

COTEC

Council of Occupational Therapists
for the European Countries



Newsletter

December 2016

In this issue:

- 1 [Editorial](#)
- 2 [Position Paper
Occupational Therapy and
Primary Care](#)
- 3 [Research in Occupational
Therapy and Occupational
Science](#)
- 3 [News from COTEC
Member Associations](#)
- 4 [Primary Care Webinars](#)
- 4 [Experts representing
COTEC at the
ScienceBusiness and
Healthy Measures event](#)
- 5 [WHO Europe Region and
collaboration in Mental
Health](#)
- 6 [4th HORATIO European
Festival of Psychiatric
Nursing](#)
- 6 [The contribution of
Occupational Therapy in
Psychiatric Treatment](#)
- 7 [COTEC Secretarial News](#)

Editorial



*Anne Lawson-Porter,
COTEC Vice-President*

It seems that Christmas comes along ever faster each year! Of course, I know that can't really be true, but it's only when you stop to check on what has been achieved that there is a greater sense of where the last year actually went.

Some key landmarks for COTEC have included:

- The first ever joint Congress with ENOTHE in Galway and the launch of OT-EU (Occupational Therapy - Europe) and OT-EU workshops
- Adoption of the Strategic plan 2016-2020 and the subsequent Action Plan for 2017
- Expansion of the Register of Experts with 97 experts for 7 groups
- Development of a Position Paper on Occupational Therapy & Primary Care to be finalised in 2017
- Attendance at three WHO Europe meetings on Mental Health, Coordinated Integrated Health Service Delivery and the 66th Regional Meeting of WHO Europe on invitation of WFOT

- A continuation of the position for an Occupational Therapist on the EFPC Advisory Board
- The establishment of a relationship with the European Patients Forum
- Creation of a Facebook page

Many other things go on behind the scenes of course, aimed at keeping COTEC members informed and whenever possible involved and ensuring that the organisation runs as smoothly as it can given that it relies on volunteers to do whatever is needed.

I feel I must extend a special thanks to Stephanie Saenger (President) for her vision and commitment and in being wherever she is needed to be to ensure that COTEC becomes increasingly visible and valued. Stephanie has worked very hard in building relationships with other organisations. Every member of the COTEC Committee has their own role and responsibility - Anu Söderström who keeps the committee on the straight and narrow administratively speaking, Eva Denysiuk who looks after the finances, Patric Duletzki

takes charge of the website and its developments and Elitsa Velikova who looks after the newsletters and also social media along with Patric, Eva and Stephanie. Without their continued commitment and that of the national associations and experts, COTEC would not be the strong organisation it is becoming – able to influence the thinking of other organisations and be influential in contributing to significant high level European events.

Not only this year is flying by, so have the previous 4 years...

The first term of 4 years will end for three executive committee members in 2017 and elections will be needed at the 2017 GA. Look out for the item by the Electoral Committee on how to nominate and support incoming committee members.

The Committee is very aware that every national association is also working hard to achieve their own priorities nationally and it is this combined effort, working on every front, that should bring a degree of success in increasing the profile of the profession. We all know that continuous striving for this goal takes time and a great deal of effort and so we approach the end of 2016 in the realisation that 2017 will bring new challenges to manage, but it will be the combined efforts of us all that will help to achieve our goals. We can do this!

Occupational therapists are renowned for their ability to have a good time and to live life to the full, so before we look too far forward to 2017, I hope you find time to enjoy the festive season with family and friends. Sending you all very best wishes on behalf of the COTEC Committee members.

Anne Lawson-Porter,
COTEC Vice-President



Position Paper Occupational Therapy and Primary Care

The COTEC Project group Occupational Therapy and Primary Care is very pleased to announce that the third draft is sent out for feedback to all participants of the OT-EU workshop on Primary Care at the joint congress in Galway, the Experts on OT and Primary Care of the COTEC Register of Experts, all Member Associations, the members of the Executive Committee and the Executive Board Members of The European Forum of Primary Care (EFPC) and the Editor of Primary Care Research and Development (PHC R&D).

The feedback received up till now was very positive. The Project group is looking forward to receiving more feedback before the deadline of January 15th 2017. The position paper will be finished half way 2017.

For more information or questions contact: positionpaperot@gmail.com



OT-EU workshop

Research in Occupational Therapy and Occupational Science



At the OT-EU workshop on research at the 2016 Joint COTEC&ENOTHE Congress in Galway, Ireland, COTEC and ENOTHE have made a fresh start with continuing the development of the research leg of OT-EU, with the working title **Research in Occupational Therapy and Occupational Science, ROTOS**.

Several skype meetings have taken place between VP Anne Lawson Porter (representing COTEC), Panagiotis Siaperas (representing ENOTHE), and Alison Laver-Fawcett who participated in the former joint working group on research and offered to have a leading role. It is agreed that a briefing paper will be produced to propose the creation of a Expert Group on Research in the context of OT-EU.



VP Anne Lawson Porter



Panagiotis Siaperas



Alison Laver-Fawcett

News from COTEC Member Associations

In this December 2016 issue of COTEC Newsletter there are national news from four COTEC Member associations.

[**The Association of Occupational Therapists of Ireland, AOTI**](#) describes the activities taken in order to ensure evidence-informed best practice, effectiveness and efficiency in the delivery of Occupational Therapy services in Ireland. Also announces the Association's national conference for the next year.

[**The Slovenian Association of Occupational Therapists, SAOT**](#) highlights the 8th congress of occupational therapists which was held on 27th and 28th October 2016 in Rogaška Slatina in partnership with University Rehabilitation Institute of Slovenia (URI Soča).

[**The Georgian Occupational Therapists Association, GEOTA**](#) and [**The Association of Bulgarian Ergotherapists, ABET**](#) celebrate the year of the tenth anniversary of the Occupational Therapy in higher education in Georgia and Bulgaria.



Primary Care Webinars

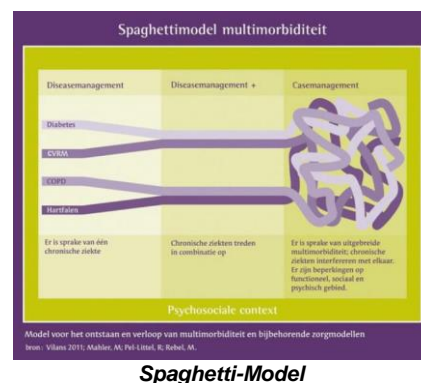
The European Forum for Primary Care (EFPC) hosted the first of multiple webinars on 17 November, 2016. Peter Groenewegen, Executive board member of EFPC and professor at the Netherlands Inst Health Service Research (NIVEL), presented primary care models for tackling multi morbidity via the online platform GOTOMEETING. Based on data from the ICARE4YOU study, Peter Groenewegen explained differences and similarities in primary care among European countries. He introduced the Spaghetti-Model (Vilans, 2011) to illustrate common public health strategies in tackling single and multiple chronic diseases of patients. In many European countries often one or two chronic diseases are targeted by Disease Management Programs (DMP) whereas primary care focuses on case management, as can be seen in the graphic. Peter Groenewegen demonstrated this is more cost effective and enhances well-being, health and the experience of patients when using healthcare. It was observable that EFPC is promoting a case management approach and shares a mutual ground with the basic principle of client-centeredness within Occupational therapy. The last 15 minutes of the presentation were open for discussion and many questions of participants could be answered. For interested professionals, two upcoming webinars are already scheduled:

- 10 January, 2017, 12:30 -13:30 (CET) – Working together towards integrated primary care, Sally Kendall & Jan de Maeseneer;
- 17 January, 2017, 12:00-13:00 (CET) – Working in Teams, Robin Miller & Kim Jelphs.

Information for registration can be retrieved from the COTEC events calendar:

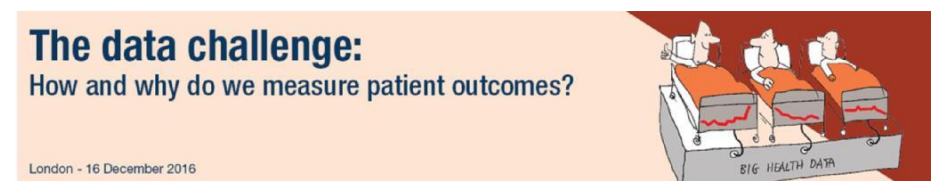
http://www.coteceurope.eu/events_calendar/?cid=my-calendar&month=1&yr=2017

It is recommended to register one week in advance, due to limited attendance.



Experts representing COTEC at the SciencelBusiness and Healthy Measures event

On Friday 16th December 2016, Dr Alison Laver-Fawcett (from York St John University) represented COTEC and OT-EU Research at the SciencelBusiness and Healthy Measures event: 'The data challenge: how and why do we measure patient outcomes'. The event brought together clinicians, researchers, chief medical officers, policy analysts and colleagues from the UK National Health Service (NHS), universities, medical schools, businesses and charities from across the UK and several European countries. Felix Faucon, Inspector General, Inspection generale des affaires sociales, French Ministry of Social Affairs and Health and member of the EU expert Group for 'Health systems performance assessment' shared the French approach to measuring outcomes and Annemarie Haverhals, Programme Leader for Value Based Health Care, Senteon, discussed a project involving seven hospitals in the Netherlands. Whilst Ian Forde, senior policy analyst at the Organisation for Economic Co-operation and Development (OECD) talked about the challenges of bringing together health outcomes data from member countries.



Pictures from the event

Alison was the only occupational therapist and allied health professional (AHP) attending this event and was able to feed into the discussion the importance of focussing on outcomes that are meaningful and important to the person (client / patient), the need to be more effectively recording therapy outcomes and to consider outcomes from across the whole pathway, not just from hospital base care. When the meeting focussed on what the barriers are to clinicians routinely undertaking standardised outcome measures, she mentioned the lack of funding for clinical utility and face validity studies, and the importance of ensuring that measures are not just reliable and valid, but also acceptable to clients / patients and clinically useful for clinicians.

The importance of live tweeting was demonstrated as Alison was actively tweeting at the event and included @COTECEurope in many of her tweets. This raised awareness of COTEC during the meeting as a number of her tweets were retweeted, nine colleagues at the meeting started following her tweets and it resulted in some colleagues making contact at the networking lunch after the meeting, as a result of the tweets.

The main focus of this meeting had been on medical outcomes from hospitalised care and a debate about the value of recording process versus outcome measures. It is critical for occupational therapists to attend and contribute at events of this nature, to raise awareness of occupational therapists' contributions and to advocate for the people (patients/ clients) we serve. By the end of the meeting there was some agreement that both outcomes and process measurement is needed and that we should be measuring health and quality of life outcomes across the whole pathway, including community care settings.

Occupational therapists can continue to contribute to the discussion using hashtag #datachallenge. Healthy Measures is a specialist journal, produced by Science|Business, about the emerging role of patient data in health-care management.

More information can be found at: <http://sciencebusiness.net/health>

WHO Europe Region and collaboration in Mental Health

On December 19th president Stephanie Saenger attended the **Third Meeting WHO-Europe and Staff groups active in mental health in the European region** in the UN-City in Copenhagen.

This time the consensus document was finalised and will be available as soon as all the logo's of the organisations and the references will be put on. The document will be published on websites and in journals of participants and members. Members will be encouraged to use the document and initiate collaboration on a national level.

There were very interesting and clarifying discussions about the similarities and differences in ethics and terminology of the participating professions. Not only do professions use other wording but interpret them differently too. Some of the next steps to take are the publication of a joint article in British Medical Journal and a policy document on identified priorities in mental health which we will jointly promote. During the meeting Martin Ward invited all to participate to join the panel in the Horatio Festival to show the collaboration in person in Malta. For information about the Festival see the next article in this Newsletter.

For a more detailed report you can click [here](#).



Right front Tarang Sharma consultant, left third Nicolai Paulsen, IFSW



Nathalie Germain Julskov (Programme assistant WHO), Matt Muyen (Programme Manager MH WHO) chair, Elena Suvkun (Technical Officer MH WHO), Melita Murko (Technical Officer MH WHO), Martin Ward (President Horatio), Stephanie Saenger (President COTEC), Wolfgang Gaebel (President EPA), Roland Craps (VP ER-WCPT), Tor Levin Hofgaard (President EFPA), Michel Probst President IOPTMH), (Nicolai Paulsen IFSW and Tarang Sharma consultant, had already left)



4th HORATIO European Festival of Psychiatric Nursing

President Stephanie Saenger was invited to present a key note speech at the bi-annual four-day congress of HORATIO (European Psychiatric Nurses) organised in collaboration with the Maltese Association of Psychiatric Nurses (MAPN) in Malta Thursday 11th till Sunday 14th of May 2017. Martin Ward, president of HORATIO, expressed his wish for representatives from the different professional groups to participate as part of the intended working relationships, during the meetings of Staff groups working in Mental Health (WHO Europe). The topic of the speech will be: "What does Working in Partnership mean for Occupational Therapists". In addition to this Stephanie will take part in a one-hour panel discussion with the representatives of the other professional organisations.

One of the other keynote speakers is Dr. Tor Levin Hofgaard, president of the Norwegian Psychological Association and Executive Council member of the European federation of Psychologists' Associations (EFPA).

At the moment the Maltese Association of Occupational Therapists (MAOT) and COTEC president are discussing possibilities to organise some high level meetings with local authorities to promote OT in particular in mental health as a master plan for mental health is being devised in Malta. Suggested are mental health services CEO, the Commissioner for Mental Health, the Director for Allied Health Services and potentially the Minister of Health.

COTEC, MAOT and former EXCIE member Maria Daniela Farrugia are planning a poster presentation about OT and collaboration in Mental Health on European, National and clinical level.

In this way promoting OT to other professionals, stimulating collaboration and supporting OT in Malta can be combined.

The call for abstracts was announced on the COTEC website and send to the Expert Group Mental Health of the COTEC Register of Experts; we would like to encourage Occupational Therapists to submit abstracts and to participate in the Festival.

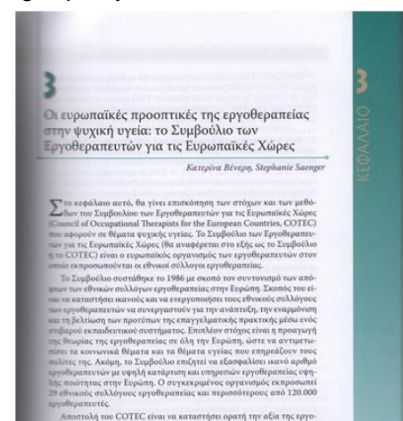
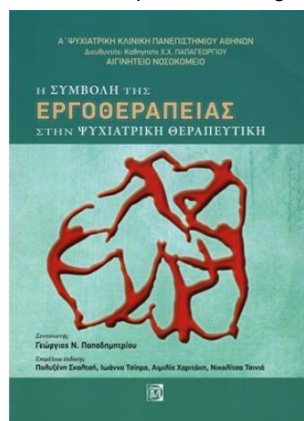


The contribution of Occupational Therapy in Psychiatric Treatment

The Department of Occupational Therapy of the Metropolitan College in Greece participated in editing and writing of the newly published book concerning the contribution of Occupational Therapy in Psychiatric Treatment.

The title of this collective work is "The Contribution of Occupational Therapy in Psychiatric Treatment" and it was published under the supervision of the First Psychiatric Clinic of University of Athens. Two of the editors of the book are members of the Occupational Therapy Department of the Metropolitan College, while five other academics of the department undertook the writing of chapters of this book. We are very pleased the representative for Greece Katerina Veneri and president Stephanie Saenger wrote a part about COTEC in chapter 3.

This collective work will be a valuable guide for students and practicing OTs in Greece. The publication of this book fulfils part of the vision of the Occupational Therapy department of the Metropolitan College on high quality-evidence based education for occupational therapists in Greece.



COTEC Secretarial News

COTEC Action Plan 2017

COTEC Action Plan 2017 has been approved by Members through an electronic vote. 22 votes were received within the voting time 29.9. – 20.11.2016 and the electronic voting was quorate. The Action Plan 2017 was approved with 21 votes in favor, none against and one abstention. Final version of the document can be found on the Members only -section of COTEC website.

5th COTEC General Assembly 2017

The 5th COTEC General Assembly will be held at FH Campus Wien in Vienna, Austria, October 1st, 2017. Agenda and papers will be circulated two months prior the meeting.

COTEC Governance day will be held September 30th and the Executive Committee will prepare a program for this. Preliminary program for the meeting will be circulated to members in February 2017.

COTEC Executive Committee Elections 2017

There will be Elections for three positions of the Executive Committee at the 5th General Assembly 2017. All enquiries about the Elections should be addressed to Elisabete Roldão, a member of the COTEC Electoral Committee, email elisabeteroldao@hotmail.com

The Electoral Committee has prepared a short letter for COTEC Members, please read the letter through this [link](#).

Summary of the Occupational Therapy profession 2017

Every year COTEC publishes the Summary of the Occupational Therapy profession document with data about the Member associations and the profession in Europe. All COTEC Members are asked to send their data by February 8th, 2017. A request with the link to the online questionnaire has been circulated to Members in December. Enquiries should be addressed to Patric Duletzki, patric.duletzki@coteceurope.eu

COTEC on facebook



COTEC facebook page was launched on the World OT Day, October 27th, 2016. We now have over 500 likes, please join us on <https://www.facebook.com/COTECEurope/>

COTEC on twitter



@CotecEurope has 945 followers on Twitter! Follow us and make Occupational Therapy and COTEC more visible in Europe!

COTEC Newsletter

Starting from the June 2016 issue the Newsletter will always include news from COTEC Member associations. A group of Members will be asked to submit news to each issue and all 30 Members will be given space in one Newsletter every year. Members who will be asked to contribute to the March 2017 Newsletter will be contacted with instructions soon.

For any other comments or feedback related to the Newsletter, please contact Executive Committee Member Elitsa Velikova, elitsa.velikova@coteceurope.eu

COTEC Executive Committee meetings

The Executive Committee has a Skype meeting every month. The next Skype meetings is scheduled for Thursday, January 12th and Thursday, March 9th 2017. For agenda items and other issues or proposals please contact anu.soderstrom@coteceurope.eu. The meetings are scheduled to start at 18:00 CET the above mentioned dates. No Skype meeting is scheduled for February, because the next

COTEC Executive Committee face-to-face meeting will take place in Tallinn, Estonia, February 10-12, 2017.

Following a comment in the GA in Galway an assignment of the Executive Committee was issued after the interim meeting in Abcoude. Katerina Veneri (Greece), Elisabete Roldao (Portugal) and Tiska Ikking (the Netherlands) started a project group to design a non complicated system to evaluate the work and effectiveness of the COTEC members, EC members and representatives on a yearly basis. This group will prepare a discussion paper for the Governance day in September 2017 with proposal(s) for an evaluation system and, depending on the discussion, a final document for the General Assembly in 2018.



COTEC

Council of Occupational Therapists
for the European Countries



Wishes all a warm and cozy winter season!



***May every day of the new year glow with good feelings
& happiness for you & your loved ones.***

Happy New Year!