

Welcome to Occupational Therapy BSc (Hons)

This pack is designed to provide you with information regarding the programme and will provide you with tasks that you can undertake in preparation for your studies.



The BSc (Hons) Occupational Therapy Degree prepares you to be eligible to work as a registered occupational therapist in the UK and

overseas. Occupational Therapy is a health and social care profession that enhances the physical and mental health and wellbeing of individuals to enable them to achieve their full potential. Occupational therapists work with people of all ages to help them to overcome the challenges of everyday life resulting from illness, trauma and aging.

This course equips you with the knowledge and skills required for occupational therapy practice through combining the study of occupational and human sciences with hands on learning in practical settings. You will have an opportunity to engage in professional practice within a variety of health and social care settings across public, private, voluntary and independent sectors. The range of placements in traditional and nontraditional settings enables you to develop and advance your skills in assessment and intervention with clients. You will be encouraged to consider the evidence base for current practice throughout the course.

The BSc (Hons) Occupational Therapy programme is delivered as a standard full-time route and also as a full-time extended route to facilitate students who need to 'earn and learn' or have other responsibilities. All our graduates gain an academic degree with which you are able to apply for registration with the Health and Care Professions Council (HCPC) to obtain a licence to practice and become a member of the Royal College of Occupational Therapy.

You will be taught by qualified Occupational Therapists who have additional teaching qualifications, Masters or PhD qualifications. Our teaching staff have a variety of clinical backgrounds and expertise from mental health, physical areas, paediatrics and learning disabilities.

Course content



Stage one

At Stage one, you will focus on developing the knowledge and skills underpinning occupational therapy practice. You will study the anatomy, physiology, psychology, sociology and occupational theories that help you to understand people as occupational beings. Alongside this you will develop essential skills to support academic and practice learning which will be applied in a six week practice placement. Practical sessions include exploring problem solving theories, building therapeutic relationships, working in groups, moving and handling and the assessment and use of equipment.

Stage two

At Stage two your learning will focus on how you might engage individuals in a range of occupations that are meaningful to them. The year will start off with a nine week practice placement which will provide opportunities to develop your in clinical reasoning skills, identifying appropriate assessments and interventions for clients. You will extend your skills in occupational analysis, adapting the environment, communication and the therapeutic use of yourself and groups. You will develop new skills in splinting and explore the use of volunteering as a meaningful occupation. During this stage you will have the opportunity to take part in a short student exchange programme (Link). You will develop skills in understanding and using research to inform practice that will lead to a research proposal for your Independent Study project in Stage three

Stage three

In Stage three you will make more choices about what you study to enable you to develop the knowledge and skill set you want to achieve your aspirations as an emerging occupational therapist. You will take the research proposal from Stage 2 and

develop it into an Independent Study project, supported by workshops and individual supervision from a dedicated tutor. In other modules you will develop specialist skills and explore how you might enhance the engagement in occupation by a community defined by their health or well-being. The impact of policy and legislation within practice is also explored and evaluated at this stage. As you prepare for employment, you have a 12 week placement in which you will be given the opportunity to demonstrate your skills, understanding and theoretical knowledge of occupational therapy.

Pre-programme activities

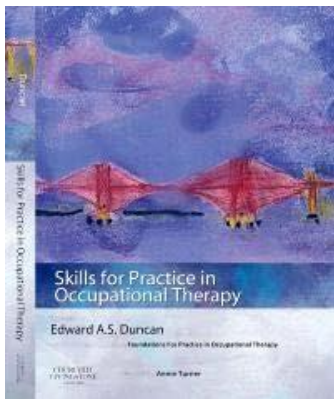
The following activities will help to prepare you in your studies in becoming an occupational therapy student.

1. Explore the Royal College of Occupational Therapy website:
<https://www.rcot.co.uk/>. The Royal College of Occupational Therapy is our professional body in the U.K. You will access the website frequently throughout your studies, so it is worthwhile exploring and getting to know its content. The following tasks will get you started:
 - Find the videos which demonstrate how occupational therapy helps individuals or groups of people
 - Read about 'Using Social Media'
 - Download and read the 'Royal College of Occupational Therapy Standards and Ethics'
2. Preparing yourself for academic study at a university is really important. Referencing is a key academic requirement to success when studying your degree. The following link takes you to the University of Northampton Information Resources Referencing Tutorial: <http://library.northampton.ac.uk/liberation/ref/>. This tutorial will guide you through the referencing system we use within the degree and is worthwhile completing before you attend university.
3. As you enrol on this degree programme, you are agreeing to be bound by standards set out by the Health Care Professions Council, our regulatory body. These standards are set to ensure that all health practitioners perform and behave in an appropriate and acceptable manner conducive to our clients. Click on the link, download and read the standards:
<https://www.hcpcuk.org/assets/documents/10002C16Guidanceonconductandethicsforstudents.pdf>. It is important that you are familiar on its content so that you can understand and perform the requirements expected during your studies.
4. If you use social media, particularly Facebook like and follow our Facebook page <https://www.facebook.com/OTuniversitynorthampton/>. This will keep you up to date with all the exciting events and

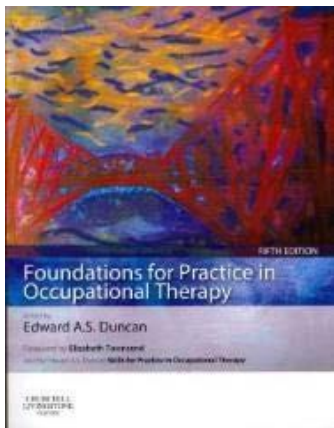
5. We don't recommend that you buy any books before you start the course. Module leads will give you a reading list at the start of the term. There are lots of books in the library, some to borrow, some reference and others are electronic books. We use journal articles a lot and you will have access to the British Journal of Occupational Therapy.

These are two books that you will find of use to you in your first year. You do not need to purchase them as we do have copies in our library, but if you can access them before you come, they are worth a look.

Duncan E. (2011) Skills for Practice in Occupational Therapy



Duncan E. (2012) Foundations for Practice in Occupational Therapy



You will be invited by the admissions lecturers to join our virtual learning platform NILE where you will be able to access much more information prior to starting the course.

Additional costs and resources required

We work closely with you to find a placement local to home or local to the University, however some students may incur travel and accommodation expenses. This is organised in consultation with you and your placement tutor.

You will be provided with a uniform (two tops and two pairs of trousers). Additional uniform items can be purchased.

We have a wide range of books and journals accessible in our library, either in hardback or e-books or via our electronic databases.

You will participate in some activities where a small cost may be incurred such as craft, art, cooking material to a maximum of £25 a year.

You are also required to complete a recognised (level two) food hygiene course, further details about this course will be provided when you start the course. You will be able to complete this course online at an approximate cost of £20.

You will require general stationary throughout your studies. It is commonplace that students will bring in laptops or tablet devices for note taking during lectures.

Volunteering

During the course, we actively encourage our students to participate in various volunteering opportunities. Our students volunteer to participate in open and interview days or health roadshows where they talk to candidates interested in our programme, sharing their own experience of the course.

Yearly we have a student conference that is organised and run by our students which showcases the excellent work that our students complete during their studies from L4 to L8.

Additionally, there potentially will be a variety of volunteering opportunities where you can get actively involved in assessments and interventions with individuals through the work our Senior Lecturers carry out in collaboration with a number of organisations.



We look forward to seeing you in September!