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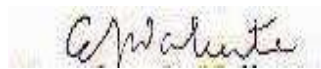
FOREWORD

This 2023 issue of the Graduate School Journal includes theses and dissertations for Academic Year 2022-2023.

Due to the effect of the pandemic, the only abstracts for this 2023 issue include the following disciplines: masters in Hospital Administration and masters in Occupational Therapy. After the pandemic, the number of theses and dissertations are expected to increase.

In subsequent publications of this journal, abstracts of graduate researches in Organization Development, Educational Management and all disciplines in health sciences including masters in Pharmacy and masters in Dentistry will be presented.

What is printed in this journal are just abstracts of the different studies. Should there be a need to read the hardbound copies, please come to the Graduate School for this purpose.



Efrén S. Valiente, Ph.D.
Dean, Graduate School

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Mandaue City

ABSTRACT

Burnout and work engagement has been investigated for a long time however their relationship remains unclear whether or not they can simultaneously co-occur or are direct opposites. The differing views about their relationship together and of other factors effects on burnout and work engagement would make it harder to understand its true relationship. In this study, the researcher aimed to determine the relationship between burnout, work engagement, and associated factors among occupational therapists working in the Philippines that would in turn lead to the development of proposed strategies for work.

The research study utilized two (2) research instruments namely: Oldenburg Burnout Inventory (OLBI) and the Utrecht Work Engagement Scale (UWES). Three hundred and fifty-eight occupational therapists participated in this study and were randomly selected through the criterion: duly licensed and are currently working as occupational therapists in the Philippines.

Results indicated that the majority of the respondents experienced medium levels of burnout at 83.8% and more than half had average levels of work engagement at 55.3%. Furthermore, the majority of the respondents who participated in this study had less than five years of work experience (72.6%), were satisfied with their income (57.5%) and found their workload to be reasonable or manageable (43.3%). As for the relationship between burnout, work engagement and its associated factors, the results show that there are relationships between emotional exhaustion with current workload ($V=0.254$), vigor ($V=0.268$), absorption ($V=0.188$), and overall work engagement ($V=0.249$), disengagement with enough income for family ($V=0.151$) and current workload ($V=0.134$), overall burnout

level with enough income for family ($V=0.146$), and vigor with enough income for family ($V=0.15$).

In conclusion, there is a negative relationship between burnout and work engagement among occupational therapists in the Philippines and that burnout is correlated with enough income for family and current workload while work engagement is correlated with enough income for family. Additionally, the proposed work strategies that were developed would help improve their well-being at work and promote a better work culture. Future investigations must conduct cause-effect research and also find out other factors that interact with both burnout and work engagement.

**OCCUPATIONAL ENGAGEMENT OF PRIMARY CAREGIVERS
OF CHILDREN WITH SPECIAL NEEDS IN THERAPY CENTERS
IN ZAMBOANGA CITY: PROPOSED HEALTH AND WELL-
BEING PROGRAM**

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ABSTRACT

Occupational therapy helps address the opportunities for achieving well-being through occupational engagement of all those whose capabilities are inequitably constrained. The primary caregivers of children with special needs devote most of their time to provide the needs of these children that they may have neglected their own personal development. This descriptive correlational study aimed to determine and describe the relationship between the profile and the level of occupational engagement of primary caregivers of children with special needs in therapy centers in Zamboanga City. A researcher-made questionnaire was utilized to collect data on the level of occupational engagement in the domains of functional jobs, emotional jobs, supporting jobs, social jobs, pains, and gains.

The respondents consist of 373 primary caregivers of children with special needs. Most of them are within 31-40 years of age and a great number are female. Based on the respondents' answers, it was found that the majority of the caregivers are parents of the child, married, and have a total of 2 offspring. It was also found that their socio-economic status is in the range of P10,000-P29,999. The results revealed a weak strength of association among the functional jobs, social jobs, supporting jobs, and pains with the relationship to the child of the respondents. Moreover, a weak strength of association was also found between supporting jobs and age, gender, civil status, relationship to the child, and number of children. In addition, Pain also

showed weak strength of association with the profiles of the respondents.

The proposed health promotion program was developed to increase the level of occupational engagement of the primary caregivers of children with special needs. It was focused on aiming to provide support for primary caregivers and their occupational engagement. Activities for each domain were included in the program. In conclusion, primary caregivers of children with special needs have high levels of occupational engagement on functional jobs, emotional jobs, social jobs, and gains. And they have low levels of pain and supporting jobs. The findings of the study suggests that primary caregivers should be given opportunities to engage in valued occupations. It is recommended for OTs to collaborate with therapy center owners in promoting optimum health and well-being for primary caregivers. It is also recommended for OTs to provide a re-evaluation plan for the program. Moreover, it is also recommended for the future researchers to determine the level of occupational engagement of the primary caregivers of children not only limited to children with special needs, but also with neurotypical ones.

**LIVED EXPERIENCES OF MOTHERS OF CHILDREN WITH
SPECIAL NEEDS IN MICHIGAN, USA: PROPOSED
THERAPEUTIC STRATEGIES FOR ADAPTATION**

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ABSTRACT

The study was anchored to the Model of Occupational Adaptation by Schkade and Schultz that made use of the internal normative process and occupation as ways for adaptation. This model has three components: person, environment and the interaction between the person and the environment. Guide questions were formulated based on the Occupational Adaptation Model and were used in interviewing six (6) mothers of children with special needs in Michigan, USA.

The study used an Interpretative Phenomenological Analysis to analyze the data gathered. Narratives were transcribed and analyzed where the following themes and subthemes emerged from the mothers' narratives: (1) Constraints to occupational adaptation with the subthemes (1a) Emotional reactions of the mothers, (1b) reactions of society, and (1c) lack of knowledge about the diagnosis; and (2) therapeutic strategies used to enhance occupational adaptation with the subthemes (2a) personal factors that facilitate occupation and (2b) occupational factors that facilitate adaptation.

In conclusion, In learning the daily challenges faced by being the primary caretaker of a child with special needs, these mothers' lived experiences can potentially benefit from using the occupational adaptation model. The proposed therapeutic strategies of adaptation made in this study can be applied on problems narrated by mothers as stress, sadness, stigma, social isolation and lack of knowledge on child's medical diagnosis. Furthermore, these adaptations can be applied in their daily tasks, in performing their parental roles and at the same time ensuring promotion of their well-being. With this, the

researcher proposed some therapeutic strategies focusing on the constraints for adaptation to provide ways and assistance to the mothers for optimal occupational performance.

**FACTORS INFLUENCING PRACTICE AREA PURSUITS OF
NEWLY LICENSED OCCUPATIONAL THERAPISTS IN THE
PHILIPPINES: PROPOSED DIVERSIFIED PRACTICE OPTIONS**

Erick Ian S. Rutaquio - MAOT 2023
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ABSTRACT

This study aimed to determine the factors influencing practice area preference of newly licensed occupational therapists in the Philippines. The study also determined the demographic profile of the newly licensed occupational therapists in terms of: age range, gender, college/university graduated from, practice area pursuits; determined the factors influential to practice area pursuits under the domains of Motivation, Patterns of Occupation, Occupational Demands, Social Environment, and Physical Environment. Based on the results a Proposed Diversified Practice Options was designed. The researcher utilized a quantitative descriptive research design wherein 196 newly licensed occupational therapists practicing patient care, from August 2019 and February 2020 PRC licensure examination passers, responded to the survey. The Factors Influencing Practice Area Pursuits Newly Licensed Occupational Therapists in the Philippines Questionnaire by Erick Ian S. Rutaquio helped accomplish the aims of this study.

The study found that the typical demographic profile of the respondents were those within the age range of 21-25 years old, female, graduated from an OT program from Luzon, majority of which is from UST, and is in Neurodevelopmental Pursuit. Factors related to neurodevelopmental pursuit were given the highest rating, followed by lower ratings for physical dysfunctions, and lowest ratings for mental health although all factors were rated facilitatory across all

practice area pursuits. It was also found that the least pursued was mental health, lesser pursued was physical dysfunctions, and majority of the respondents were in neurodevelopmental pursuit.

Based on the questionnaire used, results showed Motivation and Social Environment were similarly ranked first and second across all practice area pursuits. For neurodevelopmental pursuit, these are followed by physical environment in third, patterns of occupation in fourth, and lastly by occupational demands. Physical dysfunctions and mental health had similar rankings of the following domains with patterns of occupation in third, occupational demands in fourth, and physical environment last. A proposed diversified practice options would benefit the profession in more practitioners in physical dysfunctions and mental health.

LIVED EXPERIENCES OF FILIPINO OCCUPATIONAL THERAPISTS IN EAST COAST, USA: PROPOSED SELF CARE STRATEGIES

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ABSTRACT

On the East Coast of the United States, the number of Filipino occupational therapists is growing. Continuous exposure to stress, concern with the consequences of the virus, their safety, challenges of working in another country has led to compassion fatigue which may burn them out when not attended to. This impacted the healthcare professionals including occupational therapy practitioners. Hermeneutic phenomenology was utilized to illuminate essential experiences and stimulate thought. Semi- structured interviews engaged the researcher in the situation. This study investigated foreign Filipino occupational therapists with at least two years of clinical experience who worked in the COVID-19 pandemic from 2019 to 2022. The 10 participants in the study were chosen. A thematic analysis was applied to uncover patterns and themes.

Filipino occupational therapists discussed professional experience, compassion fatigue, compassion satisfaction, as well as coping and resilience. The themes derived are categorized into four (4) global themes: professional experience, compassion fatigue, compassion satisfaction, and coping and resilience. The phenomenological analysis of the themes retrieved from the occupational therapists' lived experiences was separated into three (3) domains: the occupational therapists' problems, their realistic optimism, and their coping mechanisms.

The study concluded that they face conflict, uncertainty, and worry during the COVID-19 pandemic. They work in different settings from nursing homes to orthopedic or neurological illnesses with heavy workloads and quotas. It caused them fear and anxiety yet was able to bring out optimism and developed coping mechanisms. It is recommended as a result of rapid development of research, directors of Rehabilitation need to produce education on practice changes, to provide prompt and accurate training for PPE compliance and treatment framework. To consider broad, creative and frequent communication to policy and procedure changes. OTs must have access to staff members who are able to assist to strengthen resilience; management of hospitals coming up with innovative staffing methods to enable their employees to have personal and professional lives. Lastly, it is recommended for another study that can be conducted that focuses on the psychological effects of COVID-19 to occupational therapists.

**LIVED EXPERIENCES OF PATIENTS WITH STROKE ON
DRIVING CESSATION IN SILLIMAN UNIVERSITY MEDICAL
CENTER FOUNDATION, INCORPORATED: PROPOSED
OCCUPATIONAL THERAPY GROUP PROTOCOL**

Daugn Karisse E. Manhilot, OTRP - MAOT 2023
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ABSTRACT

Driving cessation has brought about a variety of experiences for patients with stroke. This influences their occupational performance and therefore creates an impact on their well-being and overall quality of life. The study aimed to explore and understand the experiences of patients with stroke on their driving cessation. The researcher was keen to ascertain the themes from the narratives of the participants. Seven (7) outpatients with stroke from the Rehabilitation Department of Silliman University Medical Foundation, Incorporated. Participated in the study. The study utilized qualitative data from semi-structured online interviews with open-ended questions. The researcher was able to extract four (4) themes from the narratives through interpretative phenomenological analysis. The themes extracted are the following: Heavy Hearts, Inevitability of Change, Looking Forward, We Are In This Together.

The findings indicated that the participants feel downhearted and overwhelmed towards their driving cessation, various lifestyle changes occurred ever since they stopped driving, they see themselves return to driving in the future, and that they continue to worry about continually receiving help from their family and friends. According to the Meaning Perspectives Transformation Model, these suggest distortions in their meaning perspectives and that these need to be transformed in order to achieve optimal occupational performance.

**ASSESSMENT OF SAFETY ATTITUDES AMONG HEALTHCARE
WORKERS IN DUMAGUETE CITY HOSPITALS: PROPOSED
IMPROVEMENT FOR ORGANIZATIONAL CLIMATE**

Maria Carmelita Nuique-Vera Cruz, MD - MAHAD 2023

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ABSTRACT

Despite modern advances in healthcare through the years, human error is still a major cause of morbidity and mortality worldwide. Patient safety attitudes have been shown to correlate with patient safety behavior therefore it is important to assess the patient safety attitudes of hospital workers to see what are the areas that can be improved upon to ensure quality healthcare delivery. The Safety Attitudes Questionnaire (SAQ short version) from the University of Texas was used with permission as the survey tool in this descriptive-correlative study.

Data processing and analysis were carried out using IBM SPSS version 22. Contingency coefficient was computed to determine the strength of the relationship between respondents' profiles and their patient safety attitudes. The respondents of the study involved complete enumeration of the healthcare workers with direct contact with patients in the three hospitals in Dumaguete City. A total of one thousand one hundred twelve (1112) respondents participated in the study with the following breakdown: 715 from the Silliman University Medical Center (SUMC), 241 from the Holy Child Hospital (HCH) and 156 from the Negros Oriental Provincial Hospital (NOPH).

Majority of the respondents belonged to the young adult group (82.2 %), were females (73.8%), came from a private hospitals (64.4%), were nurses (40.7%) and have been working in the hospitals for ten years or less (79.1%). With regards to the patient safety

attitudes, more than half of the respondents displayed negative scores for the domains of teamwork climate (-54.9%), safety climate (-56.1%), stress recognition (-55.1%), working conditions (-62.2%) and perceptions of management (-69.3%). It was only in the domain of job satisfaction that more than half of the respondents (67.3%) displayed a positive attitude. There was a weak association between respondents' profiles and their patient safety attitudes.

It can be concluded that the personal characteristics of the respondents did not greatly affect their patient safety attitudes and that the only domain where most respondents showed a positive attitude was in the area of job satisfaction. Majority of the respondents exhibited negative attitudes in the domains of teamwork climate, safety climate, stress recognition, working conditions and perceptions of management.

**OCCUPATIONALLY EMBEDDED EXERCISE ON THE
EXECUTIVE FUNCTIONS OF CHILDREN WITH ATTENTION-
DEFICIT/ HYPERACTIVITY DISORDER IN LAGUNA:
PROPOSED OCCUPATIONAL THERAPY PROGRAM**

Ricardo Eduardo B. Herce - MAOT 2023
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ABSTRACT

The study aimed to analyze if soccer as an occupationally embedded exercise is associated with the executive functions among children diagnosed with ADHD. Specifically, it sought to know the association on the four domains of executive functions which includes Working Memory, Planning, Regulation and Inhibition. The study also determined their executive function scores in baseline and after six weeks of the soccer exercise program. The researcher utilized an observational cohort study design, wherein 33 participants diagnosed with ADHD were divided into two groups, a cohort group was made where seven participants did the soccer exercises and a control group wherein the rest of the participants received a conventional occupational therapy service, took part in the study. The Executive Functioning Inventory for Children by Ricardo Eduardo B. Herce determined the executive function scores of the two groups and was summarized using the median and analyzed using Spearman rank correlation coefficient.

Based on the assessment tool used, results of the executive function scores of the two groups were better compared to their baseline scores after six weeks of soccer exercises. The scores were then analyzed using Spearman rank correlation coefficient and indicated a negative correlation on the domains of Planning ($r_s = -0.412$) and Inhibition ($r_s = -0.057$), which means children with ADHD who did soccer exercises ($M_d = 19.0$) are more likely to perform better

compared to those who did not ($Md = 20.0$) in the two domains mentioned. The results also indicated a positive correlation on the domains of Working Memory ($r_s = 0.182$) and Regulation ($r_s = 0.177$), this means that whether children with ADHD underwent soccer exercise ($Md = 19.0$) or not ($Md = 20.0$) they are more likely to perform better in working memory and regulation.

The study concluded that there was a weak association between the executive function scores of the four domains among those who underwent soccer exercise and those who did not. But more research is needed to better understand the significance of these findings. Based on the results, an occupational therapy program would benefit the children with ADHD in improving their executive functions.

**OCCUPATIONAL NEEDS OF SOLO PARENTS OF CHILDREN
WITH SPECIAL NEEDS DURING THE COVID-19 PANDEMIC
IN SELECTED CENTERS IN LAGUNA: PROPOSED
TRANSFORMATIVE ACTIVITIES**

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ABSTRACT

The study aimed to interpret and analyze the solo parents' occupational needs based on their experiences with their children with special needs during the COVID19 pandemic who are undergoing Occupational Therapy intervention in selected pediatric centers in Laguna. The researcher wanted to determine the themes associated with their occupational needs. Data was gathered through videorecorded, one-on-one semi-structured interviews via Zoom. The respondents were nine solo mothers of children with special needs. One of them is widowed, five of them have partners who are working overseas and three of them are single.

This study utilized a qualitative research design specifically interpretative phenomenological approach method in gathering the nature of the experience of the respondents based on their occupational needs during the COVID-19 pandemic. The researcher transcribed the recorded data then narratives were arranged and written for analysis. Interpretative phenomenological analysis was utilized for the respondent' experience as seen from the themes that were extracted from the respondent' interview.

From the nine (9) respondents who participated in the study, three (3) themes were found. The first theme, "I am the light, the pillar, teacher and therapist". The second theme, "What about Mommy?" and the last theme, "The world between four walls".

Consequently, transformative activities for solo parents were proposed in line with the identified themes. The outcome of this study is instrumental to help improve the quality of life of a solo parent of children with special needs during a pandemic. Furthermore, this study will implicate a positive impact on their overall wellbeing. For further studies, the researcher recommends expanding the research population to gather more salient information and partner with local government units while conducting the study in order to effectively structure programs and policies intended for these solo parents and their children with special needs.

OCCUPATIONAL NEEDS OF OCCUPATIONAL THERAPY EDUCATORS IN SELECTED HIGHER EDUCATION INSTITUTIONS IN CENTRAL VISAYAS: PROPOSED GUIDELINES

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ABSTRACT

The emergence of new occupational needs during disasters or global crises such as the COVID-19 pandemic is apparent, yet gaps in literature are observable especially those that investigate such needs among Filipino Occupational Therapy (OT) Educators. This study aims to explore and understand the occupational needs of Occupational Therapy Educators in selected Higher Education Institutions (HEIs) in Central Visayas during the COVID-19 pandemic. Nine (9) Occupational Therapy Educators working in Velez College, Cebu Doctors University, University of Bohol, and Southwestern University PHINMA participated in one-on-one online interviews. Colaizzi's descriptive phenomenological method was utilized during data analysis. The themes identified were "Being an Occupational Therapy Educator during the COVID-19 Pandemic", "Why Occupational Needs are Necessary", and "The Way Forward".

The findings suggest that most of the OT educators faced an abrupt shift to the online setting when the pandemic began, observed both advantages and challenges brought about by the online setting, experienced the emergence of new occupational needs related to being an OT educator, and recognized the resolution of some of these occupational needs with the help of internal and external factors. Based on the experiences of the OT educators regarding the different challenges and occupational needs that they encountered, a proposed guideline was made in order to hopefully support OT educators not

only during the COVID-19 pandemic, but for future disasters and global crises as well.

EXPERIENCES ON YOGA AS AN OCCUPATION FOR ADULTS WITH SCOLIOSIS: PROPOSED AWARENESS PLAN

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ABSTRACT

In recent years, yoga has been utilized in occupational therapy as an intervention strategy and has presented benefits ranging from improvement in motor function to quality of life. However, as much as its effects have been quantifiably measured, limited studies considered how people view and experience yoga as part of their occupations. The study aimed to understand yoga as an occupation for adults with scoliosis. The narratives of adults with scoliosis on their experiences with yoga as an occupation were interpreted and analyzed. The participants of the study included eight (8) adults diagnosed with scoliosis and regularly practiced yoga. The data underwent interpretative phenomenological analysis to reveal themes.

The emergent themes were Awareness on Yoga as an Occupational Therapy Intervention for Scoliosis, Perception and Barriers affecting Yoga Practice, Yoga as an Occupation for the Self, and Yoga as an Occupation for Others. The findings suggested that yoga was not only considered as form of exercise or treatment of illness for the adults with scoliosis, but a holistic practice and occupation that focused on enabling them to achieve self-acceptance and experience the self more fully. Their yoga practice also enabled them to live for the other people around them.

An awareness plan was proposed to provide a more holistic approach to scoliosis using the various aspects of the yoga practice as an intervention in occupational therapy. This plan also increases awareness of occupational therapy practitioners on utilizing yoga as

an adjunct to treatment strategies to support and influence client occupations as individuals and as parts of the community.

PERSPECTIVES OF PEDIATRIC OCCUPATIONAL THERAPY PRACTITIONERS AND CAREGIVERS ON THE PROVISION OF OCCUPATIONAL THERAPY SERVICES VIA TELEHEALTH IN METRO CEBU: PROPOSED OCCUPATIONAL THERAPY SERVICES PLAN

Mary Anne G. Delas Penas, OTRP - MAOT 2023
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ABSTRACT

The study descriptively outlines the perspectives of Occupational Therapy practitioners and caregivers on the provision of Occupational Therapy services via Telehealth in Metro Cebu. The outcome of the study aims to generate a proposed occupational therapy services plan based on the findings of the study. The study used a descriptive qualitative phenomenological research design and is anchored on the Occupational Adaptation (OA) Model. The participants of the study are five (5) licensed pediatric occupational therapy practitioners and five (5) caregivers who have experienced delivering and receiving telehealth as an alternative model to deliver any occupational therapy services in Metro Cebu.

The research study was conducted via online with the use of the google meet platform and utilized a semi-structured and personal interview with the participants. The analysis of data was guided by Colaizzi's descriptive phenomenological method. The conclusion of the study identifies that there are some disadvantages and challenges that may be encountered in the application of telehealth practice in OT. However, there still are more advantages which could benefit the development of the profession. The proposed telehealth services plan can be used for further research to test its efficiency and feasibility in various populations and research environments.

