

Let's Dance: Understanding the Role of Occupational Therapy in Dance Across the Lifespan

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BACKGROUND & PURPOSE

- The mind and body attain benefits from engagement in movement (Hulteen, Morgan, Barnett, Stodden, & Lubans, 2018; Bolton, Fix, VanDeusen Lukas, Elway & Bokhour, 2018)
- Physical, cognitive, or psychological barriers can limit engagement in movement programs (Nichols, Bishop, Block, & McIntire, 2019)
- Healthcare professionals must evaluate the best methods to get all individuals moving and actively participating

The purpose of my project was to gain a better understanding of the role of occupational therapy in dance across the lifespan specifically for children with disabilities, older adults, and individuals with Parkinson's disease.

METHODS

Advanced Experience

- I had advanced experience working with The Dance Ability Movement, Dance for PD programs in Canada and United States, and completed a certification for Chair Yoga Dance.

Scholarly reflection

- An evidence-based reflection that presented the barriers that may hinder individual's participation in movement programs. The reflection also emphasized the role that occupational therapy practitioners have in dance.

Program plan

- Classes accommodate to all participants of all abilities with focuses on active participation, implementation of cognitive strategies, and social interaction

RESULTS / CONCLUSIONS

Surveys and interviews:

- Average Age: 86; All female (n=11)
- Variety of diagnoses

Education and Advocacy:

- Educated on the importance of movement for all individuals
- Advocated for the benefits of dance for individuals with Parkinson's disease

Sustainability of program:

- Increased number of participants
- Continuation of class at Dow Rummel Village
- Dance has physiological and psychological benefits
- Occupational therapy practitioners have the designated skill set to provide supports for all individuals to participate in dance

Physical	Cognitive	Emotional	Social
"My body feels better"	"I like the brain activities"	"I look forward to going to class"	"Got me out of my apartment"
"There is always some way to keep us moving"	"My mind works just as hard as my body"	"Day maker" "FUN"	"Enjoyed the company of other residents"
"The swelling in my legs has gone down"		"I felt happy" "I enjoy just being able to have fun with this group of ladies"	"Increase in friendship and fellowship" Sense of appreciation: "Thank you"

IMPLICATIONS FOR OCCUPATIONAL THERAPY

Implications:

- Dance demonstrates benefits physically, cognitively, emotionally, and socially
- Further development of dance programs would be beneficial to individuals across the lifespan
- Continue to research the impact of art and creative interventions for all individuals

Recommendations:

- Inclusive dance programs for individuals of all ages
- Occupational therapy practitioners to be a presence in dance studios
- Implementation of dance class for children with all abilities and a Dance for PD class in South Dakota

Revisions to theory:

PEO

- Naturally convey and incorporate into every class
- Adheres to all individuals in all dance classes

Motor Learning Frame of Reference

- Dance expands beyond the three stages
- Personalization component

Psychodynamic Frame of Reference

- Condensing the number of total ego functions
- Enhance carryover into clinical practice



https://imgtree.com/freeimg/dance-competition_783603.html

THEORETICAL FOUNDATION

Person Environment Occupation (PEO)

- Provides a top down approach to maximize skills and overall participation (McGill, Houston & Lee, 2014)
- Individualized focus (Law et al., 1996)
- PEO encourages health promotion, social inclusion, and improving quality of life

Motor Learning (Phillippe Riviere et al., 2018)

- Focuses on the restoration of functional movement
- 3 stages:
 - Cognitive: utilize strategies to learn sequence of movement
 - Associative: knowing what movement to perform
 - Autonomous: movement pattern is mastered

Psychodynamic

- Supports the use for creative media in OT interventions (Muellersdorf, & Ivarsson, 2012)
- Dance provides a satisfaction of emotional needs through social interaction (Cole & Tufano, 2008a)
- Creative outlets can positively impact health and well-being by breaking social isolation, sparking creativity, and establishing joy (Albin, 2016; Dance for PD, 2017; Earhart, 2009; Muellersdorf & Ivarsson, 2012)

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