

## From the Editor

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# Meaningful occupations

I write this *From the Editor* after returning from the World Federation of Occupational Therapists (WFOT) Congress in Paris. The theme of the Congress *Occupational R-Evolution* explored “... the continuing advancements in occupational therapy, and in our world, and highlight the leadership of our profession for navigating the dynamics of change”. Approximately 2500 in-person and virtual delegates from over 100 countries and speakers from over 60 countries participated in this every four-year event. It was inspirational to listen to educational presentations on diverse topics, present on our research project and to spend time with colleagues, some whom I had not seen in person since 2005! I came away from the Congress with a renewed sense of enthusiasm and determination to continue the *Occupational R-Evolution* in my practice as an occupational therapist/ergonomist. One presentation that was particularly interesting to me was the *Occupational Narratives Database Project* (<https://occupational-narratives.wfot.org/>) whose “... aim is to represent people in naturalistic, formal, and institutional settings from all backgrounds, ability levels, ages, socioeconomic and sociocultural backgrounds as they engage in everyday ‘doings.’” This is a video “... international database of occupations, the things that people want and need to do” with the goal of increasing “... the global understandings of the meaning of every day ‘doing’ or occupations of people in a range of contexts and environments from a range of ages, backgrounds and ability levels”.

I try to live life to its fullest so before attending the WFOT Congress, I participated in a Paris cooking class where 11 of us made a three-course lunch. Cooking is one of my everyday occupations which brings meaning to me. This was such an enjoyable experience that I am sharing my recipe for French onion soup at the end of this From the Editor. Enjoy!

In total, there are 30 articles in this issue; five COVID-19-related subjects and others on themes such as: smartphone use, conveyor belt work,

workload, working with a visual challenge, and mindfulness among other interesting topics.

This issue’s *Editor’s Choice* article is a review about interventions for workplace violence against health-care professionals by Ranjan et al. After a rigorous review process, 17 studies were identified based on the prevention and management of workplace violence. It was interesting to find that “interventions were mainly educational in nature based on a workshop format. These interventions were found to be effective in improving the perceived ability to deal with situations that lead to violence”. The authors concluded that “strategies to mitigate violent episodes could be helpful to health-care professionals and administrators in their attempts to make safer workplaces in the health-care settings”.

I hope you will join us for the October 6, 2022 from 1pm-2pm EST *Learn at WORK* webinar on An examination of the psychosocial factors impacting workplace accommodation requests in individuals with mental disabilities. This Editor’s Choice article was published in *WORK* 72(3). The presenter is Dr. Shengli Dong ([dong3@fsu.edu](mailto:dong3@fsu.edu)) from Florida State University, Tallahassee, FL, USA. Register at: <https://attendee.gotowebinar.com/register/8564242728282435853>

The next *Learn at WORK* webinar is November 17 at 1pm-2pm EST. It is presented by Dr. Piyush Ranian ([drpiyushdost@gmail.com](mailto:drpiyushdost@gmail.com)) on Interventions for workplace violence against health-care professionals: A systematic review. This *Editor’s Choice* article is published in the current issue. Registration: <https://attendee.gotowebinar.com/register/1400152616817706512>

Bonjour,

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### **Recipe: French onion soup for 4**

#### Ingredients:

8 tbsp. butter  
 6 large Vidalia onions, thinly sliced into half moonsr  
 ½ teaspoon saltr  
 ½ teaspoon ground black pepperr  
 1 ½ star aniser  
 1/2 cup. white winer  
 2 cups of stock made from 32 ounces of sautéed sliced  
 portabella mushroomsr  
 2 cups of waterr  
 8 sprigs of fresh thyme, plus more for servingr  
 8 baguette slicessr  
 1 cup grated Gruyère

#### **Directions:**

1. Thinly slice the onions. Melt 4 tbsp. butter in a large pot over medium heat. Add onions and cook, stirring often, until deeply golden, about ~30 minutes. Season with salt and pepper. Add wine and let simmer until evaporated, ~5 minutes.
2. Thinly slice mushrooms and sauté in 4 tbsp. butter to create a mushroom stock. Add 2 cups of water and stir often.
3. Add sauté onions, stock, star anise, thyme and bring to a boil. Reduce heat, add white wine and let simmer 15 minutes. Season with salt and pepper to taste and remove thyme and star anise.
4. Grate 1 cup grated Gruyère
5. Cut slices of baguette and top with Gruyère; place on a tray and broil until cheese is melted.
6. Ladle soup into heat-safe ramekins and top each with 2 slices of bread with melted cheese.
7. Top with thyme to serve. Bon appetit!