Let's Make Moves: An Exploration of Occupational Therapy Interventions for Sedentary Workers
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Objectives of Presentation:
1) Define wellness and its significance for employees in sedentary work environments.
2) Examine interventions that promote sedentary work habits and determine adaptations to increase physical activity.
3) Choose interventions within the scope of OT practice that address sedentary behavior in the work setting.

PICO: What interventions within the scope of occupational therapy practice increase overall wellness in adult office workers?

Methods and Search Terms:
- 5145 articles identified through databases searched: PubMed (3118) Ovid (1527) CINAHL (500);
- 17 articles included in syntheses following title, abstract and full text screens
P: Office workers; White collar workers; Sedentary; Sedentary workers; Non-medical public or private facilities [MeSH]; corporate workers; Desk work; administer
I: occupational ther*; ergonomic*; “Environmental adaptations”; Interventions; Adaptations; Reward; Incentive; Motivation; “Self-management”; Self care; “Stress management”; “Time management”; Schedule; Planning; “Sleep Hygiene

Results:

|-------|--------------------------------|---------------|--------------------------|--------------|---------------------|
| Intervention | - Pedometer + education on PA and body composition (Chae et al., 2015) <br>- ActivPAL + computer-tailored intervention with feedback and tips (DeCocker et al., 2016) <br>- Individually-based behavior modification + education on sleep hygiene (Nishinoue et al., 2012) <br>- Exertime Software + education on risks of prolonged sitting (Pedersen et al., 2014) <br>- Workplace Fitness and Education Program + weekly lectures and readings (Vilela et al., 2015) | - Activity Based Work (ABW) Environments (Foley et al., 2016) <br>- Bike Desks (Torbeys et al., 2016) <br>- Sit-to-Stand Desks (Miyachi et al., 2015, Pronk et al., 2012) <br>- Stand Meeting Tables (Danquah et al., 2017) <br>- Visual Cues (Danquah et al., 2017) <br>- Office Walking Groups (Danquah et al., 2017) | Employee Perspectives:  
- Incentive vs. Penalty Programs (Batorsky, 2016) <br>- Barriers to Physical Activity Programs (Paguntalan, 2016) <br>- Acceptability and Feasibility (DeCocker, 2015) Intervention Programs:  
- Computer-Tailored Intervention Program (DeCocker, 2016) <br>- “3000 More Steps” Program (Chae, 2015) <br>- Booster Break Intervention (Taylor, 2016) <br>- Workplace Fitness and Education Program (WFEP) (Vilela, 2015) | A) Computer Prompts:  
- Computer prompts at intervals (Evans et al., 2012) (Pedersen et al., 2014)  
- Computer tailored feedback (DeCocker et al., 2016) | A) Walking  
(Bergouignan et al., 2016)  
(Brown et al., 2014)  
(Taylor et al., 2016)  
(B) Standing  
(Pedersen et al., 2014)  
(Pronk et al., 2012)  
(Miyachi et al., 2015)  
(C) Interval Training  
(Pedersen et al., 2014)  
(Vilela et al., 2015) |
| Evidence Strength | Strong Evidence | Strong Evidence | Moderate Evidence | A) Moderate  
B) Insufficient | A) Strong B) Moderate  
C) Strong |

References


