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#### **INSPIRATION**

#### **VIDEO:**

https://drive.google.co m/open?id=1iAo4OGc\_ kDws2QqlI\_zPdSAoR Ofkbpa9



#### **OBJECTIVES**

MATERIALS CREATED

By the end of my 14-week DCE, I will compare and contrast occupational therapy services provided in Costa Rica and the United States by visiting an occupational therapy program in San Jose, Costa Rica.

BLOG

By the end of my 14-week DCE, I will conduct an in-depth needs assessment of priority health needs and develop an intervention program, based on evidence-based practice, to decrease occupational deprivation and increase occupational justice for families living in a remote area in Costa Rica.

NEEDS ASSESSMENT

By the end of my 14-week DCE, I will write an article about my experiences as an OTD student in Costa Rica synthesized with evidence-based practice and submit for publishing with guidance of distance mentor for the sake of increased occupational justice in Costa Rica.

ARTICLE AND VIDEO

By the end of my 14-week DCE, I will blend the knowledge gained from my experiences in rural Costa Rica with modern occupational hand therapy expertise, in order to implement further skilled therapy services with raw and recycled materials in Costa Rica in the future.

INTERVENTION BOOK

Complete and disseminate an individual doctoral capstone project that relates to the occupational therapy deprivation in Costa Rica and demonstrates synthesis of in-depth knowledge in culture-sensitive occupational therapy provision with raw and recycled materials, and those found within and valued by the culture.

ARTICLE, VIDEO, AND BOOK



Needs Assessment and Article



# How does culture impact a client's plan of care?

Excerpt from the article, *Pura Vida: Culturally*Sensitive Occupational Therapy Doctoral Capstone in

Costa Rica with Raw, Recycled, and Everyday Materials

(Volkers & Feldhacker, 2020):

"As clients are each rooted in their personal and societal cultures, a holistic understanding must be gained through active listening skills, professionalism, humility, introspection, and open-mindedness; without rapport, treatment may be futile. The appreciation of the interconnection between a client's brain, body, beliefs, and context impacts a client's physiology, occupational participation, quality of life, and ultimate health and survival".

# Occupational Therapy and *Tico* Values



## The Interconnected Health Risk Factors, Priority Health Needs, and Occupational Therapy



**EDUCATION** 





**TRANSPORTATION** 



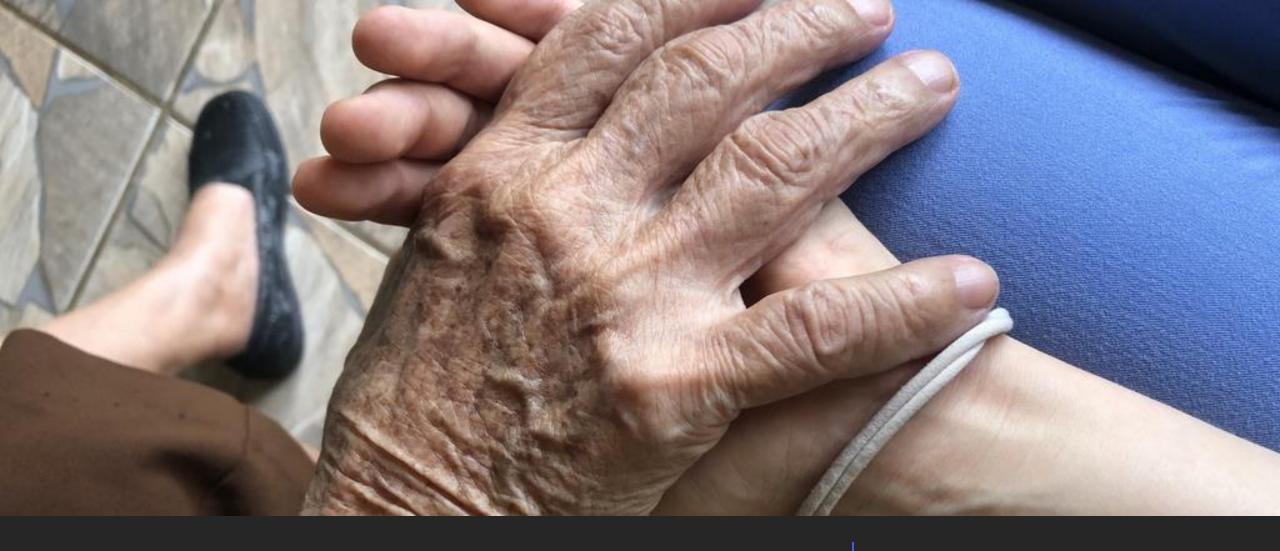
DIET AND HYGIENE PRACTICES



**HEALTHCARE** 



OCCUPATIONAL DEPRIVATION



## Intervention Book

https://creightonunivmy.sharepoint.com/:p:/g/personal/lv o48857\_creighton\_edu/EcqjD35sVK pNpZzRTu5wo7cBdtQxd-xSFsw-AES2r0lzQw?e=i7i0hD



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- Chapter 10: Healthy Eating
- Chapter 11: Fitness: The Natural Gym













## **Intervention Inspiration**

## My Favorite Interventions





## **Questions?**



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