



Board Talk

A Monthly Message from the OSOT Board of Directors
December 2018



Laura Hayos, Treasurer

Education: a Powerful Tool for Change



Education is the most powerful
weapon which you can use to change
the world.
– Nelson Mandela

In order to be eligible to write the profession's National Certification Exam administered by the Canadian Association of Occupational Therapists, one of the requirements is for MScOT students to complete a minimum of 1000 hours of clinical fieldwork. That means that a significant portion of OT education happens in the field with all of you.

Many of you also support education by guest lecturing or facilitating practice labs in the MScOT programs.

Some of you provide education by facilitating OSOT professional development webinars, in-person training sessions or conference workshops.

There are occupational therapists like myself, who work in formal educator roles at their organizations, supporting ongoing professional development and training for all health disciplines.

And finally, almost all occupational therapists are involved in client and family education. Every time we interact with clients and families we are giving them suggestions, offering advice, sometimes providing specific education packages, but often just sharing our knowledge, listening to their concerns and strategizing with them.

We are *all* educators and we are educating all the time!

As occupational therapists, we pride ourselves on integrating best practices into our clinical care. It is also important that we integrate best practices in education to ensure that our learners and our clients/families benefit. If a learner or client has not followed through with something it may be that we need to adapt our educational practices to better support them.

But, how many of us have actually received formal training on how to be an effective educator? With so much

to learn already in our training as health care providers, there isn't room in the curriculum to teach us about adult education. Yet, as so many of us go on to educate the next generation of occupational therapists, we often rely on what we observed from our own preceptors (many of whom likely never received any formal training as educators either), or what we may have picked up along the way in school for giving presentations, etc.

Education is a powerful tool for bringing about change.

Education is a really powerful tool for bringing about change. Through effectively educating future occupational therapists, we can ensure that they excel in their roles to provide optimal client care. Through educating other health care professionals about occupational therapy and how to work collaboratively as part of an interprofessional team, we can ensure that our colleagues are making appropriate referrals to occupational therapists so that clients get access to the care they need. Through effective education with clients and families we can support self-management.

An important element in OSOT's new [Strategic Plan 2018-2022](#) is to **Empower Our Member Community as a Force to Advance Occupational Therapy in Ontario**. I believe that skilled educators are an important part of advancing occupational therapy in Ontario. As part of this element of the strategic plan, we want to ensure that members feel supported to grow professionally, bring innovative ideas to life, to embrace and/or lead change and to apply new learning and evidence to practice.



So, in the spirit of the holiday season, my "gifts" to all of you are some professional development resources to help empower each of you as educators for clients and families, current and future occupational therapists as well as other health care professionals.



My hope with this Boardtalk is not to make you feel overwhelmed with yet another set of skills you need to possess. Instead, my hope is to help you feel supported and empowered in your roles as educators with some resources to boost your skills and knowledge.

I am very passionate about education in health care so please feel free to reach out to me directly if you have any questions or want more information/resources.

I wish you all a very Happy Holidays and all the best for 2019!

Laura Hayos

Resources:

Health Professions Education:

- **University of Toronto Centre for Faculty Development's Stepping Stones Teacher Development Program**
 - <https://cfd.utoronto.ca/steppingstones>
 - https://static.cfd.utoronto.ca/pdf/SteppingStonesInformation_20170626.pdf
- **McMaster University Program for Faculty Development**
 - http://www.fhs.mcmaster.ca/facdev/academic_pathways.html
 - <http://www.fhs.mcmaster.ca/facdev/documents/PFD-Events2018-2019.pdf>
- **Queen's University Faculty of Health Sciences Continuing Professional Development and Faculty Development**
 - <https://healthsci.queensu.ca/faculty-staff/cpd/programs>
- **Free Online Supplement: University of Toronto Centre for Faculty Development's Teaching for Transformation**
 - <http://www.teachingfortransformation.com/>

Preceptorship:

- **Free Online Modules: Preceptor Education Program for Health Professionals and Students**
 - <https://preceptor.ca/PEP-modulespage.html>
- **10 Reasons to Take a Student**
 - https://osot.ubc.ca/files/2010/09/10_Reasons_to_Take_a_Student.pdf

Interprofessional Education:

- **University of Toronto's Centre for Interprofessional Education's ehpic™ - Educating Health Professionals in Interprofessional Care: Advancing the Future of Healthcare through Interprofessional Learning**
 - <https://ipe.utoronto.ca/professional-development/ehpic%E2%84%A2>
 - **Free Online Modules from UBC on Interprofessional Collaboration**
 - <https://modules.ipcontherun.ca/course/view.php?id=3>
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