



2022 OTAC ANNUAL CONFERENCE PRESENTATION LEARNING OBJECTIVES

Listed Chronologically by Session Number

THURSDAY, OCTOBER 27

10 Anti-Asian American Pacific Islander Bias: Microaggressions to Violence

Thursday, October 27, 9:00 to 10:00am
Elizabeth Ching, OTD, M.Ed., BSOT, OTR/L

Participants will be able to:

- State the two main themes of Anti-Asian American Pacific Islander (AAPI) bias.
- Name one example of what might be considered cultural appropriation.
- Describe one strategy to combat Anti-AAPI bias.

11 Next 10 Exits: Reflections on Race in Vallejo

Thursday, October 27, 10:15 to 11:15am
Elizabeth Ching, OTD, MEd, BSOT, OTR/L

Participants will be able to:

- Name why Vallejo was named the most diverse city according to the 2010 U.S. Census.
- Discuss how cultural pride can build resilience.
- Identify one's own use of therapeutic arts for healing.

12 Ethical Application of "Choosing Wisely" to Practice OT

Thursday, October 27, 11:30am to 12:30pm
Winifred Schultz-Krohn, PhD, OTR/L, BCP, FAOTA; Graham Teaford, PhD, MS, OTR/L

13 **The Role of OT in Multidisciplinary Chronic Pain Management**

Thursday, October 27, 11:30am to 1:00pm

Allie Schmiesing, OTR/L, OTD, CLT

Participants will be able to:

- Highlight the prevalence of chronic pain across different practice settings.
- Understand the patho-physiology of common chronic pain diagnoses.
- Define OT specific assessments and interventions to support clients living with chronic pain (including body mechanics/ergonomics, pacing strategies, ADL re-training, sleep hygiene, lifestyle management, and community participation).
- Describe occupational therapy's role as part of a multi-disciplinary team.
- Discuss future directions for occupational therapy practice and research.

14 **Mental Health in Everyday Practice: Changing Policy, Informing Systems, Affecting Change**

Thursday, October 27, 2:00 to 5:00pm

Bryant Edwards, OTD, MA, OTR/L, BCP, MPH; Ingrid Leu, OTD, OTR/L; Erin McIntyre, OTD, OTR/L; Meghan Pudeler, Manager, State Affairs, AOTA

15 **Finding Your Grounding Amidst the Storms**

Thursday, October 27, 2:00 to 3:30pm

Rochelle McLaughlin, MS, OTR/L, MBSR, RYT

16 **Life(style) on Pause: Trends in Self-Care During COVID-20**

Thursday, October 27, 3:45 to 5:15pm

Emma Schiewe, OTD, OTR/L, TTS; Marissa Marchioni, OTD, OTR/L, CEAS; Angela Pogossian, OTS

Participants will be able to:

- Describe how global events such as a pandemic may cause trends in participation in health-promoting activity participation, especially with chronic condition symptom management.
- Describe interventions that assist individuals to return to or create self-care, sleep, and health management routines that support their overall health and well-being.

17 **Elevating Our Client Services Through Interprofessional Collaborations**

Thursday, October 27, 9:00am to 5:30pm

Fostering Imaginative Play to Support Development

Winifred Schultz-Krohn PhD, OTR/L, BCP, FAOTA and Courtney Boitano OTD, OTR/L, BCBA-D

Participants will be able to:

- Identify the role of imaginative play in child development.
- Incorporate imaginative play into the everyday routines of the family.
- Identify how “found” objectives within the home setting can be used to promote imaginative play.

Supporting Parents Who Are Supporting a Toddler’s Behavior

Wendy Morrison, RN, ECSE

Participants will be able to:

- Recognize all behaviors as communication.
- Describe the ABC’s of behavior and create a competing behavior pathway to create a plan to encourage more positive behaviors.
- Site a few strategies for helping young children (and their caregivers) manage stress.

Fun with Food! Development of Family Centered Mealtime Routines

Winifred schultz-Krohn PhD, OTR/L, BCP, FAOTA; Jerilyn ‘Gigi’ Smith PhD, OTR/L, FAOTA

Participants will be able to:

- Understand the importance of healthy mealtime routines for child development.
- Differentiate typical fluctuations in mealtime behaviors compared to food refusals due to other reasons.
- Identify techniques to foster expanding the variety of foods accepted by the toddler/young child within the family routines.

Interactions and Experiences During Routines Support Early Brain Development, Skill Mastery, and Future Learning

Adria Taha-Resnick, EdD

Participants will be able to:

- Understand processes of early brain development, including synaptogenesis, pruning, and development in different regions of the brain.
- Explain the importance of quality positive interactions and experiences on brain growth and development.
- Recognize the value of repeated experiences in brain growth and development and future development and learning potential.
- Describe daily routine and family ritual opportunities to create rich experiences to support healthy brain growth and development.

FRIDAY, OCTOBER 28

20 **State Legislative and Regulatory Updates**

Friday, October 28, 8:15 to 9:45am

Lauren Lopez, OTD, OTR/L; Carlin Reaume, OTD, MA/Ed, OTR/L; Lindsay Gullahorn, BA, Capitol Advocacy Lobbyist; Meghan Pudeler, State Affairs Manager, AOTA

21 **Interviewing & Rate Negotiations: Tactics on How to Prepare, Articulate Your Value, and Negotiate Like a Pro!**

Friday, October 28, 8:15 to 9:45am

Allie Baker, MS, OTR/L; John Goodfellow, OTD, OTR/L; Lynn Johnson, SPHR; Lisa Rodriguez, OTR/L, RAC-CT

22 **QUEST: An Integrative Executive and Regulatory Function Program**

Friday, October 28, 8:15 to 9:45am

Lindy Joffe, MS, OTR/L

Participants will be able to:

- Identify two ways in which executive function skills impact occupational performance skills, most specifically regulatory and motor skill development.
- List at least two new ways to assess executive function skills.
- Identify at least five new activities and/or activity categories that they can integrate directly into practice.
- Explain how the concepts of 1) therapeutic use of self and/or 2) productive struggle apply to the development of executive function skills.

23 **Caregiver Engagement in Assessment of 6-16-Month-Old Infants**

Friday, October 29, 8:15 to 9:45am

Allison Phillips, OTD, OTR/L; Emily Campi, MA, OTR/L

Participants will be able to:

- Articulate opportunities for caregiver engagement in the assessment process to enhance caregiver-centered care.
- Identify opportunities and benefits of caregiver-mediated approaches during clinical assessments.

24 **A Study of Functional Cognition Following Immunotherapy Cancer Treatment**

Friday, October 28, 8:15 to 9:45am

Elizabeth Broske, MA, OTR/L; Sherry Hite, MA, OTR/L

Participants will be able to:

- Gain a basic understanding of how cognitive status can fluctuate over the course of immunotherapy treatment.
- Gain insight into potential cognitive changes impacting ADL/IADL performance that can persist even after discharge from the hospital.

- Explore effective strategies to Assess cognition in oncology patients using evidence-based standardized assessment methods.
- Explore the potential impact on OT practice and future research.

25 **Getting Finger Amputees Back to Work**

Friday, October 28, 8:15 to 9:45am
Chelsea Welch, MSOP, CO

Participants will be able to:

- Compare the percentage of finger amputations to that of other upper extremity amputations while reviewing the potential long-term economic ramifications to this amputee population.
- Identify the current prosthetic interventions available for partial-hand amputations.
- Recognize the important steps to create successful patient outcomes with body-driven prostheses by helping improve prosthetic function and contributing to post-delivery care.

26 **Lifestyle Redesign™ for Weight Management: Supporting Clients and Clinical Applications**

Friday, October 28, 8:15 to 9:45am
Marilyn Thompson, OTD, OTR/L; Chantelle Rice Collins, OTD, OTR/L, CDCES

Participants will be able to:

- Understand the health-related and quality of life impacts of a higher weight.
- Understand the unique role of occupational therapists in addressing weight management and reducing bias in healthcare.
- Understand the importance of healthcare professionals, regardless of setting, being able to communicate with patients about health behavior changes.
- Understand how the Lifestyle Redesign™ intervention is utilized to promote health behavior change for weight management.
- Identify appropriate therapeutic tools for addressing weight management as either the primary or cooccurring condition in in their clinical practice.

27 **Handle with Care: Verbal De-escalation for Clients Exhibiting Behaviors**

Friday, October 28, 8:15am to 2:00pm
Ingrid Leu, OTD, OTR/L; Rodney Harris, COTA/L

Participants will be able to:

- Learn how to assess and minimize risks to themselves, the clients, and others when it comes to escalating behaviors.
- Learn the basics of conflict resolution and how to deal with aggressive behaviors.
- Have the tools to effectively de-escalate a crisis before it begins.

30 **Keeping Licensees Informed - What YOU Need to Know**

Friday, October 28, 10:00 to 11:30am
Sharon Pavlovich, EdD, COTA/L, CBOT President; Heather Martin, CBOT Executive Officer

31 **Advancing Occupational Therapists' Role in Addressing Systemic Racism: Student Perspectives**
Friday, October 28, 10:00 to 11:30am
Natalie A. Perkins DrOT, MEd, OTR/L, FIIE; Rajvinder K. Bains, OTD, MS, OTR/L, CEAS; Karen Park, OTD, OTR/L, BCP, CLE

32 **Oral-Motor Reflexes and Their Role in Eating**
Friday, October 28, 10:00 to 11:30am
Yovana Harris, COTA/L, CLC

Participants will be able to:

- Identify eight oral-motor reflexes present at birth, and understand their role and function in feeding development.
- Understand classification of functional reflexes versus protective reflexes.
- Obtain an understanding of how to evaluate for presence of reflexes with and without food presentations.
- Gather relevant information on a client's feeding practices identifying whether or not reflexes are being utilized.
- Confidently select modification of treatment strategies for vulnerable populations when reflexes are not present.

33 **Providing Authentic Family-Centered Services: Early Intervention and Telehealth**
Friday, October 28, 10:00 to 11:30am
Winifred Schultz-Krohn, PhD, OTR/L, BCP, FAOTA; Gigi Smith, PhD, OTR/L, FAOTA

Participants will be able to:

- Identify the key elements in fostering family partnerships to provide authentic family-centered services.
- Describe the challenges and supports of telehealth in using a three-step approach to foster family partnerships
- Apply this three-step approach of using a theoretical framework to understand family routines and then build on these family strengths with case presentations.

34 **The Kawa Model Can Flow into Your Practice**
Friday, October 28, 10:00 to 11:30am
Heather Javaherian, OTD, OTR/L, FAOTA; Praveen Injeti, OTD, OTR/L, MFT; Erica Herrera, OTD, MOT, OTR/L, CHT

Participants will be able to:

- Describe the Kawa Model
- Describe the use of the Kawa in clinical settings of mental health, rehabilitation and hand therapy in the OT process.
- Describe the Kawa in community-based practice.
- Discuss documentation that incorporates and reflects the use of the Kawa therapy.

- 35 **Management of Upper Extremity Injuries: Why Lifestyle Factors Matter**
Friday, October 28, 10:00 to 11:30am
Lizeth Rivera, MA, OTR/L; Marissa Marchioni, OTD, OTR/L, CEAS; Trevor San Antonio, OTD, OTR/L

Participants will be able to:

- Describe barriers and challenges to providing interventions that focus on lifestyle in hand therapy settings
- Describe how to maximize providing client-centered care in hand therapy settings.

- 36 **Occupational Therapy's Role in Dismantling Anti-Fat Biases**
Friday, October 28, 10:00 to 11:30am
Melina Allahverdian, OTD, OTR/L; Erin Bussell, OTD, OTR/L

Participants will be able to:

- Name and examine implicit and explicit biases related to body habitus.
- Understand the impact of fat bias on the patient experience and their healthcare treatment.
- Understand the role of occupational therapy in dismantling fat bias and action steps to become advocates for their clients.

- 40 **NBCOT® National Certification Exam: Information You Need to Know**
Friday, October 28, 1:00 to 2:00pm
Barbara Williams, DrOT, MS, OTR; Shaun Conway, OTR

Participants will be able to:

- Understand the national certification examination application process
- Learn exam preparation strategies and the NBCOT Aspire® Study Tools and StudyPack™
- Increase awareness of NBCOT and the importance of continuing competency.

- 41 **NICU Graduates Play Group: Supporting Occupational Engagement**
Friday, October 28, 1:00 to 2:00pm
Allison Smith, PhD, OTR/L, BCP, CNT, IBCLC

Participants will be able to:

- Describe three needs of NICU parents after discharge
- Identify three risks of preterm birth on infant development
- Discuss components of a group to support occupational engagement in families after NICU discharge.

- 42 **Watch a Therapist Get Sued: An Interprofessional Simulation**
Friday, October 28, 1:00 to 3:00pm
Maureen Johnson, PhD, MS, OT/L, BCPR, C/NDT, CHSE; Norman Belleza, PT, DPT

Participants will be able to:

- Articulate the complexity of teaching the value and ethics of accurate medical documentation to prepare students in becoming collaborative practice-ready practitioners.
- Develop innovative medicolegal IPE simulations emphasizing the values/ethics core competency domain.
- Analyze the values and ethics of professional written and verbal communication in accounting for safe and effective delivery of care to a patient.

- 43 **Neuroscience Backed Approaches to Help Manage Challenging Behaviors**
Friday, October 28, 1:00 to 3:00pm
Brittney Weinerth, MS, OTR/L; Hannah Koedam, MS, OTR/L; Alexandra Kautz, MS, OTR/L

Participants will be able to:

- Understand how the mismatch between a child's skill level and the parental and environmental demands can lead to challenging behaviors.
- Recognize what is happening in the brain when a child is having a meltdown.
- Learn a variety of expert approaches for managing challenging behaviors.

- 44 **Effective Strategies to Reduce Falls in Older Adults**
Friday, October 28, 1:00 to 3:00pm
Beth Sullivan, OTD, OTR/L

Participants will be able to:

- Appreciate the urgency of addressing fall prevention in older adults in all settings.
- Identify key risk factors contributing to an older adult's fall risk.
- Compare and contrast the effectiveness of single versus multi- component fall prevention interventions.
- Demonstrate four evidenced-based fall prevention assessments.
- Develop a treatment plan for an older adult who has fallen or who is at risk of a fall which is evidenced-based and occupation focused.

- 45 **Integrating Occupation-Based Practice into Hand Therapy**
Friday, October 28, 1:00 to 3:00pm
Lisa Deshaies, OTR/L, CHT

Participants will be able to:

- Recognize the significant benefits of a client-centered occupation-based approach in hand therapy.
- Identify strategies for successfully integrating occupation in any clinic setting.

46 **Mindfulness, Resilience, and Social Justice**
Friday, October 28, 1:00 to 3:00pm
Rochelle McLaughlin, MS, OTR/L, MBSR, RYT

Participants will be able to:

- Define mindfulness as a tool for justice.
- Honor our feelings.
- Find a sense of groundedness amidst the complex landscapes of inequity.
- Develop healthy boundaries.
- Build meaningful practices of self-care.
- Learn ways to stay at the table to do the necessary work that is being called for.

47 **Your National OTR or COTA Credential: What It Means for You**
Friday, October 28, 2:00 to 3:00pm
Barbara Williams, DrOT, MS, OTR; Shaun Conway, OTR

Participants will be able to:

- Identify ways in which the benefits of ongoing continuing competency can provide personal support in the marketplace
- Become informed about the partnership NBCOT has with OT state regulatory entities, their shared missions to protect the public interest, and what this means for occupational therapy practitioners
- Increase knowledge of the NBCOT Disciplinary Action Process and resulting outcomes
- Become familiar with NBCOT evidence-based competency assessment tools and resources that can help support continuing competency needs.

48 **Adapted Parenting in the Neonatal Intensive Care Unit**
Friday, October 28, 2:00 to 3:00pm
Shelley Wear, OTD, OTR/L, NTMTC

Participants will be able to:

- Assess how environmental factors affect stress when navigating the NICU.
- Discuss the differences between medical, physical, and emotional care.
- Discover how 'healing environment' strategies support the parenting role.
- Demonstrate effective 'healing environment techniques to enhance infant neurodevelopment.

49 **OTAC Awards Ceremony and Friday Keynote Address**
Friday, October 28, 3:15 to 5:15pm
Shirley A. Wells, DrPH, OTR, FAOTA

SATURDAY, OCTOBER 29

- 50 **Ready to Start Your Own Business?**
Saturday, October 29, 8:00 to 9:00am
Babak Amali, OTR/L

Participants will be able to:

- Understand the thought processing behind establishing a business in California.
- Identify various business entities and legal structures.
- Identify the support system they need to succeed.
- Understand the principles of keeping track of their business finance.
- Assess the actual need for their line of business in the market.
- Know what to expect once the business is established.

- 51 **Too Much Sitting? Alternatives for Incorporating More Movement**
Saturday, October 29, 8:00 to 9:00am
Loree Pham, MS, OTR/L, DipACLM

Participants will be able to:

- Describe the harms of sedentary behavior and poor sitting positions as it relates to chronic conditions
- Discuss active resting positions and how they may be beneficial for health outcomes
- Identify ways in which to modify the home, work, and other environments to enable greater opportunities for movement throughout the day.

- 52 **Skippping the Lines: When Cognition Dictates School-Based Practice**
Saturday, October 29, 8:00 to 9:00am
Jennifer Andaya-Lambinico, EdM, OTR/L, ATP; Anne Teves Proctor, OTR/L

Participants will be able to:

- Describe the cognitive skills of students with extensive support needs (ESN) in relation to their performance of school-relevant ADLs and simple IADLs.
- Explore the application the Neurofunctional Approach (NFA) to functional cognition in school-based practice with students with ESN.

- 53 **Occupational Therapy in a University Academic Setting**
Saturday, October 29, 8:00 to 9:00am
Su-Min Yeu, MA, OTR/L; Rashelle Nagata, OTD, OTR/L

Participants will be able to:

- Summarize the occupational performance problems stated by undergraduate students receiving weekly academic coaching at a university academic success center.
- Analyze the effectiveness of occupational therapy services on a university campus.
- Share insights into how occupational therapists can best support college students in their academics and daily activities.

54 **Occupational Rights in the Micro, Meso, and Macro Levels of Practice**

Saturday, October 29, 8:00 to 9:30am

Michelle Arakaki, OTD

Participants will be able to:

- Interpret terminology including occupational rights, occupational justice, social justice, and occupational consciousness.
- Identify barriers that impact how therapists support the occupational rights of individuals and communities.
- Discuss how critical reflection supports rights-based practices in all occupational therapy settings.
- Integrate additional strategies that support client/community occupational rights in the micro, meso, and macro levels of occupational therapy practice.
- Develop strategies on how to engage in difficult and/or uncomfortable critical reflections and conversations with oneself and with peers.

55 **The Role of OT in POTS Self-Management**

Saturday, October 29, 8:00 to 9:30am

Madison Chaffee, OTS; Kaitlin O'Hara, OTD, OTR/L

Participants will be able to:

- Have a greater understanding of the current literature on symptom management for POTS.
- Apply evidence-based practices when implementing interventions to POTS population.
- Describe the role of occupational therapy within the multidisciplinary team for the treatment of POTS.

56 **Sensory Strategies for Self-Regulation and Mindfulness**

Saturday, October 29, 8:00 to 9:30am

Katie Gordon, MS, OTR/L; Teresa Ricardo, MOT, OTR/L

Participants will be able to:

- Learn different senses and ways sensory input is processed.
- Understand what happens when there is dysfunction in a sensory system and how that affects engagement and behavior of youth.
- Discuss how different sensory and mindfulness strategies can be used with a youth that can present with specific behavioral symptoms.
- Identify how sensory preferences can inform trauma-based interventions

57 **Addressing Population and Cultural Health through Occupation**

Saturday, October 29, 8:00 to 11:15am

Shirley A. Wells, DrPH, OTR, FAOTA

Participants will be able to:

- Describe the critical characteristics of a population, community, & cultural health practice paradigm for occupational therapy.
- Explain the occupational therapy practitioner's role in population health programs and practices.
- Identify and discuss the similarities and differences between intervention planning for individuals and the development of population, community, & cultural health initiatives.

60 **Connecting Recovery to the Value of Meaningful Living**

Saturday, October 29, 9:15 to 10:15am

Emily Petersen, MA, OTR/L

Participants will be able to:

- Discuss the recovery model and how it connects with the values of OT.
- Describe the implications for OT related to the recovery model.
- Identify evidence-based practice recommendations for inpatient mental health settings.

61 **Enhancing Middle Schoolers' Self-Determination through Interprofessional Collaboration**

Saturday, October 29, 9:15 to 10:15am

Jennifer Andaya-Lambinico, EdM, OTR/L, ATP; Alana Goodman, OTR/L

Participants will be able to:

- Describe interprofessional collaboration (IPC) and contextual-based interventions as part of occupational therapy best practices in middle schools for students with developmental disabilities and extensive support needs (ESN).
- Discuss self-determination as an educational outcome addressed by school-based practitioners, including occupational therapy practitioners.
- Understand interprofessional collaborative practices (IPCP) that promote self-determination using a sample IP collaborative project implemented at a middle school special day class (SDC) for students with developmental disabilities and ESN.
- To describe the benefits and challenges of a collaborative model of service delivery in facilitating participation and engagement in occupations among students and in promoting professional development among school-based practitioners and classroom staff.

63 **Creating a Vision of Meaning**
Saturday, October 29, 9:15 to 11:15am
Sturdy McKee, MPT

Participants will learn:

- Why creating and implementing a Vision of Meaning is a smart business decision, creating greater alignment, innovation, engagement, satisfaction, and profitability.
- The three components of a Vision of Meaning:
 - Higher Purpose
 - Core Values
 - Big Hairy Audacious Goal
- How to begin to define each of these components of their Vision of Meaning in order to inspire team members and foster the culture they want.

64 **Clients in Crisis– Showing Up and Nurturing Resilience**
Saturday, October 29, 9:45 to 11:15am
Melisa Kaye, EdD, OTR/L; Christine Haworth, MA, OTR/L

Participants will be able to:

- Discuss the range of difficult topics/situations occupational therapy practitioners may encounter in practice (e.g., hopelessness, grief, permanent disability, and impending death).
- Explain and be able to implement strategies to work authentically and effectively with clients who are experiencing adversity.
- Identify and use self-care strategies to cope with professional or educational situations in which client adversity is addressed or difficult personal experiences are triggered.

65 **Occupation-Based Rehabilitation of Acute Post-Surgical Total Shoulder Arthroplasty**
Saturday, October 29, 9:45 to 11:15am
Luis Arabit, OTD, MS, OTR/L, BCN, BCPR, C/NDT, FAOTA

Participants will be able to:

- Review basic anatomy and biomechanics of the shoulder complex.
- Identify the most common types of shoulder arthroplasty surgical procedures and the indications for each.
- Articulate and appreciate the unique role of the occupational therapist in the rehabilitation management of the acute post-surgical total shoulder arthroplasty using occupation-based interventions guided by the Biopsychosocial framework model.
- Analyze a case presentation and develop occupation-based intervention plans using the biopsychosocial model.

66 **Facilitating Inter-Professional Collaboration in Pediatric Mental Health Contexts**

Saturday, October 29, 9:45 to 11:15am

Jenna Kobara, OTD, OTR/L; Christine Turnbull, OTD, OTR/L

Participants will be able to:

- Identify available and relevant evidence on how OT practitioners can better integrate and implement inter-professional collaboration.
- Reflect on methods and strategies and ways that OTs can engage in effective and genuine interprofessional collaboration to provide more comprehensive and client-centered care to patients and their families.

67 **Application of Complementary Medical Techniques in OT Practice**

Saturday, October 29, 10:30 to 11:30am

Amy Belk, MS, OTR/L

Participants will be able to:

- Identify the benefits of incorporating Complementary and Integrative Health (CIH) modalities in self-care routines for personal and professional use.
- Understand how to perform demonstrated CIH techniques for improved self-care, body awareness, and occupational engagement.

68 **Sensory Processing and Social Participation of Preschoolers**

Saturday, October 29, 10:30 to 11:30am

Chana Hiranaka, PhD, OTR/L

Participants will be able to:

- Understand the significance of temperament and sensory processing in children's social development and social participation.
- Define social participation, sensory processing, and temperament factors in young children.
- Include temperament and sensory processing when assessing and considering social skills development of preschooler children with developmental delays.

69 **Building Resilience: A Post-Pandemic Mental Wellness Program for Teachers and Students**

Saturday, October 29, 10:30 to 11:30am

Samantha Coelho, OTR

Participants will learn about:

- Tier 1, Tier 2 and Tier 3 interventions used during the doctoral residency with students and teachers to tackle certain challenges such as anxiety/depression, low motivation, socialization, and habits/routines.
- Program development and implementation of mentorship and volunteer opportunities for OT Fieldwork students and the collaboration process within a high school setting.
- Qualitative research methods, outcomes, and how feedback/results will be used for future interventions post-residency.

- 70 **Supporting Children Through Life's Everyday Challenges Using A Sensory Framework**
Saturday, October 29, 2:30 to 3:30pm;
Brittney Weinerth, MS, OTR/L; Hannah Koedam, MS, OTR/L; Alexandra Kautz, MS, OTR/L

Participants will be able to:

- Understand that learning occurs in a hierarchical process and that to work on higher level skills (e.g., academics) a child must have a strong foundation (e.g., sensory processing).
- Articulate what steps are involved in processing sensory input.
- Identify the three categories of sensory processing disfunction.
- Understand approaches that are alerting and calming for the nervous system.
- Identify areas that can be modified by caregivers or therapist to support children's participation in their everyday life.

- 71 **How Well Can You Talk the Talk?**
Saturday, October 29, 2:30 to 3:30pm
Mary Schmitz, OTD, OTR/L (AZ)

Participants will be able to:

- Recognize how the use of jargon in one's professional communication (written and oral) can contribute to misunderstandings and could jeopardize reimbursement avenues.
- Develop strategies to screen one's communication to facilitate clear communication when engaging in client treatment as well as community outreach and other non-traditional practice arenas.
- Explore jargon that is used outside of occupational therapy practice to gauge OTP's comprehension of information that may be essential to collaborative efforts and how one can counter buzzwords to promote clear communication by all parties.

- 72 **An Innovative Approach to Wellness Utilizing Helping Occupations**
Saturday, October 29, 2:30 to 3:30pm
Ivory Tifa, OTD, MA, OTR/L

Participants will be able to:

- Gain an understanding of the health benefits of volunteering.
- Utilize a theoretical approach to conceptualize volunteering as a health-promoting occupation at various stages of the lifespan and for populations who have experienced trauma.
- Identify ways in which to engage clients in various settings and at various functional levels in volunteering and other helping occupations.
- Gain an understanding of how volunteerism can empower clients and disrupt ableist and racist assumptions about who can and should volunteer.

73 **Delirium Prevention and Management: What is OT's Role?**

Saturday, October 29, 2:30 to 3:30pm

Qianwen Liu, OTD, OTR/L; Elena Donoso Brown, PhD, OTR/L

Participants will be able to:

- Identify delirium types and risks factors for developing delirium.
- Name evidence-based delirium prevention and management strategies related to OT practice.
- Describe OT's role in delirium intervention team.

74 **Alexithymia: Tell Me How You Feel**

Saturday, October 29, 2:30 to 3:30pm

Stephanie Foster, PhD, OTR/L

Participants will be able to:

- Understand the overview of alexithymia.
- Understand how alexithymia impacts individual functioning and relationships.
- Identify therapeutic activities for identifying emotions and emotional control.

75 **How Productivity & Resilience Training Impacts Undergraduates During Covid-19**

Saturday, October 29, 2:30 to 3:30pm

Amy Belk, MS, OTR/L

Participants will be able to:

- Identify the importance of incorporating resilience training and education for increased health outcomes in college students.
- Understand the benefit of creating a pilot interactive workshop series that promote health and prevent future workplace stress related debilitation.

76 **Preparing the Next Generation of Neonatal Occupational Therapists**

Saturday, October 29, 2:30 to 4:00pm

Roberta Pineda, PhD, OTR/L; Shawna Townsend, OTD, OTR/L, CNT, IBCLC, NTMTC; Lara Liszka, OTD, OTR/L; Adriana Rusch, OTR/L

Participants will be able to:

- Identify pros and cons of students in the NICU.
- Summarize different pathways for entry into the field of neonatal therapy.
- Demonstrate current mechanisms for education and training in the NICU.

77 **DEI Workplace Approaches and Strategies for the OT**

Saturday, October 29, 2:30 to 5:30pm

Chana Hiranaka, PhD, OTR/L; Taisha Trotman, MS, COTA/L; Erica Herrera, OTD, MOT, OTR/L, CHT; Seaton Ng, MS, OTR/L; Amy Zhao, OTD, OTR/L

Participants will be able to:

- Use self-reflection and self-assessment to address race/culture in client care.
- Develop a cultural competence self-assessment for their clinical practice.
- Analyze microaggressions as an impediment to the client-therapist relationship.
- Develop strategies to reduce microaggressions in the client-therapist relationship.
- Identify barriers and areas to increase inclusivity in clinical practice.
- Use DEI terminology for more effective communication, support inclusion, and reduce microaggressions.
- Practice strategies to move from being offended to educating in a teachable moment.
- Learn to use boundaries as a means for setting a culturally safe environment.
- Use the etic and emic concepts to understand the individuality of the cultural experience.

80 **From Classroom to Practice: Leveraging Well-Being Beyond Self-Care**

Saturday, October 30, 3:45 to 4:45pm

81 **The Leadership Toolkit for New Managers**

Saturday, October 29, 3:45 to 4:45pm

Kathryn Wise, OTD, MHSc, OTR/L

Participants will be able to:

- Have tangible strategies to lead teams of healthcare professions.
- Explore the unique skills of OTs to manage and lead teams.
- To prepare OTs new in leadership positions to have more confidence in dealing with teams and staff.

82 **Cognitive Rehabilitation: Occupational and Speech Therapy Considerations**

Saturday, October 29, 3:45 to 4:45pm

Julia Gonzalez, OTR/L; Suzanne Newby, MA, CCC-SLP

Participants will be able to:

- Compare and contrast the unique roles of occupational and speech therapy in cognitive assessment and intervention.
- Reframe OTs' and SLPs' collaborative contribution to cognitive rehab, utilizing the tenets of the ICF framework.
- Analyze case study examples regarding functional cognition and appropriate delegation of services.

83 **Sleep Deprivation in College: Evidence-based Practices for OTs**

Saturday, October 29, 3:45 to 4:45pm

Tracy Jalaba, OTD, OTR/L

Participants will be able to:

- Articulate the unique needs of college students experiencing sleep deprivation and their relationship to lifestyle factors.
- Describe best practices for delivery of interventions that address the needs of college students experiencing sleep deprivation in occupational therapy.

84 **Integrating Positive Psychology and Mindfulness into Practice**

Saturday, October 29, 3:45 to 5:45pm

Don Gordon, PhD, OTR/L

Participants will be able to:

- Develop an understanding of the history of positive psychology and how it fundamentally differs from previous psychological research and knowledge development.
- Introduced to the research findings related to meditation and the neuroscience related to meditation and its influence on neural architecture, blood flow, and behavior.
- Better understand how recent developments in cognitive neuroscience and positive psychology can improve their understanding of human behavior and in turn provide insights that may improve the quality of life of ourselves and our patients/clients.
- Engage in interactive exercises that may be utilized in one's personal and professional life to promote positive psychological health and well-being. This will include several different forms of meditation which will be practiced during the session.

85 **Collaborative Programs for Unhoused Families: Occupational Therapy's Role**

Saturday, October 29, 3:45 to 5:45pm

Winifred Schultz-Krohn, PhD, OTR/L, BCP, FAOTA; Courtney Boitano, OTD, OTR/L, BCBA-D; Graham Teaford, OTD, MS, OTR/L SCLV; Michelle Kaplan, OTS; Melissa Nuckolls, OTS; Hope Weseloh, OTS

Participants will be able to:

- Identify the demographics of homeless families in the United States and specifically in California
- Understand the impact of occupation-focused, client-centered programs to support family members and families who experience severe housing instability
- Describe the collaborative process of developing programs through ongoing program evaluation and needs assessment.

- 86 **Picky Eating Explained: OTs Role in Supporting Picky Eaters**
Saturday, October 29, 4:15 to 5:45pm
Judy Hopkins, OTD, OT/L, CLC; Briana Pollard, OTD, OTR/L, CLC

Participants will be able to:

- Define and identify risk factors that contribute to pediatric feeding disorders.
- Recognize the relationship between feeding disorders or picky eating and a family's well-being.
- Describe therapeutic frame of reference to use to address picky eating.

- 87 **Student Perspectives: Opportunities for Advocacy in Role Emerging Fieldwork**
Saturday, October 29, 5:00 to 6:00pm
Erin McIntyre, MA, OTD, OTR/L; Jessica De Brun, MOT, OTD, OTR/L; Julie Quintana, MOT; Jawad Aqil, OTS

Participants will be able to:

- Describe the context of a role in emerging mental health practice fieldwork setting
- Explore occupational injustices common in role emerging mental health fieldwork experiences
- Discuss the fieldwork student's role in addressing occupational justice
- Reflect on the unique student experience of engaging in emerging mental health practice fieldwork
- Identify opportunities for enhancing involvement in mental health fieldwork experiences.

- 88 **Positive Workspaces: Steps to Improve Workplace Climate**
Saturday, October 29, 5:00 to 6:00pm
Deborah Bolding, PhD, OTR/L, FAOTA; Melisa Kaye, EdD, OTR/L

Participants will be able to:

- Define incivility and bullying, and discuss subtypes (work-related, person-related, physical intimidation and bullying).
- Describe the costs of incivility for the individual, clients, and the workplace.
- Identify subtle and overt forms of incivility in occupational therapy practices.
- Examine workplace standards for communication and behavior to stop incivility and create positive workspaces.

- 89 **Fall Prevention in a High-Tech World**
Saturday, October 29, 5:00 to 6:00pm
Raheema Hemraj, OTR/L

Participants will be able to:

- Leave with at least three novel fall detection tools.
- Leave with at least three novel fall prevention tools.
- Leave with resources on how to discover new 'high tech' tools in falls prevention.

- 90 **Transitioning from Clinician to Academician**
Saturday, October 29, 5:00 to 6:00pm
Luis Arabit, OTD, MS, OTR/L, BCN, BCPR, C/NDT, FAOTA; Terry Peralta-Catipon, PhD, OTR/L;
Allen Espelita, OTD, OTR/L, C/NDT, CEAS

Participants will be able to:

- Gain appreciation of the possibilities of transitioning from clinical practice into the academic setting.
- Articulate the preparations, expectations, qualifications for transitioning into the academic setting.
- Gain knowledge about the classroom environment and online program platforms within the academic setting.

SUNDAY, OCTOBER 30

- 100 **Marketing for your OT Business: Challenges, Strategies, and Beyond!**
Sunday, October 30, 9:15 to 10:45am
Hiral Khatri, OTD, OTR/L

Participants will be able to:

- Understand different traditional and nontraditional ways that occupational therapy professionals can use to serve the community through getting started with their own OT business.
- Identify need for and importance of marketing in an occupational therapy business.
- Identify different strategies of marketing and promoting an OT business.

- 101 **Self-Esteem A Protective Mechanism for Adolescent Mental Health: A Mixed Methods Study**
Sunday, October 30, 9:15 to 10:45am
Praveen Injeti, OTD, OTR/L, MFT

Participants will be able to:

- Describe the clinical background for the development of the ISEM.
- Provide an overview of the data obtained from the study.
- Review how to administer the ISEM (both individual and group settings).
- Describe how the ISEM aligns with Occupational Therapy Framework.

- 102 **Crucial Ideas that Have Shaped Occupational Therapy's History**
Sunday, October 30, 9:15 to 10:45am
Don Gordon, PhD, OTR/L

Participants will be able to:

- Understand the crucial roles of science, culture, and society at the time of the founding of occupational therapy.
- Appreciate the confluence of cultural circumstances and events that both promoted and hindered the growth of the profession.

- Recognize how changing theories and scientific discoveries have continued to shape the profession and its practice.

103 **Lifestyle Medicine™ and Occupational Therapy: Promoting Health and Well-Being in Adolescents**

Sunday, October 30, 9:15am to 12:15pm

Rachelle Murphy, DHSc, OTR/L, DipACLM; Christy Billock, PhD, OTR/L, DipACLM

104 **Diversity, Equity, and Inclusion in OT schools: What is Current Pedagogy?**

Sunday, October 30, 9:15am to 12:15pm

Sharon Pavlovich, EdD, COTA/L; Ashley O'Toole, OTS; Ismari Altamirano, OTS; Ben Byer, OTS

Participants will be able to:

- Define what diversity, equity, and inclusion (DEI) mean in OT curriculums.
- Discuss what current pedagogy is in OT curriculums.
- Review quantitative and qualitative data.
- Discuss how OT curriculums are preparing students to deliver services with DEI in mind.
- Discuss barriers, limitations and or support of organizational systems, and the state of OT education from the lens of diversity, equity, and inclusion.
- Discuss implications for OT curriculums, OT students, and the delivery of OT services.

105 **Fostering Community Engagement for TBI and CVA Clients**

Sunday, October 30, 9:15am to 12:15pm

Michelle Tipton-Burton, MS, OTR/L; Bailey Coe, OTS; Client Panelists

Participants will be able to:

- Identify the demographics of individuals who sustained a TBI/CVA living in the community including the ability to engage in the community.
- Describe the role of occupational therapy in fostering successful community engagement following discharge from inpatient services.
- Through the use of case presentations, identify the challenges clients who sustained a TBI or CVA have when attempting to participate in community activities.
- Understand the lived experience of TBI/CVA survivors as they navigate the process of finding community support.

106 **Promoting Niche Occupational Therapy through Social Media**

Sunday, October 30, 11:00am to 12:30pm

Annette Hatala, OTD, OTR/L; Arielle Zhu, OTS; Hannah De Silva, OTS

Participants will be able to:

- Apply experiential learning activity by creating and publishing a video on a social media platform.
- Provide basic understanding on how occupational therapy niches can be utilized in social media.
- Explore the financial viability of social media when promoting occupational therapy.

107 **OT on the Go: Addressing Travel Needs**
Sunday, October 30, 11:00am to 12:30pm
Marissa Marchioni, OTD, OTR/L; Samantha Valasek, OTD, OTR/L

Participants will be able to:

- Articulate the dynamic relationship between health mgmt. and other types of occupational performance while engaged in travel/transportation.
- Describe strategies and resources to support clients in accessing diverse environments during/through travel/transportation.

108 **Unlikely Partners? An Innovative Ergonomic Fieldwork with Dentistry**
Sunday, October 30, 11:00am to 12:30pm
Kassandra Chavez, OTS; Jessica Uyehara, OTS; Daisy Palafox, OTS

Participants will be able to:

- Describe a model for an ergonomic Level I Fieldwork experience with dentistry.
- Discuss interdisciplinary ergonomic fieldwork opportunities and the benefits to the OT field.
- Identify various learning opportunities for students that involve the OT Process as well as professional-level skills.

110 **Understanding Seizure Disorders: An Occupational Approach to Treatment**
Sunday, October 30, 1:30 to 3:00pm
Don Gordon, PhD, OTR/L

Participants will be able to:

- Understand basics of epilepsy and seizure disorders and their physiological, functional, and psychosocial effects.
- Understand the risk factors that contribute to epilepsy and the triggers and precipitating events that can lead to seizures.
- Understand the association between experience of trauma and onset of epileptic and non-epileptic seizures (psychogenic seizures).
- Understand occupational therapy interventions that can address participation and engagement in daily activities that are affected by epilepsy and seizure disorders.
- Understand the behaviors that can be implemented to initiate active coping and psychosocial adjustment.

111 **Technological Innovations in Rehab: An Intro Course**
Sunday, October 30, 1:30 to 3:00pm
Kathryn Wise, OTD, MHSc, OTR/L

Participants will be able to:

- Introduce and integrate key technology concepts into everyday rehabilitation settings.
- Compare and contrast innovation theories and their impact on OT practice.
- Explore key design concepts to assist rehabilitation professionals to bring an idea to market.

112 **Holistic Education in OT: Establishing Best Admissions Practices**

Sunday, October 30, 1:30 to 3:00pm

Amber Bennett, OTD, OTR/L

Participants will be able to:

- Examine how holistic education practices including pedagogical content, research, recruitment, and faculty retention work in conjunction with holistic admissions to promote justice, equity, diversity, and inclusion (JEDI) in occupational therapy education.
- Identify best practice strategies to increase JEDI in occupational therapy educational programs.
- Develop an action plan for implementing holistic admissions and reflect on how it will increase JEDI in their occupational therapy educational programs.

113 **Tools of Cultural Competence for Awareness and Sensitivity**

Sunday, October 30, 1:30 to 3:00pm

Shanpin Fanchiang, PhD, MS, MA, OTR/L; Jessica De Brun, OTD, MOT, OTR/L

Participants will be able to:

- Recognize two cultural competence models for healthcare relevant to occupational therapy.
- Employ a standardized measure to gain clients' perspectives of therapists' cultural humility.
- Use two standardized self-assessments to gain insight into our own cultural competence.

114 **Using Clinical Reasoning to Solve Challenges Encountered in Pediatric Practice**

Sunday, October 30, 1:30 to 4:30pm

Lisa Test, OTD, OTR/L, FAOTA; Erna Blanche, PhD, OTR/L, FAOTA; Mary Hallway, OTR/L

Participants will be able to:

- Articulate a systematic clinical reasoning approach for identifying needs, possible treatment approaches, and outcomes measures.
- Apply a clinical reasoning approach to clinical cases identify areas of deficit and develop an intervention plan combining treatment approaches.
- Integrate evaluation data obtained through multiple methods with appropriate interventions.

115 **Evidence-Based Oral and Pharyngeal Dysphagia: Conditions and Intervention**
Sunday, October 30, 1:30 to 4:30pm
Winifred Schultz-Krohn, PhD, OTR/L, BCP, FAOTA; Jerilyn 'Gigi' Smith, PhD, OTR/L, FAOTA

Participants will be able to:

- Examine the anatomy and physiology of the oral and pharyngeal phases of the swallow.
- Identify common issues during each phase that result in swallowing disorders (dysphagia).
- Describe evidence-based interventions that can be used in clinical practice to specifically address these two phases of the swallow.
- Apply the specific interventions to case presentations using professional reasoning to consider the client context(s).

120 **Wired: Considering Cognitive Performance Needs and Technology Use**
Sunday, October 30, 3:15 to 4:45pm
Marissa Marchioni, OTD, OTR/L; Emma Schiewe, OTD, OTR/L

Participants will be able to:

- Describe current trends in technology use, modern understanding of impact of technology on cognition, and trends in technologies used in rehabilitation.
- Describe interventions that assist individuals to utilize technologies to successfully perform occupations.

121 **Developing Acute Care Competency Through Interprofessional Simulation-Based Education**
Sunday, October 30, 3:15 to 4:45pm; Maura Lavelle, MS, OTR/L, CHSE; Wendy Brzozowski, BS, COTA/L; Emily Gherghel, PT, DPT, CCI

- Identify the benefits of simulations for training occupational therapy students to address acute care competencies.
- Discuss methods for integrating simulations into occupational therapy curricula to meet competencies related to clinical experience preparation, collaborative practice, and clinical skills.

122 **Establishing a Gender-Affirming Surgery Continuum of Care**
Sunday, October 30, 3:15 to 4:45pm; Daphne Carcedo, MA, OTR/L

- Understand foundational frameworks for sexuality, gender identity, and gender expression
- Use a variety of pronouns in various contexts
- Think critically about language as a tool for support and affirmation
- Understand how to provide appropriate care, within our scope, to patients seeking gender-affirming surgery
- Explore and gather resources.

123 **An OT-Led Lifestyle Medicine Program for University Students**

Sunday, October 30, 3:15 to 4:15pm; Dragana Krpalek, PhD, OTR/L; Julie Kugel, OTD, OTR/L, DipACLM

- Define lifestyle medicine and its application to university students
- Discuss the “5 Minutes to a Healthier You” program structure and content
- Review the outcomes of the pilot program
- Discuss the application of the program outcomes for occupational therapy students
- Discuss implications for various clinical settings to support client health and well-being.

END OF SESSIONS