



LIFESTYLE REDESIGN®: PREPARING TRAINEES TO IMPLEMENT OCCUPATIONAL THERAPY INTERVENTIONS FOR OBESITY



UNIVERSITY OF SOUTHERN CALIFORNIA

Los Angeles, CA

Educators from the USC Chan Division of Occupational Therapy adapted the Lifestyle Redesign® curriculum to better prepare future and current professionals to design and deliver occupational therapy interventions for clients with obesity. This curriculum could be adapted and integrated into pre-licensure coursework at other occupational therapy professional training programs. Practicing clinicians can complete the online version of the course for continuing education credit.

SCENARIO

Lifestyle change is central to any evidence-based obesity management strategy, but maintaining targeted health behaviors that influence weight can be difficult within the complex dynamic of everyday life. Occupational therapists are trained to address this issue. The profession's approach involves (re)establishing healthful performance patterns and preparing clients to solve daily occupational challenges in obesity management.

With expertise in home / workplace modification planning, compensatory strategies for activities of daily living, and the design of individually-tailored lifestyle interventions, occupational therapy practitioners are ideally positioned to improve clinical and psychosocial outcomes among adults with obesity across a variety of settings. Recognizing the need for additional obesity-related training opportunities within the profession, USC faculty developed a *Lifestyle Redesign* course with content on obesity management.

Core components of the occupational therapy approach to obesity care addressed in the curriculum include knowledge and skills to:

- ❑ CREATE & PROMOTE - health promotion to prevent obesity or to promote weight loss
- ❑ ESTABLISH & RESTORE - remediation and restoration of function despite obesity and related complications
- ❑ MODIFY & MAINTAIN - compensation and adaptation to increase function and participation despite obesity
- ❑ PREVENT - prevention of obesity-related disability

About the Educators



**Mrs. T.H. Chan Division of
Occupational Science and
Occupational Therapy**



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KEY COMPETENCIES:

Integration of Community Care
Skills for Interprofessional Collaboration
Strategies for Patient Care



Center for Occupation
and Lifestyle Redesign®



CURRICULUM

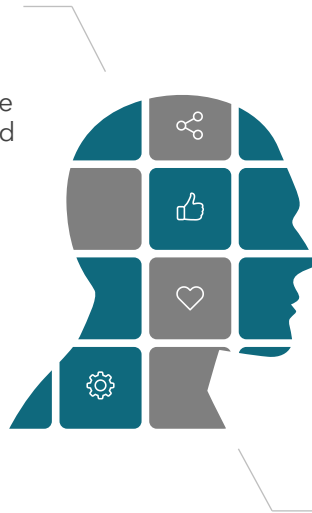
Obesity is integrated into the curriculum through core courses and specialty electives (Lifestyle Redesign®) for graduate occupational therapy students.

OT 534 - Health Promotion and Wellness

Examination of the relationship of health and everyday activities. Critical thinking about lifestyle factors influencing occupational engagement and wellness through an occupational therapy lens.

Clinical Internships and Residencies at the USC Occupational Therapy Faculty Practice

Students who complete a clinical internship or residency at the USC Occupational Therapy Faculty Practice during their graduate studies work alongside faculty members who are experts in Lifestyle Redesign for obesity. The evidence-based intervention is offered in both group and individual format.



OT 583 - Current applications of Lifestyle Redesign®

Interactive practicum experience includes exploring the Lifestyle Redesign approach personally and with peers. Other topics include evidence-based clinical examples, therapeutic process, intervention design, and service delivery models.

**OT 583 is also required for the Pathways To Excellence program designed to help trainees deepen their knowledge and expertise in cutting-edge practice areas like obesity management.*

OUTCOMES

Effective 2027, the Accreditation Council for Occupational Therapy Education (AOTA) announced a new mandate to elevate the entry level for all new occupational therapists from the master's to the doctorate degree (OTD). This additional year of training can be used to prepare clinical occupational therapists for cutting-edge practice areas like obesity management. Incorporating obesity management into required clinical experiences (ex: OTD residency with interdisciplinary obesity prevention team) will improve upon the quality of care and programs that future OTDs provide for clients with and at risk for obesity.

As of 2018, there are **more than 430 USC Chan doctors of occupational therapy** in the workforce leading the profession forward in evidence-based specialty practices, graduate education, research, administration and policy.

ADAPTED FOR POST-LICENSURE TRAINING

Leaders from the USC Occupational Therapy Faculty Practice crafted an obesity-specific curriculum for delivery through a distance learning platform.

- *Introduction to Lifestyle Redesign®*
- *Lifestyle Redesign® for Weight and Diabetes Management*



“Occupational therapy practitioners have an ideal background and skill set to address obesity in multiple contexts. When obesity affects participation in meaningful life activities (i.e. occupations), occupational therapists can treat obesity as the primary condition or reason for referral.

– Dr. Camille Dieterle, Associate Professor



Additional information about this curriculum is available from: <https://chan.usc.edu/academics>