



Spring 2017 Conference Detail – Durham

7:30-8:00 Registration

8:00-8:20 Welcome/Updates/Bylaws Voting

8:30-10:00 Session 1

1A. Health and Wellness Programming for Staff Caregivers

Virginia Wolfe, OTD, OTR/L, CLT-LANA

A health and wellness program was developed to promote a healthy lifestyle and prevent burnout in staff caregivers of dependent adults, aiming to have an overall positive effect on job performance, employment, and job satisfaction. The six weekly sessions addressed the needs and objectives identified by the staff caregivers through a needs assessment and included sessions on the physiology of stress, relaxation techniques, mindfulness, communication strategies, emotional intelligence, coping skills, self-expression and injury prevention and was then evaluated using qualitative and quantitative data. This pilot program not only introduced these caregivers to self-care strategies and new materials, but set groundwork for professionals interested in developing these types of programs with this target population.

1B. Occupational Therapy for Certified Community Behavioral Health Clinics: Evidence-Based Program Development

Chinyu Wu, PhD, OTR/L, Nina Otter, OTS, Leah Pelletier, OTS, and Tayler Saxton, OTS

Based on findings of a recent needs assessment study, this short course will present occupational therapy (OT) programs proposed for certified community behavioral health clinics (CCBHCs). CCBHCs are a new federal initiative to provide innovative, well-coordinated, and evidence-based services to eliminate disparities in mental health treatment. Occupational therapists are listed among the CCBHC staffing criteria. This short course will help prepare OT practitioners to work in this emerging practice setting in mental health.

10:00-10:15 Break

10:15-11:45 Session 2

2A. Telehealth: Opportunities for Intervention, Mentoring and Supervision

Beth Hathaway, OTD, OTR/L, and Staci Carter, COTA/L

Telehealth is becoming widely recognized as a viable technology for providing healthcare and professional development opportunities remotely. This session will focus on the use of telehealth as an evidence based method for the provision of occupational therapy services, clinician mentorship, and supervision of OTR's and COTA's. A case study of the use of videoconferencing in the delivery of early intervention services and COTA supervision will be highlighted. Participants will also learn hands on how to access and use videoconferencing technology.



2B. Delirium: Causes, Interventions, and the Role of OT

Hannah Barrett, OTR/L, and Debbie Hand, OTR/L

The medical field is starting to understand and recognize the profound impact delirium has on hospital stay and outcomes. Delirium has been linked to increased hospital stay, cost, mortality, and decrease in functional independence. This session will examine what delirium is, the difference between delirium and dementia, the risk factors for developing delirium, the effects of delirium, current research on delirium, recommended interventions, and the role of OT related to this condition. The session will focus on delirium in the acute care setting, but any practitioner who works with the geriatric population may encounter this condition or sequelae resulting from it.

11:45-12:30 **Lunch**

12:30-2:00 **Session 3**

3A. Creating Optimal OT Interventions for Older Clients in Today's World

Susan Blair, OTR/L, BCPR BCG

This presentation is designed for practitioners who want to enhance their skills of older adult physical rehabilitation. Participants learn the continuum of older adult rehabilitation and gain insight into the latest information and clinical applications for treating this emerging population. The presentation will discuss utilization of outcome measures and how to reach goals with clients by examining current trends in physical rehabilitation. OT practitioners will advance their knowledge for creating supportive environments for older adult patients by dismantling bias and ageism in rehab settings. Participants will become familiar with standards of care guidelines for co-morbidities like diabetes, COPD/CHF and depression. Finally, creative and functional therapeutic interventions to enhance each interaction with older adult clients by examining their mindset via video and interview case examples will be utilized.

3B. The Importance of Life Skills Within an Acute Psychiatric Population

Kimberly Godwin, OTR/L, Shelley Sehorn, OTR/L, and MaryBeth Gallagher, PhD, OTR/L

This session focuses on life skill interventions with an adult acute mental health population. The primary goal of Occupational Therapy is to support and enable "health and participation in life through engagement in occupation," for all people. This is the goal throughout all realms of Occupational Therapy Practice. Supporting the development of life skills such as vocational exploration, socialization, meal preparation, improving self-care, homemaking, and money management; may improve an individuals' ability to maintain stability and independence as they reintegrate back into their communities. This session, presents habit training and it's implementation in acute mental health and considers how habits, roles, and routines connect with performance patterns to support sustainable lifestyle changes that improve an individual's ability to live an independent and purposeful life.



2:00-2:15 **Break**

2:15-3:45 **Session 4**

4A. Empowering People with Speech Disabilities to Telecommunicate Independently

Stephanie Lane Taylor, Speech to Speech NC Outreach Specialist, and Bola Desalu, Relay NC Account Manager

Speech-To-Speech service is one of the free telecommunication relay services that is available for the state of North Carolina. It allows person with speech disabilities to access the telephone system to place and receive telephone calls. We will be talking about some key features along with using Speech to Speech relay services that will help them to be connected easily and to reduce their frustration. Lastly we will be introducing brand new service called Video-Assisted Speech to Speech service that will assist people with speech disabilities using their computer and web cam to connect with communication assistant to convey the conversed messages clearly to the end user. By understanding these available telecommunication tools, you can empower them to be successful in their life.

4B. The Synergy of Tai Chi and OT

Michael Gagliano, OT/L, Reiki Master

Gain an appreciation of the underlying principles and roots of Tai Chi as part of the larger healing system of Traditional Chinese Medicine. Explore & experience the beginning stances, mechanics, postures and principles of moving Qi. Discuss strategies of integrating Tai Chi into our own daily “work on self”, as well as, how to integrate Tai Chi into our treatment toolkit.

3:45-4:00 **Break**

4:00-5:00 **Ethics**

AOTA Code of Ethics, In Context

Christine Gunnigle, MS, OTR/L

This one-hour Ethics presentation will begin with an overview of the NCBOT and then review the AOTA Code of Ethics: Principles & Standards. Ethical violations, of each of the standards will be reviewed to give an example of what these principles look like in practice and how to remain ethical as an OT practitioner. We will briefly discuss other ethical considerations and tips about how to remain ethical.