



M.J.O.T.

Maltese Journal of Occupational Therapy

Editorial

Dear colleagues,

Since the foundation of the MAOT, members made benefit of various activities held regularly, amongst these are the journal, newsletter and study mornings. Together with above seasonal social activities are organised both for members and non-members. Without any doubt these require a lot of hard work from committee members and support from association members.

Concurrence by OT's to these aspects would not only benefit the individual but also serve as a positive reinforcer to committee members in order to continue and improve their beneficial tasks.

Another plea is made for the contribution of articles as well as for an active membership drive.

Editorial Board

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Issue No. 6

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DEVELOPING OCCUPATIONAL THERAPY IN A DEVELOPING COUNTRY (Abstract 15, WFOT, Canada.)

MR. J. BUSUTTIL PRINCIPAL O.T.

The island of Malta (population 400,000) has a long history of caring and carers. The presence of the Knights of Malta (1530-1798) greatly enhanced the medical tradition, while the British rule (1800-1964) maintained the island with concurrent developments.

Origins

The development of OT in Malta goes to the introduction of occupation, social and recreational activities which were prescribed for the patients in the local hospital. In 1840, a pioneer Malta psychiatrist, Dr. Tumas Chetcuti, was promoting activities like gardening, domestic work and crafts as part of the treatment programme for patients in the mental hospital. He claimed that such activities were beneficial, resulting in relief, mental stimulation, and a normalising influence on residents.

The psychiatric field continued to expand the activity programme into the industrial occupation of patients when a purpose built hospital was opened in 1861. By the beginning of this century, the hospital was self sufficient in food, clothing and footwear.

Professional Awareness

The first time OT was referred to in a professional manner was 1926. During a visit to the hospital, the island's Governor complained about the lack of indoor occupations for male patients. The medical superintendent stated that difficulties were being encountered to find suitable residents to work with the trade masters and the workshops.

He concluded that "as regards what is known as occupational therapy, we are still far from having a fully organised department," and cited examples from abroad where such therapy was being conducted successfully.

The psychiatric hospital, in a report in 1932, stressed the need for the engagement of Occupations Officer, as occupational therapy had made a significant contribution to the treatment of mental disorder, and had to be introduced on a professional basis. This was the first request in Malta for the recruitment of a qualified occupational therapist. It is significant that around the same time, an official memorandum on occupational therapy for the mental patients published in England, also urged the employment of therapists in psychiatric hospitals.

Action

By the early 1950s, OT had become fairly established as a profession to be found in the major hospitals of developed countries. On an international basis, OT's were organising themselves into a wider platform in order to promote their profession, and the first congress of the World Federation of Occupational Therapists was held in Scotland in 1954 - 44 years ago.

The Maltese medical authorities were now more conscious of this profession, and the lack of OT's in the island was considered officially as a "serious setback". In official correspondence, the absence of OT's was described as detrimental and proving to be a great handicap in the treatment of certain conditions. It was unnecessary prolonging

rendering their hospitalisation unpleasant if not altogether boring. The authorities added that it was a recognised fact that OT was useful and essential to certain patients. To rectify this situation the Ministry of Health in 1955 took steps to start the process of recruiting OT's from the United Kingdom.

The First OT's

Two female therapists arrived in Malta in 1956 to work in the general hospital. The overall plan was for OT to start in a small way, probably with orthopaedic patients, and once established, it would then expand to cover the whole hospital. In those days, many Maltese were not conversant with the English Language, and it was pointed out to the expatriate OT's that as a result, many of the instructions to patients would have to be transmitted visually.

After an initial evaluation the two OT's drafted a short as well as a long term plan for the profession which featured:-

1. The setting up of OT at general hospital for orthopaedic and long-term case.
2. To obtain and equip a department for mobile in and out patients.
3. To expand OT later to the other hospitals i.e. the geriatric and the psychiatric

The plan was approved and put into action.

Evaluation of Services

Within two years, a functional department was set up, servicing both in and out patients. Activities featured printing and crafts like canework and basketry, expanding later to woodwork, as well as a paediatric section. Activities of daily living were also a highlight of the programme.

Liaison with other departments, like the Works Department and the Education Department, were also established.

The OT department was expanding, and a plan was drafted to move into bigger premises, envisaging sufficient space for the activities and equipment already in operation, as well as the accommodation of innovations. Besides covering the general hospital, the expatriate OT's also managed to initiate a service and a department at the geriatric hospital.

However an OT service provided by recruited expatriated, whose number was irregular and whose service was not continuous, was certain to encounter problems. By 1968, both the general and the geriatric hospital were complaining about the quality and quantity of the service: new recruitment ran into problems, and by 1969, both departments had closed down.

Maltese OT's

As far back as 1961, the Health Department invited applications with the aim of "sending two young ladies to the U.K. to undergo a three-year course leading to the OT diploma". In those days OT was deemed as a profession suitable mostly for women. Nothing came out of this call for applications.

The administration found it difficult not only to engage Maltese to study OT, but also to recruit therapists from abroad. This was mainly due to salary conditions which offered no inducement to trained staff to come here, and no encouragement for Maltese to apply for the scholarships.

Another call was made in 1970, when two men were selected to proceed abroad to study for OT qualification. On graduating in 1974 they returned to Malta where they were entrusted with the task of organizing OT on a professional footing locally. One

going into the physical field while the other started looking after mental health. More Maltese were sent to the U.K. to study in 1979.

Local Expansion

Gradually the pioneering Maltese OT's started setting up departments in the main general geriatric and psychiatric hospitals. They were aided by a group of enthusiastic technical staff, who were essential in the implementation of the overall OT strategy.

More OT's were needed however to cover the present and future demands of the services. It was no longer feasible to send Maltese students to study abroad. Plans were drafted for the setting up of a local OT course, a natural progression since similar courses in physiotherapy, podology and speech therapy had also started local education. Also, it was imperative to assess local needs and plan the service and the course accordingly, something which overseas OT colleges do not always take into account because their curriculum is geared towards their respective needs.

The first OT course in Malta took off in 1984. Since then seven other courses have been organized, with about fifty OT's qualifying in the process, and being WFOT recognized.

The Present and Future

With a period of 25 years, OT has become significantly established as a recognised profession in the health care field locally. Departments have been set up in the major facilities : the general hospital, the geriatric hospital, the psychiatric hospital, an elderly rehabilitation complex, a hospice facility, facilities in the sister island of Gozo, as well as in the community.

OT in Malta is not without its problems : we have difficulties with resources, both infrastructural and staffing. But looking back over this quarter century, as well as encompassing the present and future plans, we feel proud of what we have achieved both locally, as well as abroad, for sometimes our expertise in the pioneering field is requested by the other developing countries.

TEACCH – A structured Approach Towards Autism

Mr. Vincent Cassar – S.R.O.T. Occupational Therapist

Visual information is more easily processed by people with autism than verbal information. This statement was established as the foundation for structured teaching. For students with autism, by Eric Schoppler in 1966. This study was continued further and to the development of TEACCH (Treatment and Education of Autism and Communication handicapped Children).

WHERE ?

Producing or modifying the environment where to treat students with autism is very crucial.

In general it must be calming in effect and conducive to the results expected. As the autistic student tends to become over stimulated from too many sensory input, environment must be stripped from all stimuli. All clutter must be removed, walls bar and sound limited to own voice only. Carpeting the area in one colour which is not bright in intensity is a good idea. This will insulate sound and echo as well as produce a clear idea of space available. Visual barriers are very important to increase the attention and concentration to the task in question. Areas should be labeled, as they give a clear indication to the student what to do in that area.

WHEN?

The autistic student has poor concept of time and also does not know when to start, what to start and when to stop. Routine is their motto therefore a time table or as better refereed a schedule is necessary. The optimum meaningful communication system needs to be identified. This is done in liaison with the Speech and Language Pathologists. Media used may vary from object, photos, pictures, symbols to written format. The students move left to right of the schedule. This mode of performing is kept constant at home, work and play giving the student a structure in his life.

HOW ?

In dealing with the autistic student, one must build up a relationship based on confidence and calm feelings. The motto to be followed is "Speak softly and work quietly". Instructions given must be direct using only key words and giving little or no notice to grammatical corrections. For example instead of saying "Please, can you bring me that ball ?" one would simply state "Get Ball". Strengths of the students must be assessed and worked upon.

These are used in order that the student becomes productive and earns a living using this strength. Negative behavior is never corrected using negative reinforcement. It is rather ignored and modify behavior to reinforce positive behavior.

WHY ?

The answer of this question comes automatically. Structure decreases confusion and aggression, makes students more productive as activities are given their meaning. This holds given that one bears in mind the above. Autism cannot be fought as one will loose. In planning out one must always allow self stimulation. It should be modified to a more socially acceptable state.

CONCLUSION:

This approach has given satisfactory results both international as well as locally. At present this approach is being applied by the Eden Foundation with students with autism. Should you need more information write to:-

**STEP PROGRAMME,
THE EDEN FOUNDATION,
BULEBELL, ZEJTUN.**

Dr.A.Al-Ansari
Chairman of Psychiatric Hospital
P.O. Box 5128
State of Bahrain
These are adverts for OT Posts for MJOT

DR. OMAR AL-QUDAH
Medical Doctor - Residence Rehabilitation
Abu Dhabi Rehabilitation Centre
Central & Al Jazayera Hospital

Tel. : 32298 - 311500
Fax : 322788

P. O. Box : 27744
ABU DHABI - U.A.E.

Il-Quddiem

ANGLU MIZZI Staff Tekniku fl-Isptar Monte Karmeli

X'inhil-O.T.?

L-Occupational Therapy hija kull attivita' fizika jew mentali li tinghata lill-klijent bi skop ta' kura. Ghal-daqstant, l-O.T. hija parti importanti fir-rijabilitazzjoni tal-klijent fejn persuna tigi meghuna tilhaq l-oghla livell taghha, fiziku, mentali u socjali fl-isptar jew lura d-dar. Kulhadd jaf li fl-O.T. hemm l-Occupational Therapist li flimkien ma team ta' nies oħra huma nvoluti u għandhom responsabilita' kbira f'dik li hija kura tal-klijent. Grupp li flimkien ifassal programm u pjan ta' hidma sabiex itejjeb l-kundizzjoni u l-kwalita ta' hajja għall-klijent. Grupp ifassalhom u iehor iwettaqhom.

Min huma dawn in-nies l-oħra? Hawnhekk nidhlu ahna, l-istaff tekniku. L-O.T. Technical Staff huma nies gejjin minn kull qasam tal-hajja u b'kapacitajiet diversi. Jinstabu nistghu nħidu f'kull sptar f'Malta u f'Għawdex. Huma nies flessibli li kapaċi jaddattaw skond il-bżonn u ċ-ċirkostanzi, wahda f'postijiet differenti tax-xogħol u t-tieni, l-aktar importanti, jaqdu l-bżonnijiet tal-klijent kif mehtieg.

Din mhix xi hidma fid-dipartiment ta'

l-O.T. Dan qiegħed nħidu min-habba, li minkejja uħud minn dawn l-O.T. Technical Staff ilhom jahdmu fi hdan id-dipartiment għal hafna snin, uħud għal 15 u anke 20 sena u minkejja li saru diversi talbiet u attentati, dawn it-Technical Staff, għad ma għandhomx l-għarfien mehtieg sabiex jiggustifikhom bhala tali. Jigifieri bhala O.T. Technical Staff jew O.T. Technical Instructors. Għarfien gustifikat u mportanti hafna għas-servizz relatata ma' l-O.T. f'pajjizi barra minn Malta.

Saru diversi "In Service Training Courses" u tħriġ kontinwu għal dan l-istaff. Talbiet għal staff ġdid minhabba li s-servizz jikber u jinfirex. U propju għalhekk nahseb li wasal iż-żmien li jsir xi haġa sabiex ahna bhala O.T. Technical Staff niġu mgharrfa kif suppost. Jekk is-servizz tat-technical staff huwa bżonnjuż u ilu jkun utilizzat għal dawn is-snin kollha, nahseb li n għandu jiġi wkoll gustifikat u rikonoxxut.

Ġieli nsemmu l-kelma 'Burn Out'.

Dan jiġri hafna drabi fejn ma hemmx heġġa, incēntiv u stimulażjoni, biss tafux kulhadd uman u

jekk irridu ntejjbu s-servizz irridu niehdu hsieb l-aspettattivi kollha, li jaghmlu dan ix-xoghol wiehed possibli. Ma nistghux nimxu wah edna, biss flimkien u ndaqs bil-kapaċitajiet kollha taghna u għal skop wiehed... il-klijent.

Semmejt li bhala O.T. Technical Staff naghtu servizz u għandna responsabilita'. X'inhid din? X'insibu fid-Dipartiment taghna? L-attivitajiet li wiehed isib huma hafna. Hemm l-arti, l-fuħhar, xoghol tal-kitba, ganċ, tisjir, xoghol tal-ġnien, xoghol tal-injarn, iġjene personali u hafna oħrajn. Insibu xoghol industrijali fejn hemm hafna attivita' għalkemm il-produzzjoni m'hi qatt emfasiż zata. Attivitajiet soċjali u rikreattivi, bħal gym, hrug kulturali, wiri ta' films, hikes, bahar, roti, teatru, exhibitions, u partecipazzjoni fil-karnival. Isiru laqgħat fuq bażi personali u anke fi gruppi. Dawn l-attivitajiet ma jsirux għall-mogħdija taż-żmien, isiru bi skop speċifiku. Bhala parti mill-kura tal-klijent, u jekk tiġi rifjutata, tkun qiegħed tirrifjuta l-kura. Isiru sabiex b'hekk wiehed jgħin iwarrab l-apatija, nuqqas ta' inizjattiva u responsabbilita'. Id-dipendenza fuq l-isptar. Hawnekk irridu noqgħodu attenti, għaliex aktar milli wiehed

jimmudella individwu mill-ġdid, naħseb li rridu nirrispettaw u ma nitilfux il-kwalitajiet tajba tal-klijent li nkunu qegħdin naħdmu miegħu. Dan hafna drabi nagħmluh mingħajr ma mndunaw. Il-post innifsu jdaħħal lill-klijent taht kundizzjoni jew titlu. Niddettaw kull ma rriduh jagħmel u jsir.

Insakkruh għaliex ngħidu li sejjer jaħrab. Irridu naraw u niżnu t-tajjeb tal-klijent u nibnu fuqu. Inkunu aktar ottimisti u positivi. Ma nassessjawx biss il-hazin, il-permanenza, għal-inqas jekk dan hemm bzonn li jsir, inpoġġu it-tajjeb quddiem, l-ewwel fil-lista. Il-kura tal-klijent mhix izolament aktar jaqa' f'apatija. Bizzejjed jinfired mill-familja u l-hbieb. Għandha tkun attivita', stimulażżjoni, partecipazzjoni positiva, mħegga minn diversi nies u minn kull impjegat. Is-sehem tat-Technical Staff huwa mportanti f'dawn l-attivitajiet. Għalhekk għandhom ikunu differenti, u nteressanti, sabiex izommu lill-klijent għaddej jġigifieri attiv fizikament u mentalment okkupat, sabiex meta jmur lura fis-soċjeta jkun jista' jkompli daqs l-oħrajn. Dawn isiru mid-dipartiment tal-O.T., biss ma jistghux jieqfu hawn. Dak li jinbeda minna jrid jikompla kullimkien. Fl-isptar, fil-familja u fuq il-post

l-tax-xoghol. Il-ftit siegħat tat-therapy ma humiex biżżejjed. Iridu jitkomplew. Il-klijent ikun għad fadallu hafna hin għad- dispożizzjoni tiegħu u jekk jahlieh u ma juzahx jiswieh ta' hsara. Kulhadd irid ikun jaf u jifhem il-bżonn ta' dawn eżerċizzji li jagħtuh skop u sodisfazzjon.

Attivitajiet fejn wiehed jista' jesprimi t-talenti u l-kapaċitajiet tiegħu. Eżerċizzji fejn ahna bhala staff inkunu nistgħu nindunaw u nsiru nafu aktar lill-individwu. Dak li naghmlu huwa dak li nhossu. Dak li ahna. Mix-xoghol nindunaw bil-kwalitajiet tal-klijent. Tajbin jew hżiena. Insiru nafu l-kundizzjoni tiegħu u kif jahsibha. Insiru nafu lilu, lill familja tiegħu, lill-hbiebu. X'hemm fi hsiebu. Insiru nafu xi jrid isir u xi jrid minna l-klijent. Insiru hbieb u nahdmu flimkien. Nafdaw lil xulxin. Il-klijent jingħata ċ-ċans jittellem u jesprimi ruħu. Jigi mgħejjun jikseb kunfidenza fih innifsu u jafda l-ohrajn. Ma jibqax wahdu u għalih. Hafna mix-xoghol irid jagħmlu hu, u mhux ahna. Jitghallem jiehu deċizzjonijiet u jagħzel wahdu. Ikun independenti. Minbarra s-servizz li jingħata gewwa isptar, l-O.T. Technical Staff huwa anke nvolut f'affarijiet oħra. Illum insibu per eżempju xogħol fil-kommunita' bhalma huma d-'Day Centre'.

Nattendu wkollis-'Psychiatric Unit' fejn isir xogħol ma klijenti gewwa l-isptar u anke, minn barra l-isptar. Servizz ieħor li dan l-ahħar qegħdin noffru huwa dak fejn ngħinu lill-klijent (dejjem skond il-bżonn u sa fejn jippermettu l-mezzi) jirristabilixxi ruħu id-dar. Nipprovdu għajjnuna materjali u manwali sabiex nirrangaw id-dar ta' min ikun lest imur lura fihom. Djar li għal diversi raġunijiet ma jkunux attrezzati biżżejjed, jew neqsin minn affarijiet bażiċi. Dan huwa possibli bl-għajjnuna ta' għaqdiet oħra u anke nies li dejjem taw hafna, u dak kollu li setgħu għal dan il-ghan. Meta wiehed jitratta klijent ma jistax jħares lejn haġa wahda biss, il-marda, u jinsa l-hafna bżonnjuzi li mingħarjom hafna drabi ma ngħaddux.

Qegħdin ngħixu f'dinja mgħaġġla u ta' konsum sfrenat, fejn jekk ma tkunx b'saħħtek fizikament, mentalment u anke mill-att finanżjarju jkun diffiċli tgħix mingħajr ma tiffaċja problemi. Problemi għall-bniedem hekk imsejjah normali, aħseb u ara l-klijent li diġa għandu l-mard.

Iridu nkunu realistiċi u umani. Iridu nahdmu u nahsbu fuq dak li naghmlu. Iridu nippjanaw bis-serjeta' u naghzlu dak li veru għandna bżonn u jservi fil-hajja. Iridu nahdmu bil-qalb. Possibilment ank bi tbissima.

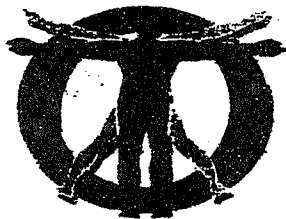
Forthcoming Events

FIRST ANNOUNCEMENT

The Second Asia-Pacific Occupational Therapy Congress

第二屆亞太地區職業治療學術會議

September 11-14, 1999
Taipei, Taiwan



Occupational Therapy Association
of the Republic of China
http://www.at-roc.org.tw



The Second Asia-Pacific Occupational Therapy Congress

September 11-14, 1999, Taipei, Taiwan

Registration Application Form

Please complete and return this form by AIRMAIL or FACSIMILE for further correspondence. This will not impose any obligation on you whatsoever.

(PLEASE TYPE OR PRINT IN BLOCK LETTERS)

Title: Prof. Dr. Mr. Ms. Mrs. Others

Last Name: _____

First: _____ Middle: _____

Institution: _____

Address: _____

Tel: _____ Fax: _____

E-mail: _____

- I wish to receive the Second Announcement and Registration Form.
- I will attend the Congress.
- I will be accompanied by _____ person(s).
- I intend to present a paper.

Signature: _____

Date: _____

TO: The Secretariat
2nd APOTC
c/o ITCM/Congres
P. O. Box 68-139, Taipei, Taiwan
Tel: 886-2-2523 6017
Fax: 886-2-2537 7479
E-mail: tcm@msf.hinet.net



Association
Internationale
des
Thérapeutes
Occupationnels

Assemblée
de la
V^e Conférence
PARIS
du
11 au 14
Septembre
1999

e-mail :
arfc@wanadoo.fr
Internet :
http://www.hydrofr.fr/inter

Dear Ladies and Gentlemen, dear Colleagues,
We are pleased to inform you that the Vth European Congress for Occupational Therapists will take place in Paris in September 2000.
The major scientific axis of the ERGO 2000 Congress consists in a review of European occupational therapy at the time of the colloquium.
By choosing a date symbolizing the change of century, by articulating itself "Achievements and Challenges", a key scientific event for the profession is being set up which should allow to look over the attainments, the history, the philosophy and the concepts of occupational therapy as well as new modes of practice, future employment prospects, the current state and lack of research in occupational therapy.
The scientific project therefore clearly defines ERGO 2000 as an opportunity for reflection allowing to temporarily step back from day-to-day practice and take advantage of a meeting of European minds around occupational therapy. Thus, the new century shall prove the maturity that occupational therapists have been able to acquire or to affirm.



SOCIÉTÉ BAWAN
Immeuble Le Rive Gauche
12 rue Cavenne
69 007 Lyon
FRANCE

Assessment and Treatment of Children

Two workshops, specially designed for *Occupational Therapists* who work with children are being planned for *October 1999*. These workshops will be led by *Sydney Chu Msc SROT, OTR*; a leading specialist in this field who will come from the UK. These workshops will deal with assessment and treatment of children with developmental, perceptual dysfunction and handwriting difficulties. Both courses will run for five days. The courses are suitable for therapists who are new in the field and also for experienced therapists who want to further expand and consolidate their knowledge. A half-day introductory workshop on sensory integration therapy will also be offered. Cost for all three courses will be around *LM40*. For further information contact *Natalie Buhagiar* on *25951804* or *25951512* (preferably on *Thursdays*)

WFOI


MAURITIUS

THE 2000 CHALLENGE

O.T. IN AFRICA

1st International Congress of
Occupational Therapy Africa Region Group
OTARG

DATE: 26-30 July 1999
VENUE: Grand Bay, Mauritius
KEY SPEAKERS: Drawn from WFOI countries



KEY SPEAKERS

Alice Ngunwa:	Uganda
Faustina Amelie:	Kenya
Rosemary Croock:	S. Africa
Nathan Vytalingam:	Malaysia

WFOI

PROGRAMME DETAILS

OTARG wishes to encourage a practical flavour to the Congress whilst acknowledging the importance of scientific research. A plenary session featuring key speakers will be at the start of every day until tea-time. It is envisaged that there will be two concurrent sessions running for the four days after the plenary sessions. Lunch and teas will be provided.

Sunday 25th July: 11h00-17h00-Registration
Monday 26th July: 08h00-9h30-Registration
09h30-Opening ceremony followed by refreshments
-Welcome by Justine Nanyonga, chairperson of OTARG
-Opening address by Carolyn Webster, president of WFOI
Tuesday 27th July: 09h00-10h00-Key Speaker
10h30-Lunch-Parallel sessions
14h00-16h00-Parallel sessions/workshops
Wednesday 28th July: 09h00-10h00-Key Speaker
10h30-Lunch-Parallel sessions
14h00-16h00-Parallel sessions/workshops
Thursday 29th July: 09h00-10h00-Key Speaker
10h30-Lunch-Parallel sessions
14h00-16h00-Parallel sessions/workshops
Friday 30th July: 09h00-10h00-Key Speaker
10h30-13h30-Parallel sessions
Closure of Congress

Social events are planned for Monday-Thursday evenings and an extra fee may be required for these events.

Details will be given on registration.

Accompanying Persons: Details for tours of Mauritius and surrounding islands will be available on registration.

Would you be interested to become a member
in the M.A.O.T. ?
If yes, fill in the form below and to:

Mrs. Marisa Camilleri
Occupational Therapy Department,
St. Vincent DePaule Residence.
Luqa



Name : _____

Address: _____

Tel. No. :

Year of Graduation:

Work Place: _____

Fee: Qualified staff; Lm 4.00c

Student ; Lm 1.50c

M.J.O.T

**We wish to receive comments from you readers,
regarding contents of this issue, as well as
suggestions for future publications.**

Please send your comments to:

The Editorial Board ; M.J.O.T
c/o Occupational Therapy Dept.,
Sir Paul Boffa Hospital
Floriana.

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Tracy Falzon
Catherine Mangion

Printing Staff: *Demis Cachia*
Jason Farrugia
Marita Calleja