

**Revising "Occupational Therapy Defined as a Complex Intervention".  
Contributing to the development of the profession**

Sarah Kantartzis, Maria Giatsi Clausen, Duncan Pentland  
*Queen Margaret University, Edinburgh, UK*

**Introduction:** "Occupational therapy defined as a complex intervention" was published in 2003 with the aim to 'establish a baseline for describing, defining and researching our interventions and services' (Creek, 2003, p.5). In 2016 the College of Occupational Therapists, UK, commissioned a revision of this work. This builds on the original work while recognising the considerable developments that have occurred in the intervening period, both within occupational therapy in response to changes in understandings of health and in peoples' occupational needs, but also regarding knowledge of complex interventions.

**Objectives:** To develop a valid representation of contemporary occupational therapy as a complex intervention.

**Method:** A review of literature on occupational therapy practices and interventions (Feb 2015 - Oct 2016) including approximately 200 peer reviewed papers plus 200 practice reports, and an online survey with almost 800 participants, led to three on-line focus groups exploring key results further. Following this, modelling will be undertaken to map occupational therapy as a complex intervention, incorporating all essential features and components. Results will be discussed with key stakeholders and subject to further review.

**Results:** The process of this review as well as the key results will be presented, illustrating the complexity of British occupational therapy across outcomes and processes of change.

**Conclusion:** The outcomes of this review enable critical reflection on current services as well as their potential to support the future occupational needs of the population.

Creek, J. (2003). *Occupational therapy defined as a complex intervention*. London: College of Occupational Therapists