



*Special Collection: Letter to the Editor*

**Occupational Therapy Models and Practice on Telehealth and Beyond**

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Theoretical conceptual practice models are crucial in enabling evidence-based practice, which is the direction of the occupational therapy profession. Grounding in models differentiates professional disciplines such as occupational therapy from technical fields.<sup>1</sup> This means that understanding good theories or concepts can make evidence-based practice plausible and be described as advanced. Evidence-based practice includes the integration of the best available and accessible researches, professionals' clinical experience, and clients' values and goals.<sup>2</sup> However, there is still dissonance in bridging theories and models into practice since no one theory or model can encompass all professional situations. Hence, there is a need for continuous reflection into practice and search for updated pieces of evidence to look beyond new contexts and clinical practices.

In one of the courses in the master's degree program in occupational therapy in the Philippines entitled, "Advance Occupational Therapy Theories and Foundations"<sup>3</sup>, there is the intent and active engagement in elevating practice through enabling its students to reflect on current practice, revisit dimensions and theories of human occupation in literature, and produce new realizations through scientific and systematic pursuits of new models and frameworks that can aid the development of

occupational therapy both in the local and international context.

Moreover, the impact of the COVID-19 pandemic in the Philippines pushed the emergence of novel service delivery patterns, affected Filipino occupational therapists and clients in various ways, and enabled challenges and opportunities for the profession to move forward.<sup>4</sup> This is exemplified by the batch of students enrolled in the first semester of the academic year 2021-2022 in the course mentioned above that conceptualized innovative models that may influence telehealth practice and delivery of occupational therapy across varied contexts we face amidst the pandemic.

The authors of this letter are extremely happy to co-write and guide the students in creating the six conceptual models listed below. All of which have been inspired by actual clinical scenarios therapists encounter in their daily work.

The Occupational Tree of Life (OTL) Model emphasizes the value of home instruction programs in occupational therapy practice, the Family Therapy Engagement Model (FTEM) explore the limited participation of the family in actual therapy, the Building Occupational Alliance for Therapy (BOAT) Model enables one to elicit mutual concern, perception, and understanding of the client's unique occupational performance issues, the Tele-

evaluation Facilitators Model proposes components to look into while performing telehealth, the Elements of Realistic Goal-setting Model reiterates the factors on goal setting necessary for the occupational therapy process, and the Systematic and Collaborative Review of E-health Ecological Networks (SCREEN) sheds light the importance of collaborations and factors of networks in telehealth.

With utmost humility and honor, we present these articles for your consideration and publication in your most reputable journal. By sharing knowledge through these innovative models, we hope to help Filipino occupational therapists and scholars in their pursuit of evidence-based practice and make it possible for clients and stakeholders to reach their maximal potentials in everyday living.

## References

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**Note:** The authors of this article were responsible for the facilitating the peer-review of the preceding short reports, which are from their graduate students under the Master of Science in Occupational Therapy degree of the University of Santo Tomas.