

Addressing Maternal Health: Occupational Therapy's Contribution

Postpartum health care has historically remained an overlooked and neglected area of women's health. This presentation emphasizes the value of interdisciplinary collaboration in an outpatient environment to support the dynamic physical, social, and emotional complexities of motherhood. Through the support of mentorship, literature review, and a needs assessment, a manual outlining occupational therapy's role in maternal health was created as part of a doctoral project. Using the manual as a guide, this presentation will review occupational therapy's role in maternal health and discuss the value of working as a team to support the transition into motherhood.

Speaker Bio

Nina Van Beuning OTD is a recent graduate of Pacific University's Doctor of Occupational Therapy Program. She grew up in central Illinois and has been enjoying life in Oregon for the past three years with her pup and significant other. Her passion for occupational therapy stems in the profession's unique set of skills and ways of thinking that can be applied both creatively and practically. Nina's values of advocacy and empowerment were put to action during her doctoral work in maternal health. Nina is assisted by Robyn Tynan, a Providence Physical Therapist with a SoWH CAPP Certification in Women's Health. Robyn also treats lymphedema/oncology and orthopedic patients and has a non-clinical role coordinating the Rehab Student Program for Providence in Oregon. She is the mother of two children. Robyn fervently believes that when practitioners across disciplines embrace each other's strengths, they can become a powerful team, helping to transform the vulnerable time of new parenthood into the joyful and fulfilling experience it is intended to be.

Financial Disclosures: Ms. Van Beuning does not receive an honorarium for this course.

Nonfinancial disclosure: There are no nonfinancial disclosures.

Robin Tynan, MSPT is a Providence Physical Therapist with a SoWH CAPP Certification in Women's Health. Robyn also treats lymphedema/oncology and orthopedic patients and has a non-clinical role coordinating the Rehab Student Program for Providence in Oregon. She is the mother of two children. Robyn fervently believes that when practitioners across disciplines embrace each other's strengths, they can become a powerful team, helping to transform the vulnerable time of new parenthood into the joyful and fulfilling experience it is intended to be.

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By the end of this presentation, participants will be able to:

1. Describe how occupational therapy theory and frameworks can be used to guide a needs assessment.
2. Identify mothering occupations and areas of maternal health that occupational therapists are well suited to address.
3. Describe the value of interdisciplinary collaboration in emerging areas of practice.

This course is an Introductory Level, with content focus in Professional Issues and Foundational Knowledge. Completion of this course is recognized by the OT Oregon Licensing Board as 1.5 contact hours.



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