

## 2024 NCOTA Spring Conference Detailed Educational Courses

April 13, 2024

Cabarrus College of Health Sciences

7:30-8:00 Registration

8-8:15 Welcome

8:30 – 10:00 Short Course Session 1

1.5 CEU

### 1A. "Bridging Practices: Enhancing Skills for School-Based Practitioners and Private Pediatric Occupational Therapists"

Dr. Maryann Brennan, OTD, MA OTR/L & Brittni Winslow Brittni Winslow, MS OTR/L

Children & Youth, Student-focused | Novice

*This short course is designed for occupational therapists seeking to excel in both school-based practice and private pediatric settings. Participants will gain insights into the unique demands of each setting and acquire practical skills to optimize their effectiveness in diverse environments. This short course aims to empower occupational therapists, equipping them with the tools and knowledge needed to excel in the dynamic and varied landscapes of school-based practice and private pediatric occupational therapy.*

### 1B. Recognizing the value of Occupational Therapy in Chronic Disease Prevention: A look at diabetes self-management

Keisha Lewis, OTR/MS, CDCES, CAPS

Home & Community Health, Other | Intermediate

*Join me as we highlight the unique value occupational therapy practitioners bring to healthcare. This presentation will explore opportunities for involvement in chronic disease self-management, with a focus on diabetes self-management.*

### 1C. Facilitating Cancer Survivorship Groups: OT Participation and Addressing Challenges

Lynne Murphy, EdD, OTR/L, Ayoola Ajani, OTR/L; Heidi Kreis, OTR/L; Logan Leggett, OTR/L

Home & Community Health, Mental Health | Intermediate

*While occupational therapy practitioners have knowledge and resources to provide interventions for individuals undergoing cancer treatment, there is a need to address the mental health aspects of survivorship that last long after the in-patient medical care ends. This session will offer a cancer survivorship group model simulation and discussion. Attendees of this session will participate in an occupation-based activity that has been utilized in a cancer survivorship group, including presentation of group goals before the activity and a typical debrief after. Lessons learned in running a community-based survivorship group will be discussed, including challenges and opportunities to incorporate groups in practice, opportunities for research, and seeking sources of alternative reimbursement.*

### 1D. NBCOT® National Certification Exam: Information You Need to Know

TAZ (TAE-SUN) KANG, MSOT, OTR/L, NBCOT Ambassador for North Carolina

Student | Novice

*Connect with NBCOT and hear about the best approaches to achieve your goal for Occupational Therapy Certification! During this session, an NBCOT Ambassador will share valuable information about preparing*

and applying for the national OTR and COTA certification exams. Specific topics include exclusive details about the exams, study tool resources, test day information, data regarding exam questions, and advice from other students and recent certificants. This presentation will allow you to be better informed about the various aspects of the national certification exam experience.

**10:15 – 11:45 Short Course Session 2**

1.5 CEU

## **2A. Pediatric evaluations made more efficient by user-friendly technology**

*Stephanie Seymore Wick, OT/L, MS*

Children & Youth, Technology | **Novice**

*User-friendly technology is now available more than ever and pediatric OTPs can utilize it with documentation and evaluations. Some technology is free, and others are paid, but all can help with efficiency, accuracy and compliance. Several different user-friendly options will be discussed with examples demonstrated. Some of the technologies that will be discussed are Google Docs with voice typing, Google Forms, QR Codes, Grammarly, AI, Online standardized assessments (Peabody 3, Sensory Profile 2), Pearson QGlobal, and O.T. Wizard. Extra focus will be given to the O.T. Wizard to demonstrate how it will advance the field of occupational therapy.*

*Financial interest disclosure: The product O.T. Wizard. was developed by the speaker and t is one of the technology products that will be demonstrated.*

## **2B. Traumatic Brain Injuries & How Caregivers Manage Them in the Acute Care Setting**

*Perry K. Barnhill, OTD, OTR/L*

Physical Disabilities, Student | **Novice**

*Each year, 1.5 million Americans experience a traumatic brain injury. These injuries often lead to temporary or permanent disability. As occupational therapy practitioners, it is our role to help the patient to become as functional as possible following this potentially major life change. We are uniquely qualified to assess and progress these patients from needing help with the most basic daily tasks to returning to their normal lifestyle. It is also our role to advocate and educate other disciplines on best practice when caring for these patients. This presentation will provide basics for caring for individuals with traumatic brain injuries, information on how to handle agitation, and tips for advocacy when addressing other practitioners in other disciplines.*

## **2C. Making a Difference in the OT profession through Advocacy**

*NCOTA Advocacy Co-chairs*

General | **Novice**

*Occupational Therapy (OT) advocacy involves actively promoting changes and improvements in various aspects of the healthcare system to enhance the accessibility, quality, and effectiveness of occupational therapy services. In relation to changing healthcare, the NC OT advocacy team is focusing initiatives on healthcare changes that impact the OT field, reimbursement, fee schedule changes, telehealth, and overall the impact OT is having on the communities we serve.*

**11:45-12:30**

**Lunch & Learn Poster Session**

**12:30 – 1:30 Ethics**

1.0 CEU

### **Applying the OT Code of Ethics to your Practice and Setting**

*Brenda Kennell, OTR/L, FAOTA*

Ethics | **Novice**

*Do you ever wonder if the AOTA Code of Ethics really applies to your practice? This session will explore how the Code of Ethics 2020 can assist practitioners in all settings in understanding ethical expectations, recognizing ethical dilemmas and violations, and choosing appropriate courses of action to rectify problems. Attendees and the presenter will explore situations common in different settings, and work together to problem solve their individual concerns.*

**1:45 – 3:15 Short Course Session 3**

1.5 CEU

### **3A. Download Edit and Connect the Dots for Clinical Reasoning**

*Deborah Dorsett, MOT, OTR/L, CEIM*

Children & Youth | **Novice**

*This session will cover practical steps occupational therapy practitioners can take to build their clinical reasoning skills when feeling stuck as to what to prioritize in goal writing and simplifying intervention planning for success in pediatric outcomes. OTs and OTAs will leave the session with two tools that can easily be applied to any pediatric practice setting.*

### **3B. Embracing Diversity: The Journey to Normalizing Disability**

*Kayleigh Fessenden, OTD, OTR/L and Jocelyn Weber, OTD, OTR/L*

Physical Disabilities, Mental Health | **Novice**

*This session will focus on the importance, in our role as practitioners, of normalizing disability in adults. Occupational therapy practitioners play a crucial role in promoting independence, functionality, and a positive outlook for those with disabilities, ensuring that disability is not seen as a metaphorical "death" or "failure" of therapy but rather as a part of life with unique challenges and opportunities. Occupational therapy practitioners can contribute to a paradigm shift, emphasizing that living with a disability is not an endpoint but a journey with opportunities for growth, fulfillment, and active participation in life.*

### **3C. Perceived Preparedness of Individuals with Disabilities in Disaster Situations**

*Christine McConnell, DC, OTR/L*

Physical Disabilities, Home & Community Health | **Intermediate**

*Natural disasters threaten the health and wellness of individuals, especially individuals with disabilities. A mixed-methods descriptive cross-sectional study of health care providers, caregivers, and individuals determined that there are inconsistencies in the comfort levels between individuals with disabilities and health care providers regarding education and training for disaster preparedness. The role of health care providers to aid with disaster management is largely undefined. The key topics identified as essential for this education and training are identified for use in clinical practice and OT education by OTPs.*

**3:30 – 5:00 Short Course Session 4**

1.5 CEU

### **4A. Role of Occupational Therapy in Post-Secondary Transition Planning**

*Cathy Zanowski, OT/L and David Cook, OTAS*

Children & Youth | **Novice**

*In North Carolina, our Exceptional Children all participate in writing a transition plan by age 16. Our presentation is to educate OT Practitioners about the alignment of Occupational Profiles and IDEA and*

*the impact that OT Practitioners can make by participating in the development and implementation of Transition Plans.*

#### **4B. Practical Applications for Pelvic Floor for Occupational Therapy Practitioners**

*Audra Killingsworth, OTR/L*

Physical Disabilities, Other | **Novice**

*Bowel, bladder, and sexual health concerns are not a common topic of conversation, but can greatly affect our client's lives if they are in dysfunction. The pelvic floor can be an obscure idea, but this presentation makes clear connections between the pelvic floor and how it affects bowel, bladder, and sexual health for clinicians to take to their practice right away. This presentation will give you key takeaways for managing bladder, bowel, and sexual health concerns that may affect your clients.*

#### **4C. Occupational Therapy's Role in Cognitive Rehabilitation for Mild Cognitive Impairment**

*Karen Johnson, MOT, OTR/L, CBIS, CAPS, CSRS*

Physical Disabilities, Home & Community Health, Mental Health | **Intermediate**

*OTPs can help bridge the gap for clients experiencing brain changes that are impacting their ability to perform daily activities. This short course aims to address the current need for OTPs to be able to identify and address individuals experiencing mild cognitive impairment. The content will include a better understanding of mild cognitive impairment, and an introduction for how to evaluate and treat clients with MCI for improved ability to engage in their daily lives.*