



NCOTA 2019 Fall Conference

Pre-Conference Institute & Short Course Descriptions

1: Functional Vision Impairment Considerations in the Adult Client

Fay J. Tripp, MS, OTR/L, CLVT, CDRS

Visual skills are important for most all of life activities, so when these visual skills are hindered, functional performance and safety may be significantly affected. This presentation focuses on identifying visual skill deficits in the adult and geriatric client, especially when these deficits co-exist as an unnoticed co-morbidity factor with another primary diagnosis. You will increase your awareness of the most common eye disease processes that functionally limit adults; review practical assessment techniques to learn how to compile a vision assessment tool-kit to easily incorporate into acute care, acute rehab, SNF/ALF, out-patient or home settings; understand functional limitations and safety issues related to vision deficits; and learn treatment strategies to enhance functional vision to maximize your client's success and safety in therapy and overall outcomes.

2: Burnout in Occupational Therapy Practitioners: Moving from Exhaustion to Engagement

Allison Chrestensen, MPH, OTR/L

Burnout is such a pervasive problem among healthcare practitioners that it has been classified as a public health crisis, and rates are on the rise. It has profoundly negative impacts on nearly every aspect of healthcare, including personal wellbeing, patient care, safety, employee retention, and the future of the workforce. Although research on burnout in healthcare has largely focused on the experience of physicians, it is a significant challenge for OTs working in a rapidly changing and increasingly demanding environment. In this workshop, participants will engage in a discussion about the experience of burnout in OTs and other allied health professionals, including contributing factors and characteristic signs. Participants will also explore evidence-based approaches to mitigating burnout including structured team conversations & solution design, mindfulness, self-compassion, narrative medicine, and reflective practices. This is an interactive workshop that offers the opportunity to put several of these methods into practice. Participants will walk away with practical strategies they can implement at the organizational, group, and individual levels to facilitate personal wellness and create a respectful and engaging work environment.

Pre-Conference Institute (Friday, November 1, 2019 -- 1:00-5:00pm)

3: Exploring Cognitive Function in Typical and Atypical Aging

Jennifer L. (Jenny) Womack PhD OTR/L FAOTA

Cognitive performance in older adulthood is often reduced to concerns or comments about memory, with jokes about "senior moments" reinforced by clinical screenings that foreground information recall as a priority. This institute is designed as an experiential session that will encourage practitioners to more fully explore other dimensions of cognitive performance, understanding the effects of culture on cognition, and acknowledging the role of an occupation-based approach in both revealing strengths and detecting deficits in more complex cognitive functions. Standardized screenings and assessment tools will be discussed, but the



emphasis will be on challenging ourselves to integrate a more complex understanding of cognition in practice, respond to assessment findings and communicate effectively with clients about cognition.

4. Seating and Mobility issues for the OT Practitioner

Amber Ward, MS, OTR/L, BCPR, ATP/SMS, FAOTA

This course is aimed at the OT practitioner who does not "do" seating and mobility, but of course is around clients who use these items. We will focus on pertinent issues for the generalist from early childhood to the nursing home, various devices, and will provide information about training/integrating for all ages to perform the mobility related ADLs and IADLs. We will explore the OT take on "but they need to exercise" versus the "let's be functional" argument and how OT can advocate. We will also discuss how to integrate chair technology (Bluetooth, etc.) with other products and technology in home.

Short Course – 1 (Saturday, November 2, 2019 -- 1:00-2:30pm)

1A: Effective Team Teaching (Education/Research/Fieldwork)

Megan Edwards Collins, Ph.D., OTR/L, CAPS & Susan Misciagno OTR/L, NDT/C

In Effective Team Teaching, the presenters will share their experience of co-teaching a Neurological Basis of Occupation Lecture and Lab course to second semester, first year occupational therapy students in the Spring of 2019. This will include defining team teaching, discussing the benefits and challenges of co-teaching, describing student perspectives on co-teaching, and sharing lessons that they learned. Considerations for future practice and overall suggestions will be provided, and participants will be given the opportunity to share their experiences and viewpoints.

1B: Occupational Therapy and Post-Secondary Transition Planning: A "Just-Right" Fit (Pediatrics)

Amy Spence, OTD, MEd., OTR/L

The AOTA Transition Community of Practice subcommittee developed a 2019 PowerPoint to connect postsecondary transition and occupational therapy (OT). The PowerPoint includes declarations and resources which are designed to advocate the importance of OT's role in this area and increase the OT practitioners' role in transition; improve post-school outcomes for youth and young adult recipients of OT services, and strengthen OT practitioners' skills to advocate for OT on transition teams, including school administrators and all stakeholders. The speaker will solicit feedback from conference attendees following the presentation, to revise the content and determine the future needs of OT practitioners desiring supports in transition. The goal is for this information to be designed into a contributory resource for AOTA and OT practitioners working in transition services.

1C: Lymphedema: "Let's Wrap about it." (Physical Disabilities)

Nijiyah "Gia" Lewis, PhD, OTR/L

The Mayo clinic (2017) describes lymphedema as swelling that generally occurs in one of your arms or legs. Lymphedema can occur in both arms, both legs and is characterized by persistent edema that does not decrease with normal daily activity. Lymphedema can be caused by the removal of or damage to your lymph nodes during cancer treatment, injury or infection. Lymphedema impacts individuals across the life span from birth to end stages of life. The treatment of lymphedema has evolved over the years and is being offered more widely in the United states. Treatment includes manual lymphatic drainage massage, compression wrappings and



therapeutic exercise that are adapted to the needs of each client. History, Diagnosis, and treatment will be further discussed during this course.

1D: New Clinicians on the Block: Mentorship and Making Your Way (Student-Focused)

Lauren Jones, MS, OTR/L, Cathy Driscoll, MS, OTR/L

This session will help prepare students and practitioners with 0-5 years of experience to succeed in their first few years of practice, from navigating the hiring process to finding a mentor to advancing their careers. Attendees will clarify personal and professional values to help guide their job hunt, participate in a mini resume workshop, learn the right questions to ask during interviews, discover why mentorship matters, and gain the skills necessary to become confident, capable clinicians.

1E: Changing the Perceptions of Frailty in Community-Dwelling Older Adults (Geriatrics)

Susan Blair, OTD, OTR/L, BCPR, BCG

The United States population is aging and adults age 65+ are expected to reach 50 million by the year 2030 per census reports. There is a portion of our elderly who are frail or are at risk of becoming frail. Frailty can increase the likelihood of hospital readmission, require the transition from home to assisted care, decrease life satisfaction, and reduce lifespan. This session will describe an evidence-based approach to slow the transition into frailty and to provide further evidence in support of the efficacy of community-based health education for older adults when provided by an occupational therapist. The 6-week implementation, class design, use of multimedia tools, group interaction opportunities, and use of geriatric specific assessments will be covered.

1F: OT in Women's Health: An Overview of Our Unique Role (Mental Health)

Dana Kolbfleisch, OTD, OTR/L & Earthlyn Armstrong, MEd, OTR/L

Women's health is a new and emerging practice area for occupational therapists. Our unique skill set and holistic training make us primed for providing services in women's health, including maternal mental health, pelvic floor issues, occupational role changes, mothering with a disability, chronic disease management, health promotion and prevention and many other areas. This course will focus on occupational therapy's overall role in women's health with a specific look at our part in maternal mental health and pelvic floor issues. Learning objectives include a basic understanding of perinatal mood disorders, knowing where the pelvic floor is and why it matters, understanding lateral breathing technique, and knowing how to perform 3 basic scar management techniques for c-section recovery.

1G: Promoting Innovation, Expertise, and Advocacy Among Occupational Therapy Assistants

(Administration & Management)

Samantha Ryan, COTA/L

Presentation will explore the promotion of leadership within Occupational Therapy Assistants via capacity building and maximizing role fulfillment. Through harnessing the power of OT/OTA partnerships, OTAs can pursue innovation, expertise and continue to promote high quality occupational therapy in increasingly competitive healthcare arenas. Professional representation through advocacy will be addressed as OTAs play a crucial role in ensuring that Occupational Therapy is included in legislative discussions and communicating the distinct value of occupational therapy assistants across settings.



1H: Combating Burnout through Relationships: A Reflection Using the Person-Environment-Occupation Model (General)

Amy Mahle, MHA, COTA/L, ROH & Niccole Rowe, BA, COTA/L

The increased incidence of burnout is gaining awareness in society and within the profession of occupational therapy. With the ever-changing demands of the job, OT practitioners must be aware of the increased risk of burnout, identify the signs and symptoms, and take a preventative approach. This presentation will assist attendees to consider burnout through the lens of the PEO model and provide evidence-based techniques to address burnout.

Short Course – 2 (Saturday, November 2, 2019 -- 2:45-4:15pm)

2A: Aging in Place with Assistive Technology (Assistive Technology)

Gloria Jinks, M.Ed., COTA/L

For many seniors, assistive technology can make the difference between being able to live independently at home or living in an LTC facility. There has been an increase in advancements in technology that can afford someone the opportunity to live safely in their home. This session will discuss some of the different types of assistive technology that are currently available for seniors. A review of AT in the area of medication management, fall safety/communication, and home management will be presented. The session will also discuss why incorporating AT services into Occupational Therapy intervention is important for improving client's performance and participation in activities.

2B: Increasing Diversity in OT in North Carolina: Resources and Strategies (Education/Research/Fieldwork)

Linn Wakeford, PhD, OT/L

Increasing diversity in OT has become a focus of national and local efforts for a variety of reasons. Among these reasons are the benefits of multiple perspectives and experiences in the profession, and the need to address the health care needs of a diverse client population. This session will include a review of existing strategies and resources, but will focus on a facilitated discussion among all participants about how to use those resources, implement strategies, and develop additional means for recruiting more diversity into our field. OTA and OT students, practitioners, and faculty are welcome!

2C: Skilled Documentation: Preparing for Change (Student-Focused)

Deniese Lancianese, MSMOB, OTR/L, SICC

This presentation will focus on Centers for Medicare/Medicaid Services (CMS) criteria in skilled nursing facilities to ensure patient driven care and achieve positive outcomes. Information will focus on identifying diagnosis vs symptom, assessing medical complexity impacting function, developing appropriate goals, providing skilled documentation for therapy services, determining barriers to discharge, implementing caregiver training and providing alternative options for discharge planning.

2D: Inspiring Outdoor Play (Pediatrics)

Dauphine P. Sisk-Wambles, OTD, OTR/L

Outdoor play is a vital and missing link for many of today's children. This session will review the ways outdoor play addresses and can improve physical and emotional development. We will conclude with ways to inspire outdoor play and how to utilize at least three simple loose parts found or created from materials in local parks and woods.



2E: NC Medicaid Transition: Where Does OT Fit? (Home and Community Health)

Tomeico Faison, CEO, OTR/L, Caity Bunch, MS, OTR/L

North Carolina is going through the largest Medicaid transformation in history, shifting from fee-for-service to managed care. Medicaid is a funding source for occupational therapy services across the lifespan in multiple context for children, adults, seniors and persons with disabilities with low income. It is important for occupational therapists to understand the NC Medicaid changes and how these changes impact occupational therapy service provision and support or hinder occupational participation for persons with low income. This course will provide an overview of parts of the NC Medicaid transformation and its relevance to current and potential community-based occupational therapy services. Participants will work in small groups to complete SWOT analyses and engage in a large group discussion regarding the threats and opportunities for community-based OT practice.

2F: Lessons from a Fellowship: Occupational Therapy's Role in Perioperative Care (Geriatrics, Mental Health)

Julie Eyster MS OTR/L

In the surgical world, an OT's first encounter with a patient is usually AFTER their surgery. What would it look like for a therapist to intervene BEFORE surgery? What could OT do to help optimize the patient beforehand? Come hear from the VA's Geriatric Mental Health Fellow regarding her experience in a multidisciplinary perioperative clinic. Learn about the benefits and challenges of operating in a multidisciplinary clinic, the role of OT and health literacy, and how she negotiated OT's scope of practice within the limitations of the perioperative period.

2G: Workplace Communication: How to Deal with Challenging People (Administration & Management)

Dr. Susan Friguglietti, DHA, MA, OTR/L

In this presentation, participants will learn how to identify the four social styles and use this knowledge to improve workplace communication with fellow professionals as well as their clients! Communication is one of the major keys to success in and out of the clinic...so spend some time learning more about yourself and others as you delve into social styles and their impact on work, play, leisure, and relationships!

2H: Meal Preparation that Supports Health Management and Maintenance! (General)

Anna H. Walls, MS OTR/L

The occupation of meal preparation includes serving well-balanced, nutritious meals which should support health management and maintenance by helping individuals maintain routines for health and wellness including nutrition and physical fitness (OTPF-3rd Edition). In this session, a one week cooking program using the color coded chef program as a guide will be shared. The program could easily be adapted to be used with any age group in any type of setting. Meal preparation is a universal occupation that strongly affects overall health and should be addressed much more often in occupational therapy practice.

Short Course -- 3 (Sunday, November 3, 2019 -- 12:45-2:15pm)

3A: A Beginner's Guide to Navigating Complex Rehab Technology: Power Mobility (Assistive Technology)

Leslie Wade, MOT, OTR/L

This course is intended to facilitate clinicians understanding of how to be successful in the provision of power wheelchair (PWC) complex rehabilitation technology (CRT). In many settings, where time and resources are limited, the potential exists to overlook clients who may need CRT solutions but are provided with standard equipment. When a client with long-term wheeled mobility needs is prescribed a product intended for short-term use, secondary complications can occur. This course is intended to promote best-practice PWC CRT application for successful clinical outcomes using today's technology. This course will utilize clinical examples to assist the clinical decision-making process about who needs CRT, how power mobility recommendations can be improved, and how to navigate the CRT provision landscape to optimize client outcomes.

3B: Establishing an Evidence Base for Your Practice (Education/Research/Fieldwork)

Megan Edwards Collins, Ph.D., OTR/L, CAPS & Chinyu Wu, Ph.D., OTR/L

Are you hoping to promote the reputation of your practice by integrating best available research evidence? Are you an experienced clinician who has lots of "trade secrets" and can use a research study to back up the wonderful job you've been doing in your practice? In this session, the speakers will present examples of how clinicians can implement and utilize research to optimize their occupational therapy evaluations and interventions. This will include strategies on how to implement Evidence-Based Practice into daily clinical practice, and the basic steps for conducting research studies. Potential partners for collaboration (e.g., universities) will be discussed, and examples of how clinicians collaborate with universities to conduct research studies to answer questions encountered in clinical practice will be provided.

3C: Using Consultation to Improve Preschool Teacher Confidence to Create Motor Enriched Environments (Pediatrics)

Sherry Stancliff, OTD, OTR/L, SCSS

This session highlights the results of an Evidence-Based Occupational Therapy Project (EBOT), which presents a model for the occupational therapy practitioner to use to collaborate with preschools and preschool teachers. Occupational therapy practitioners will gain knowledge on current research related to the importance of fine motor skills related to student educational outcomes. Presentation will demonstrate the use of consultation and education to collaborate with preschools teachers to develop student motor skills needed for the transition to kindergarten and to improve student academic outcomes. Occupational therapy practitioners partnering with preschool teachers form a natural relationship that can benefit students when the rapport includes mutual respect, open communication, time to establish a relationship, and building collaborative rapport.

3D: Developing Clinical Competency and Advancing Experiential Learning Through Interactive Simulations (Student-Focused, Education/Research/Fieldwork)

Maura Lavelle,, MS, OTR/L & Wendy Brzozowski, BS, COTA/L

This course will review the history and benefits of simulations in the education and training of students in occupational therapy programs. Types of simulation modalities will be reviewed. Steps for selecting simulation modalities will be described. Finally, the process for integrating simulations into an OT curriculum and Fieldwork I Experiences will be discussed. Clinical simulation is a teaching approach that aims to represent a real-world process in order to achieve educational goals, (Abdulmohsen, 2010) and its use is growing in allied health programs. Clinical simulation offers enhanced experiential learning opportunities to meet competencies for entry-level practice by presenting scenarios that are guided, immersive, and interactive (Lateef, 2010).



3E: Perioperative Care of Geriatric Surgical Patients: Rehab's Role, an Interprofessional Approach (Geriatrics)

Hannah Barrett, OTR/L & Carrie A. Frede, PT, DPT

Geriatric surgical procedures account for approximately one third of surgeries performed each year. Adults over 65 are at increased risk of postoperative complications including infection, falls, and delirium. These complications can lead to increased length of stay and ultimately decreased functional status. In some cases, these complications can lead to long term functional deficits. Geriatric surgical patients have unique care needs and special considerations in the preoperative and postoperative periods. This presentation covers the role of the rehab therapist in an interprofessional preoperative geriatric surgical clinic. Additionally, we will explore delirium, its impact on an individual's postoperative course, how to screen for it, and the implementation of a multidisciplinary delirium screening program in geriatric patients in a surgical intensive care unit.

3F: TAPping into Communicative Potential for Improved Rehab Outcomes with Aphasia (Home and Community Health)

Maura English Silverman, MS, CCC/SLP

Speech Language Pathologists enjoy the opportunities to collaborate with their colleagues in Occupational and Physical Therapy along the rehabilitation continuum. Inspired by the functional nature of their therapy approaches, Speech Pathologists have adopted a similar life participation model fueled by advances in neuroplasticity and communicative potential. Individuals with aphasia add a level of complexity to habilitation/rehabilitation efforts by the entire transdisciplinary team. Further, limitations in reimbursed services leave much of the programming needs outside of the traditional model, and inaccessible to those who need the supports.

3G: Leading as an OT (Administration & Management)

Mark Prochazka, OTR/L, MHA & Kevin Corbin, OT/L, MHA & Shelly Sehorn Ascroft, OTD, OTR/L, BCMH

Benefits of training and practice in Occupational Therapy while working into leadership roles within Therapy Services or Healthcare Administration. This course will review recommendations on experiences and roles; discuss post graduate courses or experiences; discuss how to identify employers and mentors; and will review changing landscape of healthcare opportunities (Quality/ Operations/ Analytics, etc.)

3H: NCOTA Lobbyist Update (General)

Ashley Perkinson, lobbyist for NCOTA

NCOTA's lobbyist Ashley Perkinson will present a summary and analysis of bills introduced and legislation adopted during the 2019 long session of the General Assembly that impacts occupational therapists. Perkinson will also give an update of recent NCOTA advocacy efforts. In addition, Perkinson will update participants on recent developments related to Medicaid Transformation.

Short Course – 4 (Sunday, November 3, 2019 -- 2:30-4:00pm)

4A: Outside the ADL Box: Expanding OT's Role in Acute Care (Physical Disabilities)

Lauren Jones, MS, OTR/L, Yolanda Ortiz, COTA/L

OT practitioners working in acute care are well-positioned to provide holistic, occupation-based interventions to patients with a variety of diagnoses. However, research indicates that acute care practitioners' roles and skills are poorly understood by members of the interdisciplinary team and clinicians provide a limited range of evidence-based treatments in this setting. This session will analyze supports and barriers to holistic practice in acute care, provide intervention ideas across



the eight areas of occupation, and review clinical examples demonstrating how clinicians can work within the full scope of OT practice and effectively document the distinct value they contribute to the care and outcomes of patients in acute care settings.

4B: Helping OT and OTA Students Connect the Dots in Academic and Fieldwork Education: The Subject-centered Integrative Learning Model (Education/Research/Fieldwork)

Barb Hooper, PhD, OTR/L, FAOTA

Between academic and fieldwork expectations, OT and OTA students are introduced to an overwhelming number of topics and skills—so much so that they can get lost in the proverbial trees and loose site of the forest of the profession. The Subject-centered Integrative Learning Model (SCIL-OT) was developed to help academic and fieldwork educators guide students to organize their learning by making four connections: Connecting the dots between multiple topics, connecting the dots topics and occupation, connecting the dots between their own lives and occupation, and connecting the dots between themselves and others with whom they co-construct knowledge. Participants will learn the SCIL-OT model and how to apply it to teaching and learning.

4C: Bridging the Gap of Adolescence (Pediatrics)

Andrew Klein, M.S., OTR/L

Current occupational therapy research is taking a closer look at how occupational therapists can better participate in adolescent transitional programs, and outlines current assessment tools, but does not reflect upon the specific challenges in working with an adolescent population. Adolescents are expected to take on an increasing array of daily occupations, with increased autonomy in managing those occupations. This transition can be difficult for caregivers, adolescents, and therapists. Increasing autonomy, in turn, requires self-awareness and reflection upon occupational performance, and the volition to address any identified performance deficits. Assessment and treatment pertaining to adolescent self-awareness and volition is particularly challenging for occupational therapists and can bridge multiple frames of reference. This presentation will discuss therapist's perceptions regarding these challenges, as well as practical, meaningful assessment tools and interventions for adolescents with developmental disabilities.

4D: Mindful Moments: Strategies and Toolkit for the Classroom (Mental Health)

Julia Harker, OTR/L, Ashley Shapiro, OTR/L

In this session attendees will receive an introduction to the current research and evidence for mindfulness in the schools. Attendees will learn the use of mindfulness as an intervention strategy to address various social/emotional and behavioral needs in the classroom. This session will provide a basic knowledge of what mindfulness is, how it has developed over the years, what research exists, and the benefit/expected outcomes of practicing mindfulness personally and in the school setting. Strategies will be provided for how to begin personal practice and in the classroom. A toolkit containing various exercises/practices for the classroom will also be provided and explained.

4E: Marketing OT: Pitching, Presenting, and Promoting the Profession (General)

Valerie Fox, PhD, OTR/L, CPRP & Kyle Fox, MPRT, MBA

The ability to promote occupational therapy is a vital skill for clinicians. With an everchanging health care environment, the success of our profession and our ability to be effective clinicians is dependent on our ability to market ourselves and communicate our role to diverse audiences. As Bannigan (2000) stated, "Every occupational therapist needs to communicate passionately what it is that he or she does so that our vision shines through" (p.463). Yet, these skills are rarely taught in a formalized way within the OT field. This presentation will review and apply key marketing and communication skills, including brand identity, persuasive storytelling, audience identification, and



more. It is hoped that all who attend gain the skills and confidence needed to be effective ambassadors for the profession.

4F: Home Care in 2020 (Home and Community Health, Geriatrics)

Mary Bird, OTR/L

Overview of the new Medicare Patient-Driven Groupings Model (PDGM) regarding Home Health Payment for 2020. Focus will be on the 5 new case mix variables to be implemented; the Admission Source changes (Institutional vs Community) and how that impacts payment and how to identify institutional vs community; Key Factors of the PDGM; and changes involving the 30 day period vs the 60 day payment/assessment period. This topic will assist therapists in the home health field to constructively evaluate and develop care plans for patients in the home health setting along Medicare regulations.

4G: Impact of Occupational therapy-led education on stress and quality of life of caregivers of persons with stroke (General)

Sanchala K. Sen, OTD, MS, OTR/L, BCPR

A stroke can have a devastating effect on patient and family. Caregivers may have little or no training to deal with the care-burden caused by this illness and may face increased stress and decreased quality of life over time. My presentation includes a mixed methods study to identify this burden and explore how it can be alleviated through education and support. A six-week occupational therapy-led caregiver training series with education on aspects of caregiving and well-being for self was implemented. The study outcomes support the use of education to assist caregivers in balancing their life during this crucial role. Occupational therapists must expand their practice to not only teach physical skills of caring for the patient but also include the well-being of the caregiver.