

OCCUPATIONAL THERAPY FOR MUSCULOSKELETAL CONDITIONS AND ARTHRITIS

P R I O R I T Y S E T T I N G P A R T N E R S H I P



HOW WE IDENTIFIED THE TOP 10 PRIORITIES FOR RESEARCH

The Canadian Association of Occupational Therapists (CAOT) led a partnership to bring together occupational therapy professionals, people living with musculoskeletal (MSK) conditions and arthritis, their caregivers and other health care providers to identify the top 10 research priorities for occupational therapy for MSK conditions and arthritis in Canada.

These top 10 priorities will set the future research agenda so that research focuses on what really matters to occupational therapy professionals, people living with MSK conditions and arthritis, and those who support their health care.

THE PROCESS:

1 GATHERING QUESTIONS

84 people from across Canada completed a survey to let us know their most pressing question(s) around occupational therapy for MSK conditions and arthritis. **175** questions were submitted.

2 WORKING WITH THE DATA

We grouped, summarized, and checked the questions against existing research evidence. We found **83** questions to be true uncertainties.

3 INTERIM PRIORITY SETTING

61 people from across Canada ranked the set of **83** questions. **17** questions were shortlisted.

4 FINAL PRIORITY SETTING

19 people from Canada participated in a virtual workshop to discuss and rank the shortlisted questions. This resulted in a "**Top 10**" list of questions to guide future research.

FOR MORE INFORMATION ABOUT THIS PROJECT, PLEASE GO TO:

Occupational Therapy for Musculoskeletal Conditions & Arthritis (Canada) PSP.

THE TOP 10

PRIORITIES FOR RESEARCH ON OCCUPATIONAL THERAPY FOR MUSCULOSKELETAL CONDITIONS AND ARTHRITIS



1

How can barriers be reduced to ensure easy and timely access to occupational therapy services (e.g., rheumatology care) across Canada for people living with MSK conditions and arthritis?

2

How can occupational therapy enable people living with MSK conditions and arthritis to participate in daily activities (e.g. parenting, sleep, cooking) and meaningful life roles at home, work, school, for leisure and in their communities?

3

What is the role of occupational therapy in addressing the mental and psychosocial health of people living with different MSK conditions and types of arthritis (including diseases and injuries to bones, joints, and skin)?

4

What are the best outcome measures for capturing the effect of occupational therapy treatments for people living with different MSK conditions and types of arthritis?

5

What is the role of occupational therapy in preventing and managing chronic and persistent pain for people living with MSK conditions and arthritis?

6

How can occupational therapists help manage fluctuating symptoms associated with chronic conditions (e.g. pain, fatigue, brain fog) to improve participation in daily activities for people living with MSK conditions and arthritis?

7

How does the course (amount, length, follow-up) of occupational therapy received affect outcomes for people living with MSK conditions and arthritis?

8

What occupational therapy interventions are effective for prevention of disability and/or decline for people with MSK conditions and arthritis?

9

How effective are interventions focused on energy conservation and joint protection for people with MSK conditions and arthritis?

10

What is the role of occupational therapy in managing comorbidities in people with MSK conditions and arthritis?

HELP US

ADVANCE RESEARCH IN THESE PRIORITY AREAS BY PROMOTING THIS TOP 10 LIST TO POTENTIAL RESEARCHERS AND FUNDERS.