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## **How to enhance the motivation for ones job and for participation in professional development tasks through the time-geographical diary**

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### **Introduction**

Occupational therapy focus has changed from being predominantly directed against the patient's disease and symptoms to a larger extent to target the citizens' opportunities to perform valued occupations and to participate in everyday life.

This change is supported by the WHO's efforts to increase focus on human health through the "International Classification of Functioning, Disability and Health" (ICF).

Nevertheless my colleague-professionals within the orthopaedics, including OTs, seem to have maintained a strong focus almost solely on the bio-mechanical issues.

### **Description**

As a researcher and developer in the OT-department at the Copenhagen University Hospital, Gentofte, I manage a project with the following aims:

1. promotion of contemporary OT theory and methodology
2. implementation of ICF as a conceptual model
3. implementation of contemporary OT performance process models
4. gradual transition to the use of evidence-based methods, focusing the citizens' opportunities to perform valued occupations and to participate in everyday life.

In the light of this, several OTs from the orthopaedic team experience a difficult situation: on the one hand, they enjoy great respect in the orthopaedic multidisciplinary team - on the other hand, they feel that most of their colleagues in the OT profession reject their work and their experience. On this background many of these colleagues lacks motivation for the daily work and for participating in development tasks at the hospital.

To monitor their daily work during the first year of the project, every OTs at the Gentofte Hospital wrote time-geographic diary one day a month during 9 months 2008-9. Here each OT continuously formulates his/her own experience of everyday life-related job-activities through self-observation; temporal patterns and social contexts are captured. Furthermore the OTs indicates the ICF focus (bodily function/anatomy - activity - participation) he/she has in the specific patient-related occupations.

### **Results**

The presentation will enlighten how the 9 diaries, written by each OT has been the platform of reflections-on-action with the aim to increase the authors motivation for the daily work and for participation in development tasks.

### **Conclusion**

This project will provide new knowledge about the usability of the time-geographical diary method in the work-environment area.