

Addressing symptoms of post stroke depression in occupational therapy intervention: An exploration of current practice in Bangladesh.

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This research set out to explore issues in dealing with post stroke depression in current occupational therapy practice in Bangladesh. The issues that the study brought into light were whether and how the occupational therapists of Bangladesh address, their value placed on addressing, barriers in addressing, reason behind not addressing symptoms of PSD in current occupational therapy practice in Bangladesh.

Six Bangladeshi occupational therapists who had one year experience and were currently treating stroke patients were sampled from four clinical setting over Bangladesh. A mixed methodology was used in the study where the data was generated through reviewing clinical notes over three months periods maintained by the sampled occupational therapists and through semi structured face-to-face interviews. Data gathered from clinical notes review were analysed using descriptive statistics and concludes with the findings that the occupational therapists did not address the symptoms of PSD in their clinical notes. The interviews were analysed thematically and produced six themes.

The themes explored that occupational therapists of Bangladesh address the symptoms of PSD insufficiently in their current practice though they consider these as barriers of physical and functional recovery and perceive addressing these symptoms very important in occupational therapy intervention. Clients/ carers low prioritization, some barriers related to organizational and occupational therapists were found to impede addressing symptoms of PSD in occupational therapy intervention. The study also disclosed some important recommendations from the therapists' perspectives to improve the status of addressing symptoms of PSD in occupational therapy intervention.

The findings of the study will help the occupational therapists and the organization in which they are working to understand the gap between literature and current practice, barriers and possible ways to improve status of addressing symptoms of PSD in occupational therapy intervention. Addressing symptoms of PSD in clinical notes and in occupational therapy practice will help to foster physical and functional recovery of stroke and thus being more holistic this will help in promotion of this profession in Bangladesh.