

*“Looking Back, Moving Forward: Celebrating  
100 Years of Occupational Therapy”*



**Pre-Conference Institutes  
Friday, November 10th**

**Registration Desk Opens 7:30am**

**Special Interest Section      Session Title and Description**

*Geriatrics*

**Session 1A: 8am – 12pm**

**Innovate to Rehabilitate – Technology Fueled OT Intervention for Dementia**

Christopher Krause, OT/L

Using technology in new and creative ways enhances our ability to rehabilitate, engage, and care for residents with dementia and cognitive decline. From video games and computer programs to virtual reality and beyond, the utilization of interactive technology as a treatment medium is gaining momentum. Technology allows us to quickly find and present clients with person centered content that can facilitate clinical intervention and thus lead to improved outcomes and goal attainment. By presenting meaningful stimuli matched to their individual personal interests and clinical goals, we can reach them at their level, in that moment. This session will increase your understanding of how interactive technology can be deployed to better provide rehab care to those with dementia.

*Education/Research/Fieldwork*

**Session 1B: 8am – 12pm**

**Getting Your Feet Wet: Becoming an Occupational Therapy Educator**

Amber Ward, MS, OTR/L, BCPR, ATP/SMS & Amy Mahle, MHA, COTA/L

We both have been educators about 8 years, and remember the terror and excitement of adding the role of educator to our extensive list of occupations. It can be a challenge to move from the clinical role to the educator role and some practitioners do not even know how to begin. Whether considering offering a guest lecture or applying for an adjunct or full time position, we will share resources, tips and experiences to assist with the potential transition. The course will be a combination of lecture, activities both for learning and to use with students, exploration, and fun use of technology. We will discuss the lingo used, how to create and utilize student learning outcomes, develop or modify a syllabus and assess student performance.

**Lunch (included in cost) 12pm-1pm**

*Pediatrics, Assistive Technology,  
General*

**Session 2: 1pm – 5pm**

**Amtryke Evaluation & Fitting for Therapist (AEFT Training)**

Christine R Lysaght, PT, DPT, ATP, CSCS

Research shows that adaptive cycling using therapeutic tricycles can positively impact the physical, social, and emotional aspects of the lives of individuals living with disabilities. AMBUCS offers the Amtryke program with 15+ therapeutic tricycle frames and 50+ adaptive accessory options to allow nearly anyone to reap the benefits of adaptive cycling. This course will serve as a training for licensed OTs for appropriately evaluating and fitting individuals with disabilities for Amtryke adaptive therapeutic tricycles. Lead by a APTA board certified pediatric clinical specialist with 4 years of experience with this program.

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**Saturday, November 11th**

**Session Title and Description**

**6:30am-7:15am**

**Sunrise Chair Yoga**

Yolanda Ortiz, COTA/L, CYT

Kickstart your conference weekend with Sunrise Chair Yoga to awaken your body and mind. Participants will be guided through a series of seated and standing postures using the chair as support or enhancement. The class will include brief breathing and guided meditation. Recommend wearing loose, comfortable clothing.. You will have bare feet during the class to ensure stability. Feel free to bring your own yoga mat if you prefer to not stand on the carpet.

**7:30am**

**Registration Desk Opens**

**8:15am-9:15am**

**Keynote: The Vision is Clear: Turning 100 Never Felt So Good!**

Carolyn Sithong, MS, OTR/L, SCEM, CAPS

We have lots to celebrate this year....2017 marks the centennial celebration of the profession of Occupational Therapy and AOTA, and the 60<sup>th</sup> anniversary of the North Carolina Occupational Therapy Association! How have YOU celebrated??

**9:30am-10:30am**

**NCBOT Updates**

**AOTA Updates**

**WFOT Updates**

**AOTA Representative Assembly Delegate**

Tim Holmes

**10:30am-12pm**

**Poster Sessions and Exhibit Hall**

**11:00am-12pm**

**Appy Hour**

“New This Year!” Used to organize, facilitate, and enhance participation and engagement in meaningful occupations, apps are becoming more widely used throughout the OT Practice both on mobile devices and tablets. A number of Special Interest Section chairs with apps pertaining to all workplace environments and patient populations will be highlighted in short, 10-minute “blasts”. Check out one or all of the interactive stations and leave with something to implement in your workplace immediately!

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### **NCOTA 2017 ATAE Design Competition**

This is a new initiative for NCOTA for encouraging development of creative, client-centered assistive technology (AT)/adaptive equipment (AE). It grew out of a similar program that was sponsored for 15 years by the SP Ableware Maddak company and AOTA at the annual, national conference. This is a student focused program this fall with participants eligible to win financial awards with their designs, with a total of \$500 in prize money (1<sup>st</sup> place: \$300, 2<sup>nd</sup> place: \$150, and 3<sup>rd</sup> place: \$50).

Students in current OTA and OT programs in NC will have a prototype of their AT/AE product and/or a video if the product is too large or they were unable to make a prototype. They will also have a flyer available describing their product.

### **12pm-1pm Lunch (included in registration)**

## **Short Courses Saturday, November 11th**

### **Special Interest Section**

*General*

### **Session Title and Description**

#### **Session 1: 1:00pm – 2:30pm**

#### **1A: An Anniversary Challenge: Learn from the Past, Envision the Future**

Carol Siebert, OTD, OTR/L, FAOTA

2017 marks both the Centennial of Occupational Therapy and the AOTA and the 60th anniversary of NCOTA. Yet 2017 has been not only a year of celebration, but also a year of uncertainty. Our challenges and our opportunities arise from the social, economic and political context of our practice and our profession. This session examines our history, especially how our practice and our profession has been shaped by the world around us. Then those lessons are applied to identify the risks and opportunities in our future. Join us to take a critical walk into our professional history and then apply the lessons of that history to envision our future. Each attendee is encouraged to create a personal vision for her/his practice and professional future.

*Geriatrics, Assistive Technology*

#### **1B: Technological Advances in Low Vision Rehabilitation for the Geriatric Client**

Fay Tripp, MS, OTR/L, CDRS

Vision impairment is a common primary or secondary condition that significantly impairs occupational performance, transcending a variety of geriatric diagnoses and treatment settings. This course will provide an overview of common visual diagnoses with the disease process, a review of traditional Low Vision intervention strategies and techniques that can be incorporated into the clinic or home therapy environment, and introduce technological advances in wearable electronic vision aids that allow improved visual information to maximize occupational performance, improve home and community safety and accessibility, and positively affect quality of life. Examples of the wearable electronic vision aids will be brought for demonstration opportunities.

*Pediatrics*

#### **1C: A Model for Feeding Infants with Congenital Heart Defects**

Whitney Bender, MS, OTR/L

This presentation will explore the unique challenges facing infants with congenital heart defects in regard to feeding. An interdisciplinary model recently developed and implemented at Duke Children’s Hospital Heart Center will be described, along with the reasons for developing such a model. This model takes a systematic approach to developing oral motor, pre-feeding, and feeding skills from birth, to surgery, and through the recovery period. A large focus of this model is on the education and involvement of caregivers through hands on training and daily “feeding exercises and activities”. This model can also be implemented with other infants who have similar feeding challenges as babies with congenital heart defects and it can also be a community based model.

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*Edu/Research/FW*

**1D: Collaborative Teaching Model for Students**

MaryBeth Gallagher, PhD, OTR/L, Kristel Maes, PT, DPT, CCCE

As occupational therapy schools continue to emerge, the need and demand for placements continues to grow. This demand places additional responsibility on practitioners and systems already challenged to meet The World Federation of Occupational Therapists requirements. We propose an alternative model of supervision that may enable healthcare systems and therapists to efficiently meet student needs via the collaborative model of fieldwork teaching. The presenters will provide research examples, planning and preparation tools, strategies and logistical considerations. Additionally, this interactive session will provide opportunities for participants to consider benefits and challenges of being part of a collaborative placement and to problem solve and troubleshoot potential challenges, thus preparing them to make the most of this innovative model of clinical placement supervision.

*Mental Health,  
Home/Community Health*

**1E: Occupational Therapy with Veterans Experiencing Homelessness:  
Perspective from the Durham VA**

Caity Bunch, MS, OTR/L

Department of Veteran Affairs Homeless Programs are increasingly hiring occupational therapy practitioners as part of their larger plan to end homelessness among veterans, presenting both an opportunity and a challenge to build new programs tailored to these veterans' needs. This presentation will provide an overview of occupational therapy services currently offered through the Homeless Programs at the Durham VA. This will include description of the program-building process, team structure, assessment and intervention for this population, and unique challenges in working with veterans who have experienced homelessness. Case examples will be used throughout the presentation. We will also discuss how lessons learned in this growing practice area can inform ways of advocating for and providing mental health and home/community services outside of traditional service models.

*Physical Disabilities*

**1F: Impact of Health Literacy on Postoperative Shoulder Surgery Education**

Sanchala Sen, MSc, OTR/L, BCPR, Susan Blair, OTR/L BCPR BCG

This is a short course presented to emphasize the efficacy of HEP given post shoulder surgeries. A research study was carried out in collaboration with the local OT program and the acute OT department in 2 hospitals of Novanthealth. The existing shoulder education booklet was examined for readability level with emphasis on the average literacy level. A small group of post shoulder surgery clients was administered with the literacy tests prior to education. They were then randomly selected to either use the old versus the new revised booklet. Impact of the improved readability of the HEP to improve patient competency and outcomes was examined. Important points to be considered while revising client education materials were emphasized.

**Special Interest Section**

*Physical Disabilities*

**Session Title and Description**

**Session 2: 2:45pm – 4:15pm**

**2A: Occupational Therapy Intervention in Disorders of Consciousness –  
Emerging Responsiveness Program in Acute Rehabilitation**

Heidi Van Keulen, OTR/L

The Emerging Responsiveness Program at Carolinas Rehabilitation is designed for individuals with brain injuries who are emerging from coma. Occupational therapy assessment and intervention is unique and challenging. The speaker will describe the components of the program, including family education, sensory stimulation, balance training, command following, and spasticity management. Understanding the unique challenges of working with individuals with severe cognitive impairments will help the participant break down tasks and goals into manageable components for any population.

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*General, Geriatrics*

**2B: Driving Across the Lifespan: Significance, Challenges, and Resources**

Megan Edwards Collins, Ph.D., OTR/L

This session will explore the occupation of driving, including the skills needed for driving, components of a driving evaluation, and the roles of the generalist occupational therapy practitioner and a Certified Driver Rehabilitation Specialist. The impact of driving on quality of life across the lifespan will be explored, and preparation for driving cessation will be discussed. This will include identifying resources such as CarFit, driving courses, and basic adaptive equipment related to driving. Time will be allotted for participants to share their experiences and suggestions.

*Edu/Research/FW*

**2C: Foundational Skills for Fieldwork Educators: Giving Effective Feedback**

Amy Mahle, MHA, COTA/L

The course explores one of the most powerful tools in teaching: giving effective feedback. We will examine types of feedback, avoiding bias in feedback, methods to foster student self-reflection, as well as approaches for delivering and tracking feedback. Attendees will have the opportunity to work collaboratively during the course. This course is appropriate for seasoned or new fieldwork educators.

*Pediatrics*

**2D: The Many Faces of Mat Man**

Regina Parsons-Allen, COTA/L, Elizabeth Hutelmyer

Created by Learning without Tears to teach essential readiness skills, Mat Man provides an engaging supplement to the core curriculum or therapeutic program addressing multiple learning styles and diverse student/child needs. Participants will learn how we are inspired to implement our Many Faces of Mat Man into the early education classroom facilitating inclusion and meeting the interdisciplinary goals of the child with special needs. Be ready for fun as you learn how Mat Man can teach body and number awareness, drawing, pre-writing, social, and communication skills!

*Pediatrics*

**2E: Take 5: Neuroprotective Strategies for the Neonate**

Elisabeth Graham, MS, OTR/L, NTMTC

This session is designed to give the occupational therapist neuroprotective strategies to improve developmental outcomes in preterm infants. In this course we will cover the Take 5 initiative, which creates a developmental atmosphere where a neonate is always comforted and supported during painful and stressful procedures. The attendees will be able to explain the developing brain prior to 40 weeks gestation, define the stress response when exposed to painful procedures, list the long and short term effects of continued exposure to stress and pain, and implement neuroprotective strategies in their own practices to improve developmental outcomes throughout life.

*AT, Phys Dis., General*

**2F: Ready, Set, Sit!**

Deanna Baldassari, MS, OTR/L

Ready Set Sit is a hands-on session focusing on seating and positioning options for clients who are wheelchair users. This 1.5 hour session will be broken into three parts to provide participants with a full circle learning experience. The first part will provide participants with the evidence behind this topic, including pressure injuries. The second part will review seating options for various populations who are wheelchair users. The third and final part will provide participants the opportunity to trial pressure management systems with various cushions in various wheelchair setups.

**4:30pm-4:45pm**

**NHTSA Demonstration Project Update**

Anne Dickerson, PhD, OTR/L, SCDCM, FAOTA

**4:45pm-5:45pm**

**Ethics**

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**5:45pm-7:15pm**  
**President's Reception**

**Short Courses**  
**Sunday, November 12th**

**7:30am**

**Registration Desk Opens**

**Session Title and Description**

**SIS Roundtable Discussions: 8am-9am**

**Administration and Management**

Shelley Sehorn, OTR/L

Interest Highlights: Review of Needs Assessment results

**Education and Research**

Megan Edwards Collins, ORT/L; Alisha Baker, OTR/L

The New ACOTE Mandates

**Gerontology**

Hannah Barrett, OTR/L; Debbie HandOTR/L

The importance of functional cognition in geriatric practice: considerations for assessment and intervention

**Mental Health**

Valerie Fox, OTR/L; Caity Bunch, OTR/L

Advocacy and/or mental health topics for continuing education

**Pediatrics**

**Physical Dysfunction**

Heidi Van Keulen, OTR/L

Functional Vision: how much is impacting your clients function?

**Technology**

**Home Health**

Jennifer Smith, OTR/L

Current Trends in Home Health

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**Special Interest Section**

**Session Title and Description**

*General*

**Session 3: 9:15am – 10:45am**

**3A: The Opioid Epidemic: What can we do to Help?**

Jennifer Smith, OTD, MBA, OTR/L

In 2014 more than 240 million prescriptions for opioid medications were written for the treatment of pain. This opioid epidemic has contributed to \$55 billion in health and social costs each year and deaths related to overdose have risen dramatically. The CDC is working to find evidence-based strategies to reduce opioid use and dependence. Occupational therapists can contribute to the reduction of chronic pain and the use of opioids by utilizing several frames of reference and many proven treatment strategies. In this session, we will discuss chronic pain, the opioid epidemic, standardized assessments, frames of reference, and treatment ideas to contribute to the solution of a significant problem in our country.

*Pediatrics*

**3B: Supporting Function and Participation Across the Lifespan with Duchenne Muscular Dystrophy**

Robbin Newton, MA, OTR/L, BCP, C/NDT, Sarah Barton, MS, OTR/L, Amanda Hall, MS, OTR/L

The session will review the etiology, pathology, signs and symptoms, and differential diagnosis of DMD. Current treatment protocols and medications will be briefly discussed along with the role of OT in evaluation and treatment of this population. Standardized assessment and protocols for evaluation will be discussed along with common assistive technology and adaptive equipment useful with this population. Participants will gain a greater understanding of how occupational therapy intervention can impact function and participation across the lifespan with this population.

*Student-Focused*

**3C: Life After Graduation: What Students and New Graduates Should Know!**

Anna Walls, MS, OTR/L, Kara Smathers, COTA/L, Jennifer Adams, COTA/L

The first year of practice can be overwhelming! This session is designed to help occupational therapists and occupational therapy assistants to develop specific plans to guide them during their first year of practice. In this session you will be able to develop a plan for obtaining your first job, creating a professional development plan, and a networking plan for your first year of practice.

*Edu/Research/FW,  
Admin/Mgmt.*

**3D: Empower Your Feedback: Say it, Hear it, Produce!**

Amy Spence, OTD, MS Ed OTR/L

What do you do when someone corrects your performance? How do you approach providing corrective feedback to a student or co-worker? Effective feedback yields productive employees, positive outcomes, and stronger professional relationships. Handling crucial conversations/moments can elicit emotional responses in the giver and receiver of feedback that can hinder or promote strong working relationships. This session will examine strategies for giving and receiving effective feedback during observed actions and for the performance evaluation reviews. Participants will also reflect upon experiences, share their strategies, and discuss additional methods to ease the managements of future crucial moments that can improve student performance and strengthen work relationships.

*General, Mental Health*

**3E: Document the Psychosocial Aspects of OT Interventions in ALL Settings**

Megan Leach McCann, OTR/L, Lisa Gale, COTA/L

Regardless of your setting, as an effective OT practitioner, you are using psychosocial strategies as part of your holistic practice. However, documentation of that part of your practice may not be emphasized to the same extent as other components of your evaluation and treatment. This short session explores the extent to which you are already using psychosocial techniques as part of your practice, and guides your documentation of these techniques as part of skilled therapy. Documentation today becomes evidence for future practice, and practitioners should be documenting their unique contribution to clients' functional health by including the psychosocial aspect of their skilled care.

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**Special Interest Section**

*Student Focused,*

*General*

**Session Title and Description**

**Session 4: 12:45pm – 2:15pm**

**4A: Using AOTA’s Official Documents for Advancing Knowledge and Professional Advocacy**

Meredith Gronski, OTD, OTR/L, CLA

AOTA’s Commission on Practice promotes the quality of OT practice through official documents that can also be used to advocate for the profession. Dr. Gronski, a member of the COP, will lead a discussion and small breakout sessions to examine key documents in guiding practice and advocacy in various practice settings.

*Physical Disabilities*

**4B: Foundations of Low Vision and Occupational Therapy: Making One’s Future Bright Again**

Leah Holland Fischer, MS, OTR/L & Catherine Holsten, MS, OTR/L

This presentation will provide an overview of the role of occupational therapy and low vision rehabilitation. The 3 major eye conditions that cause vision loss in adults will be discussed, along with techniques to recognize functional deficits for each. Basic treatment principles pertaining to ADL performance will be addressed. Following this presentation, an attendee will have a better appreciation of the impact of low vision on an adult’s independence and well-being.

*Physical Disabilities*

**4C: Influence of Spirituality on Occupational Adaptation and the Role of the Occupational Therapy Practitioner**

Timothy Holmes, OTD, OTR/L

Clients admitted to acute or sub-acute rehabilitation units are typically faced with significant health impairments that have a devastating impact on occupational performance. As such, clients are challenged both physically and emotionally and turn to various resources to cope with issues that impact the resumption of one’s daily habits, roles and meaningful occupations. While spirituality is often acknowledged as having a strong influence in client resiliency, many occupational therapy practitioners do not feel qualified or prepared to address these concerns. This short course will examine how spirituality potentially affects the rehabilitation process and offer practical suggestions to practitioners to address the spiritual needs of clients.

*Mental Health,*

*Pediatrics*

**4D: Crosswalk Between Occupational Therapy and Mental Health**

Shelly Sehorn, Leslie Bennett

“Infant mental health refers to how well a child develops socially and emotionally from birth to three. Understanding infant mental health is the key to preventing and treating the mental health problems of very young children and their families” Zero to Three, 2017

**Special Interest Section**

*Geriatrics, Student, Home/Comm*

*Health, Edu/Research/FW*

**Session Title and Description**

**Session 5: 2:30pm – 4:00pm**

**5A: Practicing at the Top of Your License: Opportunities for Role Expansion in Productive Aging**

Sharon Moore, MS, OTR/L, Brittany Cowgill, OTD, OTR/L, CAPS, Breanna Campbell, OTS

As the older adult population in the US continues to grow, OT practitioners are being summoned to respond to evolving societal needs. OT practitioners are strategically positioned to respond to occupational needs that are central to maximizing health, well-being and quality of life. From the perspective of productive aging, the distinct value that OT brings to Alzheimer’s and Dementia, Driving and Community Mobility, Falls Prevention, Home Modifications and Chronic Disease Self-Management is unparalleled. This session is designed for OT practitioners to explore opportunities to expand their roles in current practice settings by serving as advocates and change agents. Examples will be provided of evidence-based intervention approaches in one North Carolina PACE program in Lexington, NC.

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**Special Interest Section**

**Session Title and Description**

*Physical Disabilities*

**Session 5: 2:30pm – 4:00pm**

**5B: OT Involvement in a New Early Critical Care Rehab Program**

Maggie Lloyd, MS, OTR/L, Mark Thorne, MHA, OTR/L

Early and progressive rehabilitation is safe for ICU patients and validated to reduce the incidence and duration of delirium, shorten ICU and hospital lengths of stay, and lower hospital costs. Studies show 3% to 11% of strength loss is possible for every day in an ICU bed. In addition, up to 80% of patients in ICU that are mechanically ventilated develop some form of delirium. OT's can facilitate early participation in daily activity gives the patient more physical independence, less ICU-acquired weakness and lower rates of delirium.

*Admin/Mgmt, Pediatrics*

**5C: Development and Implementation of a Multi-Disciplinary Clinical Ladder in Pediatric Private Practice**

Brittni Winslow, MS, OTR/L, Katie Fletcher, MS OTR/L

Professional development hierarchies exist and are available for therapists within large corporations, however these programs are less frequently seen in the private practice setting. This short course will explore the process a pediatric private practice took, from research review to development to implementation, to develop a multi-disciplinary "Clinical Ladder." The design of this program aims to provide structure for helping practitioners advance their professional development through leadership, research and education, and practice development.

*Mental Health*

**5D: Occupational Therapy for Perinatal Mental Health**

Benjamin Triplett, OTR/L, Erica Dickenson, COTA/L

Session will detail occupational therapy process specific to perinatal mental health, which covers antenatal/postpartum depression and anxiety, as well as postpartum psychosis.

*General*

**5E: A NHTSA Demonstration Project for Driving and Community Mobility:  
What Can I Do?**

Anne Dickerson, PhD, OTR/L, SCDCM, FAOTA