

From the Editor

I write this column with a cup of green tea beside my notebook computer and after having participated in a sunrise yoga practice. This weekly routine of 6:45am yoga is instructed by one of my occupational therapy graduate students. It's actually an independent study where she is using her skills as a certified yoga instructor to bring a health and wellness program into one of our dormitories at Boston University.

As I reflect on the morning practice and re-read the articles in this issue, I am struck by how important it is to have a "balance" in one's life. Although the focus of our journal is on *work*, participation in all areas of occupation – *activities of daily living, instrumental activities of daily living, rest and sleep, education, work, play, leisure, and social participation* – are important, interdependent, and contribute to health and well being.

This issue contains articles that focus on work, but investigate other important areas of occupation. Adam, Gibson, Strong, and Lyle investigated the knowledge, skills, and professional behaviors needed for occupational and physical therapists new to work-related practice. Eriksson, Engström, Starrin, and Janson reported on insecure social relations at work and long-term sickness absence due to burnout and other mental diagnoses.

There are two articles which studied nurses. Researchers from Greece conducted a study which looked at the occurrence, chronicity, care seeking, and absenteeism of hospital-based nurses with knee and low back complaints. The other study was a longitudinal examination of generic and occupational specific job demands, and work-related social support associated with burnout among nurses in Sweden.

Researchers Johnsson, Fornander, Rutqvist, and Olsson from Sweden studied the work status and life changes of breast cancer survivors one year after diagnosis. Globally, cancer is a leading cause of death. In 2007, it accounted for 7.9 million deaths (around 13% of all deaths) (Retrieved on 1/27/11 at <http://www.who.int/cancer/en/>). Here are some other facts which I found on the World Health Organization (WHO) web site:

- "Lung, stomach, liver, colon and breast cancer cause the most cancer deaths each year.
- The most frequent types of cancer differ between men and women.
- About 30% of cancer deaths can be prevented.
- Tobacco use is the single most important risk factor for cancer.
- Cancer arises from a change in one single cell. The change may be started by external agents and inherited genetic factors.
- About 72% of all cancer deaths in 2007 occurred in low- and middle-income countries.
- Deaths from cancer worldwide are projected to continue rising, with an estimated 12 million deaths in 2030."

(Retrieved on 1/27/11 at <http://www.who.int/cancer/en/>).

Raising the quality of life for persons with cancer or cancer survivors is important. I am pleased to share that a special issue of *WORK* devoted to work and cancer is already in progress. We look forward to adding to the growing body of evidence in this important area.

Researchers Ciccarelli, Straker, Mathiassen, and Pollock advance the evidence-based literature on technology and children with their two articles: *ITKids Part I: Children's occupations and use of Information and Communication Technologies* and *ITKids Part II: Variation of postures and muscle activity in children using different Information and Communication Technologies*. *WORK* is committed to advancing the understanding of the broad area of work in relationship to children and youth and welcome the submission of research in this area.

Other topics covered in this issue include: understanding knowledge transfer in an ergonomics intervention at a poultry processing plant; the health consequences of precarious employment experiences; the effects of background music on the workers' concentration; and pragmatic critical realism as a methodological approach to understanding employment relations.

Both the column and tea are finished and it's time to walk to my office. This 20 minute walk, as does the

yoga practice, contributes to my health and well being and are my “warm ups” to a day at work.

I hope you find interesting information within the pages of this issue of WORK and that they have direct application to your occupations and those of your clients.

As always, I welcome hearing from you.

Cheers,
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