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WORKPLACE REHABILITATION: WORKING WITH DIFFERENTLY ABLED

Nanaki Singh

Jamia Hamdard, India

Work consists of any physical or mental effort or activity directed toward the purposeful production or accomplishment of something. This means that work occurs in the homes, in schools, as part of one's employment, and during volunteer work. To work is to do, to accomplish. With this definition, returning the worker/patient to work encompasses occupational therapy as a whole, as clinicians assist their clients to achieve their fullest capacity in all aspects of life. A fundamental goal of occupational therapist is to facilitate the client's highest level of functional status in all occupations and all contexts of life, including physical, emotional, social, cognitive, and communicative dimensions. Worksite evaluations are on-the-job assessments to determine whether an individual can return to work after onset of a disability or whether a person can benefit from reasonable accommodations to maintain employment. The first step is job analysis, followed by a worksite evaluation. Next, the occupational therapist schedules a time with the employer and the worker to meet at the worksite where he/she assesses the work, the worker, and the workplace. The very last step in the worksite evaluation is to assess the work environment. The environment outside the immediate work area should be evaluated (parking if driving or access to public transportation; access into the building, break room, and restroom), as well as the workstation itself. All work areas that the worker may use, need to be investigated to identify obstacles and find solutions to increase accessibility. The professionals involved in the occupational health team can include some or the entire following Mo: occupational health nurses, occupational health physicians, industrial hygienists, safety engineers, work organization specialists, psychologists, counselors, physiotherapists, occupational therapists, health economists, academic researchers and others. Occupational health nurses play an essential role in health assessment for fitness to work, pre employment or pre placement examinations, periodic health examinations and individual health assessments for lifestyle risk factors. The occupational health nurse is often the key person in the rehabilitation programme who will, with the manager and individual employee, complete a risk assessment, devise the rehabilitation programme, monitor progress and communicate with the individual, the occupational health physician and the line manager. Collaboration with occupational therapist may be necessary in many instances, depending upon exiting legislation and accepted practice. Planned rehabilitation strategies, can help to ensure safe return to work for employees who have been absent from work due to ill health or injury.

Biography

Nanaki Singh has an excellent academic record and plans to pursue a career in Neurological Rehabilitation. After completing her Bachelor's, she intends to go to University of Toronto for her Master's. A voracious reader of mystery, fiction and young adult novels, she has travelled abroad and participated in conferences related to science and health. With exposure to international audience at a young age, she is keen on collaboration for her master's and research.

nanakidpsvk@gmail.com