

# Evolution of Occupational Therapy Practice: Life History of Anne Haskins, PhD, OTR/L

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## Introduction

- This life history is one of 31 life history interviews which contribute to a larger project, *Life Histories of Individuals Who Have Been Influential in Developing Occupational Therapy (OT), in North Dakota and Wyoming*.
- The purpose of this life history study is to gather information about the history and evolution of occupational therapy practice (OT) in North Dakota and Wyoming through life histories of individuals who have been influential in developing OT in these two states.
- This study is intended to provide current and future generations of occupational therapy practitioners a view of history and OT practice has evolved from its inception to current practice in North Dakota and Wyoming.

## Description of Dr. Haskins

- Dr. Haskins graduated from the University of North Dakota with a Bachelors of Science in Occupational Therapy in 1998.
- She later obtained a Master's in Occupational Therapy from The College of Saint Catherine in 2003.
- She continued her education by earning a PhD in Teaching & Learning/Educational Foundations in Research in 2008.
- From 1999-2011, Dr. Haskins practiced occupational therapy in both rural and metropolitan settings with emphasis in acute care, rehabilitation, and hand therapy.
- She then went on to teach at the University of North Dakota first as Adjunct faculty member, then Assistant Professor and thereafter an Associate Professor.
- Dr. Haskins was influenced to pursue occupational therapy by her older brother while she was completing her undergraduate degree.



Picture provided by Dr. Haskins

## Literature Review

- In 1990, The American with Disabilities Act was enacted by President George H.W. Bush which prohibited the discrimination of persons based upon a disability. The ADA significantly opened doors for occupational therapy encompassing work accommodations and environmental accessibility (American Occupational Therapy Association, Inc. 2017). Dr. Haskins believes that after the ADA was signed into law, a big focus for occupational therapy was providing physical rehabilitation to clients with disabilities leading to a shift to occupation-based practice.
- In the 1990s, occupational therapy was shifting towards occupational-based practice (Bauerschmidt & Nelson, 2011). When Dr. Haskins first started practicing, practice was focused more on biomechanics. Funding started changing when the prospective payment system (PPS) hit, suddenly people started thinking more about community models and occupational-based practice came about. In 2000, the PPS was in effect for partial hospitalization program in hospital or community mental health center (AOTA, 2008).
- Dr. Haskins believes that the shift in occupational therapy education from the bachelors to master's degree has been beneficial in the fields progression however, although she is excited about the newly mandated occupational therapy doctoral degree, it may limit diversity in terms of access as well as increased time and cost in graduate school. The first proposed master's level program was at the University of Southern California in 1964 (Reed & Peters, 2006). This university also implemented the first doctoral-level program in 1991 (American Occupational Therapy Association, Inc. 2017).

## Methods

- **Study Design:** The qualitative research design used a life history approach which sought to focus on the participants involvement in the evolution of occupation therapy practice. The Kawa model was used to develop a semi-standardized interview schedule and was a guide in analyzing the data
- **Participant Selection:** The participant was assigned by project directors through purposive sampling. There were no specific gatekeeper issues. IRB approval and informed consent was obtained prior to the interview.
- **Data Collection:** Data was collected via skype, email, and personal artifacts from the participant. The interview took place with the participant in her office in Grand Forks, ND and interviewees on Casper College Campus in Aley Hall. The interview took approximately one hour to complete. The interview was audiotaped through two audio recording devices. Additional data was collected from Dr. Haskins via a Curriculum Vitae.
- **Data Analysis:** The interview data was transcribed verbatim, then analyzed and coded. From the codes three categories emerged: [background, personal and professional growth, and interconnection] with applicable themes and a final assertion.

## Data Analysis/Findings

- **Background**
  - Dr. Haskins mentioned that having a positive role model can influence education and career pursuits.
  - She described her experiences of working in rural and metro scopes of practice that offered different but supporting experiences.
  - She emphasized the importance of education and how it structures a strong foundation in practice settings.
- **Personal & Personal Growth**
  - Dr. Haskins mentioned that having efficient interprofessionalism fosters better care and develops effective relationships.
  - She stressed, practice what you preach.
  - She highlighted that personal accomplishments are related to the people and mentors you meet throughout life that guide you to success.
  - Every challenging experience that Dr. Haskins has experienced always comes back to not enough time and always feeling rushed.
- **Interconnection**
  - Dr. Haskins described an experience of one meaningful encounter with a client, that had an everlasting impact on the way she practiced and on her life as a whole.
  - She stated that there is no true balance between work and home life, but harmony can be achieved through routines and coping strategies.
  - Dr. Haskins explained how shifts in practice can be dependent on the economy, legislature, leadership, societal trends, and upon national and state levels.
  - Overall she emphasized how everything is intertwined, and everything affects everything.

## Assertion/Conclusion

- **Assertion:** According to Dr. Haskins, education, positive role-models and meaningful experiences are interconnected which can result in personal and professional growth as well as influence the way you live your life and achieve harmony.
- This life history gives insight into how OT practice has evolved over time in North Dakota and Wyoming. As Dr. Haskins began to pursue her OT career in the 1990's, she experienced various legislative and educational shifts leading to impacts on her practice. Related to the Kawa model, Dr. Haskins is passionate and devoted to the progression of occupational therapy. Her personal experiences, influences, and challenges, have supported her personal and professional growth.

## References

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