Occupational Therapy: the emergence of the profession from occupational disease

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1 INTRODUCTION

Occupational Therapy (T.O) is a higher-level profession regulated through Decree-Law No. 938/1969 and had its council founded together with physiotherapy in 1975, named the Federal Council for Physiotherapy and Occupational Therapy (COFFITO). This professional category in the health area is focused on the prevention and treatment of subjects who have affective, cognitive, perceptual, and psychomotor alterations, resulting or not from disorders, traumas, or acquired diseases that affect their performance in carrying out their occupations. It is a profession with more than 50 years of existence, and that has extreme relevance in society, which justifies the importance of more dissemination of its objectives and focuses of action.

2 OBJECTIVE

This work aims to clarify and disseminate the occupational therapy profession, its areas of activity, as well as its importance and contributions to society.

3 METHODOLOGY

This is a narrative review that considered scientific productions and occupational therapy records published in Brazil that addressed historical, and conceptual aspects and the trajectory of the profession.
4 RESULTS

During World War I and II, the need to rehabilitate and enable war wounded emerged, aiming at the reintegration of these into society and the restoration of their productive roles. The T.Os began to develop devices and techniques that aimed to improve the engagement of these people in their work activities and their activities of daily living, such strategies became the main work tool of this professional. The arrival of T.O. in Brazil occurred in 1950 when the first courses appeared in São Paulo and Rio de Janeiro. T.O. has become quite broad, with different models, schools of thought, and references that support its approaches. But above all of them, the profession has as its guiding axis of intervention human doing, daily life, and occupations. His practice is centralized by pathology as an initial analysis of the therapeutic process, focusing on the preserved performance areas of the subject and on aspects of performance that can affect his/her ability to engage in occupations. Currently, OT is based on occupational science, and its performance seeks participation and engagement in the different occupations of the individual, namely: life activities daily, instrumental daily living activities, education, work, leisure, play, social participation, health management, rest, and sleep. Thus, the professional use the occupation to enable and rehabilitate the subject taking into account his physical, psychic, and social skills, thus ensuring autonomy and independence. Also, the professional can work and m outpatient clinics, clinics, hospitals, prison systems, companies, daycare centers and schools, therapeutic communities, and others.

5 CONCLUSION

During the 53 years of regularization of Occupational Therapy in Brazil, the profession developed in several spheres, from social areas to physical rehabilitation, maintaining the focus on human occupation, to engage the subject in his/her occupations, that is, in his daily activities and social participation. It is understood that conducting studies that address historical and conceptual aspects of the profession can contribute to expanding the knowledge of the area as well as to greater divulgation of the profession for society.
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