

**Presenter's name:** Ninette Du Plessis

**Degree, affiliation:** PhD at the University of Pretoria

**Curriculum vitae:**

**EDUCATION**

- Doctor of Philosophy (PhD) at the University of Pretoria (UP), 2023.
- Master (MOcc Ther) by virtue of research at UP, 2016.
- Bachelor's in Occupational Therapy at UP, 1995.

**MEMBERSHIP OF PROFESSIONAL SOCIETIES**

- Vice Chairperson of the Equine Assisted Therapy Association of South Africa.
- Registered at the Royal Collage of Occupational Therapists.
- Registered at the Health and Care Professions Council of the United Kingdom.
- Member of the Equine Facilitated Occupational Therapists of the United Kingdom.

**PUBLICATIONS**

- Scandinavian Journal of Occupational Therapy, 2023: Hippotherapy concepts: A scoping review to inform transdisciplinary practice guidelines. <https://doi.org/10.1080/11038128.2023.2231562>
- British Journal of Occupational Therapy, 2019: Effect of hippotherapy on physiological cost index and walking speed of adolescents with diplegia. <https://doi.org/10.1177/0308022619841318>

Languages: Fluent in Afrikaans and English

**Category:** Poster

**Topic:** Education

**Authors:**

Prof Kitty Uys PhD in occupational therapy Head of the occupational therapy department of the University of Pretoria

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**Title:** THE SCIENTIFIC DEVELOPEMENT OF EAT AS COMPLEX INTERVEBTIONS

**Keyword 1:** Complex intervention

**Keyword 2:** EAT research

**Keyword 3:** Scientific development of EAT

**Abstract:**

**Introduction:** Specialist occupational therapists (OTs), physiotherapists (PTs) and speech and language pathologists (SLPs) incorporate the movement of a horse as therapy tool in the treatment of clients with neuro-motor or sensory difficulties. Yet, utilising the movement of a horse is a complex and abstract idea and that needed clarification.

**Objective:** This presentation will explain why EAT can be seen as a complex intervention and aims to convert the abstract idea of incorporating a horse in therapy into understandable therapeutic applications.

**Design:** Four pragmatic steps were followed, in a process called operationalisation. The steps were a literature review, a scoping review, defining of the hippotherapy concepts, and organising of the hippotherapy concepts under four treatment principles.

**Results:** Step one, compared the components listed by Medical Research Council of the United Kingdom, to EAT components identified through a literature review and concluded that EAT can be classified as a complex intervention. Step two, a scoping review, identified 19 hippotherapy concepts that OTs, PTs and SLPs take into consideration when incorporating the movement of a horse into therapy. Step three: Defined each concept. Lastly these 19 hippotherapy concepts were organised under four treatment principles described by Vona du Toit. The four treatment principles are therapeutic relationships, presentation principles, structuring principles, and activity requirements.

**Conclusions:** Awareness of the complexity of EAT highlighted the need for post graduate training by OTs, PTs and SLPs in the use of EAT as complex intervention. The organisation of the concepts made EAT more concrete and the concepts more measurable for application in therapy.