



CAOT - ACE

Canadian Association of Occupational Therapists
Association canadienne des ergothérapeutes

Easy Choice: Practice Bundle

Sleep & Sexual Health

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

Pelvic health and emotional wellness: Occupational therapist role with pelvic floor dysfunction

Presented by Lara Desrosiers & Lindsey Kaupp on September 24, 2019

Pelvic floor dysfunction occurs in approximately 25% of women (Wu et al., 2014) and 4-8% of men (MacLennan et al., 2000). Symptoms and associated distress have a direct impact on daily habits, routines, meaningful occupation, and relationships. Occupational therapists already addressing these domains with clients are therefore well positioned to screen for pelvic floor dysfunction, its impact and make appropriate referrals. In this webinar, pelvic floor dysfunction will be defined and its impact on emotional wellness will be highlighted. This webinar will also identify evidence-based physiological, psychological and social interventions for pelvic floor dysfunction.

After taking part in this webinar, participants will:

1. Screen for pelvic floor dysfunction in any practice setting.
2. Understand the different ways in which pelvic health and emotional wellness are often intertwined.
3. Describe the evidence supporting biopsychosocial approaches in the field of pelvic health.

Screening and intervention tools for adults with sleep difficulties

Presented by Samantha Valasek on October 8, 2019

Sleep is foundational for physiological function and occupational engagement. Occupational therapists can help individuals achieve adequate duration and quality through addressing occupations throughout the 24-hour cycle of a day.

This webinar will review the physiological regulation of sleep and the impact of occupations on sleep regulation. There will be an overview of screening and intervention tools that target sleep.

After taking part in this webinar, participants will be able to:

1. Articulate components of sleep physiology.
2. Identify key sleep strategies that support its onset, duration, and quality.
3. Identify screening tools and interventions that address sleep.

Occupational therapy's distinct value in promoting sexual health and menstrual hygiene

Presented by Elizabeth K. Schmidt & Freya McGregor on April 16, 2019

There is a significant need to address sexual health, sexual health education and associated skills such as menstrual hygiene management with clients with various intellectual, physical, and visual disabilities in clinical practice. These are activities of daily living and often an important part of life, yet frequently under-addressed in these populations. This webinar will provide an overview of occupational therapy's distinct value in addressing sexual and reproductive health for individuals with various disabilities, including specific strategies for health promotion, remediation, and modifications based on individual abilities.

After taking part in this webinar, participants will:

1. Identify the need for safe sexual health practices for individuals with intellectual and developmental disabilities.
2. Describe evidence-based practices for sexual health education.
3. Recognize occupational therapy's role in safe sexual health practices and menstrual hygiene management for individuals with vision impairments, intellectual, developmental, and physical disabilities.
4. Identify strategies for effective sexual health education and menstrual hygiene management in various clinical settings for individuals with various disabilities.
5. Explain future directions for research and program development to promote safe sexual health practices for individuals with intellectual and developmental disabilities.

The occupation of sleep in pediatric occupational therapy: A family-centered approach

Presented by Jason Browning and Nicole Quint on May 8, 2018

Sleep affects performance in daily occupations for children and their families. While sleep duration continues to decrease for all ages, the repercussions of inadequate sleep include risks for difficulties in psychological health, emotional health and cognitive performance. Sleep within pediatric occupational therapy practice requires a contextual approach to address the full impact of sleep disturbances. Participants, using the Person-Environment-Occupation Model (Law et al., 1996), will identify the barriers to sleep participation and performance, as well as areas which enable sleep creating a complete sleep profile. The participants will apply this analysis process toward case studies enabling reflection on integration into their own personal practice.

After taking part in this webinar, participants will be able to:

1. Identify occupational performance issues regarding sleep from a developmental standpoint using the Person-Environment-Occupation (PEO) Model.
2. Examine sleep performance patterns across pediatric populations.
3. Construct and apply evidence-based occupational therapy interventions related to sleep hygiene protocols and direct sleep interventions.

Incorporating sexuality into everyday occupational therapy practice

Presented by Shaniff Esmail on February 07, 2017

Sexuality is an essential part of the human experience. As occupational therapists, we are experts in enabling participation and engagement in activities of daily living, including the expression of sexuality. Physical and mental changes associated with an illness or injury can affect our clients' sexual health adjustment. This webinar will explore the impact of disability and illness on sexual identity and functioning. Although there are no recipes when dealing with the topic of sexuality and disability, this webinar will provide you with practical guidelines and strategies for dealing with specific sexual health concerns expressed by clients and their partners.

After taking part in this webinar, participants will:

1. Understand the impact of disability and illness on sexual identity and functioning.
2. Identify strategies and guidelines to address sexual health concerns clients face.

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[Purchase the group version of this webinar bundle \(valid for up to 25 people from the same company/organization\)](#)

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