



The Efficacy of an International Online Mentorship Program for Occupational Therapists

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OT ECHO Research Team



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History



ECHO
OCCUPATIONAL THERAPY MENTORSHIP



The International, Interprofessional Mentorship Program 2019- 2023



2019
<10 people
2 countries

2021
>100 people
20 countries

OT ECHO (Extension for Community Healthcare Outcomes) 2023-Present

2025
>1000 people
75 countries

Introduction



- **1st & only Occupational Therapy Mentorship Project ECHO[®]**
- **Free, evidence-based telementoring**
- **Monthly one hour meetings:**
 - **30 min. presentation + case study breakout peer discussions**
- **Entirely voluntary program**
- **Connecting 1,200+ OTs globally**

Volunteers



Timothy Kalule (*Uganda*)

I am an occupational therapist from Uganda and the chairperson of the Research and Ethics Committee (REC) of the Uganda Association of Occupational Therapists (UAOT). I practice clinical occupational therapy at Mellan Medical Clinic Ltd (2019-present). I am also a research assistant with F@ce Your Therapist (ICT Stroke Rehabilitation Project Uganda) from 2016 to present. At F@ce, I engage in data collection, interventions, follow-up, and data analysis, among others. I also work part-time as a community occupational therapist doing assessments, interventions, evaluations and follow-ups in international and local schools, homes, and workplaces engaging in different modifications. I do supervisory roles for students and mentorship programs (Certified Country Mentor, ReLAB-HS) that enable students to gain OT insights and competencies.



Tobiloba Kaabi (*Nigeria*)

Tobiloba Kaabi is a passionate and dedicated occupational therapist with over 10 years of experience. She has a strong belief that disability or health challenges should not define a person. Tobiloba is committed to education, training, and personal study to help individuals improve their abilities.

As the founder of CORGS, an NGO focused on identifying, nurturing, and publicizing the giftedness of children and adults with special needs, Tobiloba ensures that families receive the support they deserve. In addition to running CORGS, Tobiloba is a core member of Special Olympics Africa, advocating for inclusivity and empowerment in the special needs community.



Toluwalase Moyinoluwa Taiwo-Ajiri (*Nigeria*)

Toluwalase completed BOT at Manipal University, India, and works as Lead an University College Hospital, Ibadan, Nigeria. Toluwalase had always been passionate about special children. She came across occupational therapy literature by accident, during her career. The uniqueness of OT being very practical and creative. Especially, the independence and optimizing QoL. She had a Diploma in OT and then BOT in Nigeria, registered with Medical Rehabilitation Therapists Board of Nigeria and HCPC(UK).

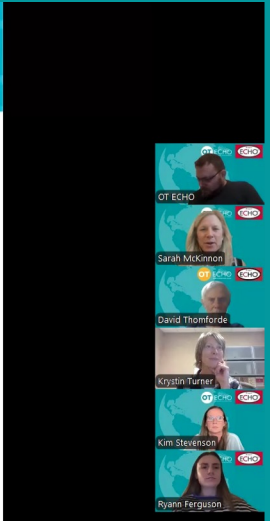
AOTA INTERNATIONAL ECHO

International Dysphagia Diet Standardization Initiative (IDDSI)

January 8, 2026

Presented by:

Krystin Turner, DHs, OTR/L, SCFES



Methods



- Design: **Pretest-posttest**
- Assessed participant **content knowledge & perception** of platform
- Data analysis: IBM SPSS v28
- Nonparametric test: **Wilcoxon signed-rank test**
- Statistical significance ≤ 0.05

Results



Review Period - 18 monthly sessions

Annual total attendance of 673 participants

- ◆ **Response rate was 64% for therapists completing both pre and post-surveys (N=333)**
- ◆ **Representing 25 countries**
- ◆ **Of the 12 sessions, 3 (or 25%) of the sessions demonstrated statistical significance for growth in knowledge**

OT ECHO Results



Conclusion



- Proven effectiveness as a **global education and mentorship model**
- Growing reach demonstrates **scalability and relevance**
- Facilitates shared learning on **international OT practice**
- Offers a foundation for **future expansion and resource dissemination**



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