

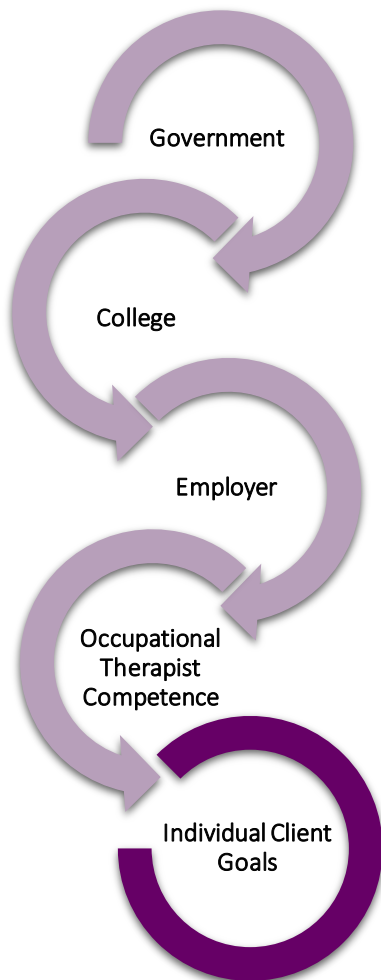
## Practice Resource: Is it Occupational Therapy? A Tool to Consider Emerging Practices



This practice resource is intended to guide individuals through a series of reflective questions to help determine if an activity, task or intervention might be considered something an occupational therapist can perform in British Columbia.

### GUIDED REFLECTION PRINCIPLES AND QUESTIONS

- Public safety and acting in the client's best interest must be the highest priorities.
- Occupational therapists are fully responsible for their practice and are obligated to account for their actions.



### Government/Legislative Considerations

- Are there any national and provincial legislation, regulations, and/or guidelines that provide direction?
- Does the activity, task or intervention involve a restricted activity?

### Regulatory College Considerations

- What bylaws, standards, advisory statements, and/or practice guidelines are applicable?
- Is the activity, task or intervention part of a broader occupational therapy practice process?

### Employer Considerations

- Is the activity, task or intervention consistent with employer policies, procedures, practice processes and/or resources?

### Occupational Therapist Practice and Competence Considerations

- Is the activity, task or intervention aligned with assessment findings as part of the occupational therapy practice process?
- Is the activity, task or intervention part of established occupational therapy practice?
- What are all the risks and benefits involved?
- Are any additional skills or training required?
- Does the occupational therapist have the necessary competencies to perform the activity, task or intervention?
- Does the activity, task or intervention involve supervision or assignment/delegation of support personnel as part of occupational therapy services?

## Occupational Therapist Practice and Competence Considerations continued ...

- Is the use of this activity, task or intervention supported within the context of evidence-based occupational therapy practice?



Figure 1. Adapted from "Evidence-Based Social Work Practice." 2012. *Simmons University Online*. Retrieved August 24, 2020, from <https://simmons.libguides.com/EBSW>.



Figure 2. Adapted from "Pyramid of Evidence." 1996. *Rutgers University Libraries*. Retrieved August 24, 2020, from <https://libguides.rutgers.edu/c.php?g=524495&p=3586302>.

### Individual Client Goals

- Is the activity, task or intervention aligned with the principles of client and family centred care?
- What can the client expect as reasonable outcomes from the activity, task or intervention?
- Is the client/guardian/substitute-decision-maker able to understand, appreciate and provide informed consent for the activity, task or intervention?

### OUTCOME OF GUIDED REFLECTION

If proceeding, the occupational therapist must be able to describe, if requested, how the activity, task or intervention falls within occupational therapy services and must ensure they have the knowledge, skills and judgement to proceed safely in accordance with the legislation and standards of practice.

If questions remain after completing this reflection, individuals are encouraged to seek additional support (e.g., if unclear on relevant legislation, if the activity is restricted, if the intervention has limited or emerging evidence, etc.).

**The College's practice team is available for these types of discussions and can be reached at [practice@cotbc.org](mailto:practice@cotbc.org) or toll free in B.C. at 1-866-386-6822.**

### RESOURCES

BC Ministry of Health – Scope of Practice Reform

<https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/professional-regulation/scope-of-practice-reform>

BC Health Professions Act – Occupational Therapists Regulation

[https://www.bclaws.ca/civix/document/id/complete/statreg/25\\_286\\_2008](https://www.bclaws.ca/civix/document/id/complete/statreg/25_286_2008)

The College of Occupational Therapists of BC (COTBC) is the governing body responsible for regulating the practice of occupational therapy in BC under the Health Professions Act and the Occupational Therapists Regulation. All occupational therapists who practise in BC must be registered with the College.