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## **Occupational Therapy Practice in Nepal: A Perspective from a Developing Country**

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### **Non-research**

#### **Introduction**

The country of Nepal has rehabilitation issues that are unique when compared to the rest of the world. Spinal cord injuries and Leprosy are to name but a few of the escalating health issues observed in the region. Occupational therapy can make significant contributions in a country such as Nepal that has virtually no rehabilitative facilities. Clients receiving OT interventions in Nepal have shown significant improvement in their health and independence.

#### **Objective**

The session focuses on how evidence-based OT interventions can be practiced in a developing country with few resources and little direct mentorship. Our intention is to describe the unique and creative methods used by OTs in Nepal that enable clients to regain quality of life and wellbeing.

#### **Description**

In a cultural climate that sees disability as a result of karma, clients and OTs face many challenges. Even with little professional support or encouragement, OTs continue to work using the philosophy expressed by WFOT. This session will describe specific OT strategies that are found effective in a diverse environment such as Nepal.

#### **Discussion**

Rich in traditions that place rehabilitation as low priority, Nepali OTs need to be industrious and creative in providing care for their clients. A major resource in the rehabilitation process is educating and involving client caregivers. Family members are required to attend each OT session and intervention plans are designed that require their active participation.

#### **Conclusion**

Irrespective of the scarcity of resources, OTs in Nepal manage to meet the needs of their clients. These professionals are able to address the unique health concerns of their Nepalese clientele by being creative and using culturally relevant interventions.

#### **Contribution to practice**

This session will provide a view of OT practice based on the roots of our profession. Intervention approaches using the PEO model, where the interactions between the Nepali client, their environment, and their occupations will be discussed. It will also be shown how client-centered intervention, therapeutic-use-of-self and basic creativity are the most effective tools in a culturally rich environment such as Nepal.