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

UNIVERSITY OF SOUTHERN CALIFORNIA

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
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