

# Department of Occupational Therapy(PMR)

## Introduction:

Occupational therapy is the use of assessment and intervention to develop, recover and sustain meaningful activities for occupation of individuals, groups and communities by altering the work or environment as per the present activities of client achieving maximum independence and building up the quality of life. It often goes with people with mental health problems disabilities, injuries and impairments.

## Functions of the department

1. Physical management
  - a) Musculoskeletal
  - b) Splinting/SPLINT
  - c) Hand therapy
2. Neuro Medicine
3. Psychiatric Management
4. Pediatric Management
5. NICU Management and Counseling
6. Ergo therapy
7. Sensory Integration
8. Visual Perception Integration training

Abilities :- to work on,

- Balance and postural reactions
- Muscle tone and strengthening
- Body awareness
- Fine motor activities ( pinches, grasps, manipulative skills, pencil and scissor use, handwriting)
- Motor planning(activity to plan, initiate & execute)
- Visual perception(shape recognition, visual memory)
- Visual motor integration(copying shape, copying block design)
- Sensory integration (response to sensory stimuli, discrimination of sensory input)
- Behavior (arousal level, attention , problem solving skill)

Skills:- to work on

- Self care (eating, dressing, toileting, bathing)
- Community training skills(use of public transportation, money knowledge, shopping)
- Pre-academic skills
- Play skills(use of toys, types of play)
- Social skills
- Pre-vocational & vocational skills
- Environmental factors
- Physical environment
- Family situation
- Community supporters.

## **Counseling of PwDs, Parents, Siblings, etc**

Counseling of PwDs, Parents, Siblings, etc for age group 0 to 18 and 18 to above

## **Any Other**

Awareness Programs- Haemophilia multiple sclerosis, Muscular dystrophy, etc.

Resource program in CRE programs.

Training program for - PwDs, ASHA workers and Doctors

Therapy Programs- District and Block Level

Resilience Building Program