

2023 OTAO Annual Conference

IGNITE & INSPIRE



SATURDAY 1000 - 1100

<p>Sharna Prasad; Katie O’Day</p> <p>Lifestyle Medicine & OTs Role with Easy A</p>	<p>Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. It includes applying evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions. Sol4ce has developed the Easy A curriculum which has many lifestyle medicine principals embedded. Occupational therapists can play a huge role in helping our clients live healthy lifestyles including in health recovery & promotion. Hear how you can help implement health promotion.</p>
<p>Paul Zulak</p> <p>NBCOT National Certification Exam: Information You Need to Know</p>	<p>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.</p>
<p>Jamison Carroll</p> <p>Upper Limb Partial Hand Prosthetic Rehabilitation</p>	<p>Occupational therapy is critical to the success and satisfaction of the patient with upper limb loss. Ninety-one percent of upper limb amputees have a partial hand amputation. Historically, patients with partial hand amputations have been underserved prosthetically because there were not many prosthetic options available or the options were not offered to the patients. This course is designed to introduce the unique considerations related to upper limb loss and prosthetic rehabilitation of the partial hand amputee. It aims to develop a better understanding of the prosthetic rehabilitation process in order to best serve the needs of this population. Treatment approaches used in prosthetic rehabilitation will be introduced, including relevant outcome measures and current upper limb prosthetic options, including their advantages and disadvantages. Surgical options and</p>

	emerging technology and its applications will also be discussed. The goal of this course is to improve therapist understanding and facilitate involvement in the rehabilitative process of patients with partial hand limb loss.
<p>Julia Farrell</p> <p>Occupational Therapist's Perspectives on Breast and Chest-feeding Interventions for Dyads and Medical Complexity: A Mixed Methods Study</p>	While some occupational therapists support breast/chest-feeding dyads, there is little research on their role and current practice. Parents and children with medical complexity face additional challenges engaging in direct breast/chest-feeding based on their conditions' nature and requiring specialized care. This presentation will share the results of a mixed-methods study designed to provide insight into occupational therapists' current practice and experience with direct breast/chestfeeding interventions for medically complex breast/chest-feeding dyads. Participants will learn the health benefits of the importance of breast/chest-feeding for these populations, the clinical barriers experienced by occupational therapists, and how occupational therapists have adapted their roles to support dyads in participating in the co-occupation of breast/chest-feeding.
<p>V Nguyen</p> <p>Promoting Occupational Performance in Daily Activities for Adults with Motor Impairments and their Care Partners Using the Mobile Stretch Robot</p>	Participation and engagement in everyday activities are essential to the health and well-being of individuals with and without disabilities. However, individuals with severe motor impairments, such as quadriplegia, may face significant physical, social, and environmental barriers limiting their ability and access to participate in everyday activities. They may depend heavily on their care partners to assist them with daily tasks. This can result in caregiver strain that negatively impacts their health and well-being. Assistive robots have the potential to promote occupational performance for older adults with severe motor impairments and alleviate care partners' demands. The Stretch mobile manipulator, created by Hello Robot Inc., is an example of a robot meeting this potential. Through an iterative participatory design process, we embedded Stretch in the home of Henry Evans, a non-speaking older adult male with quadriplegia, and Jane Evans, his wife, and primary care partner, to determine if Stretch could promote their occupational performance and reduce caregiving demands for their everyday activities. During each cycle of the process, our multidisciplinary team of an occupational therapist, robotics engineers, and human factor specialists reviewed the findings and user feedback to improve Stretch's design. This included iterating Stretch's control components, such as improving the web-based user interface and implementing voice-activated commands. This also involved building customized 3D-printed materials to promote task performance. After completing four full cycles, Stretch's improved hardware and web-based user interface enabled Henry to operate Stretch to perform his meaningful occupations, such as self-feeding, social participation activities with friends, and playing an active role in assisting Jane with household chores and meal-related tasks. This participatory design approach paves a significant gateway to supporting aging-in-place for user-centered development of assistive robots that enable older adults with severe motor impairments to engage in occupations that typically require complete assistance from a care partner.
SATURDAY 1110 - 1210	
<p>Maggie Armstrong/ Members of the Spellers & Allies Advocacy Network</p> <p>The Truth About Nonspeakers: Let Us Spell It Out for You</p>	Spellers and Allies Advocacy Network (S&A) is run by nonspeaking people, many of whom have accessed OT services throughout their lives. There are many misconceptions about nonspeaking people and many of our members have had harmful experiences with OTs. In this presentation, entirely created by nonspeakers spelling letter by letter on letterboards or keyboards, we will explore who falls within the umbrella of nonspeaking people, how we communicate and what we believe is important for OTs to know about our experience. The presentation will close with a live Q&A with nonspeaking members of S&A.

<p>Rileigh Varga; Mary Zewicki Greer</p> <p>Occupational Therapy's Role in Utilizing an Intergenerational Daycare to Reduce Caregiver Burden and Improve Quality of Life for Individuals with Dementia</p>	<p>This presentation explores the concept of utilizing an intergenerational daycare to alleviate caregiver burden and enhance the quality of life for individuals with dementia. By bringing together older adults with dementia and young children in a supervised daycare setting, the aim is to create a mutually beneficial environment that promotes social interaction, cognitive stimulation, and emotional support. Through their expertise, occupational therapists can contribute by fostering meaningful interactions, promoting independence, and improving the overall quality of life for individuals with dementia within the intergenerational daycare setting by working closely with caregivers and daycare staff.</p>
<p>Emily Polis; Sean Roush</p> <p>The Converge Model: Impacts on International Occupational Therapy Practice</p>	<p>This presentation will explore the impacts of the Converge model on OT students and current practitioners in England and the United States, and will discuss the implications for the international expansion of Converge. Converge, an organization at York St John University in England, offers educational courses free of charge for community members utilizing mental health services. Converge is part of a larger initiative to disrupt and change current mental health support services, through its foundations of holistic support for students, less formal structures especially around risk assessments, and a collaborative approach with community organizations/students/staff members. OT students from Pacific University have engaged in level one fieldwork and capstone projects with Converge, and Griffith University staff have taken interest in expanding Converge to their campus in Brisbane, Australia.</p>
<p>Diana Honorat</p> <p>Water My Apple Tree: An Interpersonal Neurobiology Book on Attachment for Children and Parents</p>	<p>Participants will learn the science of interpersonal neurobiology and attachment and how this plays a role in caregivers co-regulating with their child. A child's main occupation is to play, and children thrive in environments where they feel safe and secure. The presenter and author of 'Water My Apple Tree' will take participants through an engaging story of what a healthy attachment style looks like and how the caregiver used emotional intelligence and interpersonal neurobiology concepts to co-regulate with the child.</p>
<p>SATURDAY 1340 -1540</p>	
<p>Mason Munson; Catherine Leslie; Hannah Schaupp; Taylor Matthews</p> <p>Inclusive Care for Transgender and Nonbinary Clients: A Workshop to Address the Knowledge Gap for Occupational Therapy Practitioners</p>	<p>The clinical and social needs of transgender and gender diverse communities have been on the forefront of news in recent years. OT practitioners have both the scope and tools to support these clients in all aspects of accessing care and occupational opportunity. In this workshop we will present best practice strategies for providing inclusive care for transgender, gender-diverse, and nonbinary individuals. We will review current evidence based practice and provide high quality resources for clinicians. Case studies, small group discussion, and learning modules to help providers gain confidence and critical foundational information will be included as part of this multi-modal workshop.</p>
<p>Kady Bruce; Bethany Sloane</p>	<p>This session will explore the resources available through Go Baby Go Oregon and how therapists can utilize these resources. Specifically, we will review the programs offered by Go Baby Go including adapted cars, toys, and books. This session will</p>

<p>Go Baby Go Oregon: Providing Adaptive Equipment to Improve Play Accessibility for Children with Disabilities</p>	<p>include a hands-on workshop offering therapists the opportunity to learn how to adapt toys and books. Through this session, we hope to help therapists feel more comfortable and confident with using adaptive equipment with their pediatric clients to support their engagement in play.</p>
<p>Hannah Kolehmainen</p> <p>ASCEND - Scale your Practice to the Next Level & Become a Key Person of Influence</p>	<p>Many practitioners have ideas to increase self-leadership and take their practice to the next level. Examples include opening their own businesses, expanding their scope of practice, etc. Despite burnout, many feel unprepared or don't know the steps to get from their current situation to what they dream of. Participants in this course will learn how to harness their expertise and expand their reach and impact more clients/patients and improve their work-life balance.</p>
<p>Katie O'Day</p> <p>Pain: What's Sensory Processing & Trauma got to do with it?</p>	<p>This 1-hour session will guide OT practitioners in developing the knowledge and skills necessary to meet the unique needs of their seriously ill clients. Participants will gain an introductory-level understanding of the importance of providing a continuum of care for those living with serious illness and the powerful role OT can play in promoting engagement in occupation across their clients' disease trajectory and remaining lifespan, including during life's final stages. This 1-hour session is designed not to create experts in hospice and palliative care but to better equip OT practitioners for these conversations and enrich the scope of their practice. That is, to develop confidence and a sense of competence when working with clients who are utilizing hospice or palliative care.</p>
<p>SATURDAY 1550 - 1650</p>	
<p>Alisa Sheth</p> <p>Using Inclusive & Critical Strategies to Develop Best Practice: The Choosing Wisely Guidelines for Working with Autistic Clients</p>	<p>Starting in 2018, the American Occupational Therapy Association (AOTA) has participated in the Choosing Wisely initiative to develop brief evidence-based guidelines in a variety of practice areas. In 2022, AOTA approached members of the Developmental Disabilities Special Interest Section (DDISIS) to develop guidelines around addressing "restricted and repetitive patterns of behavior (RRB), activities or interests" for autistic clients. In developing this resource, the team, which included both autistic and non-autistic occupational therapists, wanted to critically examine how occupational therapy interventions for autistic individuals around RRB, especially those framed around compliance-based frameworks, can be harmful to clients rather than supporting self-determination and positive autistic self-identity. The team utilized a neurodiversity-affirming framework and input from the AOTA Autism Community of Practice, including neurodivergent self-advocates. The process, outcomes, and practice implications of developing these guidelines will be explored, with opportunities to discuss participants' experiences and questions.</p>
<p>Roxanna Gates; Keely McCormick</p> <p>Mindfulness and Skills for OT Practitioners</p>	<p>The purpose of this conference presentation is to clarify the meaning and experience of mindfulness and to establish congruence within the OT profession. As Mindfulness-Based Interventions (MBIs) are gaining recognition in OT practice, mindfulness is a characteristic and a method that requires greater discussion and evidence within the field (Grioux et al., 2019). The need to clarify the purpose of mindfulness as it relates to OT practice is on the forefront of this professional community. Through meaningful collaboration, continuing education can support a widespread understanding of the term mindfulness and how it can be applied across practice settings. Furthermore, this shared terminology can mitigate biases, stigma, and support socio cultural competencies in client-centered care. This presentation will describe how mindfulness can be applied across various populations, settings, activities, and the therapeutic relationship. The concept of mindfulness can be defined as an</p>

	<p>individual factor and as an occupational means of engagement, such as meditation or somatic practice (Hardison & Roll, 2016). The presentation is designed to promote awareness for how MBIs can be applied in practice, and to further bring attention to ways in which mindfulness can approach the physical, cognitive, emotional, and functional domains. Increased awareness within client factors can encourage better function, which can facilitate increased performance and participation (IABBAT, 2019). The presentation will support OTs with knowledge and tools to enhance existing interventions and to learn to engage with clients in building mindfulness skills.</p>
<p>Emily Vandekieft; Carlos Alaniz</p> <p>The Role of OT in Hospice and Palliative Care: Developing Practitioner Confidence and Competence</p>	<p>This 1-hour session will guide OT practitioners in developing the knowledge and skills necessary to meet the unique needs of their seriously ill clients. Participants will gain an introductory-level understanding of the importance of providing a continuum of care for those living with serious illness and the powerful role OT can play in promoting engagement in occupation across their clients' disease trajectory and remaining lifespan, including during life's final stages. This 1-hour session is designed not to create experts in hospice and palliative care but to better equip OT practitioners for these conversations and enrich the scope of their practice. That is, to develop confidence and a sense of competence when working with clients who are utilizing hospice or palliative care.</p>
<p>Elle Holzman; Ashley Ly; Shruti Gadkari</p> <p>OT's Role in Using Palliative-Informed Care to Support Engagement for Children with Life Threatening and or Life Limiting Conditions</p>	<p>Children with life threatening and or life limiting conditions (LTC and LLC) often experience physical, emotional, and social difficulties that impact their engagement in their daily and meaningful occupations. However, there is limited representation in the literature of these children receiving OT services and its impact. This presentation will explore OT's role and value in working with children who have life threatening and or life limiting conditions using a palliative-informed lens of care. Participants will gain an understanding of what palliative-informed care can look like, how they may already be using it in their practice, and how OT has a distinct role and value in this care setting.</p>

<p>SUNDAY 800 - 1000</p>	
<p>Heather Tweedie</p> <p>Enhancing the Sensory Environment</p>	<p>At birth, the newborn's sensory systems are not fully developed. The interactions, sensory stimulation, and environment we provide directly affect their development. We will review the concept of the 4th trimester and how therapists can support this theory by encouraging use of common parenting practices to improve nervous system development. This course will uncover the why behind practices such as swaddling, baby wearing, and infant massage. This presentation will guide professionals' interactions and parent education in support of healthy nervous system development.</p>
<p>Lily Barlow; Carleen Egli; Caroline McCarty; Erin Cochran; Bethany Sloane</p> <p>Returning Home: Lesson's in Ethical Decision Making from International Service Learning</p>	<p>Drawing from the established literature and international service-learning experiences, this presentation will educate students and practitioners on ethical considerations when working with diverse and marginalized populations. This course will present a framework for ethical decision making, utilize a case study to apply concepts, and discuss the nuances of ethical dilemmas in cross-cultural practice. From this course, students and practitioners will gain a greater understanding of the challenges that can arise when working with culturally diverse populations and appreciation for centering cultural safety and sustainability within the occupational therapy process. The lessons learned from the presenters' time abroad will support attendees' continued dedication to enacting ethical practice across settings both domestic and international.</p>

<p>Josie Jarvis</p> <p>Orientation to Occupational Science and 2020 Updates to the Occupational Practice Framework 4th Edition</p>	<p>This session will provide OTPs an orientation to the field of Occupational Science and it's recent formal incorporation into the 2020 release of the Occupational Practice Framework 4th Edition. This session will be a great fit for OTPs that would like an overview of the key updates and changes made to the most recent practice framework that defines our national scope, domain, and process in the US. This presentation will also explore exciting new developments in the field of Occupational Science (OS) with a guidebook provided of key OS terms/researchers/and connection to international OT professional documents and commitments. Participants will be provided tangible examples of how to incorporate occupational science and practice framework into their own traditional settings in how it can support your clients and your practice from a distinctly occupational perspective backed by our own unique international science base that few OTPs have gotten exposure to since it's founding in 1989.</p>
<p>SUNDAY 1010 - 1110</p>	
<p>Katie O'Day; Leila Boinadi; Niki Terzieff, OTAO Lobbyist</p> <p>Advocating for OT in Oregon! Legislative Efforts with OTAO</p>	<p>Niki will review the past legislative session including a legislative win with HB2618 requiring the Oregon Department of Education to do a work-study to look into workloads of OTs, SLPs & PTs who work in early intervention and schools. We will engage the audience with what OTs in Oregon see as priorities for our upcoming legislative session. We will review national legislative priorities including the compact licensure efforts. Finally strategies and call to actions will be made including how you can advocate for OT topics with your legislators, etc. We want to hear from you on what is important for our legislative committee to be actively working on & ideas for implementation.</p>
<p>Sunday 1340 - 1440</p>	
<p>Katie O'Day; Bella Caballero</p> <p>Strengths-Based, Trauma-Informed, Identity & Neurodiversity Affirming Therapy Practices</p>	<p>This presentation will explore the importance of strengths-based, trauma-informed, identity & neurodiversity affirming therapy practices, with a specific focus on the experiences of historically marginalized populations including LGBTQIA and autistic adults. These practices are based on the belief that everyone has strengths, that trauma can be healed, and that people's identities and neurodiversity are assets, not deficits. The presentation will discuss the theoretical underpinnings of these practices, as well as practical applications for therapists and other helping professionals. The presentation will cover the following topics: The importance of strengths-based approaches The impact of trauma on the brain and body The importance of identity and neurodiversity affirmation Practical applications of strengths-based, trauma-informed, identity & neurodiversity affirming therapy practices The experiences of LGBTQIA and autistic adults in therapy The presentation will conclude with a discussion of the future of these practices and how they can be used to create more equitable and inclusive mental health care for all people, including LGBTQIA and autistic adults. This presentation will be of interest to therapists, counselors, social workers, and other helping professionals who work with LGBTQIA and autistic adults. It will also be of interest to anyone who is interested in learning more about strengths-based, trauma-informed, identity & neurodiversity affirming therapy practices. The presentation will include lived experience research from autistic adults and LGBTQIA individuals. It will also be respectful of all identities and neurodiversities.</p>
<p>Bridget Wells; Caroline Harkins McCarty</p> <p>Supporting Minoritized* Fieldwork Student and New</p>	<p>This session will review important findings from Bridget's literature review on minoritized* fieldwork students' and new practitioners' experiences; and provide examples of processes at institutions that model appropriate support and inclusive practices such as: mentorship, faculty/staff training, program-wide diversity initiatives, safe reporting systems, and opportunities for connection/support. The presentation will examine key concepts, such as JEDI, affirmative action, and cultural taxation, and how they apply to minoritized fieldwork students and new graduates. The session will implore participants to reflect on their own experiences as fieldwork students and new grads (as well as as educators and mentors if applicable) and</p>

<p>Graduates: Foundations for Equitable Practice</p>	<p>recognize how their experiences within their organizational climates may impact (or have impacted) their success as occupational therapists. Lastly, the session will focus on tying this exploration to the mission and values of the field of OT and the implications for practice (including client experiences and outcomes), and leave participants with actionable ideas for equitably moving forward. *The term minoritized will be used in this proposal and presentation to refer to populations who historically and contemporarily experience oppression and/or discrimination due to marginalized identity/ies. The presenters chose to use this term because these populations may not be numerical minorities yet are and have been labeled as and made to feel less than (minoritized) through societal and systemic oppression.</p>
<p>Brianne Salvati; Heather Thomas</p> <p>Occupational Therapy and Lifestyle Medicine: A Perfect Fit for Health Promotion</p>	<p>As valued members of the interprofessional healthcare team, occupational therapy practitioners (OTPs) are uniquely suited to address the impact that habits and routines have on both health, wellness and engagement in meaningful daily activities (American Occupational Therapy Association, 2020; 2022). Occupations, the everyday activities that are part of habits and routines, are a large part of what can contribute to health and wellness. One approach OTPs may incorporate into practice are the foundations of lifestyle medicine, which is an evidence-based approach focused on six pillars: restorative sleep, healthy eating patterns, physical activity, stress management, avoidance of risky substances and positive social connections (American College of Lifestyle Medicine, n.d.). This presentation will define the pillars of lifestyle medicine, the approaches to habit and lifestyle change, and how to apply lifestyle medicine into clinical practice with considerations for reimbursement, goal setting, and patient’s readiness for change.</p>
<p>SUNDAY 1450 - 1550</p>	
<p>Kelsey Giggenbach; Lauren Williams; Maeve Gordon</p> <p>Supporting Sexuality Changes in Clients with Chronic Conditions</p>	<p>In the ever-changing world of upper limb prosthetic technology, occupational therapists encounter the challenge of applying the tenets of the field to devices of advancing complexity. This course strives to help OTs refocus on occupation-based intervention and the application of treatment strategies to support mental health and well-being of a person after amputation. In this course, participants will review and address the psychosocial challenges encountered by people after sustaining amputation, as well as patient-reported knowledge gaps in treatment. Drawing upon recently published evidence, participants will also explore aspects of care that most affect well-being with the goal of creating a more functional and patient-centered plan of care regardless of prosthetic device.</p>
<p>Kelly Dunbar</p> <p>Rethinking Prosthetic Rehab: Applying Evidence to Promote Patient Well-Being</p>	<p>In the ever-changing world of upper limb prosthetic technology, occupational therapists encounter the challenge of applying the tenets of the field to devices of advancing complexity. This course strives to help OTs refocus on occupation-based intervention and the application of treatment strategies to support mental health and well-being of a person after amputation. In this course, participants will review and address the psychosocial challenges encountered by people after sustaining amputation, as well as patient-reported knowledge gaps in treatment. Drawing upon recently published evidence, participants will also explore aspects of care that most affect well-being with the goal of creating a more functional and patient-centered plan of care regardless of prosthetic device.</p>
<p>Kiturah Cloud; Shruti Gadkari</p> <p>Utilizing Hippotherapy in Addressing Task Transition</p>	<p>Transitions between and within occupations are a part of everyday life; however, many children with autism spectrum disorder (ASD) experience challenges with transitions. This presentation aims to identify common reasons that children experience difficulties with transitions and some ways to help children through transitions. This presentation will also look at a case study of a child with ASD who utilizes hippotherapy as part of her OT plan of care. Learners will examine occupational therapists’ use of hippotherapy as a treatment tool and its impact on regulation and engagement and the opportunities it provides for following directions, flexible thinking, and social interactions, all of which can improve functional performance of task</p>

<p>Difficulties for a Child with Autism Spectrum Disorder</p>	<p>transitions in children with ASD. At the end of the session, learners will walk away with a list of transition strategies that they can try in their practices.</p>
<p>Clare Bennett; Carrie Mertz; Sarah Foidel,</p> <p>Altered Mental Status, Delirium, and Dementia in Acute Care: Assessment, Treatment, and Preventing Adverse Outcomes in Acute Care</p>	<p>Acute care hospitalization puts older adults at significant risk of losing functional independence, regardless of length of stay. The risk of negative health outcomes increases for people with delirium, dementia and other neurocognitive impairments. These patients may be agitated, in restraints, unable to recall precautions, or have other barriers to mobilization and engagement in ADLs. This presentation will discuss occupational therapy service utilization for managing neurocognitive disorders within the acute care setting, including roles, barriers, and future implications. Participants will reflect on their own experiences, and leave with ideas and strategies for screening and treatment.</p>
<p>Stacey Viera-Braendle</p> <p>The OT Practitioner as Advocate</p>	<p>OT practitioner education focuses largely on developing general practitioners. Coursework covers the skills needed to support persons within the clinical setting: activity analysis, neuroscience, etc. However, what skills do OT practitioners need to be effective advocates within clinical and community contexts? This session will focus on just that: participants will begin developing this foundational knowledge and explore advocacy opportunities within their own communities.</p>