Why Participation?

According to the World Health Organisation ‘participation’, meaning involvement in everyday occupations, has a positive influence on health and wellbeing and lack thereof can lead to negative health consequences.

The WFOT Position Statement on Human Rights reiterates that ‘people have the right to participate in a range of occupations that enable them to flourish, fulfil their potential and experience satisfaction in a way that is consistent with their background, life style and belief!'
When scrutinized through OT eyes, the phenomenon (participation) needs exploring with attention to context.
Why immigration?

- Evidence supports that the issue of health and wellbeing in immigrants needs separate attention.

- Immigrants are subject to risk factors including exposure to disease, suboptimal living conditions, as well as stressors associated with their immigration and resettlement process.

- Immigrants can experience social, cultural, legal, economic and linguistic barriers to participation in health and community services.

And in Occupational science language

They are more prone to

- OCCUPATIONAL Deprivation
- Injustice
- Exclusion
- Alienation
What did we want to achieve?

• This review aims to identify how the concept of participation and its association with the health and wellbeing of immigrants is addressed in research literature.

• And particularly volunteer immigrant as it appears there is more attention to the refuges and asylum seekers compare to this group of immigrants.
A systematic literature review was applied as the method of study. The researchers intended to undertake a review of the current state of published papers in relation to the concept of ‘participation’ and in the context of ‘immigration’.

The review was conducted in a systematic way to ensure a good quality review.

key words WERE headache!!
Figure 2. Relationship Between Descriptive and Analytical Themes.
Approaches to Study Immigrants’ Participation

- Interview
- Observation
- Attendance
- Questionnaire
- Subjective

Activities:
- Church attendance
- Health check
- Physical activities
- Leisure activities
- Health seeking
- Gardening
Main findings:
Contributing Factors to Participation

Enabling, Facilitating, Encouraging, Supporting

Blocking, Inhibiting, Demanding, Restricting

- Low confidence
- Language barriers
- Lack of services
- Discrepancy (between the immigrant and the host health sys)
- Lack of spousal support
- Negative experience of other immigrants

Social support
Spousal support
Availability of resources
Positive attitude
Congruent health belief (between the immigrants and host health sys)
Outcomes of Participation/non participation

Participation
- Inclusion
- Less health risk

Non participation
- Isolation
- Higher health risk
Conclusion

In relation to immigrants’ participation and the association with health and wellbeing, the studies identified several factors, which need to be taken into consideration in health and social-related policies, plans and strategies.
Next step...

• There is a need to study **Participation** from the *subjective perspectives* of immigrants and service providers (occupational therapists in this context)

• Reviewing the “Participatory Action Research” as a mean to better understanding the world of immigration