



OTARG NEWSLETTER

(Occupational Therapy Africa Regional Group)

November 2010

No. 14



Member Countries

Botswana
Ethiopia
Kenya
Malawi
Mauritius
Namibia
Nigeria
Rwanda
Sierra Leone
South Africa
Tanzania
Togo
Uganda
Zambia

Editor

Rosemary Crouch
P.O Box 95657
Grantpark 2051
South Africa
Email:
rcrouch@intekom.co.za

Office-bearers of OTARG:

Chairperson:
Alfred Ramukumba
Alfred@ul.ac.za
Vice Chairperson:
Brenda Ephraim
Anthony_mt@hotmail.com
Secretary
Liza Wegner
lwegner@uwc.ac.za
Treasurer
Fasloen Adams
fasloen.adams@wits.ac.za
Member at large /WFOT representative to OTARG
Sylvester Butao
ocdm2005@yahoo.com
Student Representative
Winner Chimba
atienochimba@yahoo.co.uk
Website: Vivyan Alers
Vivyan.alers@gmail.com

WFOT APPOINTMENTS 2010 - 2012

Sharon Brintnell	President - Canada
Vice President	Anne Carswell - Canada
Executive Director	Marilyn Pattison - Australia
Vice President Finance	Samantha Shann – United Kingdom
Programme Coordinator for Education and Research	Alfred Ramukumba – South Africa
Programme Coordinator International Cooperation	Suchada Sakornsatian - Thailand
Programme Coordinator Promotion and Development	Richard Ledgerd – United Kingdom
Programme Coordinator Standards and Quality	Nils Erik Ness - Norway

EDITORIAL

The publishing of this issue of the Newsletter has been delayed as we have waited for the news from Zambia about the next OTARG Congress in Zambia in September 2011. The first notice appears in this issue so that prospective delegates to the Congress can start applying for funds to attend, before the end of the year and at the beginning of next year.

I hope you like the logo as much as I do. It is really beautiful!

We extend to the Congress Committee in Zambia and the Scientific Committee in Cape Town our very best wishes in preparing for the Congress. It is such a responsibility and it such a very important event for the furtherance of our profession in Africa. Our thoughts are with you.

This issue also brings to you a first for OT book on occupational therapy in Africa. I have written the preface of the book in the Newsletter so that you are aware of the implications of this book. Details for obtaining the book are included. It will certainly be on sale at the Zambia Congress as well. Many of you are aware that profit made from the sale of the book is to be used by OTARG to sponsor occupational therapists to the OTARG Congresses. Profits will unfortunately not be realised by September next year but will certainly be available for the Congress after this one.

OTARG CONGRESS 2011

The Newsletter contains news about other events pertinent to OTARG members. There is a report on the Chile WFOT Congress which took place in Santiago in May this year. On the cover of the newsletter you will see the WFOT Appointments.

I am also bursting to tell you about my amazing award of fellowship to WFOT which took place at the Congress.

I have not included news from our member countries in this issue but hope to do so in the next edition which I am planning for April 2011. This will also act as a reminder to members about the Congress in Livingston and give you an update.

Rosemary Crouch Editor



Letter of invitation

Dear OTARG member and all occupational therapists in Africa and other parts of the world,

We hereby like to invite you to the 7th Congress of the Occupational Therapy African Regional Group.

Expanding horizons: Occupational Therapy for a developing world

It will be held at the Fairmount Hotel, Livingstone, Zambia from the 12-16 September, 2011

Access to rehabilitation services for most people with disabilities in Africa is very limited and Occupational therapy is still a new profession in most African countries.

To support the development of occupational therapy in Africa the Occupational Therapy Africa Regional Group (OTARG) was established in 1999, in Durban, South Africa. It is a regional group under the World Federation of Occupational Therapy (WFOT).

The objectives of this regional group are to:

- Support the development of Occupational Therapy services in sub-Sahara Africa.
- Increase knowledge base and awareness about Occupational Therapy in Africa.
- Promote networking and exchange of information between African countries.
- Encourage membership of African countries with WFOT.

- Support the development of existing and emerging occupational therapy training centres in line with WFOT minimum standards.

One of its activities to achieve its objective is to organise a bi-annual conference. The conferences bring together Occupational Therapists from across the African continent and the world, and other interested rehabilitation and disability stakeholders. The theme of the conference is “**Expanding horizons: Occupational Therapy for a developing world**”. The conference provides an opportunity to explore how occupational therapy is developing in Africa and other developing countries.

The subthemes will focus on the Millennium Development Goals. We invite papers that will explore occupational therapy practise and research in relation to the MDGs. The programme will also provide space for individuals or groups to present a narrative of their practice, using different (visual) media of their choice.

Registration forms and further information are available on the OTARG web site www.otarg.org.za/.

Yours sincerely,

Alfred Ramukumba
Chairperson OTARG
Email: alfred@ul.ac.za

CALL FOR ABSTRACTS or EXPRESSIONS OF INTEREST

Closing date for submission of completed abstracts:
31st March 2011

Conference Theme

The Occupational Therapy Africa Regional Group (OTARG) invites you to submit abstracts for presentation at the 7th OTARG congress in Livingstone, from 12 - 16 September 2011. The theme of the conference is “**Expanding horizons: Occupational Therapy for a developing world**”. The conference provides an opportunity to explore how occupational therapy is developing in Africa and other developing countries.

The subthemes will focus on the Millennium Development Goals. We invite papers that will explore occupational therapy practise and research in relation to the MDGs. Each MDG will have convenors that if needed, will be available to support the development of your paper once receiving an abstract. If you are unsure of how you can contribute to one of the subthemes or focus areas, feel free to first submit an expression of interest and the committee will help you to

develop your ideas further. The convenors' email addresses appear next to the MDG they are responsible for.

The programme will also provide space for individuals or groups to present a photo-narrative of your practice, using different visual media of your choice.

Sub themes



MDG 1: ERADICATE POVERTY & HUNGER

(Madie Duncan Eve.duncan@uct.ac.za)

This goal seeks to make the right to development a reality for everyone and to free the majority of the world's population from want. Low human development is associated with poor health and limited education, both of which lead to the loss of power to choose what is best to improve well being. What role can occupational therapy play in turning the tide? Abstracts are sought that:

- Demonstrate the multidimensional concept of sustainable development
- Supports the identification of people-centred initiatives to develop a range of skills that can lift them out of extreme poverty and promotes participation in livelihood activities
- Describe practice that preserves health and well-being of families and their community.
- Show innovative strategies for increasing sources of livelihood



MDG 2 - ACHIEVE UNIVERSAL PRIMARY EDUCATION

(Lisa Wegner wegner@uwc.ac.za)

In Sub-Saharan Africa, there are an unacceptably high number of children who do not have the opportunity to start school, or who drop out of school at some point. Occupational therapists can play a role in enabling all children including disabled children and those considered "at-risk", to start and progress through school. The Health Promoting Schools approach is a useful framework for occupational therapists to contribute to the goal of achieving universal primary school education. Abstracts that explore the occupational therapy role in school settings in one or more of the five action areas are welcome:

- Occupational Therapy support to children
- Developing healthy public policies e.g. HIV/AIDS policy
- Creating supportive environments e.g. teacher support and wellbeing programmes
- Developing personal skills e.g. life skills for teenagers
- Strengthening community action e.g. involving community organisations in schools
- Re-orientating school programmes and related services e.g. afterschool leisure programmes.



MDG3: PROMOTE GENDER EQUALITY

(Elvin Williams ewwilliams@uwc.ac.za)

Occupational therapy in Africa (and abroad) is increasingly embracing the need for a social vision of a more just society to address experiences of marginalization, deprivation and isolation in different contexts. Occupational therapy scholars and practitioners are called upon to be more politically conscious, as human rights advocates in advancing social justice.

Abstracts concerned with this goal should address a call for social change related to any of the following:

- a commitment to eradicate the disparities based on gender equality
- empowerment of women
- safeguarding women's rights
- Support that women's economic advancement can have on the development of communities and our society at large.



MDG 4 – REDUCE CHILD MORTALITY &



MDG 5 IMPROVE MATERNAL

HEALTH

(Hanske Flieringa hanske.flieringa@uct.ac.za)

These two goals are closely related to the health and reduction of deaths of children and their mothers. Environments that promote early development of children are dependent on social participation and well-being. There is an important link between immunizations and disability prevention. Children at risk of impairments because of birth trauma, premature birth, infectious diseases and nervous system and sensory order impairments are also vulnerable. Abstracts are sought related to:

- Targeted occupational-based programmes and partnerships between government and NGOs to reduce child trauma and violence on children in families and households;
- Access to nutritional programmes and food security;
- Access to health care and development practice;
- CBR and other community development strategies to improve access to services, early intervention, livelihood opportunities etc.
- Promoting the well-being and reproductive rights of women
- Strategies to improving access to health care for pregnant women and children in different contexts



MDG6: COMBAT HIV, TB, MALARIA AND OTHER DISEASES

(Elelwani Ramugondo Elelwani.Ramugondo@uct.ac.za)

Sub-Saharan Africa carries the heaviest burden of disease related to HIV, TB and Malaria, compared to other developing or developed countries. Occupational perspectives of health in relation to these illnesses, beyond the views that are limited to medical perspectives, have as yet not been sufficiently explored or articulated in literature. Occupational therapy practitioners

from different regions in Africa have, however, developed innovative programmes and used strategies aimed at helping those infected or affected by HIV, TB, Malaria or other diseases fulfil their occupational aspirations. Abstracts related to this MDG could address the following:

- Links between marginalisation, occupational risk and illness
- Networking opportunities to raise awareness about occupational perspectives and their contribution to lessening the burden of disease for individuals, groups or populations
- Programmes to support caregivers
- Palliative care
- Early intervention especially also related to children with CP, developmental delay etc



MDG 7: ENSURE ENVIRONMENTAL SUSTAINABILITY

(Roshan Galvaan Roshan.galvaan@uct.ac.za)

Occupational Therapy has an important role to play in promoting the target of integrating principles of sustainable development into policies and programmes. The profession can ensure that such integration reduces the loss of environmental resources. We hold the potential to contribute since the occupations that people engage in are pivotal to the mitigation of climate change and food security. It is known that individuals, communities and organisations have to adapt their occupations in anticipation of, or already in response to, their changing biodiversity (i.e. the variation of life forms within a given ecosystem or on the entire Earth). Abstracts are welcome that further scholarship and practice contributions essential to the promotion of visions of occupational justice related to:

- Initiate or support efforts to bring drinking water and promote sanitation to underserved communities
- Subsistence farming and agriculture work including fishing,
- Energy-saving devices for daily living, and
- Adaptation of environments.



MDG 8: DEVELOP A GLOBAL PARTNERSHIP FOR DEVELOPMENT

(Judith van der Veen Judith@cbmsa.org.za)

A partnership implies inclusion, which means everyone. International cooperation (partnerships) and development programmes should be inclusive of and accessible to all marginalised groups. To achieve sustainable development the active cooperation and participation of all members of the community is needed. National and international organisations in the world community,

Disabled Person's Organisations (DPOs), and also occupational therapy associations and networks have an important role to play in promoting inclusive development. Networking is also of importance for the development of Occupational Therapy especially as in Africa where most occupational therapist work in isolation still having to convince others of the need and importance of the professions and working in under resourced settings.

Abstracts that demonstrate the following are welcome:

- How international networks (including African (inter) national networks) and funding organisations have supported specific projects/activities
- The development of occupational therapy and community services
- Support systems for the development of occupational therapy (local, national and international).
- Mainstreaming diversity issues in national policies.
- Good examples highlighting the role of civil society and disabled people's organisations/parent organisations in the promotion of inclusive development.

Submission Instructions

- You are invited to submit abstracts for papers that have not been presented at previous conferences.
- Abstracts must be submitted in the appropriate format (see Abstract Submission Format below).
- Authors are strongly encouraged to submit abstracts online to the following website: www.otarg.org.za/ or send via email to Judith van der Veen (judith@judithvdveen.com)
- Prospective presenters will be informed by **30 April 2011** whether their proposed presentations have been accepted. All decisions by the Congress Scientific Committee in respect of submitted abstracts will be final.
- Once prospective presenters have been informed that their proposed presentations have been accepted for presentation at the Conference, they should notify the Scientific Committee of their intention to present their submissions at the conference no later than **30 June 2011**.
- Presenting authors need to register by 31 July 2011 in order for the inclusion of the abstract in the scientific programme. Abstracts accepted for presentation will be published in the conference abstract booklet.

Presentation Format

Paper presentations: These will be 15 minute presentations plus 5 minutes for questions and discussion at the end.

Poster presentations: Poster presentation sessions will provide time for interactive and informal discussion. Posters should be approximately 1.00m x 1.20m in size.

Workshops: Abstracts may be submitted for 1 ½ hour or 3 hour workshops. These are intended for those who would like to pass on skills to others, and should involve some practical or interactive work.

Abstract Submission Format

Abstracts must conform to the following guidelines.

Author(s): Insert the Authors' titles, first names, and surnames. Presenting Author's name must be underlined

Address: Insert the Postal address, fax and telephone numbers and email address.

Title: Insert the full title of the proposed presentation. Title should not exceed 15 words.

Theme: list the sub-theme in which this presentation fits

Text: Insert the text of the abstract. The abstract should be presented in English and should not exceed 200 words. The text should include:

- Introduction/background to the topic
- Aims/rationale for the work/research
- Methods of work/research
- Results of the work/research
- Conclusions/implications for occupational therapy practice

Format: Indicate the type of presentation format (paper, poster, 1 ½ hr workshop, 3 hr workshop).

If you have any questions regarding abstract submission, please contact Judith van der Veen
judith@judithvdveen.com

EXHIBITION STANDS

You are invited to present an exhibition depicting Occupational Therapy in your country for the Congress.

The purpose of the exhibition is to inform the congress participants about the unique nature of each country and the cultural and environmental context of the country and Occupational Therapy practise.

Suggested Exhibits:

- ❖ Artefacts typical of your country depicting work, leisure and self-care activities.
- ❖ Arts, crafts and other activities typical of your country that can be used as a therapeutic medium.
- ❖ Photographs, video or Audio recording of Occupational Therapy clinical work and education in your country.
- ❖ Materials and equipment developed by Occupational Therapy in your country e.g. Assessment batteries, Documentation, Special equipment, Adaptations, Use of technology, to manufacture equipment using available materials e.g. paper technology, etc.
- ❖ News and information regarding your National Education.

For exhibition stand, please contact: Eckiwe Kamanga: eckiwekamanga@yahoo.co.uk or Elwin Williams: ewilliams@uwc.ac.za

REGISTRATION DETAILS

Registration forms are available on the OTARG web site.

Contact Details

Organizing Committee

Email: Eckiwe Kamanga: eckiwekamanga@yahoo.co.uk

Scientific Committee

Chair: Theresa Lorenzo: Theresa.Lorenzo@uct.ac.za

Conference Updates

Updates will be posted on the OTARG website at www.otarg.org.za/

Registration Costs/Congress Fee

Early Bird	\$220 US by 30 April 2011 by
Late Registration	\$250 US
Students Early Bird	\$100 US by 30 April 2011*
Late Registration	\$120 US*

*(only undergraduate students from African training institutions are eligible for the student discount, please submit proof of student registration)

Payment to

Account Name	Occupational Therapy Africa Regional Group (OTARG)
Bank Code	011545
Account Number	032270089
Swift Address	SBZAZAJJ
Bank	Standard Bank, Hatfield, South Africa.

Accommodation

Fairmont Hotel

SINGLE 60 USD, TWIN AND DOUBLE ROOMS ARE 35 USD PP

Booking agent: Accommodation and travel – will be available on website soon.

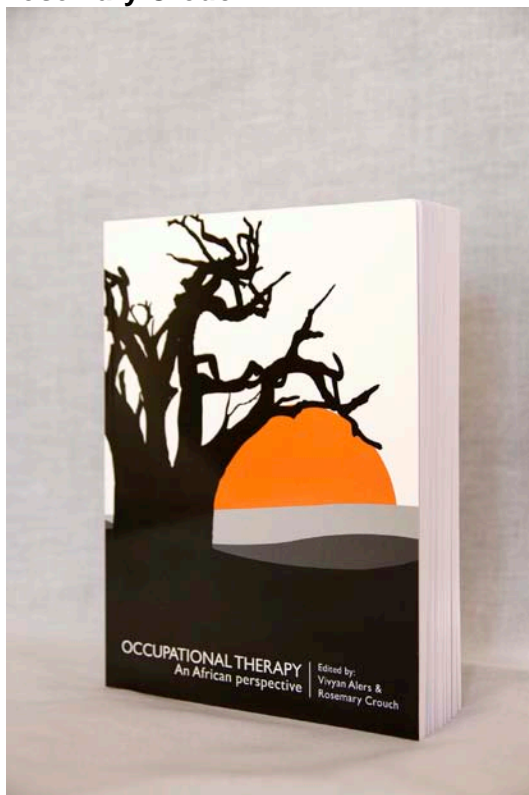
THE OTARG BOOK

Occupational Therapy: An African perspective.

Editors:

Vivyan Alers

Rosemary Crouch



Since the inception of the Occupational Therapy Africa Regional Group (OTARG) in 1966, members have been visualising, hypothesising and dreaming of an “all African book on occupational therapy!” Certainly this very special and unique Africa group sees

itself as having something to offer to the world, not only in the local services of occupational therapists, but as a very special contribution to the World Health Organisation's (WHO) effort to improve health services in Africa. Occupational therapists working in diverse population groups throughout Africa have voiced their experiences and practical application within their unique contexts in this book. This voice can help construct meaningful occupations for people with disabilities who are marginalized by stigma, poverty, chronic illness and possible violence. Occupational therapists can act as facilitators and advocates for change to allow marginalized people and many others to be recognised and given the opportunity to reach their full potentials within their own environment.

At the OTARG Congress in Zanzibar in 2007, Jennifer Creek, world renowned expert and publisher in occupational therapy, brought together a body of delegates who pledged their writing skills to produce this very special book. In the following year Jennifer retired and handed the precious development of this book to Vivyan Alers and Rosemary Crouch, both of whom are known in the occupational therapy field for their publication "Occupational Therapy in Psychiatry and Mental Health." (4th edn. 2005).

At the OTARG Congress in Malawi in 2009 a meeting was held with authors who had already submitted their chapters, and also with prospective authors who offered to write chapters for the book. They were informed of the urgency of producing this publication before the WFOT Congress in Chile in 2010, and were sent home to write furiously before the end of 2009!

OTARG in 2010, chaired by Alfred Ramukumba, is passionate about the fact that this book should represent as much of the sub Sahara continent where occupational therapists work as possible. He also hopes that the membership of OTARG will increase. Contributors to the book are from countries that have, or are developing occupational therapy training centres. They are from Malawi, South Africa, Tanzania, Uganda and Zambia and there are photographs from Mauritius which have been included.

This book was a dream, and for editors and authors there have been exciting challenges. Often the newly qualified occupational therapists working in developing countries that either offered, or were approached to write for the book, have never experienced writing of this nature before. It has transpired that their willingness to contribute has offered bright and up-to-date ideas and they have brought to the forefront the stark reality of how it really is in Africa. The experienced authors have also brought in their skill of writing and their expertise, thus the combination of the two has brought the book together into what we hope is a comprehensive volume. The commitment from authors has been extraordinary!

Sarah Shorten designed the beautiful cover with the inspiration drawn from photographs taken by the editors of the baobab trees in Malawi during the 2009 Malawi OTARG Congress. The visual metaphor of the rising sun is related to the birth and development of occupational therapy in Africa. The back cover indicates that occupational therapy has risen and is alive and well.

It is intended that the rich diversity of cultures, traditions and spirituality be well depicted in this book. It is also intended that the subject of poverty, and the working with the lack of both material and human resources be well covered. There is no doubt that in Africa, as in other developing countries, occupational therapists develop innovative coping mechanisms and adaptive methods to solve the many difficulties that exist. A student at a western university aptly described this as follows: "In Africa there is the opportunity to do real occupational therapy, with innovative and adaptive approaches". It is clearly an exciting place to be! The reality is that this may not be so for occupational therapists that live and have trained in Africa. The lack of facilities, poor salaries and frustrations of

poverty may prompt them to seek greener pastures. The editors are hoping that this book will provide inspiration and a justification for some of the services that these occupational therapists and students offer. They must know how proud the rest of the world is of them in promoting and carrying out the profession in Africa and believing in the profession the way that they do. It is “real” occupational therapy and is an example to the rest of the world.

Sponsorship of the publication of this book has been a very important issue. The Crouch Trust, based in South Africa, has offered seed money to OTARG to publish this book. After costs incurred by the Crouch Trust have been covered, all profits will be held by OTARG at the central funds held by WFOT. The money is targeted to be used to help occupational therapists attend congresses etc.

The World Federation of Occupational Therapists (WFOT) is of course, behind it all. OTARG is a regional world group of WFOT and has always been very well supported by it. WFOT has supported the inception and development of the regional group and there has been representation at most congresses and WFOT meetings. Sharon Brintnell, present President of WFOT, has stood by and supported OTARG for many years in her capacity as Honorary Executive Treasurer of WFOT. She has attended many congresses and OTARG Annual General Meetings. It must be acknowledged that WFOT is allowing OTARG to launch, market and sell this book from their booth at the WFOT Congress in Santiago, Chile, during May 2010. This is great support indeed.

It is important also to acknowledge the contribution of OTION (Occupational Therapy International Outreach Network) which is a network supported by WFOT and linked to their website (www.wfot.org). The purpose of OTION is to bring about the sharing of ideas, mutual learning and support to occupational therapists working in marginalised and challenging situations. This is particularly pertinent to the authors of this book who frequently refer to professional isolation and the lack of resources in the many areas in which they work, where they struggle to provide an occupational therapy service.

One visualises that the book will be well received by African training centres to which it is targeted and that it will be well used. It is also hoped that the rest of the world will find it interesting and useful. It will be regularly reviewed and updated as the profession of occupational therapy changes in Africa. The editors hope however, that changes in the profession will not change the uniqueness and down to earth service of African occupational therapy. This must never be lost.

This book contributes to the initiation of documentation of occupational therapy practices in Africa and hopefully will foster dialogue and support between the African countries and between developing and developed countries worldwide.

Chapters in the book are as follows:

1. Voices of occupational therapists in Africa by Kate Sherry
2. The relationship between culture and occupation in Africa by Rosemary Crouch
3. Culture and cultural competence for occupational therapists in Africa by Kate Sherry
4. Working together to change lives through a multi –disciplinary approach to occupational therapy by Katherine Bowler.
5. The impact of poverty on the service delivery of occupational therapy in Africa by Rosemary Crouch
6. Thinking in practice by Jennifer Creek
7. Fabrication and production of low cost aids and adapted equipment by Fiona Kingsley

8. Occupational therapy in mentally and physically challenged children – a model for East Africa based on the Tanzanian experience by Herma Grossman and Brenda Ephraim Shuma
9. Forensic occupational therapy in Africa for women and children by Eckiwe Kamanga and Julie Schuurgers
10. Children with developmental delay by Titi Titus Mwanjabe
11. Early childhood intervention in South Africa; minimising the impact of disabilities by Kitty Uys and Alecia Samuels
12. HIV, occupational performance and the role of occupational therapy by Kate Sherry and Immaculada Zango Martin
13. Occupational therapy in palliative care in an African setting by Sarah Matovu
14. Working with trauma survivors. From victim to trauma survivor to thriver by Vivyan Alers
15. Psychiatry and mental health in Africa: The vital role of occupational therapy by Annah Lesunyane
16. development of a CBR programme and the role of occupational therapy by Judith van der Veen
17. Developing services where there was no previous infrastructure by Christa Meyer.

Vivyan Alers
 Rosemary Crouch
 (© S Shorten)

THE WFOT CONGRESS IN SANTIAGO CHILE

The 15th World Congress of the World Federation of Occupational Therapists (WFOT) took place in the city of Santiago on May 2011. It was attended by over 2000 occupational therapists from all over the world. Many of the delegates were from South American countries as the entire Congress was translated into Spanish. It is the first time that WFOT has provided translating services.

It was a long way and very expensive for Africans to travel to Chile but Congress fees were reduced for delegates from our African countries and this certainly helped greatly with the expense.

There were 8 or 9 concurrent lectures taking place after the plenary sessions and there were hundreds of beautiful posters. It was indeed a learning experience.

As always the social contacts one makes at these congresses is amazing and it is very exciting to see the development of occupational therapy from all parts of the globe. The social events were fabulous and extremely colourful. The food and music were wonderful.

The Chilean occupational therapists are friendly and kind and the country is beautiful.

At the Congress the WFOT had their usual Business meeting which took place on Wednesday. There was great interest, particularly by the young occupational therapy delegates.

It was a complete surprise for Dr Rosemary Crouch to be awarded an Honorary Fellowship of WFOT. This award is for an outstanding contribution and distinguished service to the profession of occupational therapy at a local and international level. It was conferred on Rosemary in recognition of service to the profession for her involvement on behalf of WFOT in the development of training in occupational therapy in Sub-Sahara Africa and for her contribution to the development of the profession in South Africa.



Rozenn Boktro, Rosemary Crouch, Alfred Ramukumba and Vivyan Alers – all OTARG members.

At the same time an Honorary Fellowship was also awarded to Inga-Britt L undstrom for her part in the development of occupational therapy in Latvia and her home country Sweden.

IN CONCLUSION

In the last newsletter members were asked to make sure that they keep abreast of everything that happens in OTARG. Start thinking now about the Congress in Zambia in 2011 and line up your sponsors. Also start working on some interesting aspect of the profession of occupational therapy and your research so that it will be in good time for the next congress for you to present. We are so extremely privileged to be part of this wonderful profession that is now making a real impact on the health services of Africa!

Website addresses are as follows: www.otarg.org.za and also the WFOT website at www.wfot.org

RBC 20/11/2010