



Centre for
Heart Lung Innovation
UBC and St. Paul's Hospital

Centre for Heart Lung Innovation Research in Progress (R.I.P.)



Lessons About Resilience From Occupational Therapy and Occupational Science: Findings of a Scoping Review

Justin Turner
PhD Trainee
Dr. Pat Camp

Monday, Jan 23rd, 2023
9:00 – 10:00 a.m.

James Hogg Conference Centre RM 103
Zoom Video Conference
(Meeting ID: 693 1997 7044; Passcode: 030679)

"In the face of 21st century disruptions (e.g., disasters linked to climate change), resilience has become a buzzword in both the research community and popular culture. The concept broadly describes an individual or community's ability to overcome, withstand, or adapt to stressors/disruptors, but various research fields have developed their own more precise conceptualizations. In his scoping review, Turner (a PhD candidate and occupational therapist) is exploring how the related disciplines of occupational therapy and occupational science have defined and operationalized resilience. The two fields view health and human behaviour through the lens of people's occupations (i.e., everyday activities which occupy a person's time), with resilience being both an outcome of and a contributor to occupational engagement. In his presentation, Turner will share findings from his scoping review and articulate how the occupational perspective can offer lessons for anyone wishing to become more resilient, including researchers, clinicians, and the public."

This event is a Self-Approved Group Learning Activity as defined by the Maintenance Certification Program of the Royal College of Physicians and Surgeons of Canada



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