

Perspectives of occupational therapists on the implementation of client-centred practice in Tanzania

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Background: The concept of client-centred practice was first developed and implemented by occupational therapists in Canada during the early 1980s and subsequently transferred into the Tanzanian occupational therapy curriculum by international volunteer educators. Currently, the occupational therapy curriculum at the Kilimanjaro Christian Medical University College KCMUCo in Moshi, Tanzania covers CCP using assessment tools and models developed by the Canadian Association of Occupational Therapy.

Methodology: The study used a descriptive cross-sectional design. All qualified occupational therapists working in different regions in Tanzania were approached to participate in the study (N=80). A questionnaire, the Professional Questionnaire for Assessing CCP (PQACCP) was adapted for the study. Data were analyzed using the SPSS software program (version 20.0).

Results: The top three barriers were 'the therapist is short of time' (n=51, 79.7%), 'the therapist thinks that CCP is too demanding for the client' (n=50, 78.1%), and 'the therapist and client have different goals' (n = 49, 76.6%). The top three enablers were 'education about CCP while still a student' (n = 63, 98.8%), 'client involvement in planning of services' (n = 62, 96.9%), and 'involvement of all staff and service providers in CCP training' (n = 62, 96.9%).

Conclusion: Tanzanian occupational therapists showed ambivalence towards CCP. They reported that therapists have too little time to implement CCP; that CCP is too demanding for the client to appreciate and that therapists and clients have different goals.