



POTA NEWSLETTER



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TASK FORCE

Maavra Zeeshan

Hafsa Irfan



FROM POTA'S DESK

Dear Readers,

We are thrilled to announce a significant milestone in the journey of the Pakistan Occupational Therapy Association (POTA). It is now **officially registered with the SECP under Platinum Occupational Therapist Allied Pvt. Ltd.** This marks a new chapter of growth, credibility, and excellence for occupational therapy in Pakistan.



We are also thrilled to introduce our **new logo**, thoughtfully designed to reflect our mission and identity. The green shade symbolizes our national pride and emphasizes harmony and unity as the foundation of our purpose. The crescent moon with white font represents growth, hope, and professionalism, while the map of Pakistan in the background highlights our dedication to fostering occupational therapy's development across the nation.

POTA proudly **hosted its 1st international and 2nd national conference**, a landmark event that united international guests, national leaders, and practitioners. The conference was a resounding success, filled with enriching discussions and professional growth opportunities.

Explore this newsletter for key highlights and valuable updates. Visit our website at www.pota.pk for POTA's Code of Ethics and Scope of Practice, which we encourage all practitioners to uphold.

Together, let's uplift occupational therapy in Pakistan by building skills, empowering communities, and fostering independence.

With hope and determination,

Neelum Zehra (Vice President of Finance POTA)

Pakistan Occupational Therapy Association

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Become a POTA Member: Connect, Learn, and Grow



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SPECIAL SEGMENT

World Federation of Occupational Therapists (WFOT) President's Visit to Pakistan:

Samantha Shann, President of the World Federation of Occupational Therapy (WFOT), recently visited Pakistan to participate in the 1st International and 2nd National Pakistan Occupational Therapy Conference held in Lahore and Karachi. The events emphasized building international connections, promoting professional development, and enhancing occupational therapy practices through interdisciplinary partnerships.

With over 30 years of experience, Samantha (MSc, PGCert, Dip COT, UK) has worked in various clinical, educational, and governmental settings worldwide. Recognized as a Fellow of the Royal College of Occupational Therapists, her visit underscored the need for expanded access to therapy services and global collaborations. She also led a pre-conference workshop on modern rehabilitation techniques, providing valuable insights to local practitioners. **Dr. Hasan I. Sarsak** (PhD, OT) later also joined the gathering in the city of Karachi, enriching the community with his participation.

This segment showcases highlights from the recent visit and celebrates significant advancements toward a collaborative future in occupational therapy.

Introducing

Special

segment

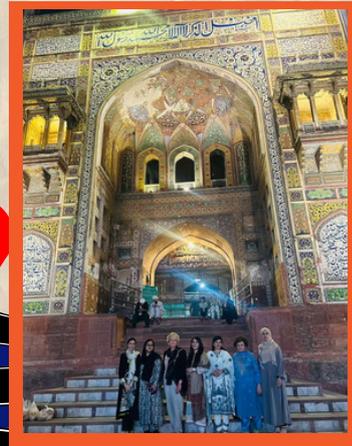
for this Edition



SPECIAL SEGMENT

PICTORIAL HIGHLIGHTS :

Ms. Samantha's Visit to Lahore



"Ms. Samantha Shann, President of WFOT, visits the stunning Wazir Khan Mosque in Lahore, a masterpiece of Mughal architecture"



"Stepping into Lahore's past! Ms. Samantha Shann explores the iconic Delhi Gate, a symbol of the city's enduring legacy."



"Honored to host Ms. Samantha Shann, President of the World Federation of Occupational Therapists (WFOT), at the Lahore Craft Bazaar! Accompanied by Ma'am Neelam, Principal of the College of Occupational Therapy at Ziauddin University."



SPECIAL SEGMENT

PSRD and POTA Host the Inaugural International Conference on Occupational Therapy in Pakistan

Lahore, Pakistan – November 19, 2024

The *Pakistan Occupational Therapy Association (POTA)* and the *Pakistan Society for Rehabilitation of Differently Aabled (PSRD)* proudly hosted POTA's 1st International and 2nd National Conference, marking a monumental milestone for the profession in Pakistan.



This landmark event, held across Lahore and Karachi, brought together distinguished professionals, experts, and international delegates to celebrate and advance the field of occupational therapy.

Conference Theme: Advancing Occupational Therapy in Pakistan



The conference's central theme was to advance the role of occupational therapy in improving healthcare and rehabilitation in Pakistan. Through workshops, presentations, and discussions, attendees explored new strategies for integrating occupational therapy more effectively into healthcare systems, educational practices, and community rehabilitation. The event served as a platform to highlight the importance of collaboration

between healthcare professionals and institutions to improve the quality of life for individuals facing health challenges

Conference Highlights: Moderators, Facilitators and Guests

Under the esteemed leadership of Madam Rubeena Imtiaz, Chairperson of Occupational Therapy & Speech Therapy PSRD, the conference was moderated by Ms. Ramma Inam, Dr. Shabab Zehra, and Dr. Maleeha Fuad. The event featured a keynote address by Madam Uzma Kardar, MPA, emphasizing the transformative potential of occupational therapy through multidisciplinary collaboration. Notable participants included Prof. Dr. Ashfaq Ahmad, Prof. Dr. Sikandar Ghyas, Prof. Dr. Naveed Babar, and Dr. Ayesha from top healthcare institutions. Distinguished presenters delivered impactful talks on occupational therapy advancements and challenges in Pakistan.



SPECIAL SEGMENT

National and International Speakers: Lineup of Experts



The conference featured an impressive lineup of experts. **Ms. Ramma Inam**, assistant professor and head of occupational therapy at PSRD, discussed cutting-edge therapeutic techniques and innovations shaping occupational treatment in Pakistan. **Ms. Neelum Zehra**, Vice President of POTA, highlighted challenges and growth within the profession nationally. WFOT President **Ms. Samantha Shann** emphasized leadership and advocacy in advancing global standards. Virtual speakers **Ms. Yarra** and **Ms. Cheryl** shared successful examples of interprofessional collaboration.

Presentations and Workshops by Leading Experts:

The conference featured insightful sessions and workshops led by experts in various fields of occupational therapy:

Ms. Sabeen Masood presented on the **AI-powered Exergames application in Hand Rehabilitation**, showcasing innovative ways to use technology to improve patient outcomes in hand therapy.

Ms. Kashaf Saleem discussed the **Saebo gloves application in Hand Rehabilitation**, exploring how adaptive equipment can enhance therapy for individuals with motor impairments.

Ms. Nighat Tahir addressed **Neuropathy Rehabilitation in Occupational Therapy**, offering practical insights into managing neuropathic conditions through therapeutic interventions.

Mr. Abdul Samad presented on **Sensory Swings to Emotional Wings**, introducing new therapeutic tools to support emotional and sensory development in patients



Significant Advancements in Occupational Therapy in Pakistan

The conference showcased pivotal strides in occupational therapy across Pakistan, emphasizing the integration of telehealth to reach underserved communities, the enhancement of therapist education, and the critical role of advocacy in healthcare policy. These efforts mark an exciting path forward, underscoring the growing impact of occupational therapy in improving lives and setting the stage for a stronger, more inclusive healthcare system.



SPECIAL SEGMENT

Poster Presentations-Lahore

TITLE Sleep quality, depression, anxiety and stress levels in caregiver of children with disabilities
Author: Muhammad Adnan
Institute: University of Child Health Sciences Children Hospital Lahore

Introduction
 A disability is any condition of the body or mind that makes it more difficult for the person to do certain activities (activity restriction) and interact with the world around them (contribution limitation). Therefore, disabled child need more care and attention, especially from their mothers. This can lead to higher levels of depression, anxiety & stress and can also affect sleep quality of mothers. Sleep quality is an individual's self-satisfaction with sleep efficiency, sleep latency, sleep duration and wake up after sleep onset. Depression includes persistent sadness and loss of pleasure in previously enjoyable activities. Anxiety is a feeling of fear, dread and uneasiness that may as a result to stress. Stress is a state of mental tension caused by difficult situation.

Objective
 The purpose of this study was to investigate
 • About mental health status of care giver of child with disabilities
 • Comparison between sleep quality, depression, anxiety and stress levels in care giver of children with disabilities and care giver of children without any disabilities

Material and Method
Cross-sectional study design
 • Convenience sampling technique
 • 210 mothers of disabled child and 210 mothers of normal child
 • Questionnaire included demographics, sleep quality index and DASS-42
 • All data was entered in SPSS version 25 and then analyzed for statistically significant outcomes
 • Data was collected from Department of developmental pediatrics Children Hospital and the Institute of Child Health Lahore and Pakistan Society of Rehabilitation for Disabled.
 • A chi-square test is a statistical test used to compare observed results with expected results.

Conclusion
 In the present study it was observed that poor sleep quality and higher levels depression, anxiety & stress in mothers of disabled child as compared to mothers of normal child. Moreover, p-values suggest that there is significant difference present regarding sleep quality, depression, anxiety and stress levels in mothers of disabled child and mothers of normal child.

Result

Reference
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TITLE (Association between Sleep pattern and Screen time in Children with Autism spectrum disorder)
Author: Aqsa Noor
Institute: PSRD college of Rehabilitation sciences Lahore

OBJECTIVES
 • To determine the association between sleep pattern and screen time in children with autism spectrum disorder
 • Autism spectrum disorder is a diverse group of conditions. ASD diagnose in early childhood at the age of 3-5 years. ASD is influenced by both genetic and environmental factors affecting the developing brain.
 • Compared to children who are generally developing and those with other developmental problems, children with ASD are more likely to experience sleep disturbances.
 • High screen usage has been linked to negative health effects and has been found to prevent children with ASD from engaging in physical exercise.

METHODOLOGY
 • Present cross sectional study was conducted at PSRD College of Rehabilitation Sciences Lahore and private occupational therapy centers.
 • Non-probability convenience sampling technique is used.
 • 307 participants of age range 3-15 years of individuals diagnosed with autism.
 • Sample size is obtained using confidence interval of 95% with 5% margin of error.
 • Population proportion is 28% (Cartaya Hano, Aarca, et al.2021)
 • Data will be presented in the form of tables and graphs and analyzed by using SPSS.
 • Children with additional diagnosis like Sensory Processing Disorder, Attention Deficit Hyperactive Disorder and with any physical disability were excluded.
 • Children Sleep Habit Questionnaire (CSHQ) with some general questions of screen time were used.

DISCUSSION
 • The purpose of this study was to evaluate significant association between sleep pattern and screen time in children with autism. Individual who are diagnosed with autism they face problems in sleep due to increased screen time. Most of the individuals watching screen 2-3 hours on a school day or a typical holiday. They frequently watched screen in night time and extremely late at night.
 • Screen time also had highly significant association with children sleep habit with p value <0.001. It means that excessive screen time reveals disturb sleep patterns. Similarly, A study conducted on association between Screen time and sleep duration among Spanish children whose results showed that there may have been a link between daily leisure screen usage and short sleep intervals. According to the results of that study, kids who watched screen for longer lengths of time sleep for shorter amounts of time (Cartaya Hano et al.2020).
 • It also revealed that time of day of screen use and child sleep habits was statistically significant to each other with p value <0.001. Similarly, a research conducted on sleep problems in children with or without autism whose results showed that Children with ASD were found to sleep much less than children without ASD, likely due to their significantly longer waking intervals during the night. The sleep hours were most vulnerable in children with ASD who were between the ages of 6 and 7 years (Blagie et al. 2014)

CONCLUSION
 • It was concluded that there were significant association between sleep pattern and screen time in children with autism spectrum disorder.
 • Increase the duration of screen time cause increase in sleep difficulties.
 • If parents reduce screen time of their autistic children then sleep difficulties could be reduced.

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Muhammad Adnan

Relationship among Sensory Processing and Repetitive Behaviors in Children with Autism Spectrum Disorder

Background
 Repetitive behaviors and atypical sensory processing are hallmark characteristics of Autism Spectrum Disorder (ASD). Understanding the connection between these features may provide insights into therapeutic approaches that target sensory-related behaviors in children with ASD.

Objective
 This study aims to explore the relationship between sensory processing profiles and the occurrence of repetitive behaviors in children diagnosed with ASD, seeking to determine if specific sensory sensitivities correlate with particular types of repetitive actions.

Methods
 A cross-sectional design was utilized, involving 100 children with ASD aged 3-12 years. Data were gathered through the Short Sensory Profile (SSP) to assess sensory processing patterns and the Repetitive Behavior Scale-Revised (RBS-R) to measure repetitive behaviors. Statistical analyses were conducted to determine correlations between sensory processing domains (e.g., tactile, auditory, oral sensitivities) and types of repetitive behaviors, including self-injurious and stereotypic actions.

Results
 Findings reveal significant associations between certain sensory sensitivities and repetitive behaviors:

- Tactile Sensitivity**
 68% of children with heightened tactile sensitivity displayed repetitive behaviors like hand-flapping and body rocking.
- Auditory Sensitivity**
 75% of participants with elevated auditory sensitivity exhibited self-injurious behaviors.
- Oral Sensitivity**
 55% of children with high oral sensitivity showed behaviors such as object mouthing or compulsive biting.

Conclusion
 Overall, 85% of children with high sensory processing scores exhibited moderate to severe repetitive behaviors, highlighting a strong correlation between sensory processing issues and repetitive behaviors in children with ASD.

The results underscore the intricate relationship between sensory processing challenges and repetitive behaviors in children with ASD. These findings suggest that sensory integration interventions could be valuable in addressing repetitive behaviors by targeting specific sensory sensitivities. Future research may further elucidate these

Tayyab Khan



SPECIAL SEGMENT

PICTORIAL HIGHLIGHTS :

Ms. Samantha's Visit to Karachi



WFOT President visit to KVTC and SIPMR

Visit to Ziauddin College of Occupational Therapy (ZCOT), engaged in strategic discussions with POTA delegates, and sPOTlight (ZCOT) Newsletter Team.



Empowering partnerships: Ms Samantha inspires collaboration and innovation during her visit to ANF



Visiting Karachi's iconic landmark: Frere Hall



A memorable visit to Majestic St. Patrick's Church



Visit Sam the OT Sensory Care, promoting collaborative excellence in occupational therapy

Discovering Pakistan's heritage: The National Museum



Discovering Karachi's cultural gem: Exploring Mohatta Palace

Fostering innovation in occupational therapy: Meets the Dean at JPMC Pakistan's pioneering College for Occupational Therapy

Vibrant colors and warm hospitality: Exploring Zainab Market

A visit to TDF Ghar revealed more about Karachi's captivating past, connecting us with the city's unique heritage.



SPECIAL SEGMENT

PRE-CONFERENCE WORKSHOP

Karachi, Pakistan – November 21, 2024

Pakistan Occupational Therapy Association (POTA) held three workshops on November 21st prior to the conference. Focused on wheelchair service training, sensory integration therapy, and somatosensory evaluation, these sessions provided valuable hands-on training and knowledge for occupational therapists and students in **Karachi**.

Empowering Mobility in Pakistan: Pota's Basic Wheelchair Service Training

Led by **Ms. Hiba** and **Mr. Shahabuddin**, the session focused on proper wheelchair assessment, fitting, user training, and follow-up services. Participants learned how well-fitted wheelchairs can enhance mobility, independence, and quality of life for individuals with disabilities in Pakistan. The workshop also tackled challenges in low-resource settings, such as poor fit, maintenance issues, and accessibility barriers. Key topics included caregiver training, sustainability, and advocacy for inclusive environments. Special thanks were given to Ziauddin University, PSRD Official, and Sensory Care by SAM the OT for organizing this impactful event that empowers change and promotes mobility solutions.



Enhancing Skills in Somatosensory Evaluation

Conducted by experts **Ms. Areeba Manzoor**, **Ms. Sana Noman**, and **Mr. Shankar Lal**, the workshop offered participants in-depth knowledge and hands-on training on somatosensory concepts, assessment techniques, and interventions. The interactive sessions included discussions on the introduction and assessment of somatosensory knowledge, along with engaging hands-on activities and group learning exercises. The event was well-attended by both experienced occupational therapists and students, all of whom actively participated in the enriching sessions that enhanced their skills and understanding of somatosensory evaluation.



Sensory Swings to Emotional Wings: Transforming Sensory Input into Growth

Led by **Mr. Abdul Samad**, CEO/Founder of Sensory Care, the session focused on Sensory Integration Therapy, particularly the Tactile, Vestibular, and Proprioceptive systems, to help children with autism spectrum disorder (ASD), ADHD, and sensory processing challenges. Participants explored various types of sensory swings, including platform, cocoon, bolster, and hammock swings, and engaged in hands-on activities. These strategies aim to calm hyperactivity, reduce anxiety, and support emotional regulation. The workshop emphasized how sensory swings can foster emotional growth, balance, and body control, empowering attendees to implement these tools in therapy, education, and home environments.



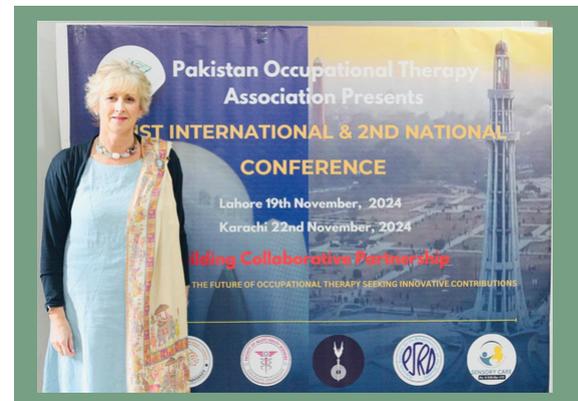
SPECIAL SEGMENT

POTA's 1st International and 2nd National Conference 2024: Celebrating Excellence in Occupational Therapy

Karachi, Pakistan – November 22, 2024

The 1st International and 2nd National POTA Conference, held on November 22, 2024, in Karachi, Sindh, brought together a diverse group of experts and students to celebrate the latest advancements in Occupational Therapy (OT). Moderated by the esteemed **Ms. Arfa** and **Ms. Sara**, the event provided a platform for knowledge sharing, collaboration, and networking among OT professionals and students.

The conference was honored to host special International Guests, including **Ms. Samantha Shann**, President of the World Federation of Occupational Therapy (WFOT), and **Dr. Hassan Izzeddin Sarsak**, PhD, OT, Head of Department at Batterjee Medical College, KSA. Other special guests included **Hidayatullah Kasi**, Deputy Director of Curriculum at the Higher Education Commission (HEC), who attended onsite, and **Debby Kramer Roy**, who joined via online call. Additionally, **Yara Peterko** and **Angela Patterson** shared inspiring messages through video presentations.



The conference was led by the POTA team, including Ms. Nighat Lodhi, POTA Founder; Ms. Shahida Zakir, President of POTA; **Nighat Tahir**, POTA General Secretary; and **Neelum Zehra**, POTA Vice President/Finance.

In her address, Ms. Samantha Shann, WFOT President, **expressed** her admiration for POTA's efforts in promoting OT education and practice in Pakistan. She **emphasized** the importance of global collaboration and extended an invitation to POTA members and students to engage in future collaborations with WFOT, fostering a global community of OT professionals committed to delivering high-quality care.



The **conference featured** a range of impactful oral presentations, abstracts, and interprofessional collaboration abstracts, showcasing the latest research and innovations in the field. Topics included innovative OT interventions for pediatric care, mental health rehabilitation, sensory processing sensitivity, professional identity, and augmented reality interventions. The presentations were integral in highlighting the importance of leadership, and collaboration in advancing OT practice and education on a global level.

The event exemplified POTA's dedication to advancing occupational therapy, promoting excellence, and fostering a community of professionals committed to delivering high-quality care.



SPECIAL SEGMENT

Poster Presentations–Karachi.



EXPLORING FACILITATORS VS BARRIERS TO INTRODUCE OCCUPATIONAL THERAPY PRACTICE AT AN ACUTE TRAUMA CENTER IN SINDH



Authors: Arfa Fatima, Fasiha Shah (Occupational Therapist/Lecturer, ZCOT) & Neelum Zehra (Principal ZCOT, Consultant OT)

BACKGROUND

Identifying the facilitators and barriers of Occupational Therapy practice in acute care settings can help improve the overall quality of service, effectiveness of treatment, and patient outcomes.

This study was conducted at the Shaheed Mohtarma Benazir Bhutto Institute of Trauma (SMBBIT) over the span of one year to examine the factors affecting the Occupational Therapy practice.



OBJECTIVE

The aim of this study is to observe and describe the environmental, cultural and systemic barriers influencing occupational therapy practice in acute trauma centers in order to create opportunities for development in therapeutic practice, patient care, and support for the therapists.

METHODOLOGY

This observational study was conducted by 5 occupational therapists across 5 different wards named Orthopedic Surgery, Neurosurgery Male, Neurosurgery Female, Plastic Surgery and Vascular Surgery.

Data collection mainly focused on environmental and institutional factors which were thematically categorized as facilitators or barriers.



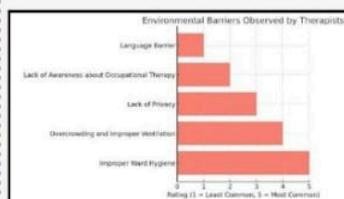
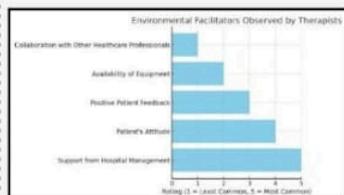
RESULT

Environmental factors impacting therapy were categorized into themes: Patient's Attitude, Interdisciplinary Collaboration, Ward Hygiene, Availability of Equipment, and Privacy.

Facilitators: Commonly noted facilitators included Collaboration with healthcare professionals, Patient's positive attitude towards therapy, and Positive patient feedback.

Barriers: Frequently cited barriers were Improper ward hygiene, Lack of privacy, Cultural and language barriers, Limited awareness of occupational therapy, and Overcrowding and poor ventilation.

GRAPHS



CONCLUSION

Future therapists setting up occupational therapy services in trauma centers should assess for similar barriers and prioritize addressing them to streamline service delivery.

Additionally, identified facilitators from this study can serve as strengths when establishing OT services in large acute care settings.

Further research is recommended to create strategies for optimizing OT support in trauma care.

**Arfa Fatima
and
Fasiha Shah**



ZIAUDDIN UNIVERSITY

Assisted by AI

SPECIAL SEGMENT

Poster Presentations-Karachi.

Role of Occupational Therapy in Rheumatoid Arthritis

INTRODUCTION

Occupational therapy is a health care and client centered profession that concerned with promoting health and well-being through occupation. It help the people of all ages to face challenges and maintain daily living activities With their disabilities. Occupational therapy supports individuals with RA by promoting independence in daily activities, minimizing joint stress, and improving overall quality of life through targeted interventions

SIGN & SYMPTOMS

- Joint swelling
- Pain
- Deformities
- Fatigue
- Reduced mobility
- Difficulty performing daily tasks
- Tenderness Swelling in joints
- Fever or feverish

RHEUMATOID ARTHRITIS

Rheumatoid arthritis is an autoimmune progressive chronic disease that causes inflammation And stiffness in joints. Due to untreated RA most of our daily living activities are restricted. The rate of RA is increasing day by day. It is a progressive disease which cannot be cured permanently but can be prevented by the safety precautions and guidelines provided by occupational therapist

INTERVENTION

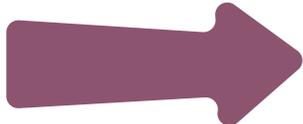
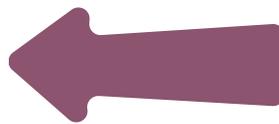
Education: Energy conservation and joint protection strategies.
 Assistive Technology: Tools to aid in daily living and reduce joint strain.
 Therapeutic Activities: Exercises to maintain mobility and strength.
 Environmental Adaptations: Ergonomic modifications at home and work.
 Psychosocial Support: Counseling and coping strategies for stress management.
 Techniques: One handed techniques, One bowl method, work-rest- work technique

REFERENCE

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- SIPMR

Amama Khurram and Aliza Mushtaq (1st year BS OT)



Dua Javed and Nihaan Momin

Empowering Function: Enhancing Occupational Performance through Patients with Open Reduction Internal Fixation (ORIF) of Arms

Introduction

Patients undergoing Open Reduction Internal Fixation (ORIF) surgery for arm fractures, particularly those with right-hand dominance, face challenges in regaining functional independence. Occupational therapy plays a vital role in addressing these issues, facilitating recovery, and promoting engagement in daily activities.

Authors

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Assisted by AI

Background

In Pakistan, orthopedic trauma, especially fractures, represents a high proportion of injuries due to factors like road traffic accidents (RTAs), falls, and work-related injuries. Studies indicate that RTAs are a significant source of trauma, with approximately 250,000 road traffic injuries reported annually, leading to numerous fractures and other orthopedic injuries.

Purpose

This case study explores the role of occupational therapy in post-ORIF recovery, focusing on improving functional outcomes through participation in meaningful activities.

Methodology

A 45-year-old female patient with a right radius fracture following ORIF surgery was assessed using an Occupational Profile, the Barthel Index Scale for functional independence, the Visual Analog Scale (VAS) for pain, and Manual Muscle Testing (MMT) for muscle strength and ROM measurements of the right radio-ulnar joint were obtained using a goniometer. Pre-intervention measurements using a goniometer indicated limited rotation (e.g., 20 degrees of pronation and 50 degrees of supination). The patient's pain was rated 8 out of 10 on the VAS, and her initial muscle strength in the affected arm was 2 out of 5 on the MMT scale. The intervention plan included Pain management, Range of motion exercises, Strengthening exercises, Adaptive equipment training, Activity modification and ADL, retraining, Occupational counseling and Home Exercise program

Result

Post-intervention, the patient showed substantial improvements. Her VAS pain rating decreased from 8 to 2 out of 10, and goniometric assessment revealed a 90% increase in range of motion in the radio-ulnar joint with post-intervention values reaching 75 degrees of pronation and 60 degrees of supination. Muscle strength improved from 2/5 to 4/5 on the MMT scale. Additionally, her Barthel Index score rose from 30 to 80 out of 100, indicating an 80% improvement in independence for daily activities, allowing her to perform most tasks with minimal assistance.

Conclusion

Occupational therapy significantly enhanced functional recovery and occupational engagement in a post-surgical patient with ORIF. Early intervention and tailored strategies were key in regaining independence and improving quality of life. This case study underscores the importance of comprehensive occupational therapy in enhancing quality of life and promoting recovery in post-surgical orthopedic patients, especially those with limited functional abilities.

ZIAUDDIN UNIVERSITY

Pakistan Occupational Therapy Association

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SPECIAL SEGMENT

Poster Presentations-Karachi.

Nisha Shamim and Romisa Hassan

Beyond the Hospital Walls: Preparing Neurology Patients for Life at Home

Authors

Nisha Shamim, Romisa Hassan (5th year DOT Students)
Arfa Fatima, Fasiha Shah (Occupational Therapist/Lecturer, ZCOT)
Neelum Zehra (Principal ZCOT, Consultant OT)

Background

Rehabilitation following discharge remains a major concern, with many patients not receiving comprehensive follow-up plans due to systemic constraints. However, the integration of targeted rehabilitation services during inpatient care has been shown to improve functional outcomes.

Objective

To enhance neurology patients' functional independence and transition to home through person-centered Occupational Therapy interventions, measured by COPM.

Introduction

Neurology patients face complex physical, cognitive, and emotional challenges when transitioning from hospital to home. These challenges often hinder their ability to gain independence and adapt to everyday tasks. Occupational Therapy (OT) in acute neurology settings focuses on addressing these needs through person-centered care, emphasizing self-care, mobility, cognitive activities, and family involvement.

Methodology

- Over 25 days, structured Occupational Therapy sessions were conducted at the trauma center, engaging an average of 6 patients daily.
- Therapy began with comprehensive assessments, including the Canadian Occupational Performance Measure (COPM) to establish baseline performance & satisfaction scores.
- Interventions focused on self-care, mobility, & cognitive activities tailored to daily functional tasks, alongside family training and discharge planning.
- At discharge, COPM scores averaged 3.5 for performance and 4.0 for satisfaction, improving to 6.0 and 6.5 at follow-up, reflecting significant progress.

Results

The structured approach led to marked improvements in physical and emotional well-being, with enhanced patient compliance and motivation. Personalized goals and interdisciplinary collaboration amplified effectiveness, while discharge planning ensured sustained recovery. COPM scores provided clear evidence of functional and emotional gains post-discharge.

Conclusion

Individualized, person-centered Occupational Therapy significantly improves recovery outcomes and facilitates smoother transitions from hospital to home. The integration of tools like COPM underscores the importance of measurable, goal-oriented care in achieving long-term patient satisfaction and independence.

ZIAUDDIN UNIVERSITY

Implementing collaborative, parent-led occupational therapy home programmes (OTHPs) in the Pakistani context.

Principal Investigator: Dr Debbie Kramer-Roy, Hanze University of Applied Sciences, Groningen, The Netherlands
Co-PI: Nighat Tahir; Co-Researchers: Sana Nauman, Asma Khalid and Bushra Khan, Sindh Institute of Physical Medicine and Rehabilitation, Pakistan

Evidence Summaries:

The "Mind the Gap" Community of Practice hosted at Brunel University develops Evidence Summaries for children's occupational therapists to make research evidence more accessible and easier to implement.

Why implement OTHPs in Pakistan?

Pakistani children's OTs work with families within contextual limitations, including expectations to work within a traditional medical model:

- hands-on therapist centred therapy sessions in clinic settings
- working in home or school settings is rarely possible due to financial constraints, long distances and lack of therapists.

No research evidence about the suitability of family- and child centred, occupation-based, context-based approaches provide more disabled children with more effective and time-efficient contextually appropriate interventions.

Project Design:

- Agreement between Hanze UAS and SIPMR to collaborate on this study
- Develop protocol for implementation of OTHP in Pakistani context
- Project proposed and ethical approval at Hanze UAS
- 1 year duration

Project implementation:

- Recruitment of children's OTs (n=34)
- Pre-project questionnaire (knowledge / current practice)
- Training:
 - Occupation-based, child/family-centred practice, context-based intervention
 - COPM, PQRS, Classification tools GMFCS, MACS, cognitive development
 - SMART goal setting
 - Occupation-focused intervention
 - Implementing OTHP protocol with families
- OTs recruited children (n=30 children by 16 OTs completed OTHP)
 - Pre- and post-intervention assessment scores
 - Visit in home context at least once
 - Individualized OTHPs, demonstrate and monitor regularly
 - Monthly online support sessions for OTs
 - OTs' post-project questionnaire (n=13) and focus groups (n=20)

Child Scores:

All parents stated that children's functional goals were fully or partly achieved (questionnaire). Based on COPM (Performance and Satisfaction) and PQRS pre- and post-intervention scores.

OTs' Key Learning:

Becoming more child- and family-centred
Understanding of setting SMART functional goals
Importance of knowing home context (home visit better than office if possible)
Short and frequent practice in the home context works best
Needed practical support to implement

Parent experience:

Parents think OTHP is more effective (n=11) or equally effective as regular OT (n=9).

- if provided a schedule and made as organized towards home program
- if a highly specific and makes us more responsible towards child's OT plan

Main challenge for parents time to carry out the activities regularly, if it is difficult to follow or daily basis due to our other responsibilities.

OT Experience:

All OTs say they will continue to use OTHP
All OTs noted that learning to use OTHPs has improved their treatment planning
All OTs agree that OTHPs motivate parents to be actively involved in their child's treatment

Challenges were also mentioned:
Traveling to home visits is time-consuming and logistically difficult
Preparing the OTHP itself was time consuming, though time is then saved as the child is seen less often

Next steps:

Further adjustment to Pakistani context

- Milestone visiting
- Develop concise Manual with practical OT approach and skills
- Brief initial training and resource website

Broaden occupation-based practice

- Translate COPM
- Training and piloting use in all clinical settings
- Advocate with employers to move to occupation-based, client-centred, context-based OT interventions

Government funding is essential for outreach

Contact: Dr Debbie Kramer-Roy d.e.kramer-roy@al.hanze.nl
Mrs Nighat Tahir nighat.tahir@sipmr@gmail.com

Principal Investigators:

Dr Debbie Kramer-Roy, Hanze University of Applied Sciences, Groningen, The Netherlands
Co-PI: Nighat Tahir; Co-Researchers: Sana Nauman, Asma Khalid and Bushra Khan, Sindh Institute of Physical Medicine and Rehabilitation, Pakistan



POTA ONLINE

POTA LIVE WEBINAR SERIES

CUSHION THE IMPACT

On **Tuesday, December 3rd, 2024**, the POTA live webinar series presented '**Cushion the Impact: Occupational Therapy for Pressure Ulcer Prevention**' featuring **Ms. Fasiha Shah**. As a senior lecturer at Ziauddin College of Occupational Therapy, Ms. Shah drew upon her extensive experience in trauma centers to share valuable insights.

Ms. Shah **emphasized** the critical role occupational therapists play in preventing pressure ulcers through effective techniques and measures. Key topics covered included understanding pressure ulcer etiology, assessing risk factors, and selecting appropriate cushions to distribute pressure and enhance patient comfort.

The session **highlighted** the importance of seating assessments and implementing evidence-based interventions to reduce the risk of pressure injuries. Ms. Shah **focused** on preventative strategies, aiming to equip practitioners with the necessary skills to improve patient care quality, and outcomes, and promote better health nationwide.

DIGITAL EMPOWERMENT

On **Saturday, December 21, 2024**, POTA conducted another live webinar titled "**Digital Empowerment: Navigating Social Media for Professional Growth and Connection.**" The featured speaker, **Ms. Eraj Asif**, a lecturer at Ziauddin College of Occupational Therapy, emphasized the importance of social media as a powerful tool for professional development, and community building.

Ms. Asif **highlighted** strategies for creating meaningful and impactful content, leveraging social media for professional growth, and understanding the **significance of Search Engine Optimization (SEO)**. She also discussed optimal posting times and techniques for occupational therapists to establish a strong online presence.

The POTA live webinar **focused** on digital empowerment in occupational therapy, exploring how technology can enhance the profession. Ms. Asif **emphasized** the importance of harnessing digital platforms to build collaborative relationships and grow professional networks. The webinar series aimed to **equip** occupational therapists with the knowledge and skills necessary to stay up-to-date with the latest trends and best practices, ultimately succeeding in an increasingly digital landscape.



POTA ONLINE

A FRAMEWORK FOR SUCCESS : SHAPING FUNCTIONAL OUTCOMES TO ENHANCE OCCUPATIONAL PERFORMANCE

POTA LIVE WEBINAR

A Framework for success
Shaping Functional Outcomes to Enhance
Occupational Performance

December 24, 2024
12:00-12:45PM (PKT)
Platform: Zoom

BY MS.SOBIA HAROON
OCCUPATIONAL THERAPIST,
NEWCASTLE, AUSTRALIA
POTA MEMBER

Event.pota@gmail.com

This webinar will serve as a platform to connect professionals, foster knowledge exchange, and inspire change in the way occupational therapy is delivered.

On **December 24, 2024**, the Pakistan Occupational Therapy Association (POTA) successfully organized a webinar, '**A Framework for Success: Shaping Functional Outcomes to Enhance Occupational Performance**,' as part of its ongoing series. Conducted by **Ms. Sobia Haroon**, an occupational therapist from Newcastle, Australia, the session provided invaluable insights and practical strategies for creating client-centered goals, evaluating outcomes, addressing challenges, and promoting professional growth and excellence in occupational therapy. In conclusion, POTA's webinar series continues to empower occupational therapists with cutting-edge knowledge and expertise, fostering a community of excellence in the field.

STORIES BEHIND FACES

Transforming Inclusive and Sensory Education: The Journey of Ms. Nighat Tahir

Ms. Nighat Tahir's career in occupational therapy (OT) and sensory education reflects her passion, resilience, and innovation. With a strong academic foundation and a visionary approach to transforming education and therapy in Pakistan, she has emerged as a leading figure, tackling overlooked challenges and improving lives across the country.

Ms. Nighat holds multiple esteemed positions, underscoring her dedication to advancing OT in Pakistan. These include:

- Senior Lecturer at SIPMR
- Head of the Cerebral Palsy Resource Unit at KDA Campus, SIPMR
- Honorary General Secretary of the Pakistan Occupational Therapy Association (POTA)
- First Delegate of the World Federation of Occupational Therapists (WFOT)

These roles highlight her commitment to education, clinical practice, and professional leadership.



Ms. Nighat Tahir
Gen. Secretary, POTA

Academic Excellence and Professional Growth

Ms. Nighat's academic journey reflects her pursuit of excellence. She completed her Bachelor's degree in occupational therapy at Jinnah Postgraduate Medical Center in Karachi and earned a Master's degree in Health and Physical Education, expanding her knowledge in human development.

Her passion for sensory education led her to achieve certification in sensory integration therapy through CLASI CASI.

Ms. Nighat became the **first Ayers Sensory Integration therapist in Pakistan**, certified in *Evaluation of Ayers Sensory Integration (EASI)*, solidifying her focus on addressing sensory and developmental challenges.

Championing Inclusive Education

Ms. Nighat has been at the forefront of promoting inclusive education in Pakistan. She enrolled in a **rigorous three-year mega research program**, with Debbie Krammer Roy and the OT team from Physical Medicine and Rehabilitation and AMI school teachers. The groundbreaking work of her with team in inclusive education introduced programs integrating occupational therapy in schools at Pakistan.

STORIES BEHIND FACES

A Global Perspective

Ms. Nighat's global exposure has been instrumental in enhancing her expertise. She has traveled extensively to learn from international pioneers in OT. Her global experiences allowed her to **represent Pakistan on international platforms**, presenting research and sharing insights with diverse audiences

Advancing Sensory Integration



Sensory processing therapy is a **cornerstone** of Ms. Nighat's work. Through Ayers Sensory Integration therapy, she supports children with sensory processing disorders and implements sensory re-education programs for adults with neuropathy and sensory loss.

As a *pioneering occupational therapist leading Pakistan's involvement in the Evaluation of Ayers Sensory Integration (EASI) project*, her contributions also include **training 30 Pakistani occupational therapists via the CLASI-CASI platform, facilitating their attainment of M2 and M3 Sensory Integration certification**. Through her research and practice, she has developed innovative techniques to improve the quality of life for individuals with sensory challenges.



Empowering Communities

Ms. Nighat's *influence extends beyond clinical practice*; she is committed to educating communities. She collaborates with families, educators, and resource units to equip them with the tools needed to support children with unique needs. Her work on an **evidence-based occupational therapy home program with Debbie Kramer-Roy and SIPMR co-researchers** integrated local perspectives, enhancing community-based support.



A Vision for the Future



Ms. Nighat envisions a future where occupational therapy and sensory education are **seamlessly** integrated into Pakistan's educational and healthcare systems. Her work continues to inspire professionals and policymakers to create inclusive environments that support individuals of all abilities, embodying the transformative power of passion and purpose.

ACROSS THE PROVINCES

Lets take a look over the round up provincial work and contributions for the department of Occupational Therapy in Pakistan



SINDH



HEALTH AND WELLNESS CAMP AT KEMARI: INSPIRING YOUNG CHAMPIONS



On **November 16th, 2024**, the **Rural Health Centre**, Kemari, Karachi, Sindh, Pakistan, hosted a vibrant Health and Wellness Camp led by *Dr. Sadaf* and **Ms. Neelum Zehra**, Principal of Ziauddin College of Occupational Therapy (ZCOT), Ziauddin University.



Based on the World Health Organization’s (WHO) Water, Sanitation, and Hygiene (WASH) program, the event taught children essential hygiene practices through fun activities like brushing techniques and handwashing steps.



The highlight was the “Kid Ambassador,” a young participant who mastered the World Health Organization (WHO) handwashing steps and confidently demonstrated them to Ms. Neelum Zehra, becoming the star of the day.

The camp left children inspired, equipped with new skills, and ready to promote hygiene in their communities, proving that health education can be both impactful and enjoyable.

ACROSS THE PROVINCES

NEURO-REHABILITATION REDEFINED

SINDH



On November 10–12, 2024, the Sindh Institute of Physical Medicine and Rehabilitation (SIPM&R) **hosted the 7th International Physical Medicine and Rehabilitation Conference** in collaboration with the Pakistan Society of Physical Medicine & Rehabilitation (PSPMR) at the College of Physicians and Surgeons, Karachi. The conference theme was **"Revolutionizing Neuro-rehabilitation: From Conventional Foundations to Innovative Approaches."**

The event included **Pre-Conference Workshops** on **November 10**, focusing on neurorehabilitation advancements. Notable workshops included "Padavon Therapy" by Ms. Maida Gulzar and Ms. Mahoor Anwar and a session on sensory integration by Ms. Denise Hashim and her team.



The main **conference** on **November 11** featured a cultural show, keynote sessions, and educational presentations. Highlights included presentations by Ms. Nighat Tahir on cerebral palsy resources and Ms. Anum on the neuroplastic benefits of sensory integration.



The occupational therapy department showcased participants, with Mr. Syed Ibne Hassan earning 2nd place in the oral presentation segment, alongside his colleagues Asad Jawed, Poonam Anil, and Sakina Fakhruddin, contributing to a rich discussion on various rehabilitation strategies and innovations.

ACROSS THE PROVINCES

SWP COLLABORATES WITH PRINCIPAL ZCOT

SINDH



In honor of World Occupational Therapy Day, October 27, Ms. Neelum Zehra, Principal of Ziauddin College of Occupational Therapy (ZCOT), Karachi, joined **Shifaam Wellness Place** for an enlightening webinar. Alongside Asma Ahmed, Narmeen Saleem, and Sadia Rafique, the panel highlighted occupational therapy's vital role in fostering independence and holistic well-being, underscoring its profound impact across diverse areas of life.

LAUNCHING "SPOTLIGHT", ZCOT'S FIRST STUDENT-LED NEWSLETTER

Furthermore, on the occasion of World Occupational Therapy Day, the students of ZCOT released the **inaugural edition of their biannual newsletter**. This publication aims to provide a platform for students to share their experiences, showcase their projects, and demonstrate their creativity. The newsletter will be a valuable resource for students, faculty, and the broader occupational therapy community.



OPEN HOUSE BY SWP

The Open House, hosted in celebration of World Mental Health and Occupational Therapy Days featured a **sensory screening camp** setup, where personalized feedback was provided to parents and caregivers. Efforts were made to educate attendees about critical topics, and interactive occupational therapy activities for children promoted motor skill development, sensory integration, and social engagement in a fun and engaging environment.



RADIO PAKISTAN ENGAGEMENT

On the **27th October** of 2024, **Shifaam Wellness Place** representatives participated as guest speakers to clarify misconceptions and highlight the profession's role in fostering independence. Key discussion points included the scope of occupational therapy, clarification of common misconceptions, and an emphasis on its role in empowering individuals of all ages to lead more independent and fulfilling lives.



ACROSS THE PROVINCES

OCCUPATIONAL THERAPY DAY CELEBRATION AT ANF

SINDH



The Occupational Therapy Department at ANF MATRC Lyari recently celebrated Occupational Therapy Day under the theme "**Occupational Therapy for All.**" In addition to interactive activities, the event included insightful presentations by esteemed speakers that highlighted the transformative impact of Occupational Therapy (OT) on well-being.

Dr. Natasha K. Bollia, MBBS, FCPS Psychiatry, discussed how OT improves the quality of life for those with mental illness, while **Dr. Noreen Baig**, PhD in Psychology, highlighted OT's role in supporting recovery from substance use disorder. **Miss Bakhtawar Saleem**, Assistant Manager Occupational Therapist at Ziauddin Hospital Clifton, focused on cognitive functional interventions in mental health, and **Miss Neelum Zehra**, Principal of Ziauddin College of Occupational Therapy (ZCOT), emphasized OT's role in helping individuals overcome addiction.

The event concluded with **Lt. Colonel Pervaiz Hussain**, Project Director of ANF MATRC, presenting shields to the guest speakers, reinforcing ANF MATRC's commitment to multidisciplinary collaboration and the advancement of Occupational Therapy. This celebration underscored OT's crucial role in promoting recovery and enhancing the quality of life for individuals served by the institution.



OT DAY CELEBRATION AT AKUH

An Occupational Therapy (OT) exhibition organized by the Psychiatry Department at Aga Khan University Hospital in Karachi took place on **October 24, in celebration of World Occupational Therapy Day.** The event showcased a variety of handcrafted items, all created by the OT department's patients, highlighting the skills and creativity fostered through the therapy.



The experience was overwhelmingly positive, with many visitors expressing their appreciation for the efforts and hard work of the patients. This exhibition not only served as a platform to display artistic talents but also **emphasized** the core objectives of Occupational Therapy in mental health. By promoting functional and vocational skills, OT helps individuals with mental health challenges engage in meaningful activities, build independence, and successfully integrate into their communities.



ACROSS THE PROVINCES

EMPOWERING EDUCATORS ON WORLD OCCUPATIONAL THERAPY DAY

SINDH



In celebration of World Occupational Therapy Day, Shifaam Wellness Place hosted a session for educators at Government Boys Secondary School in Malir. Held on the **17th of October**, this session focused on how occupational therapy can assist children who face developmental and sensory challenges. Teachers were provided with practical strategies to support students with special needs. The event facilitators received certificates of recognition from the Sindh Government, further showcasing its impact.



WORLD CEREBRAL PALSY DAY AT JPMC



World Cerebral Palsy Day was vibrantly celebrated on **October 7, 2024**, by the **Occupational Therapy students of Jinnah Postgraduate Medical College**. This inspiring event aimed to raise awareness and honor the remarkable potential of children with cerebral palsy.

A highlight of the day was the handprint activity, where young champions expressed themselves through colorful imprints made with their painted hands.

Moreover, refreshments were provided to create a welcoming atmosphere. This event not only promoted awareness about cerebral palsy but also highlighted the abilities of these children, delivering an important message of hope.

ACROSS THE PROVINCES

BREAKING BARRIERS: ZCOT'S ASSISTIVE TECHNOLOGY EXHIBITION 2024

SINDH



The Second Assistive Technology Exhibition, held at Ziauddin College of Occupational Therapy in Karachi, Sindh, Pakistan, on **September 13, 2024**, was a groundbreaking event that showcased innovative projects designed to improve the lives of individuals with disabilities.

These innovative projects exemplify the mission of occupational therapy (OT) to enhance independence, improve quality of life, and promote inclusivity for individuals with disabilities. Ziauddin College of Occupational Therapy, a pioneering institution in Pakistan, is at the forefront of promoting OT education and research in the region.

DOT PROGRAM AFFILIATION IN PAKISTAN

This **September**, Ziauddin College of Occupational Therapy (ZCOT) achieved a remarkable milestone by completing the Curriculum Program Evaluation Process and earning the prestigious WFOT accreditation.



This accomplishment is a testament to the college's unwavering dedication and tireless efforts over the past two years. Notably, **ZCOT is the first institution in Asia to offer a Doctor of Occupational Therapy (DOT) program**, setting a new standard for occupational therapy education in the region.

This achievement grants its students access to global education and empowers them to apply their skills internationally, further solidifying ZCOT's position as a leader in occupational therapy education in Pakistan and beyond.

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ACROSS THE PROVINCES

REVOLUTIONIZING HAND REHAB: AI-ENHANCED EXERGAMES AT PSRD HOSPITAL

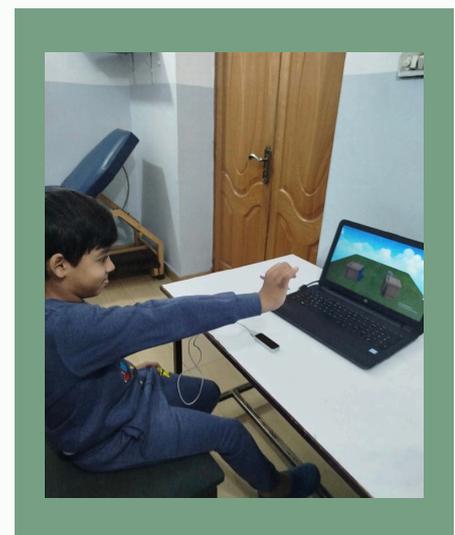
PUNJAB



The Occupational Therapy Department at PSRD Hospital in Lahore, Pakistan, has made significant strides in rehabilitation technology by introducing the **country's first AI-integrated hand rehabilitation system** utilizing exergames. Developed in **October 2024**, this innovative approach employs a hand-tracking device called the **Leap Motion Controller**, generously donated by chairperson Mrs. Rubina Imtiaz..

By merging the aspects of exercise and gaming, the system aims to **enhance** motivation and participation among patients recovering from strokes and Parkinson's disease, ultimately leading to improved rehabilitation outcomes. The unique Exergame **allows** patients to interact with a virtual environment, where they engage in tasks such as stacking blocks. Depending on their therapist's guidance, they can use one or both hands, promoting coordination and strength.

The **real magic** happens in the system's therapist dashboard, which **provides real-time data** on the range of motion, grip strength, and tremors, along **with personalized intervention plans**. This cutting-edge technology not only aids in patient recovery but also acts as a valuable research tool, paving the way for more effective hand rehabilitation strategies. By combining entertainment with therapeutic exercises, PSRD Hospital is **redefining rehabilitation in Pakistan**, making it both engaging and effective for its patients.



ACROSS THE PROVINCES

A SEMINAR ON SENSORY DIET FOR EVERYDAY AUTISM CHALLENGES

PUNJAB



Ms. Aqsa Naseer, senior occupational therapist, conducted a seminar on 20th December 2024, titled, ‘Sensory Diet for Everyday Autism Challenges’ at the **Ability and Behavior Assessment (ABA) Center, Sarghoda**. Attendees included parents, therapists, healthcare professionals, special needs educators, and adult individuals with sensory needs, creating a diverse platform for learning and sharing experiences. CEO of ABA Center, **Sir Rana Usman Bhatti**, and Head of the Department, **Ms. Mariam Hashmi**, were among the participants. Occupational therapists **Ms. Ayman Mehrosh** and **Ms. Tehreem Akhtar** also attended the seminar.



The session began with understanding **sensory processing and integration**, recognizing how individuals with autism often experience hypersensitivity or hyposensitivity to sensory stimuli. This highlights the importance of **identifying particular sensory triggers** to support individuals in their daily lives. A major portion of the workshop focused on creating **personalized sensory diets**—structured routines consisting of activities tailored to regulate emotional and physical responses. Participants learned strategies to implement these routines into everyday life, emphasizing how consistent sensory input can improve self-regulation and enhance the quality of life. Another aspect discussed was **designing sensory-friendly environments** in homes and schools. Practical tips for **modifying spaces** were shared, ensuring they addressed the sensory needs of autistic individuals. Overall, the seminar was interactive and practical. Participants were better prepared to support individuals with autism in managing sensory challenges effectively.



ACROSS THE PROVINCES

MASTERING WHEELCHAIR SKILLS FOR BETTER LIVING

KPK



On **November 5**, a **Basic Wheelchair Service Training** focused on Postural Support was conducted by **ReLAB-HS** in collaboration with the **Paraplegic Center Peshawar**. The training emphasized the importance of proper wheelchair selection and postural support, allowing participants to practice with various wheelchair models to learn user-centered fitting and postural techniques.



Over the course of a **five-day** hands-on workshop, consultant physical therapists and *occupational therapists* played an active role in training and supervising the practical sessions on wheelchair use.



Occupational Therapist **Mr. Tufail Ahmed** delivered a PowerPoint presentation on *"The Role of Occupational Therapy in Spinal Cord Injuries."* Additionally, *Occupational Therapist* **Mr. Jalal Ahmed** educated the participants on *"ADL Training and Empowering Independence in Daily Living Skills,"* under the supervision and guidance of *Consultant Occupational Therapist* **Ms. Maria Gohar**.



Other attendees included **Mr. Shahabudin** and **Ms. Hiba Khan**, who represented Ziauddin College of Rehabilitation Sciences (ZCRS) from Karachi.

Overall, this training equipped rehabilitation professionals with the skills necessary to provide effective and personalized wheelchair services.

ACROSS THE PROVINCES

OCCUPATIONAL THERAPY'S IMPACT ON AUTISM

KPK



On **November 20th**, the **Paraplegic Center Peshawar** conducted an **in-service session** titled *"The Role of Occupational Therapy in Autism Spectrum Disorder."* Presented by **Maria Gohar**, the Occupational Therapy Dept. In charge at PCP, the session highlighted the essential contribution of occupational therapy services in supporting healthcare professionals working with individuals on the autism spectrum.

CELEBRATIONS OF WORLD DAY OF PWD AT PCP



On **December 3rd**, the **Paraplegic Center** in Peshawar hosted an event to observe the **World Day of Persons with Disabilities**. This gathering emphasized the critical role of occupational therapy (OT) in the rehabilitation of spinal cord injury (SCI) patients. As part of the event, a stall was set up for guests and students, offering an informative presentation on **"Assistive Devices for Activities of Daily Living,"** specifically customized by the OT department at the center.



The following day, **December 4th**, the celebration continued with the **International Day of Persons with Disabilities at Islamia College, Peshawar**. Here, the **Occupational Therapy department from the Paraplegic Center** showcased various adaptive equipment and organized engaging recreational activities for individuals with disabilities, further promoting awareness and support for this important cause.

PROFESSIONAL GROWTH

WORDS FROM PRESIDENT



Ms. Samantha Shann
WFOT President

I would like to thank you for the warm welcome I received during my recent visit to Pakistan. During meetings and visits in Lahore and Karachi, I was inspired by every occupational therapist and student I met. I found everyone’s passion and commitment to the profession highly motivating. Many talked of a lack of resources however, **what I saw was creativity and the ability to problem-solve**, enabling innovative, person-centred approaches to occupational therapy assessments and interventions.

There are many opportunities to ensure occupational therapy continues to grow and flourish in Pakistan. Opportunities to develop services in community and social settings and embrace mental health and well-being as well as physical health and rehabilitation. To enable this, I encourage everyone to work together and be active **Pakistan Occupational Therapy Association (POTA)** members. POTA represents the profession nationally and internationally, and its present work with **HEC** has the potential to elevate occupational therapy education nationwide. Conducting and publishing occupation-based research from Pakistan is vital. This will inform future interventions and service developments and enable you to share your expertise with occupational therapists worldwide.



My **advice** to all occupational therapists and students is to *never stop reflecting and learning*. I encourage you to *continue being curious, supporting, and mentoring each other* while working compassionately with those who use our services. *Compassion fuels connection, and connection fuels change.*

PROFESSIONAL GROWTH

CULTURAL SENSITIVITY IN OCCUPATIONAL THERAPY

Fatima Khan
POTA/D-43

Paediatric OT at Marsden Therapy

Cultural sensitivity refers to understanding and respecting cultural differences and diversity. It is one of the essential skills for occupational therapists, which allows practitioners to provide effective and client-centred care. A culturally sensitive practice involves communication, assessment, and intervention to align with the participant's cultural context, beliefs, practices, values, and traditions while avoiding judgments or assumptions. Culturally appropriate assessment tools and interventions are essential for accurately identifying and addressing client needs. This practice ensures that the care is effective, meaningful, and inclusive to the participants. **Research highlights** that culturally sensitive interventions improve client satisfaction, adherence to therapy plans, and overall outcomes.

Incorporating cultural sensitivity into occupational therapy ensures that participants and their caregivers are engaged more effectively. The approach must be uniquely tailored to the participant's cultural context.

For example, in individualist societies like Australia, therapists often prioritize personal independence, designing interventions to help clients regain skills such as meal preparation or self-care routines. In contrast, in collectivist societies like Pakistan, the focus shifts to enhancing the client's role in family-centered activities, such as participating in shared mealtimes or caregiving roles.

Similarly, direct eye contact holds different meanings in different cultures. It signifies confidence in Western cultures, and therapists use it as a tool to build rapport, but it may be seen as disrespectful in collectivist societies. Therapists should adapt their body language to respect cultural norms and foster trust. Adapting interventions to align with these cultural values ensures relevance, engagement, and better outcomes for clients in diverse cultural contexts.

As occupational therapy embraces global perspectives, the importance of cultural sensitivity continues to grow. Future research should focus on developing standardized frameworks for implementing cultural sensitivity in diverse practice settings. Ultimately, culturally sensitive occupational therapy empowers clients, respects their individuality, and promotes inclusion in their environments.



PROFESSIONAL GROWTH

RECLAIMING LIVES: THE CRUCIAL ROLE OF OCCUPATIONAL THERAPY IN SUBSTANCE USE DISORDER

Mr. Muhammad Hammad

POTA/ZU-176

Substance Use Disorder (SUD), significantly impacts an individual's physical, psychological, and social functioning. Occupational therapy (OT), as part of the multidisciplinary team, plays a crucial role in OPD, IPD, and rehabilitation settings due to its client-centered and holistic approach. OT focuses on restoring control over daily occupations, developing coping strategies, and enabling vocational recovery. By addressing realistic aspects of daily living, activity analysis, and environmental modifications, OT complements medical and psychological treatments to enhance recovery outcomes.



The OT Process in SUD Intervention

OT process begins with a structured assessment of the client's needs, deficits, and goals. Tools and interviews identify impairments in ADLs, IADLs, sources of stress, and vocational interests. Using the PEO model, therapists evaluate how the individual's interactions with their environment and occupations influence substance use and recovery.

Interventions Across Settings

In OPD, OT interventions focus on stress management, coping strategies, and adopting healthier routines using cognitive-behavioural methods and mindfulness. Basic and instrumental ADLs are practiced to improve independent functioning. In rehabilitation, OT emphasizes vocational recovery, ADL/IADL training, and community reintegration over 15-20 days. The Kawa Model is often used to address disruptions in life flow, facilitating holistic recovery.

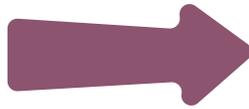
In IPD, a systematic approach involves individual therapy for time management and vocational planning, and group sessions to develop social skills. The MOHO framework helps uncover the client's interests, promoting engagement in meaningful occupations. To ensure quality care, a client-centred ratio of one occupational therapist for a maximum of 25 clients is recommended. This allows for personalized interventions that align with individual needs.

Conclusion

OT's client-centred approach ensures comprehensive SUD management through coordinated assessments, individualized interventions, and skill development. By focusing on daily life occupations and vocational recovery, OT empowers clients to regain independence and control, contributing to sustainable rehabilitation.

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Key Dates	
Call for Abstracts Opens:	November 2024
Registration Opens:	January 2025
Call for Abstracts Closes:	February 2025
Authors Notified:	July 2025
Programme Released:	September 2025
Congress 2026:	Monday 9 February - Thursday 12 February 2026

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MEGAN DELEON (MILLER) PH.D., BCBA-D
Founder and owner of Do Better Collective

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DIMITRIOS MYOLANDIS
Pediatric Occupational Therapist, CEO of Hopscotch Pediatric Therapy

DR. OLGA PHYKTINA
Medical Director of Wellness Hub, psychologist and play therapist

Save the Date
When: January 18 & 19 2025
Where: MBR Auditorium, Dubai Healthcare City

Why Attend the Summit?

- Learn from the Experts
- Networking Opportunities
- Interactive Sessions
- Exclusive Knowledge

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04-552-0351

The ABLE UK Decade Summit: Global Training for Tomorrow is scheduled for **January 18th and 19th, 2025**. Celebrating 10 years of Able UK’s contributions to therapy and professional development, the summit will feature global experts discussing advancements in autism care, sensory integration, developmental therapies, and Applied Behavioral Analysis (ABA). Join us to enhance your skills with specialists and professionals in special needs therapy. Secure your spot today!



ACKNOWLEDGEMENTS

TO THE TEAM THAT MADE IT POSSIBLE

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We strive to provide accurate and up-to-date information in our newsletter. If you spot any errors or have suggestions for improvement, we would love to hear from you.

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