

## **COTEC Annual Report 2018**

COTEC is succeeding more and more in making the voice of occupational therapy stronger and heard by other organisations. This results in more invitations to participate on a European level and a growing demand of representation and expertise. Given the limited resources (human and financial) the Executive Committee is getting more experienced in finding ways to use the expertise of Member Associations and especially the experts in the Register of Experts. Also, the collaboration with our colleagues of OT- Europe and SPOT-Europe ensures that we can share the responsibilities and benefits in representation. However, COTEC still takes the biggest share.

We are very glad to see the Register of Experts is getting more visibility and is growing. The Executive Committee thinks it is very important not to be too dependent on one or two persons, but to involve as many people in the COTEC work for inspiration and as a way to ensure continuity. We are therefore very pleased to have found Patricia Flynn willing to represent COTEC and OT-Europe in European meetings in Brussels. Only with the collaboration in Occupational Therapy Europe and support of members in the way of acting on calls, representation and sharing knowledge will COTEC be able to reach its goal to make high quality occupational therapy available, accessible, visible and valued in Europe.

The website is further developed and is a source of information and a tool to enable Members and individual occupational therapists to participate in actions, conferences, surveys and consultations. Twitter and Facebook are actively used to alert members and individual occupational therapists to varied calls for action and to show the outside world the occupational perspective of wellbeing and health and to promote the work of COTEC.

More steps were taken in the development of the Research Occupational Therapy and Occupational Science (ROTOS) and the umbrella organisation Occupational Therapy Europe (OT-Europe). All branches met in January in Abcoude which made the communication easy and effective. The Occupational Therapy Europe Coordinating Group met regularly on Skype.

In 2018, COTEC was able to find a good balance in internal and external activities in supporting its members and externally in collaborating with other organisations of health care professionals, which is in line with the strategic goals. We are more than pleased that in June 2018 we signed a partnership with the European Public Health Association (EUPHA) and became a member of Health First Europe (HFE). With these official relationships we can broaden and strengthen our network and become more visible across Europe.

For reasons of efficiency and readability this year we choose to summarize the actions which are taken underneath the strategic goals. For those interested a detailed updated action plan is available on request.

In 2018 we said goodbye and thank you to Elitsa Velikova as Executive Committee member as she felt the COTEC work was not to be combined with other work priorities.

I would like to thank the Executive Committee members and Shawn Abela for all their time and efforts they have given to make all this work possible and all members, experts and individuals who have supported us in any way.



Stephanie Saenger  
President of COTEC

## Meetings 2018

## Executive Committee meetings

- Monthly Skype meetings with the full Executive Committee
- Three face-to-face Interim meetings.
  - Abcoude, January (partly with ENOTHE and ROTOS and OT-Europe)

### *Items discussed in Abcoude*

- Register of Experts
  - Financial issues
  - Occupational Therapy Europe, legal issues
  - ROTOS development
  - Collaboration with WFOT
  - Collaboration with other European organisations
- Belgrade, May

### *Items discussed in Belgrade*

- Preparing workshop with Balkan colleagues
  - GPDR
  - Office Administrator
  - Action plan 2018 review, start 2019
  - Graphic design guidelines
  - Joint -Congress, committees
  - Other alliances
- Oeiras, October (Partly with ENOTHE and ROTOS)

*Pre- and Post - General Assembly meetings in Oeiras*

- Evaluating GA
- Evaluating Administrative support
- Future of Executive Committee, elections 2019
- WFOT, Member issues
- OT-Europe
- Other alliances

Meetings in relation to OT-Europe

- Abcoude, January, OT-Europe, COTEC & ENOTHE & ROTOS
- Nijmegen, April, Presidents of COTEC and ENOTHE, chair ROTOS meeting about OT-Europe constitution and interview to the Dutch OT Magazine
- Oeiras, October, ENOTHE annual meeting, ENOTHE and ROTOS
- Several Skype meetings

## Projects, conferences and external meetings, participated in

- January 30<sup>th</sup>, **Co-producing employment initiatives for young persons with disabilities and mental health problems** conference in the European Parliament. (Patricia Flynn)
- February 16<sup>th</sup>, second meeting **European Health Professionals Dialogue**, Brussels (Stephanie Saenger, Patricia Flynn)
- February 26<sup>th</sup>, **ECCO meeting** (Marije Bolt, Expert Oncology and Primary Care)
- April 10<sup>th</sup> – 12<sup>th</sup> Key note speaker at the **International Conference of Physical Therapy in Psychiatry and Mental Health**, Reykjavik, Iceland (Stephanie Saenger)
- April 23<sup>rd</sup>, **first session of the European Brain Council**. Brussels (Annick van Gils, Expert)
- May 14<sup>th</sup>, second **ECCO meeting**, Brussels (Marije Bolt, Expert Oncology and Primary Care)
- May 16<sup>th</sup>, **Call to Action** hosted by European Parliament Interest Group on **Mental Health**, Well-being and Brain Disorders and the Global Alliance of Mental Illness Advocacy Networks (GAMIAN-Europe), Brussels (Patricia Flynn)
- May 23<sup>rd</sup>, **12<sup>th</sup> European Patients Right Day conference**, Brussels (Patricia Flynn)
- September 17-20, **68<sup>th</sup> Regional Meeting of the World Health Organisation**, Rome, Italy, (Stephanie Saenger)
- September 24<sup>th</sup> and 25<sup>th</sup>, **European Forum for Primary Care Conference**, Heraklion (Leen de Coninck, Expert and COTEC representative in advisory board of EFPC, Nadine Blankvoort Expert)
- September 27<sup>th</sup>, Health Professional Dialogue meeting, Rotterdam (Stephanie Saenger)
- September 27<sup>th</sup>, reception 40<sup>th</sup> Anniversary European Dieticians Federation, Rotterdam (Stephanie Saenger)
- October 19<sup>th</sup>, Poster presentation **18<sup>th</sup> European Conference on Integrated Health Care**, Utrecht (Marie-Antoinette Minis, President of ENOTHE)
- November 1<sup>st</sup> and 2<sup>nd</sup>, **Annual Meeting of the European Delirium Association**, Utrecht (Experts Christian Pozzi and Alessandro Morandi, Stephanie Saenger)

- November 12<sup>th</sup>, **Annual Meeting of the European Health Policy Platform**, Brussels, (Eva Denysiuk)
- November 21<sup>st</sup>, **European Brain Council**, Brussels (Annick van Gils, Expert)
- November 26<sup>th</sup>, foundation of the **German Society for Occupational Therapy Science (DGEW)**, Berlin. (Patric Duletzki)
- December 3<sup>rd</sup>, **Interest Group on Mental Health, Wellbeing and Brain Disorders**, European Parliament, Brussels, (Sven van Geel, Expert)

### **Meetings and conferences with Member Associations**

- Workshop ***“Making the national OT association an effective organisation”***, May, 2018, Belgrade (Executive Committee)
- **Cape Town, WFOT conference**, represented by OT-Europe Colleagues
- **Iceland**, meeting with president and presentation for members of the Icelandic OT Association, two work place visits (Stephanie Saenger)
- **Italy**, meeting with the President and Vice-president of the Italian OT Association in Rome
- **General Assembly & Governance Day**, Oeiras, Portugal

### **Consultations, Surveys, letters, declarations & Special Days**

- **“Call to Action on Migration and Health”**, directed to the DG SANTE (EU Directory General of Health) Health Policy Platform
- World Cerebral Palsy Day campaign on Twitter and Facebook
- World Down Syndrome Day
- World Parkinson’s Day
- World OT Day campaign on Facebook
- World Autism awareness week
- World Cancer Day Thunderclap campaign

## Publications

- Four COTEC Newsletters
- Summary of the Profession 2018
- Position Paper on Occupational Therapy and Delirium (Christian Pozzi, Alessandro Lanzoni, Verena Tatzler and Maria Gracia Carpena - Experts )
- Flyer about COTEC, ENOTHE, ROTOS and OT-Europe for the WFOT Congress in Cape Town, South Africa
- Interview with COTEC and ENOTHE Presidents and ROTOS Chair for the Dutch journal of Occupational Therapy
- Poster about Occupational Therapy and Integrated Care
- Joint statement on Societal Impact of Pain (Pier Paolo Pasqualoni and Barbara Kittinger-Wietek, Experts)
- Declaration for Patients Safety and the joint editorial: [Healthcare professionals stand together to foster patient safety with Health First Europe](#)
- Written statement on 'Advancing public health for sustainable development in the WHO European Region' (5c/5e) [http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0005/381191/5c-EUPHA.pdf?ua=1](http://www.euro.who.int/__data/assets/pdf_file/0005/381191/5c-EUPHA.pdf?ua=1)
- Joint statement in initiative of WONCA with 6 co-signers on overdiagnosis in health care and over-medicalisation of society (5c) [http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0010/381988/5e-MMI-IAHPC-Wemos-Wonca-WFOT-COTEC-IFMSA-PSI-EPSU-Studiorum-EMSA-EFPC-EUPHA.pdf?ua=1](http://www.euro.who.int/__data/assets/pdf_file/0010/381988/5e-MMI-IAHPC-Wemos-Wonca-WFOT-COTEC-IFMSA-PSI-EPSU-Studiorum-EMSA-EFPC-EUPHA.pdf?ua=1)
- Joint statement on Health systems strengthening and health coverage we co- signers.(5e) [http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0019/381232/5i-COTEC-EFPC-WFOT-WONCA.pdf?ua=1](http://www.euro.who.int/__data/assets/pdf_file/0019/381232/5i-COTEC-EFPC-WFOT-WONCA.pdf?ua=1)
- Joint statement in Vaccine-preventable diseases and immunisation on initiative of WONCA/EFPC (5i) [http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0008/382391/5n-19-accredited-NSA-supported-by-11-NSA.pdf?ua=1](http://www.euro.who.int/__data/assets/pdf_file/0008/382391/5n-19-accredited-NSA-supported-by-11-NSA.pdf?ua=1)

- Joint Oral Statement on Accreditation of 19 Non State Actors in FENSA (5n)

[http://www.euro.who.int/\\_\\_data/assets/pdf\\_file/0004/381253/5o-WSO-ESO-WFN- EAN.pdf?ua=1](http://www.euro.who.int/__data/assets/pdf_file/0004/381253/5o-WSO-ESO-WFN- EAN.pdf?ua=1)

## **Actions taken in relation to the Strategic Goals and the Action Plan 2018**

- 1. Develop political and strategic partnerships locally, nationally, and European wide to increase our presence and visibility in addressing societal issues and to promote an occupational perspective of life.*

- External meetings, see above
- Sending COTEC Newsletter to organisations listed below
- Follow on Twitter, and retweet with comments in relation to Occupational Perspective of life
- PR-material
- Social media – Twitter and Facebook
- Contacts are made, kept or strengthened with e.g.

### **Umbrella Organisations on EU level**

- EUPHA, European Public Health Association
- EFPC. European Forum for Primary Care
- EBC, European Brain Council
- ECCO, European Cancer Organisation

### **Health Professionals' Organisations**

- EFAD, European Federation of the associations of Dieticians



- CPLOL, COMITÉ PERMANENT DE LIAISON DES ORTHOPHONISTES-LOGOPÈDES DE L'UE
- FIP-FFP, International Federation of Podiatrists
- PGEU-GPUE, The Pharmaceutical Group of the European Union
- ECU, European Chiropractors Union
- ER-WCPT, European Region – World Confederation for Physiotherapy
- CPME, Standing Committee of European Doctors
- EHAP, (European Association of Hospital Pharmacists
- EFPA, European Federation of Psychologists' Associations
- EPA, The European Psychiatric Association
- Horatio, European Psychiatric Nurses
- IFSW, International Federation of Social Workers
- IOPTMH, International Organization of Physical Therapists in Mental Health

**Service users' organisations**

- European Patients' Forum
- Gamian
- Eurocarers

**European Institutions or Organisations and Platforms**

- WHO Europe
- European Health Policy Platform
- Health First Europe
- Mental Health Europe
- European Alliance for Mental Health Employment and work

2. *Ensure that COTEC engages with and inspires its Member Associations and their members to continue to deliver high quality occupational therapy and occupationally based, evidence informed services in existing and emerging areas of practice.*

- See actions taken with and for Members
- Register of Experts & representatives to EU events
- Newsletters/National News
- Calls for action for OT's to get involved
- Letter of support for the Cypriot Association of OTs
- Website & Social Media

3. *Continue to work towards the development of a sustainable network organisation by improving member engagement and ensuring that every occupational therapist understands the importance of being a member of their national association and pride in belonging to the community of occupational therapy.*

- Work on reviewing Register of Experts, expanding to OT-Europe register
- Actions taken with or for Member associations e.g. Balkan workshop in Belgrade
- Call for news in COTEC newsletters
- Call for information of the contribution of Members actions in relation to the Action Plan for the interim report 2018
- Work together with WFOT and ENOTHE, ROTOS
- General Assembly and Governance Day
- Website & Social Media

4. *To collaborate with ENOTHE and establish a new European umbrella organisation to coordinate and strengthen the impact of Occupational Therapy in Europe.*

- Meetings with ENOTHE and ROTOS
- Representation in the ROTOS Standing Committee
- Attendance at ENOTHE Annual Meeting

- Exchanging items for newsletters
- Meetings with Occupational Therapy Europe Coordinating Group
- PR- material
- Website & Social Media