



Michigan Occupational Therapy Association

The Voice of Occupational Therapy in Michigan

# Blazing a Trail Into the Future of OT

**Michigan Occupational Therapy Association**

Annual Conference

October 12-14, 2018

**Embassy Suites Hotel**

19525 Victor Parkway

Livonia, MI 48154

734-462-6000

**Keynote Speaker**

Katie Tietz, MS, OTRL

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# Sponsors

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# Exhibitors

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# Conference Schedule

## Friday, October 12, 2018

3:00-9:00 PM	Registration
4:00-5:00 PM	General Session: Human Trafficking; Casey Bross, OTD
5:00-9:00 PM	Welcome Reception and Exhibit Hall (CEU Opportunity)

## Saturday, October 13, 2018

7:00-8:00 AM	Registration
8:00-9:30 AM	Key Note Speaker: Katie Tietz, MS, OTRL
9:45-11:45 AM	Sessions
12:00-1:00 PM	Lunch
1:15-4:15 PM	Sessions
4:30-5:30 PM	Posters
5:30-6:30 PM	Silent Auction & Awards Ceremony
6:30 PM	Board Meeting Dinner (invite only)

## Sunday, October 14, 2018

7:00-8:00 AM	Registration
8:00-9:30 AM	Business Meeting (CEU Opportunity)
9:45-1:30 PM	Sessions
1:30 PM	Conference Concludes

<b>SATURDAY</b>	Banquet Hall							
8-9:30	Key Note	X	X	x	X	X	X	X
9:45-11:45	x	29 A Bayci	34 C Johnson	31 Conti	27 L Johnson	13 Ingram	25 A Crites	2 Summers
12-1	Lunch	X	X	X	X	X	X	X
1:15 – 4:15	x	36 Summers	28 Andert	4 K Christy	X	X	X	X
1:15 – 3:15	x	X	X	x	12 B Chycinski	11 Smith	9 Ramierz	3 Bissinger (Pain)
3:30-4:30	x	x	X	x	43 Matthews	42 Kunz	41 Tietz	16 Carr
4:30 – 5:30	Posters	X	X	X	X	X	X	X
5:30	Silent Auction / Awards	X	X	X	X	X	X	X

<b>SUNDAY</b>	Banquet Hall							
8-9:30	Business Meeting	X	X	X	X	X	X	X
9:45-11:45	X	X	X	X	X	23 Case	38 Ferguson	22. Raab
9:45-10:45	X	1 Milligan	18 Latocki (Pain)	20 Lidstrom	5 Christy	X	X	X
11 - 12	X	35 Frolo	24 Rameriz (Pain)	6 Baker	21 Bartkus	X	X	X
12:15-1:15	x	33 Miller	19 Justice	7 Hemphill	32 Eberth	26 L Johnson	18 Floyd-Slabough	37 East
1:30	Conference Concludes	X	X	X	X	X	X	X

*Human Trafficking  
General Session  
Friday, 4:00-5:00 PM*

*Welcome Reception  
Exhibit Hall  
Friday, 5:00-9:00 PM*

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## Special Events

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*Silent Auction  
Awards Ceremony  
Saturday, 5:30-6:30 PM*

*Business Meeting  
Sunday, 8:00-9:30 AM*

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## Saturday Sessions

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Katie Tietz, MS, OTR/L

8:00-9:30 AM

### **Developing a Health Pro Mindset**

The purpose of this workshop is to provide attendees with strategies for improving self-awareness, mindfulness, and maintaining alignment to best serve others. Participants completing this workshop will be able to describe the Model of Simplicity for developing a Health Pro Mindset. They will be able to outline the differences between bound nature and free nature states; as well as describe their own bound nature roles and how those impact their personal and professional lives. Attendees will be able to cite various effects of stress on the body and its professional impact. Through completion of this workshop, participants will be able to describe the strategies for integrating mindfulness-based methods into their clinical practice.

*Key Note Address*

*Saturday, 8:00-9:30 AM*

*Lunch Speaker*

*Saturday, 12:00-1:00 PM*

Angeline Bayci, OTRL, FMiOTA

9:45-11:45 AM

### **Defensible Documentation: Denials and Audits**

We are all too often ready to blame the type of tools we are required to document from. We should not hold those programs accountable for our lack of good documentation. We MUST get back to the components of good documentation, focusing on the content, including subjective information, objective data, utilizing tests and measures to enhance outcomes, with an emphasis placed on patient response and functional performance. This must be driven by you, the clinician and not the forms. Documentation is not an “extra step”; it is an integral part of the services we provide.



Cathleen Johnson, MS, OTRL & Eric Checkley, MS, OTRL

9:45-11:45 AM

**Occupation based treatments and tool kits**

This session will provide the learners with an overview of the spectrum of occupational therapy services delivered within post-acute rehabilitation centers. The session will review preparatory, purposeful and occupation-based interventions and the necessity of ensuring occupation is infused within practice. Evidence will be provided to ensure participants understand the distinct value of occupation. Experiential activities will provide learners with the opportunity to create tools kit recipes within the treatment session; inclusive of how to adapt occupations based on various clinical conditions.

Gerry Conti, PhD, OTRL

9:45-11:45 AM

**Grasp Assessment Revisited: Research-Driven Improvements**

The hydraulic dynamometer has long been regarded the “gold standard” for measuring grip strength. A new computer-based digital dynamometer is available to measure grip strength that also provides kinematic information about force development and maintenance. This greater understanding can help inform the development of improved interventions. Maximum grip force was recently studied in approximately 300 healthy young and old adults, as well as a small number of health-impaired adults, using the Vernier dynamometer. Kinematic features will be identified and compared to those found in adults with malnutrition and Huntington Disease, and implications for documentation of progress and intervention planning discussed.

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## Saturday Sessions Continued

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Lisa Johnson, OTRL, OTD & Denise Hoffman OTRL, OTD, BCP

9:45-11:45 AM

**Occupational Therapy’s Contribution to Literacy Across the Lifespan**

Occupational Therapy and literacy is an emerging practice area for occupational therapy. The ability to have form of literacy is necessary for participation in every occupation and context. The purpose of the presentation is to introduce the participant to the role that OT’s have in facilitating literacy with their clients in their workplaces. The presentation will discuss literacy issues across the lifespan, allow for group break out discussions to brainstorm opportunities and challenges for incorporating literacy in the participant’s practice. The learning objectives are: 1) The participant will reflect on how engagement in literacy will influence the quality of life of their clients, 2) The participant will have concrete steps to take to better address literacy in their practice.

Lynette Ingram, OTR/L. SWAL. CLE & Rayya Jones, Parent

#### **Children's Lower Body Dressing Made Fun and Easy**

The purpose of this hands-on presentation is to demonstrate no sew/low sew methods to adapt commercially available clothing for special needs children & review readily available no-tie lacing options. This topic is relevant as many special needs children want to wear the same clothing as their peers but they may have difficulties with fasters and tying due to multiple reasons. Commercially available adaptive clothing is limited. Evidence show that it builds a child's self-confidence when they are independent with dressing and toileting skills. Evidence also shows that parents report improved ease in caregiving as their children become more independent with self-care tasks. Specific learning objectives are to improve the ease of caregiving for parents, improve a child's self-esteem, provide alternate dressing and clothing methods, provide resources for commercially available clothing that is easily accessible for children and provide information regarding readily available no-tie lacing options.

\*Attendees for this session should bring a pair of shorts or pants to adapt

Anne Crites, OTRL, Donna Frollo MSOT, OTRL,  
Annette Horton MOT, OTRL & Kimberly Banfill, MOT, OTRL

9:45-11:45 AM

#### **MOTEC Fieldwork 101**

Fieldwork students (OT and OTA) are the future of our profession. Any clinician, regardless of level of experience, can supervise a Level I student, and practitioners with one year of experience since initial NBCOT certification can supervise Level II students (ACOTE, 2011). This session will discuss the benefits of being a fieldwork educator and the tools needed to establish and run a fieldwork program in any type of practice setting. Members from the Michigan Occupational Therapy Education Consortium (MOTEC) from various academic programs across the state (OT and OTA) will be present to answer any questions related to fieldwork education.

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## Saturday Sessions Continued

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Jennifer Summers, OTD, OTRL & Robert Coombs, BFA

9:45-11:45 AM

#### **The Art of Sexuality and Disability**

This workshop will prepare participants to value the experience of intimacy, sexual identity, and sexual engagement for people with disabilities. The participant will better understand and address the intersection of disability culture and sexuality as well as equip OTs and OTAs with practical skills to address the unique needs of this population. These skills will include proper assessment and interventions that will help to facilitate intimate interaction either alone or with others. Concepts discussed in this workshop will be exemplified using artwork from professional photography series about sexuality and disability. The award winning artist will share his lived experiences with sexuality as a gay man with a spinal cord injury as well as share his advocacy efforts to promote awareness of disability to health providers.

Jennifer Summers, OTD, OTRL, Audrey Tarbutton, OTS,  
Hayley Monforte, OTS, Rachel Bendewald, OTS & Stefanie Austin, OTS

1:15-4:15 PM

**Participation in Advocacy-Related Occupations Among People with Disabilities: Assessing Program Outcomes of an Advocacy Workshop**

Literature about community-based advocacy programs show positive social outcomes including increased self-advocacy and improved engagement in communities. Toward this end, a partnership among the GVSU's occupational science and therapy program and Disability Advocates of Kent County has formed an advocacy workshop for community members using principles guided by the Midwest Academy Manual for Activist. The purpose of this presentation is to introduce the participant to the history, development and implementation of these advocacy workshops, discuss the relationship between advocacy and community participation for population-based occupational therapy, and to disseminate preliminary results from a program evaluation of this workshop using pre and post attitudinal questionnaires to assess its effectiveness in building advocacy-related skills among its users. Additionally, participants will learn about the importance of evidence for the use of advocacy-building within occupational therapy practice.

Diane Andert, OTR/L, CDRS, CDI & Sarah Rider, MS, OTR/L, CDS

1:15-4:15 PM

**Driving: The Most Complex IADL**

Learning to drive is every teen's dream; continuing to drive is every adult's hope. Driving and community mobility are critical skills for independence. Participants will:

- Experience a comprehensive driving evaluation, including trying break reactors and other tests and equipment
- Learn driver rehabilitation strategies for individuals with autism, veterans with PTSD,, the elderly, amputees, and others
- Learn driving strategies and try out equipment to maintain fitness to drive
- Learn about visual challenges and the use of bioptic lenses
- Experience a specially modified vehicle (hands only driving, etc.)

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## Saturday Sessions Continued

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Kara Christy, MS, OTRL, CBIS & Natasha Huffine, MS, OTRL, CBIS

1:15-4:15 PM

**Vision Therapy: Beyond compensations and addressing the root of the problem**

Vision is often an area in occupational therapy that is compensated for. Many times functioning can be improved and strategies are not needed if the underlying problem can be improved or fixed. This workshop we will go beyond compensations and discuss comprehensive screening and treatment for vision related deficits. Included will be equipment for a "shoe box" budget, common vision therapy equipment, and iPad applications that can be used to correct the foundational problems. Clinicians will discuss vision diagnoses, how they impact functioning, and treatment applications.

Breanna Chycinski, MS, OTRL & Kristin Willey, MHS, OTRL

1:15-3:15 PM

**Level I Fieldwork- Purpose and Expectations for the OT and OTA Student**

Level I Fieldwork is a critical component of all OT and OTA programs, however design and structure of Level I Fieldwork is driven by each program's curriculum, sometimes causing confusion regarding Level I Fieldwork expectations for fieldwork educators. The purpose of this workshop will be to review the purpose and goals of Level I Fieldwork, provide an overview of how Level I's are structured within each of the OT and OTA programs in Michigan, discuss Level I expectations as they relate to the performance evaluation, as well as introduce proposed accreditation standards for Level I Fieldwork by the Accreditation Council on Occupational Therapy Education (ACOTE) and brainstorm ways to address these standards in various settings.

Dilyn Smith, MS, OTRL, McKensie Ward MS, OTRL, &  
Kelsey Underhill MS, CCC-SLP

1:15-3:15 PM

**OTs, SLPs and AACs: The OT Role in AAC use and collaboration with SLPs**

The purpose of this presentation is to discuss what augmentative and/or alternative communication (AAC) is the OT's role in supporting clients who use AAC and how to document/write goals related to AAC. In order to maintain best practice and client-centered approach as an OT, it is important to understand how AAC relates to our field. To best serve our clients, we need to advocate for interdisciplinary treatment and collaboration. We will talk from the perspectives of both OT and SLP, using video examples and real life cases, in order to communicate clear treatment examples and facilitate conversation. Our learning objectives include identifying common AAC systems, understanding the OT role in AAC accessibility and use, how to co-treat and collaborate with SLP regarding a client who is using AAC, how to integrate AAC into individual OT sessions and finally, how to appropriately document AAC within the care plan/goal/daily note continuum.

Cheri Ramirez, MS, OTRL & Melissa Gallagher, MS, OTRL

1:15-3:15 PM

**Back to Basics: Functional Kinesiology Review**

This is the second workshop offered in the "Back to Basics" series that serves as a refresher course for occupational therapists who would like to review and/or gain a better understanding of the neurological, psychological, anatomical, and physiological components of kinesiology practice across the lifespan. The goal of this interactive, evidence-based presentation is to provide participants the ability to understand and describe the role of biomechanics and sensorimotor systems in motor learning and development, and apply the information learned about how the skeletal muscle, integumentary, and neurological systems interact with one another through the practice of kinesiology in order to influence a patient's functional, behavioral, and emotional responses to occupational therapy treatment.

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## Saturday Sessions Continued

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Mary Beth Bissinger, MOT, OTRL, BCPR

1:15-3:15 PM

**Enhance Pain Care Approach for Person Centered Dementia Care Practice**

Dementia and Alzheimer patients are negatively impacted by pain. The goal of this workshop is to share strategies regarding the client with the co-morbidities of pain and dementia. The hope is to improve identification and communication, thru objective assessment and comprehensive interdisciplinary care. The focus will be on improving the clinicians' ability to provide evaluations and strategies utilizing evidenced based practice. Additionally we will enhance their knowledge and skills identifying pain for this complex population. Best practice promotes collaboration with interdisciplinary teams. Occupational therapists are positioned to educate and understand the characteristics of dementia and Alzheimer's disease regarding pain. Communication strategies will be shared based on cognitive levels.

Kirsten Matthews, MA, OTRL, CLT

3:30-4:30 PM

**Lymphedema and Lipedema Therapy Indications, Contraindications, and Risk Factors**

This presentation will provide a better understanding of what lymphedema and lipedema therapy consists of including contraindications and risk factors for therapy. This presentation will provide an overview of the approach and goals for therapy. Presentation, referral for, assessment of, and treatment for lymphedema and lipedema will be discussed, along with special circumstances.

Jeanette Kunz, MOT, OTR/L, BCP

3:30-4:30 PM

**Wandering 101: Occupational Therapy's Role in Awareness and Prevention**

This workshop will focus on the use of current awareness, practice, and prevention of wandering/elopement. Wandering impacts both pediatric and adult populations and poses significant threats to an individual's health and safety. During the workshop, we will discuss current pediatric and geriatric occupational therapy approaches to support caregivers and clients at-risk for wandering. Learning Objective #1: Understand and identify the characteristics of someone at-risk for wandering; Learning Objective #2: Understand and identify environmental supports and modifications for someone at-risk for wandering; Learning Objective #3: Review and understand Occupational Therapy's role in addressing wandering in specific patient populations.

Katie Tietz, MS, OTR/L

3:30-4:30 PM

**Self-Care & Prevention of Burnout**

The purpose of the seminar is to give participants a time and place to explore their own risk and protective factors surround burnout, compassion fatigue, and secondary trauma stress. We will identify the differences between the three and the long-term effects of each. Together, we will develop strategies to foster resiliency and ameliorate our own risk of burnout. Through completion of this seminar, participants will identify the differences between self-care and passionate pursuits, and they will have developed an action plan of protective factors to combat burnout.

Amanda Carr, OTR/L, CBIS

3:30-4:30 PM

**Virtual Reality in Neuro-Rehabilitation and Beyond**

Virtual reality is becoming more readily available for clinicians and consumers in neuro-rehabilitation. This session will review applications, immersion levels, contraindications, and access options of virtual reality in the clinical setting as well as within the home and community.

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## Sunday Sessions

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Donna Case, PhD, OTL

9:45-11:45 AM

### **Best Practice in Schools**

School based practice is changing rapidly as cost cutting and evidence-based demands intersect with school practice. School based occupational therapy practitioners straddle both the medical and educational model. Technology is changing and impacting student's means of expressing themselves in written and verbal communication. This session will be a come and share session where the presenter and participants can share some of their favorite treatment ideas and successes or problem areas that need a solution. Be prepared to share and problem solve.

Robert C. Ferguson, MHS, OTRL & Michael Blackstock, MS, OTRL

9:45-11:45 AM

### **Connecting Virtual Reality and Occupation**

Virtual reality (VR) is increasingly being used in clinics and in research for pain management, recovery of motor skills, movement re-education, limb-eye coordination, special orientation, balance and functional training. Unfortunately, clinicians may use VR without understanding what type of VR the evidence refers to or how it relates to a selected occupation. The seminal VR model "reality-virtuality continuum" (Milgram, Takemura, Utsumi, & Kishino, 1995) will be introduced as a means to assess VR platforms and activities and relate them to a client's occupational goals. You will also learn to facilitate task-specific transfer from a virtual task to occupation.

Jaclyn Raab, OTRL

9:45-11:45 AM

### **Sexual Healing: The OT's Role in Addressing Sexual Health & Intimacy**

Sexual expression and intimacy are core characteristics of human behavior, yet are under-addressed ADLs by OTPs. This session will identify the OTP's unique opportunity to establish oneself as a leading sexual health clinician, provide participants with an understanding of sexuality/intimacy topics, recommend evidence-based sexual health interventions to advance OT practice, and discuss tips to navigate systemic/ethical barriers when implementing these interventions.

Nancy Milligan, PhD, OTRL FAOTA, FMiOTA

9:45-10:45 AM

### **Coming Soon: Doctoral Capstone Projects and Residency. What is it?**

In 2017, the Accreditation Council for Occupational Therapy Education (ACOTE) mandated that by 2027 that all entry-level occupational therapy programs will transition to the doctorate (OTD). The Standards for a Doctoral-Degree Level Education program for the Occupational Therapist (Proposed Standards, December 2017) states that the doctoral capstone shall be an integral part of the program's curriculum design. The doctoral capstone consists of two parts: 1.) capstone project; 2.) capstone experience, (residency). This presentation will provide the practitioner with examples of capstone projects and explain the requirements and components of the capstone residency.

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## Sunday Sessions Continued

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Joe Latocki, OTR/L

9:45-10:45 AM

### **MiPain: OT's role in an intensive pain multidisciplinary program**

This presentation will provide a brief education concerning amplified pain syndrome and complex regional pain syndrome. Discussion concerning the location of other intense pain programs around the country and the history of MiPain program at Michigan Medicine will be included. A review of the disciplines involved and their roles will be provided. The OT role should focus on function, independence, ADL's, IADL's, habits, and routines. The presentation will include appropriate standardized evaluations, and a variety of treatment approaches. Preliminary results from the past year of the program will be included.

Debra Lindstrom, PhD, OTRL & Jaclyn Ryan (West-Frasier), PhD, OTRL

9:45-10:45 AM

### **Putting the Clinician in the Center when using Evidence-Based Practice**

The purpose of this workshop is to help clinicians understand the importance of incorporating the patient/client's perspective, the practical context of treatment and the clinicians' own clinical reasoning and experience, with the available evidence. The McMaster model of using EBP guides a clinician to incorporate available evidence from the EBP pyramid with these other factors that influence the ability to use the research available. This model gives us the language to support the importance of using our clinical reasoning and expertise with the evidence available. Participants will go through the model's decision-making process with clinical examples.

Kara Christy, MS, OTRL, CBIS & Natasha Huffine MS, OTRL, CBIS

9:45-10:45 AM

### **Assessment and Intervention of Visual Perception and Cognition and the Impact on Everyday Functioning**

Visual perception and cognition are performance components within Occupational Therapy that can have great impact on everyday functioning across diagnoses. Proper evaluation and treatment planning are important for making gains in rehabilitation or with skills training. This workshop will include a variety of formal assessments and screens, and will cover both remediation and compensatory approaches for therapy. Clinicians will discuss various visual perceptual and cognitive deficit areas and the impact on overall functioning.

Donna Frollo, MS, OTRL, Carly Lorencen OTA student,  
Chelsea Fenner OTA student & Brook Keller OTA student

11:00 AM-12:00-PM

### **Matter of Balance as Fieldwork: Students Providing Public Scholarship**

Matter of Balance is an evidence-based program that employs cognitive restructuring techniques to help reduce the fear of falling among older adults. Occupational Therapy Assistant students at Baker College of Owosso are trained as coaches, allowing them to facilitate a Matter of Balance class. As coaches, students provide public scholarship with the goal of reducing falls to the community of Shiawassee County. Common outcomes recognized by participants are improved endurance, increased activity tolerance, and more confidence when performing ADLs and IADLS. Although Matter of Balance is not a tool that is specific to the profession of occupational therapy, it is a tool that facilitates greater independence and improved quality of life.

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## Sunday Sessions Continued

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Cheri Rameriz, MS, OTRL & Melissa Gallagher MS, OTRL

11:00 AM-12:00-PM

### **Pain and Participation: The 2-Way Dilemma**

Addressing a client's pain can be a very difficult challenge for an occupational therapist, especially when efforts are met with resistance to movement of the painful site, despite the benefit in providing kinesthetic interventions. This evidenced-based workshop will provide the therapist with an advanced understanding of how to utilize neurological, psychological, anatomical, and physiological components to improve functional performance and safety, while also addressing pain management factors. As a result of this presentation, participants will be able to: define kinesiology principles that provide a basis for common occupational therapy interventions, identify the relationship between pain response and levels of functional participation, and apply kinesthetic approaches that may have an impact on reducing the initial pain response and facilitating overall positive outcomes for clients across the lifespan.

Alissa Baker, MS, OTRL

11:00 AM-12:00-PM

### **Essential Elements of a Comprehensive Initial Evaluation**

Why should we care about how we complete and document evaluations? Beyond being required, an initial evaluation influences many (if not all) other aspects of occupational therapy (OT) service delivery and the methods selected can either hinder or support client progress and positive outcomes. This session will provide a template for a comprehensive, client-centered, and occupation-based evaluation that was created using language and content from the Occupational Therapy Practice Framework, CPT codes for OT evaluations, and AOTA Documentation Guidelines. After participation in this session, participants will be able to: list the 5 domains of OT practice, correctly select and assign the three OT evaluation codes, and describe the essential elements of an OT evaluation.

Amy Bartkus, OTS, Hannah Schweikart, OTS,

11:00 AM-12:00-PM

### **Experiences of Voters with Disabilities in Michigan**

Voting is not only a basic civil right in a democratic society, but also an occupation that provides people with a sense purpose and an opportunity to participate in the broader society. People with disabilities are 21% less likely to vote than those without, resulting in an estimated 3 million voters lacking in participation. While there are facilitators to voting, it is evident that barriers still hinder participation. Although there is an extensive body of literature that offers the experiences of voters with disabilities (VwD) nationally, there is but a modicum that elucidates the experiences of those in Michigan. We devised a qualitative study corroborated by the Person Environment Occupation model and Occupational Justice Theory in order to examine the experiences of VwD in Michigan. The findings could provide occupational therapists with the information needed to restore occupational justice by facilitating voter participation among VwD.



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## Sunday Sessions Continued

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Marie Miller, MOTRL, Katie Mittlestraedt, COTL,  
Molly Racklin, OTRL, CBIS, ATP & Jamie Bell COTL

12:15-1:15 PM

### **What's your role again? The collaborative nature of the OTR/OTA relationship**

In 1958, AOTA began approving educational programs for occupational therapy assistants (OTA). Originally, OTAs were designated specifically for work in psychiatric hospitals because of a shortage of occupational therapy practitioners in psychiatry. The role of the OTA has since expanded into all areas of practice, requiring ongoing discussion and evaluation of the relationship between OTAs and registered occupational therapists (OTR). Over the years, numerous conversations have taken place among practitioners regarding ethical concerns about role delineation. For our profession to thrive there must be conversation, consistency and a mutual respect for all practitioners. The purpose of this presentation is to identify current ethical questions regarding expectations of the occupational therapy practitioner, both OTR and OTA, across a variety of settings. We will also discuss how education prepares students for the OTR-OTA relationship and explore a variety of ways to approach ethical role delineation while maintaining respect for all health care "institutions".

Denise Justice, OTRL

12:15-1:15 PM

### **The Basics of Cultural Competence**

Currently 29% of US population is minority with projection of 50% by 2050. Therefore to meet the needs of our patients Occupational Therapists must attend to the cultural differences of our patient populations. This presentation will review the key areas of cultural competence.

The objectives of this presentation are to:

- Facilitate cultural awareness relative to medical care providers
- Enhance practice interventions to optimize patient satisfaction / outcomes
- Stimulate interest in furthering competence

Barbara J. Hemphill, DM, FAOTA, OTRL

12:15-1:15 PM

### **Racism: An Ethical Imperative**

People of color in the United States are systematically denied well-being in economic capital, bodily security, health, recreation, education and ownership. (1) "...racial and ethnic minorities tend to receive a lower quality of health care than non-minorities, even when access-related factors, such as patient's insurance status and income area are controlled." (2) The current ethical code of AOTA does not address racism directly. But couched in the principles of social justice and cultural competency. (3) Specific objectives are: 1) Understand the relationship between racism and health, 2) Understand racism in the context of the AOTA ethical code.

Steven Eberth, OTD, OTRL & Cassie Jeng PhD, MPH

12:15-1:15 PM

### **Promoting a Falls Prevention Culture Through Behavior Change and Health Literacy**

This is our research findings from a 2017 study to determine the effectiveness of the 5 A's and health literacy to improve a hospital falls prevention culture. We collaborated with the hospital to design an education program for all employees and used the Agency for Healthcare Research and Quality Hospital Survey on Patient Safety Culture to assess change. We will teach the application of the 5 A's to promote change at the individual level.

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## Sunday Sessions Continued

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Lisa Johnson, OTRL, OTD

12:15-1:15 PM

### **Occupational Therapy Performance Coaching for Pediatrics**

Occupational Therapy practitioners use coaching as a service delivery model that promotes family engagement and meets the healthcare industry demand for a cost-effective technique. The Occupational Performance Coaching (OPC) approach provides a structured approach that uses occupational therapy principles to guide pediatric therapist in delivering coaching services. The purpose of the presentation is to introduce the participant to the OPC approach as an approach that can be used in a pediatric work setting. The presentation will discuss the step by step structure of the OPC approach, review evidence-based OPC case studies and collaborate as a group on possible clinical applications for the applications. Learning objectives are: 1) The participant will learn the three essential components for an OPC session, 2) The participant will have concrete examples of how OPC has worked in pediatric settings, 3) The participant will collaborate with their peers on a plan on how to implement OPC at their work setting.

Carla Floyd-Slabaugh, DrOT, OTRL, CBIS

12:15-1:15 PM

### **The Kid's Eyes Have It**

The Kid's Eyes Have It presentation will educate OTs on basic visual skills, such as fixation, saccades, accommodation, and convergence, and their impact on function for the pediatric population. After attending this presentation the participant will be able to explain basic eye structures, basic visual skills, typical visual development, and how the common pediatric diagnoses of abnormal tone, retinopathy of prematurity, and concussion can impact visual function. Given the import of education for the pediatric population, a closer examination of how deficits with basic visual skills can impact education will be taken.

Mary Ellen East, MS, COTAL, ROH

12:15-1:15 PM

### **Choosing Wisely**

Started in 2010 this worldwide organization was founded to reduce duplication of services. Learn the 5 things OT Practitioners should "NOT" be using in practice. L.O. #1. Understand the history of Choosing Wisely. L.O. #2, Understand how the 5 things OT Practitioners should not be doing ways developed. L.O. #3. Identify ways that positive changes can be made in your clinics

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## Poster Presentations

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### **The Effectiveness of Occupational Therapy for the Prevention of Pain and Injury in Dental Students**

*Basem Alsalah, OTS, Sharon Holt, MHS, OTRL, Conor Laurencelle, OTS, Leah McQuone, OTS, Madelyn Prebola, OTS, Jayne Yaczak, PhD, OTRL*

Dentistry involves repetitive, forceful movements that can lead to musculoskeletal disorders (Gupta et al., 2015). Dentists report receiving inadequate training on ergonomics (Murphy & Guay, 1998 as cited in Thorton et al., 2003). A longitudinal study using mixed methods was conducted to examine the effectiveness of occupational therapy intervention on the prevention of pain and injury for students at the University of Michigan's School of Dentistry. Quantitative data of students' reported pain, injury rates, knowledge and use of ergonomics, sleep habits, and stress levels was collected. Qualitative data including student and faculty experiences, perspectives, and priorities throughout students' four years in the program and beyond was also collected. Data support the use of OT interventions for wellness and prevention at a population level. Implementation of this occupational therapy protocol may influence dental education and future dental practice.

### **How do programs using peer supports increase social participation and inclusion in elementary-aged children with autism spectrum disorder (ASD)?**

*Rachael Drenner, OTS, Charisse Fesko, OTS, Camille Figarra, OTS, & Gretchen Dahl Reeves, PhD, OTL, FAOTA*

Mandates in special education that emphasize provision of education in the least restrictive environment have led to greater inclusion of children with ASD in the mainstream. However, some research indicates that social acceptance and inclusion of students with ASD among peers is limited. Using criteria established by AOTA, we are conducting an exhaustive systematic literature review to support practices that OTs can use to increase inclusion among elementary-aged children with ASD. Results, conclusions and limitations as well as implications for practice will be discussed.

### **What are the physical, psychosocial, and functional outcomes of gardening as a means for therapy for older adults?**

*Kristen Gutman, OTS, Nikki Jonik, OTS, & Gretchen Dahl Reeves, PhD, OTL, FAOTA*

Gardening is one of the most popular occupations for older adults, which is an effective way to incorporate meaning, purpose, and enjoyment. We have discovered that there is limited research published by occupational therapists that supports gardening in therapy. We are conducting an exhaustive systematic review according to criteria established by AOTA. Results, conclusions, and limitations as well as implications for practice will be discussed.

### **Occupational Therapists' Perceptions and Current Practices Regarding Substance Use Disorders: A Survey**

*Chelsey L. Hahn, OTS, Erin C. VanBuskirk, OTS, Mandalin E. Gray, OTS, & Nicole C. Avery, OTS*

Substance use disorders (SUDs) disrupt occupational engagement and performance. This study examined the assessment and intervention strategies, as well as occupational therapists' perceptions, when addressing SUDs. Quantitative and qualitative data was collected by a mailed survey. Quantitative results were interpreted using frequency counts and qualitative data was coded into themes. Participants reported they can be an effective agent of change with this population. However, they do not routinely assess SUDs or believe they have the knowledge and confidence to treat this population. Occupational therapists are encountering SUDs in their practice but rarely addressing them. This survey suggests that occupational therapy practice is not evolving to meet the growing SUD problem. Many participants cited a need for more education to improve their knowledge, which could impact their practices with this population.

## **Innovations in Institutional Living: An Intergenerational Residential Model for Improving QOL of Elders and Fostering Understanding of Aging Among OT Students**

*Nancy Hock OTRL, CHT & Maureen Mickus MSG, PhD*

Lack of interactions between generations can result in distrust and age-related stereotypes. Past research on intergenerational programming has documented bi-directional benefits. Three occupational therapy graduate students resided in an assisted living facility for 19 months. The study used a longitudinal design with mixed methods including the Aging Semantic Differential and semi-structured interviews to assess program impact. Communication challenges among facility staff and residents as well as role confusion emerged. Residents expressed an overwhelming positive response and students developed important insight about the aging process and understanding of the institutional experience. Students reported improved listening skills, sense of advocacy, and the desire to impact the lives of others. Intergenerational living models have the potential for altering the categorization of older adults as a group, and help shape a more individualistic perspective. This approach holds promise for preparing an informed aging workforce and improving the long-term care culture.

## **Weighing Oneself: An important IADL for Clients with Congestive Heart Failure (CHF)**

*Cathleen C. Johnson, MS, OTRL FMiOTA*

The instrumental activity of daily living (IADL) known as health management and maintenance is defined by AOTA (2014) as “developing, managing, and maintaining routines for health and wellness promotion, such as physical fitness, nutrition, decreased risk behaviors, and medication routines” (p. S19). In 2016, the Centers for Disease Control and Prevention (CDC) reported congestive heart failure (CHF) as being the highest Medicare expenditure group affecting 5.7 million Americans. Weight gain is used by disease-management programs as a marker of heart failure decompensation. Adults with congestive heart failure need to perform the healthcare routine of weighing oneself daily to measure fluid accumulation. A weight gain of 2 to 3 pounds over a 2 to 3 day period may require consultation with a medical professional to avoid unnecessary re-hospitalization. Do occupational therapy interventions directed toward weighing oneself for CHF patients reduce re-hospitalizations?

## **Evidenced Based Therapeutic Intervention for Children and Youth with Neonatal Brachial Plexus Palsy**

*Denise Justice, OTRL, Lynnette Rasmussen, OTRL, & Kate Chang, MA, MS*

This poster comprises findings from various patient related research derived from the interdisciplinary clinic at Michigan Medicine. The findings from our various studies have been compiled to create a continuum of care for therapists to consider during their treatment of children with NBPP. The objective of this poster is to educate occupational therapists regarding appropriate treatment strategies for NBPP from birth through the transition to adulthood.

## **Occupational Therapy in Prisons**

*Katie Kowalski, OTS, Amanda Gay, OTS, Joselyn Walsworth, OTS, & Amber Carmean, OTS*

Recidivism and overcrowding rates is a serious issue in the United States' prison systems. Recidivism contributes to occupational deprivation; an individual's loss of ability to engage in meaningful and necessary occupations. Occupational deprivation reduces an individual's overall well-being and can increase development of psychological and physical illness. Through incarceration, individuals lose their civil liberties which directly impact occupational engagement within society. Occupational therapy emphasizes the importance of every individual having the skills and abilities to engage in meaningful activities. Our main learning objective is to share how occupational therapy can rehabilitate incarcerated individuals by assessing their needs to facilitate successful reintegration into the community. Qualitative data will be collected through a program evaluation of conducting a single focus group session facilitated by a semi-structured interview with men who have been previously incarcerated. All transcribed data will be analyzed using thematic analysis. Preliminary findings will be discussed upon further data collection.

## **How effective is constraint-induced movement versus bimanual therapy in promoting functional outcomes for older adults with hemiparesis resulting from stroke?**

*Jessica Lai, OTS, Erin Coomer, OTR, & Gretchen Dahl Reeves, PhD, OTL, FAOTA*

Constraint-Induced Movement Therapy and Bimanual therapies have been employed to rehabilitate hemiparesis resulting from stroke. As stroke risk increases with age, and a majority of strokes occur in adults 65+ years, the proposed project will compare the functional outcomes of these therapies in seniors with hemiplegia from stroke. We are conducting an exhaustive systematic literature review using AOTA-established criteria in identifying credible evidence to support clinical practice for engaging seniors with hemiplegia. Results, conclusions, limitations, and implications for practice will be discussed.

### **Accommodating Employees with Traumatic Brain Injury**

*Kathie Martin, OTRL, CBIS, VSS*

Focus of this poster presentation is to provide education on the Hierarchy of Cognitive Functions along with what accommodations are often needed when individuals transition back to work after a sustained Traumatic Brain Injury. Definitions, signs and symptoms, and strategies are identified within each level of the hierarchy and case scenarios are used to provide real life examples of implementing strategies and accommodations into daily work routines. JAN (Job Accommodation Network) is referenced throughout the poster.

### **School-To-Work Transition for Students with Developmental Disabilities**

*Rachel Milowski, OTS, Stephanie Olszewski, OTS, Kristen Hale, OTS, & Gretchen Dahl Reeves, PhD, OTL, FAOTA*

Approximately, a quarter of students with developmental disabilities graduate from high school (Levinson & Palmer, 2005). When vocational and educational training is provided, students are less likely to drop out (Certo & Luecking, 2006). Occupational therapists have the ability to help students discover and build skills, which can be transferred to real-life work situations (Baer, Dennis, & Flexer, 2007). Consistent with AOTA standards, an exhaustive systematic literature review is being conducted to enhance clinical practice that supports high school transition programs for students with developmental disabilities. Results, conclusions, limitations, and implications for practice will be available.

### **S.A.F.E. (Successful Active Fall Education) @ PACE (Program of All-Inclusive Care for the Elderly): A Program Modification Plan for Occupation-Based Fall Prevention**

*Chelsie Myers, OTD & Nicole Stotz, OTD, OTR/L*

According to researchers, injuries stemming from falls are one of the most common causes of restricted activity, decreased independence, and death in older adults (Peterson & Newton, n.d.; Gill, Allore, Holford & Guo, 2004; Kannus, Niemi, Palvanen, Parkkari & Järvinen, 2005). Falls are a serious concern for older adults enrolled in PACE Southeast Michigan. Review of the literature and investigation of the needs of PACE participants led to the creation of an occupation-based fall prevention program entitled S.A.F.E. @ PACE. The program was designed to modify the current rehabilitation department at PACE Southeast Michigan; enriching the department with a new approach to fall prevention. S.A.F.E. @ PACE involves multi-component group interventions comprised of evidence-based exercises (i.e. Tai Chi) and fall prevention education for community-dwelling older adults. Education centered on occupation-based strategies can reduce falls and increase safety in one's environment. By reducing the incidence of falls, S.A.F.E. @ PACE aims to improve quality of life and level of independence in older adults enrolled in PACE Southeast Michigan.

### **Decreased Rhomboid Muscle is Associated with Significantly Decreased Arm Function in Long-Term Follow-up of Neonatal Brachial Plexus Palsy**

*Lynnette Rasmussen, OTRL*

Decreased Rhomboid Muscle (RH) is Associated with Decreased Arm Function in Long-Term Follow-up of Neonatal Brachial Plexus Palsy (NBPP). NBPP affects 1-4% of all births. Most children improve, however 30-40% will have persistent weakness. Most studies focus on the joints of the shoulder, elbow, wrist and hand but little attention has been given to the scapula stabilizers. This retrospective cohort study looked at 34 patients with NBPP, who had ultrasounds between the ages of 2-4 years with indication of normal or decreased RH. Active range of motion measurements were taken at 2-4 years and 6-10 years with comparison. Of the 34 subjects, 11 had decreased RH, 23 had normal. Shoulder and elbow function was better in the normal RH group. Patients with non-atrophied

rhomboids have better shoulder and elbow function. Therapists treating NBPP need to focus on strengthening scapula stabilizers.

### **How Effective are the Strategies of DBT in Reducing the Behaviors of Non-suicidal Self-injury in Adolescents?**

*Kimberly Raymond, OTS, Natalie Depalma, OTS, Lauren Holtz, OTS, & Gretchen Dahl Reeves, PhD, OTL, FAOTA*

Non-suicidal self-injury (NSSI) is most common in adolescence. Research often focuses on suicidal ideation, leaving a gap in NSSI research. Dialectical Behavior Therapy (DBT) is a successful cognitive-based therapy used for psychological disorders. The purpose of this systematic literature review is to determine the effectiveness of DBT in reducing behaviors of non-suicidal self-injury in adolescents. AOTA criteria for systematic reviews were used to collect evidence about DBT and NSSI. Results, conclusions, limitations, and implications for practice will be discussed.

### **A missed opportunity: Occupational therapy for individuals with adult-onset muscular dystrophies**

*Renuka Roche PhD, MS, OTR/L, Eric Brownlee, OTS, Jacob Heppe, OTS, Andrea Gossett Zakrajsek OTD, MS, OTR/L, & Joseph A. Roche BPT, PhD*

There are currently no standardized guidelines for OT intervention for individuals with adult onset-muscular dystrophies (MD). There is emerging evidence that muscle overuse depletes muscle regeneration and worsens weakness. Therefore, it is critical that individuals alter ADLs in order to protect their muscles. We are currently performing qualitative analysis on “patient stories” published by a Foundation that advocates for patients with Limb Girdle Muscular Dystrophy 2B (LGMD2B). We are using narrative inquiry as technique. We are coding-and-retrieving to determine if individuals with LGMD2B report: worsening symptoms with excessive physical activity, referral to OT, access to assistive technology and their perceived quality of life. OT is an under-utilized profession in this population. Based on our results, we will present specific need for OT to reduce muscle overuse to prolong functional independence.

### **Comparing motor signatures of Developmental Coordination Disorder (DCD) / Autism Spectrum Disorder (ASD) and Cerebellar Lesion Groups (CBL)**

*Renuka Roche PhD, MS, OTR/L, Michael Cusick, OTS, Shanay Giasson, OTS, & Jenna Levine, OTS*

Sensorimotor deficits seen in individuals with DCD/ASD may be attributed to cerebellar dysfunction. However, they do not have visible structural damage of the cerebellum. We hypothesized that if cerebellar lesions in the DCD/ASD groups are physiological, their movement patterns may be similar to individuals with cerebellar lesions. We did a literature review to compare the performance of DCD/ASD populations with the CBL group focusing on force production. Force production is integral for efficient activities of daily living (i.e. buttoning, writing). We examined the articles (n = 34) for their key findings, established movement signatures using kinematic and kinetic variables for each population and compared them. We found that DCD/ASD groups share several features of force production with CBL group. These groups do not have difficulty with force production but with producing force in time (power); therefore, TIMING IS KEY! We will discuss the implications for occupational therapy practice.

### **Force and accuracy during tracing and copying tasks in children with Developmental Coordination Disorder (DCD)**

*Renuka Roche PhD, MS, OTR/L, Kyle Gose, OTS, Shane Lilley, OTS, & Nyla Peracha, OTS*

Children with DCD / ASD have significant motor deficits which impacts ADLs and academic achievement. They are referred to OT for remediation of handwriting deficits. While studies focus of visuo-motor/cognitive aspects of handwriting, the deficits may be related to the ability to calibrate force appropriately. Currently, we are studying the ability of children with and without DCD to control force during copying and tracing tasks under 2 conditions: Continuous (no pen lifting, like during cursive writing) and Discontinuous (repeated pen lifting and starts and stops, like during printing). We will be correlating it to accuracy, legibility and speed. We use force sensors and a digitizing tablet. Our hypothesis is that children with DCD / ASD will have more legible, fast and accurate

handwriting during the continuous condition. We will present specific OT intervention strategies based on our results.

### **A Phenomenological Study of the Lived Experiences of Families Transitioning to Permanent Housing**

*Ashton Roth, OTS, Lauren Goldstein, OTS, & Ella Savalox, OTS*

Homelessness is an experience that transcends socioeconomic status, ethnicity, educational attainment, disability status, and life stage. Although the population is expansive, the number of families experiencing homelessness is overwhelming. In 2016, families experiencing homelessness comprised 35% of the national homeless population. In Michigan, the percentage increases to 61% (U.S. Department of Housing and Urban Development, 2016). Currently, there is a gap in the literature regarding the effectiveness of occupational therapy services for families transitioning to permanent housing. Through qualitative research, we have chosen a phenomenological approach to capture the lived-experience of families transitioning to permanent housing. Family-centered interventions were developed to assess the impact of occupational therapy on the quality of transitions and in establishing housing stability. A semi-structured post-interview with the families allowed the researchers to gather rich qualitative data on the impact of occupational therapy on the lived experience of transitioning to permanent housing.

### **What Is the Effectiveness of Non-pharmacological Interventions for Cognitive Impairment in Women Treated with Chemotherapy for Breast Cancer?**

*Emily Runyan, OTS, Taylor Bennett, OTS, Rachel Santioni, OTS, & Gretchen Dahl Reeves, PhD, OTL, FAOTA*

Women treated with chemotherapy for breast cancer experience cognitive impairments at a high rate during and after treatment, showcasing a need to explore the available evidence on the effectiveness of nonpharmacological interventions. We are conducting an exhaustive systematic literature review using criteria established by AOTA. Results, conclusions and limitations as well as implications for practice will be discussed.

### **Reflective Analysis of a 20-year Curricular Process: Using evidence-based practice principles to incorporate effective teaching/learning approaches into entry-level doctorate curriculum.**

*Jaclyn Ryan PhD, OTRL & Debra Lindstrom PhD, OTRL, FAOTA*

This presentation melds 40 years of combined authors' teaching experience with program evaluation data and published research to guide integrating effective teaching/learning approaches into occupational therapy entry-level doctoral curriculum. Similar to clinical practice, it behooves academic settings to abide by principles of evidence-based practice (EBP). Authors use the Ontario Canada McMaster's University Health Science program's evidence-based practice model to structure the analysis (Haynes, R., Sackett, D., Gray J., Cook D., & Guyatt, G., 1996). This EBP process is used to analyze published evidence together with authors' experience, stakeholder values and priorities, and academic setting circumstances and resources in order to inform decision-making during curriculum design. Evidence for this process is provided by preliminary results of an umbrella review, which is a review of published articles (Giuseppe Biondi-Zoccai (Ed.), 2016), carried out by the authors and designed to identify effective teaching/learning approaches in healthcare education. The outcome of this analysis will be shared and recommendations made to incorporate evidence supported teaching/learning approaches into doctoral entry-level curriculum.

### **How Does Engagement in Creative Arts Benefit Youth at Risk of or Currently Using Illicit Substances?**

*Kelsey Scott, OTS, Zosia Stolarчук, OTS, Yaoyao Du, OTS, & Gretchen Dahl Reeves, PhD, OTL, FAOTA*

Due to the current substance abuse crisis, it is important to discover effective ways to support youth who are at risk or currently using substances. Our purpose is to identify research that demonstrates participation in arts as beneficial to this population. Exhaustive systematic literature reviews are being conducted according to criteria established by AOTA for identifying credible evidence to support utilization of arts to positively impact this population. Results, conclusions, limitations, and implications for practice will be discussed.

### **Does Mindfulness-Based Stress Reduction (MBSR) decrease stress and Depression of family members caring for a relative in the late stages of dementia?**



*Dunya Sleiman, OTS, Marissa Feldpausch, OTS, Matthew Horne, OTS, & Gretchen Dahl Reeves, PhD, OTL, FAOTA*

The incidence of dementia in the U.S. is increasing and can place many demands on family caregivers. Caring for a family member with a disorder can have detrimental effects on mental and physical health. The purpose of this review is to examine the effects of Mindfulness-Based Stress Reduction on family members caring for a relative in the late stages of dementia. A criterion for systematic reviews established by AOTA was used to identify evidence to support the well-being of caregivers of older adults with dementia. Results and implications will be reported.

### **Strategies That Effectively Support Job Retention for Individuals with Serious Mental Illness.**

*Rachel Wehrly, OTS, Katelyn Sakkinen, OTS, Katie Voigt, OTS, & Gretchen Dahl Reeves, PhD, OTL, FAOTA*

Extant literature has shown the effectiveness of certain programs to help individuals with severe mental illness obtain jobs but strategies that help keep these individuals employed are much less reported. We are exploring strategies that can be implemented by Occupational Therapists to help clients maintain employment to increase self-efficacy and promote recovery in mental illness. We are conducting an exhaustive systematic literature review according to criteria established by AOTA in identifying credible evidence. We are using predetermined databases and search terms to seek outcomes of strategies used to maintain gainful employment for at least 6 months at minimum wage or higher. A consistent method of article review for quantitative research is being used to establish rigor. Critiques will be limited to the highest level of evidence to best inform clinical practice. Results, conclusions, limitations, and implications for practice will be discussed.

### **A Scoping Review of Assessments in Occupational Therapy Research: Implications for Occupational Therapy Practice**

*Jayne Yatzak PhD, OTRL, Christine Moellering, BS, OTS, Charity Mack, BS, OTS, & Timothy McDaniel PhD*

Vision 2025 states the profession facilitates participation in everyday living. We must continue to foster our distinct value to clients and colleagues by maintaining our focus on occupation through the use of occupation-based assessments and interventions. To examine the use of occupation-based assessments in research, and consider how knowledge of assessments can be beneficial to future research and practice, a scoping review was conducted to examine AJOT articles published in five years between 2002 and 2017 using Hocking's (2001) conceptual framework for occupation-based assessments. 333 total assessments were categorized based on Hocking's conceptual framework of occupational performance terms: 25 were placed in meaning, 71 in function, 87 in form and 186 in performance components. There continues to be limited use of occupation-based assessment aiding therapists in understanding clients as occupational beings. It is important to further examine the existence and use of occupation-based assessments.



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