

American Occupational Therapy Association

The American Occupational Therapy Association (AOTA) is the national professional association established in 1917 to represent the interests and concerns of the 213,000 occupational therapy practitioners and students in the United States. AOTA's major programs and activities are directed toward assuring the quality of occupational therapy services, improving consumer access to health care services, and promoting the professional development and well-being of occupational therapy practitioners and students.

AOTA recognizes the need for occupational therapy practitioners and students to invest in strategies to combat burnout and stress (Costa, 2018). Current health care practice requires occupational therapy practitioners to manage many dimensions of patient care. Combining professional and educational duties with the emotional energy required for patient encounters and managing one's personal life can create the potential for burnout and compassion fatigue and an imbalanced professional quality of life (Zeman & Harvison, 2017).

AOTA has demonstrated its ongoing commitment to addressing practitioner and student well-being within occupational therapy and with our interprofessional colleagues. Starting in 2016, AOTA has prioritized research on "developing resilience and work/life balance in students and graduates" in the Association's annual education conference. AOTA continues to implement strategies identified through the research. As an example, AOTA is an active participant in interprofessional initiatives including the National Academies' Global Forum on Innovation in Health Professional Education and the Interprofessional Collaborative (IPC).

AOTA is committed to supporting and disseminating the work of the National Academy of Medicine's Collaborative on Clinician Well Being and Resilience within the occupational therapy and interprofessional communities.

Costa, D. (2018). Better days at work: Identifying, preventing burnout in occupational therapy practice. *OT Practice*, 23(6), 10–15.

Zeman, E., & Harvison, N. (2017). Burnout, stress, and compassion fatigue in occupational therapy practice and education: A call for mindful self-care protocols. *NAM Perspectives*. Commentary, National Academy of Medicine, Washington, DC. doi:10.31478/201703g