും പ്രത്യേക ക്ലാസുകളും നടത്തും.

15-ലധികം രാജ്യങ്ങളിൽ നിന്നായി ആയിരത്തിലധികം പേർ സമ്മേളനത്തിൽ പങ്കെടുക്കുമെന്ന് കേരള ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷൻ പ്രസിഡന്റ് ഡോ. ജോസഫ് സണ്ണി, കേരള ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷൻ വൈസ് പ്രസിഡന്റ് ഡോ. മേരി ഫിലിപ്പ്, സെക്രട്ടറി ഡോ. അനൂ ജോൺ എന്നിവർ അറിയിച്ചു.

## 'ഓട്ടികോൺ 2024' 19 മുതൽ

**കൊച്ചി** • ഒക്യുപേഷണൽ തെറാപ്പിസ്റ്റ് അസോസിയേഷൻ (ഐ.ഐ.ഒ.ടി.എ.) ദേശീയ സമ്മേളനം 'ഓട്ടികോൺ 2024' 19 മുതൽ കലൂർ ഗോകുലം പാർക്ക് ഹോട്ടലിൽ നടക്കും. 21ന് സമാപിക്കും. പതിനഞ്ചിലേറെ രാജ്യങ്ങളിൽ നിന്നായി ആയിരത്തോളം പേർ പങ്കെടുക്കും. കൂട്ടികൾക്കു സൗജ

ന്യ ഭിന്നശേഷി നിർണയവും രക്ഷിതാക്കൾക്കു പരിശീലനവും നൽകുന്ന ചിറക് പദ്ധതി സമ്മേളനത്തിൽ അവതരിപ്പിക്കുമെന്നു സംഘാടകരായ ഡോ. ജോസഫ് സണ്ണി, ഡോ. മേരി ഫിലിപ്പ്, ഡോ. അനൂ ജോൺ എന്നിവർ പറഞ്ഞു.





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Self-Directed Arm Therapy



Armeo Senso, Hocoma, Switzerland

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# ACKNOWLEDGEMENT

It has been a great honour and learning experience organizing the OTICON'2024. This conference wouldn't have been possible without the hard work and sincere efforts of a few key people. We thank God almighty for making this mission impossible, a possible one. The strength of the team is each individual member. The strength of each member is the team. Keeping together is progress and working together is success.

As the organizing secretary, I feel very honoured and privileged to have organized the 61st annual national conference of all India occupational therapists' Association (AIOTA) here in GOKULAM PARK, Kochi .

At this point of time, my team and I would like to express our sincere thanks to Dr. Anil K. Srivastava, President AIOTA, for his constant guidance and support. His vision to conduct a grand event has helped us to succeed. Our sincere thanks to the Vice President AIOTA, Dr. Surendra Kumar Meena, Dr. Pratibha Vaidya, Treasurer, AIOTA along with Dr. Jyothika Bijlani, Dean, ACOT, Dr. Shashi Oberai, Ex- Officio AIOTA, Dr. R. K. Sharma, Dr. Pankaj Bajpai, Dr. Punita V Solanki, EC Members, AIOTA, for their ever-present support from the very beginning and valuable insight.

I would like to thank Dr. Shriharsh Jahagirdar, Scientific Chairperson OTICON 2024 and EC Member, AIOTA, for organizing a great scientific session. Participants of the conference had learnt many ideas and concepts. The guest talks were also very insightful. I would like to thank my friend Dr. Lakshmanan S, Conference Coordinator OTICON 2024 AIOTA, for his guidance and support. He was always present to support the entire team even before the start of the conference.

At this point of time, we would like to thank all the Deans/Principals/ HODs of various OT institutions for their support by sending their students and facilities to make the conference a huge success. Our sincere thanks to all the delegates who had participated during the conference. Your presence was one of the factors for the conference to have become successful.

I thank the various Sponsors for their continuous support and participation. Once again, I would like to thank AIOTA and KOTA for the constant support.

Regards,



**Dr. Joseph Sunny**  
Organizing Secretary, OTICON 2024





# OTIcon 2024

The 61<sup>st</sup> Annual National conference of  
All India Occupational Therapists' Association



Organised by  
Kerala Branch of All India Occupational Therapists' Association

GOKULAM PARK, KOCHI  
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