



CAOT - ACE

Canadian Association of Occupational Therapists
Association canadienne des ergothérapeutes

Easy Choice: Practice Bundle

Lifestyle Changes

This webinar bundle includes the following 5 On-Demand Practice Evidence Webinars:

Living While Losing: Enabling Occupation for Clients with Obesity

Presented by Mary Forhan on May 1, 2016

Obesity is a chronic health condition often characterized by cycles of weight loss, plateaus and gain. Research shows that patients engaged in treatment for obesity delay occupation-based goal setting until they achieve their weight loss goal. This webinar will focus on enabling occupation with clients who have obesity. This topic is relevant for occupational therapists who are interested in learning more about working effectively with clients who have obesity. This webinar will include an overview of the impact of obesity on occupational performance, occupational therapy assessments and interventions. Application to practice will be described using a case study.

After watching this webinar, you will be able to:

1. Recognize the barriers and enablers to participation for clients living with obesity.
2. Understand current practices in obesity treatment.
3. Apply occupational therapy interventions to enable clients to live their lives during obesity treatment.

Licit, Illicit, and Prescribed: Addressing Substance Use in Occupational Therapy Settings

Presented by Niki Kiepek on December 8, 2015

This webinar builds on a previous Lunch & Learn webinar by this presenter "Addressing Client Alcohol and Drug Use: Practical Considerations for Occupational Therapists" (May 7, 2013). In the current webinar, key considerations regarding substance use will be described as related to various occupational therapy settings and populations, such as older adults, acquired injury, and forensics. A focus of this webinar will include an overview of pharmacological properties of common substances and an introduction to drug interactions. Harm reduction and abstinence approaches will be described, in relation to setting, population, and pharmacology.

After watching this webinar, you will be able to:

1. Have increased knowledge about the prevalence of substance use across occupational therapy settings.
2. Acquire a basic understanding about the pharmacological properties of substances, which subsequently impact patterns of use and effects on occupational engagement and performance.
3. Develop a basic understanding about harm reduction and abstinence approaches to inform clinical decision-making and recommendations

Supporting Clients with Diabetes: Occupational Therapy Strategies to Enhance Diabetes Self-Care and Quality of Life

Presented by Beth Pyatak on November 10, 2015

Over 7% of Canadians are living with diabetes, a chronic and progressive metabolic disease. Diabetes is a leading cause of disabling conditions such as blindness, kidney disease and amputations, and can also restrict people's participation in work, recreation, leisure and household activities. Occupational therapists can play a significant role in assisting people with diabetes to more effectively manage this disease, through developing strategies to support their performance of diabetes self-care activities. This webinar will describe the basics of diabetes management, outline an evidence-informed intervention for diabetes management, and provide case examples to illustrate the implementation of the intervention in practice.

After watching this webinar, you will be able to:

1. Describe the basic physiology, treatment strategies, and progression of both type 1 and type 2 diabetes.
2. Identify typical challenges related to the performance of diabetes self-care activities encountered by persons with type 1 and type 2 diabetes.
3. Formulate occupation-based treatment strategies to address diabetes self-care activities in an occupational therapy session.

Occupational Transition of Smoking Cessation: More than Just Butting Out

Presented by Kerrie Luck on January 13, 2015

Smoking is a leading cause of preventable disease and death, but 90% of those who attempt to quit smoking relapse. Smoking cessation is clearly an important and challenging transition. The findings from a phenomenological study that explored the occupational transition of smoking cessation in women will be shared and the clinical implications of using an occupational lens to assist clients with smoking cessation will be discussed. An overview of tobacco use in Canada, the role of brief intervention (ASK, ADVISE, ASSIST) in smoking cessation and practical strategies for occupational therapists to assist clients who smoke, will also be presented.

After watching this webinar, you will:

1. Recognize the impact of tobacco use in Canada, including its health and societal implications.
2. Describe the occupational transition from smoker to non-smoker, as well as the implications for occupational therapy.
3. Apply their knowledge of "brief intervention" for smoking cessation in clinical practice.

An introduction to motivational interviewing and change talk

Presented by Niki Kiepek on October 8, 2013

Motivational interviewing (MI) is a therapeutic approach that is associated with enhanced clinical outcomes for health behaviour change. The presentation will be structured in alignment with most recent edition of the Motivational Interviewing: Helping People Change text. Emphasis will be placed on skills of eliciting, identifying and effectively responding to change talk. Application of the techniques will be demonstrated by providing examples consistent with occupational therapy practice.

After watching this webinar, you will:

1. Develop an overview of motivational interviewing.
2. Strengthen knowledge about how to effectively elicit, recognize, and respond to change talk

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