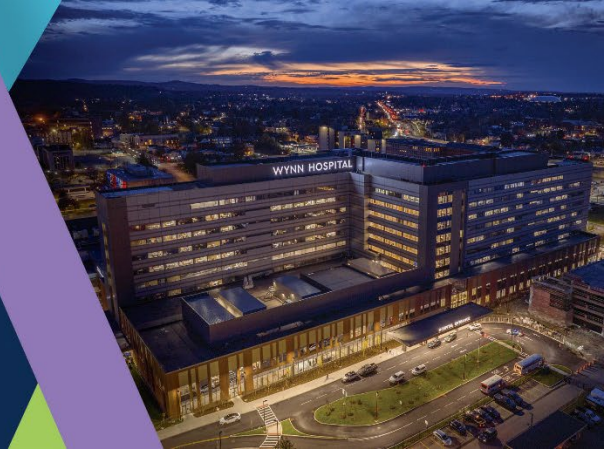


Just the Facts

— MVHS & WYNN HOSPITAL

There's so much happening in healthcare in our region – at times it's hard to stay updated! That's why Just the Facts is being reinvigorated. This weekly publication, published on Tuesdays, will provide you with the latest information about MVHS and the Wynn Hospital!



TOPIC FOR TUESDAY, APRIL 15, 2025:

Department Spotlight: Occupational Therapy

At MVHS, our occupational therapists (OTs) work in a variety of settings with other medical team members to ensure personalized, integrated care.

OTs are skilled healthcare professionals who use scientific evidence to provide effective interventions. They have a strong knowledge of the psychological, physical, emotional and social makeup of their patients and use a holistic perspective when providing intervention.

This month, we celebrate the incredible work of OTs and the vital role they play in helping individuals regain independence, improve daily living skills and enhance their quality of life. From guiding rehabilitation to supporting mental health and wellness, OTs make a meaningful impact every day.

What does an occupational therapist do?

Occupational therapists use everyday life activities (occupations) to promote health, well-being, injury prevention and recovery. They help patients return to their daily activities following an injury or accident and work with patients across the lifespan.

What kind of patients/specialties do OTs work with?

Our OTs specialize in working with premature infants and patients with:

- Developmental delay
- Autism
- Sensory impairments
- Neurological impairments
- Orthopedic injuries
- Vestibular and balance impairments
- Arthritis
- Head and spinal cord injuries
- Work-related injuries
- Upper arm weakness and hand dysfunction.

Where do MVHS OTs work?

Our 24 OTs work at the Wynn Hospital, the Outpatient Rehabilitation Department at the Faxon Campus, the Acute Inpatient Rehabilitation Unit (IRU), Visiting Nurse Association of Utica and Oneida

County (VNA) and the Rehabilitation and Nursing Center (RNC) helping patients access a continuum of care within MVHS.

For instance, at the **IRU**, OTs help patients who have the goal of returning to their home environment. They cover activities such as bathing, dressing, maintaining the home and community mobility. They typically see patients for 90-minute sessions, roughly five days per week.

OTs in the **sub-acute and long-term care setting** work with adult and geriatric populations to help them achieve their independence by retaining the ability to manage their daily activities. OTs utilize a therapeutic approach to promote the highest level of independence, helping patients succeed in performing routine activities like dressing, bathing, feeding themselves/cooking, housekeeping and leisure activities by incorporating adaptive equipment training and strengthening. OTs largely educate both patients and families on adaptation strategies, safety skills and home management strategies to ensure a safe discharge home. They also promote optimal positioning and ensure good skin integrity through a variety of cushions and wheelchair adaptations. They also address feeding skills, leisure time pursuits and phone management skills in the long-term care setting. For patients, they are a bridge to independence.

VNA OTs assist patients in their home. They work with patient to improve their ability to care for themselves and return to independence in the community.





