

From the Editor

Use of podcasts for knowledge acquisition

Once again, I find myself on a flight when writing a *From the Editor*. For me, this uninterrupted time allows for catching up on work, watching a movie (maybe two!), listening to a recorded book or podcast. I thoroughly enjoy listening to podcasts and have subscriptions to a few such as: *The Daily*, *NPR Ted Radio Hour*, *Spot On!* moderated by Dr. Joan Salge Blake, *Disarming Disability* co-moderated by Nicole Kelly and Sarah Tuberty, an occupational therapist and Boston University (BU) graduate, and *Joy and Conversation* moderated by my nephew Dr. Daniel Osborn. I also moderate two podcasts: *Lifestyle by Design* and *HealthMatters@BUSargent*. *Lifestyle by Design*'s episodes are conversations that address solving everyday challenges. While *HealthMatters@BUSargent* is the bimonthly podcast of the Boston University's College of Health & Rehabilitation Sciences: Sargent College. The mission of Sargent College is to advance, preserve, disseminate, and apply knowledge in the health and rehabilitation sciences and strives to create an environment that fosters critical and innovative thinking to best serve the health care needs of society. Over 80 episodes contain educational conversations with faculty, students, staff or alumni on a variety of topics. Some of my favorite topics are discussing the benefits of interprofessional healthcare teams, falls prevention, understanding social determinants of health, ableism, and transgender healthcare, and the power of food, smell and music. As shared by Briand et al. [1] in their 2021 article, *Considerations in the use of podcasts for teaching and learning in occupational therapy: A scoping study*, "Podcasting is an innovative and appropriate modality for the retention of knowledge and the optimization of practical skills. It differs from traditional methods in its ease of access and portability. Many positive effects have been associated with its use". Their article inspired me to incorporate podcasts as a compliment into the occupational therapy courses that I teach at Boston University. Back et al. [2] reported that knowledge acquisition was

significantly higher in podcast listeners than in book readers. Besides reading the papers in *WORK*, listening or viewing our *Learn at WORK* webinars is another approach to knowledge acquisition. I encourage you to sign up for the July 27, 2022 at 1-2pm EST, *Learn at WORK* webinar where Dr. Khader Almh-dawi will present his article, *Mental and physical health-related quality of life and their associated factors among students of a comprehensive allied health institution*. Register at:

<https://attendee.gotowebinar.com/register/4954045770999434512>

The Editor's Choice article in this issue of *WORK* is, *An examination of the psychosocial factors impacting workplace accommodation requests in individuals with mental disabilities* authored by Dong, Hoeflich and Sirota. The paper begins with a powerful statement that, "Individuals with mental health issues experience profound stigma and discrimination, which may contribute to a lack of accommodation utilization to address functional limitations of their work." The researchers conducted a study with 148 employed individuals with mental disabilities to investigate how psychosocial factors may predict the request of accommodations using social cognitive career theory as a framework. They concluded that "Accommodation requesting is a multifaceted and complex process for individuals with mental disabilities. Rehabilitation professionals should assist individuals with mental disabilities to enhance self-efficacy and outcome expectation, and bolster workplace supports to facilitate their work success through fully utilizing workplace resources."

In total, there are 33 papers in this issue; five on COVID-19 related topics and others on themes such as work-related stress, self-efficacy and mental health, burnout, musculoskeletal discomfort, and ergonomics and aging. I know you will find many of these articles of interest to you.

Finally, please stay up-to-date on *WORK*'s webinars, blogs and news by going to our website

at workjournal.org and following us on social media such as Twitter: https://twitter.com/WORK_Journal and Facebook: <https://www.facebook.com/WORKJournal2016>

With gratitude,

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References

- [1] Briand S, Malo-Leclerc I, Beaudoin M, Croisette É, Tremblay A, Côté-Boulanger M, Carrier A. Considerations in the Use of Podcasts for Teaching and Learning in Occupational Therapy: A Scoping Study. *Journal of Occupational Therapy Education*. 2021;5(2). <https://doi.org/10.26681/jote.2021.050202>
- [2] Back DA, von Malotky J, Sostmann K, Hube R, Peters H, Hoff E. Superior gain in knowledge by podcasts versus text-based learning in teaching orthopedics: A randomized controlled trial. *Journal of Surgical Education*. 2017;74(1):154-60. <https://doi.org/10.1016/j.jsurg.2016.07.008>