



Work Injury Prevention and Education for Culturally Diverse Individuals



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Two Trees Physical Therapy

A Ventura County outpatient clinic provides physical, speech, and occupational therapy, specializing in sports and orthopedic rehab, hand therapy, neurology, pediatrics, and work rehabilitation.

Identified Needs

A needs assessment was conducted through a semi-structured interview with the site mentor and two occupational therapists, along with an anonymous survey via Google Forms. It identified key areas of need for the outpatient clinic, including:

- Bilingual patient educational handouts
- Therapist training guide
- Patient advocacy

Project Description

- Bilingual educational handouts were created to improve patient knowledge, health literacy, and workplace strategies for culturally diverse individuals. A therapist guide on work ergonomics was also developed, tailored to six common diagnoses.

Carpal Tunnel Syndrome

Shoulder Rotator Cuff Tears

Lateral Epicondylitis

Back Pain

Hand Fractures

Knee Pain

Project Objectives

1). Develop a bilingual work injury prevention program for workers compensation patients in an outpatient clinic

2). Develop a therapist guide for implementation for the work injury prevention program

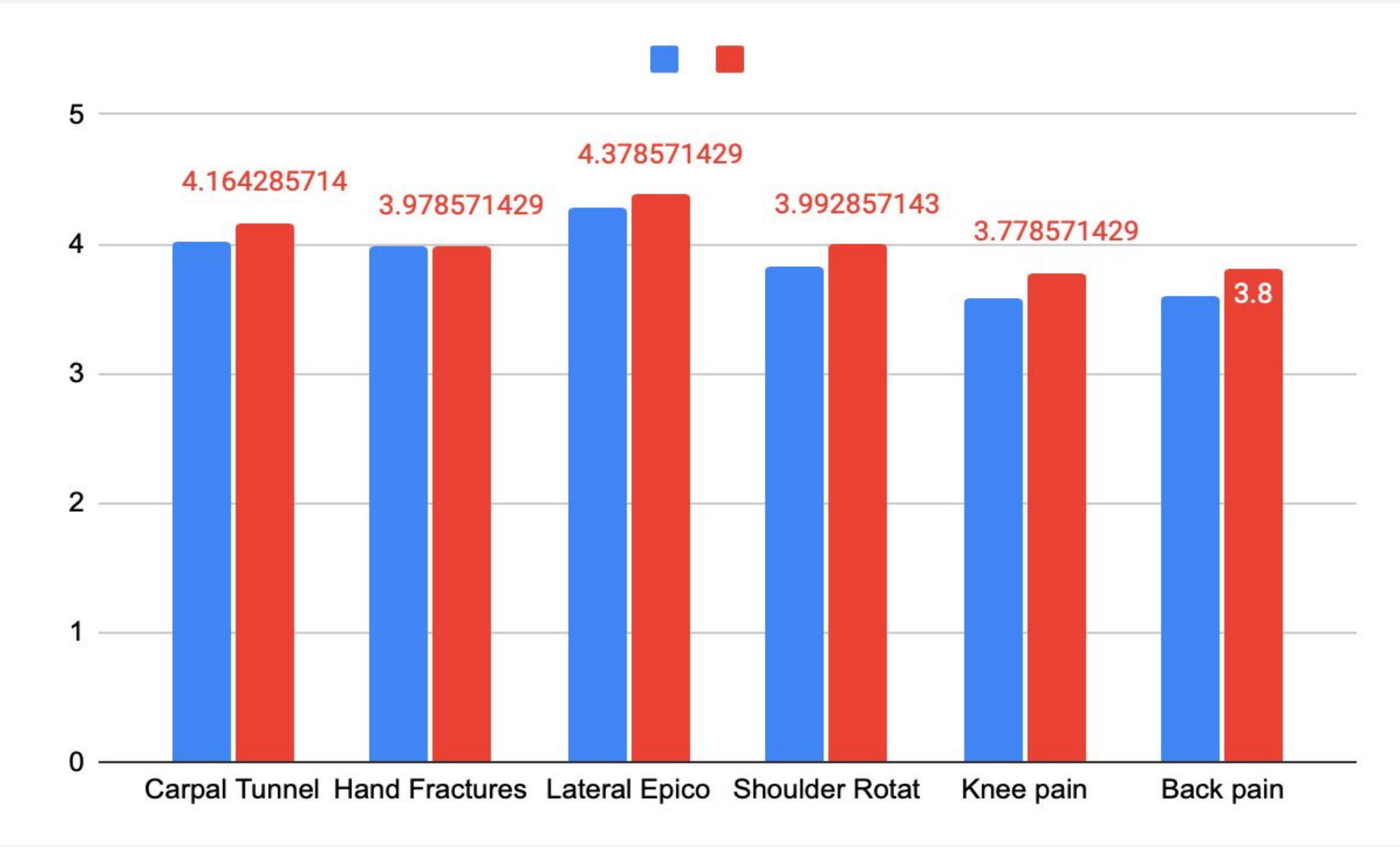
3). Demonstrate advanced clinical practice skills treating adults in a outpatient clinic

Literature Review

- Promotes an increase in patient care knowledge, encourages patient advocacy, and improves quality of care (Wittink and Oosterhaven, 2018)
- Increases workers compensation patients knowledge on work safety protocols, diagnosis, home exercise program, splint/brace wear schedule to prevent re-injury in the workplace and facilitate a smooth transition to return to work (Cullen et al., 2018; Mohamad et al., 2022; Sharpe et al., 2022)
- Increases work safety knowledge by understanding most common injuries associated with repetitive movements and heavy work demands (Mekkodathil et al., 2016; Moyce and Schenker, 2018)

Evaluation & Outcomes

Quantitative Data



Qualitative Data

- Two themes emerged:

Professional Development and Confidence Building

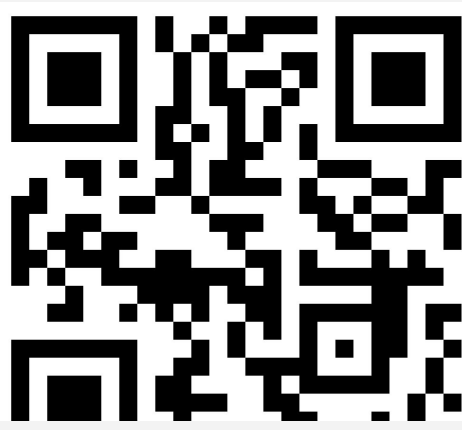
Patient Awareness and Health Education

Discussion and Conclusion

Following the presentation, majority of the therapists reported greater confidence in implementing workplace strategies for 5 out of the 6 diagnosis. Continued education and training will be essential to further develop these skills and strengthen injury prevention efforts.

Rehabilitation professionals continue to report limited confidence in delivering workplace strategies, especially when working with culturally diverse populations. This study emphasized the importance of professional development in this area and the growing need to continue advocating for diverse populations.

References



Scholarly Deliverables



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