

## November 2020 Shared DORI Webinar & Endocrinology Grand Rounds



**DATE:** November 17, 2020

**TIME:** 12:00-1:00 PM

### Registration Zoom Link

[https://usc.zoom.us/webinar/register/WN\\_Sg9bGBjTRwyISfza6DkATA](https://usc.zoom.us/webinar/register/WN_Sg9bGBjTRwyISfza6DkATA)

### **Beth Pyatak, PhD, OTR/L, CDCES, FAOTA**

Associate Professor

Mrs. T.H. Chan Division of Occupational Science and Occupational  
Therapy, Herman Ostrow School of Dentistry  
University of Southern California

## **Innovative Approaches to Diabetes Management: The Role of Occupational Therapy**

In diabetes, as with many chronic conditions, much of the potential to improve health stems from an individual's ability to integrate self-care within their existing daily routines, and adapt as life circumstances change over time. Occupational therapists are trained to address the performance of daily activities within naturalistic contexts, incorporating a holistic focus on the person, task, and environment to promote the successful performance of tasks such as diabetes self-care activities. An occupational therapy intervention framework developed at USC, Lifestyle Redesign, has been adapted to address the prevention and management of various chronic conditions, including diabetes. Dr. Pyatak will review her research investigating the efficacy of a Lifestyle Redesign-informed occupational therapy intervention, REAL: Resilient Empowered Active Living with Diabetes, which has been evaluated among adults with both type 1 and type 2 diabetes in community-based, primary care, and telehealth settings. The REAL intervention has been demonstrated to improve blood glucose control, health behaviors and psychosocial well-being and is currently being investigated in a large-scale randomized controlled trial. Given the challenge of improving healthcare quality and outcomes among individuals with diabetes, occupational therapy is an underutilized and potentially untapped resource to address lifestyle and health behavior change among diverse populations with diabetes.