

# The role of occupational therapy

[Health & Medicine](#)



The paper "The Role of Occupational Therapy" is a wonderful example of an assignment on health sciences and medicine. The role of occupational therapy in addressing a whole range of health issues affecting individuals is increasingly gaining currency (Keesing & Rosenwax, 2013). Indeed many students are now, more than ever before, enrolling into courses and disciplines that lead into a career as an occupational therapist (Dige, 2009). This paper reports on the findings of an interview done with a practicing occupational therapist with the view to gaining deeper insights on the occupational therapy career. From the interview, it can be said that there are numerous areas of interest that have captured my personal attention with regard to the occupational therapy career. The first area revolves around the fact that occupational therapy is a humane undertaking ignited by the selfless desire to serve those in need. I have always wanted to serve people and to help them overcome their difficulties and challenges in life. The urge to provide selfless service is what led the interviewee to consider taking up a career as an occupational therapist. The second area concerns the fact that there is more to a successful occupational therapist than mere education. Although the interviewee was categorical that one needs to have professional education to receive accreditation from the relevant bodies, there is need to have certain personality traits such as integrity, determination, self-drive, patient, as well as excellent communication and interpersonal skills. This view is reinforced in the literature by McKenna, Scholtes, Fleming, and Gilbert (2001), who acknowledge that a successful occupational therapist should demonstrate professional values such as "honesty and integrity, a dedication to helping people, creativity, as well as other general qualities such as good communication skills and problem-

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solving ability” (p. 158). I possess most of the above-named skills and competencies, hence the attraction to a career in occupational therapy. The third area of attraction revolves around the fact that there are many roles that can be done by occupational therapists in contemporary times. From the interview, it is clear that there are many career pathways and activities that I can engage in upon successful completion of the course. This view is consistent with that held by Dige (2009), who argues that contemporary occupational therapists possess the possibility to find employment in a multiplicity of sectors and industries. As suggested by the interviewee, the possibility of working outside a healthcare environment makes the career even more fulfilling and attractive. The last area of attraction concerns the fact that the domain of occupational therapy is controlled by several licensing agencies and hence can be termed as a professional undertaking. The interviewee was clear that one has to pass a nationally recognized entry-level examination for occupational therapists as well as undergo supervised fieldwork engagement to be allowed to practice. This adds pride to the practice and exemplifies my desire to undertake a pathway that will lead to a career as an occupational therapist. The interaction with the occupational therapist has made me learn several things about a career in occupational therapy. For example, I have learned about the importance of having a professional and educational qualification in order to meet the requirements for licensure. I have also learned that one needs to have the compassion to assist others and to serve those in need if he or she is to make a successful occupational therapist. Additionally, I have learned that the profession is quite demanding and hence one needs to develop solid mechanisms aimed at not only dealing with stress and burnout but also balancing work life and <https://assignbuster.com/the-role-of-occupational-therapy/>

home responsibilities. The interviewee said that he seeks to achieve an appropriate work-life balance by leaving home stress at home, job sharing, and delegating responsibilities to junior staff members. I have also learned about some positive and negative things related to the occupational therapy career. According to the interviewee, the fulfillment arising from serving others as well as the recognition from clients and their families are some of the positive things associated with the profession. I have learned that it would be not good to consider taking up the profession if you cannot establish longstanding relationships with people and if you despise working in a hospital environment. Overall, I have learned that there are highs and lows associated with the profession and one only needs to find the perfect balance to be successful. This paper has presented findings of an interview done with a practicing occupational therapist with the view to gaining deeper insights on occupational therapy career. Based from what has been presented, I can conclude that I fit in this career pathway based on my personality traits (e. g., patience, determination, integrity, and self-drive) as well as excellent communication and interpersonal skills. I also fit based on my predisposition to assist others in need and compassion in assisting them to overcome their difficulties. I am also intellectually capable of achieving and probably surpassing the educational requirements needed for licensure. Consequently, it is my deeply held conviction that I want to develop my professional career as an occupational therapist and to offer my selfless services for the betterment of mankind.