Participants will understand the benefits of robotic therapy for clients post stroke with upper extremity deficits.

Participants will learn how to appropriately implement robotic therapy in conjunction with conventional occupational therapy as an effective therapeutic intervention.

Participants will demonstrate an understanding of how robotic therapy can be used as an emerging and stimulating treatment intervention.

The purpose of this presentation is to understand the effectiveness of robotic therapy. The intent is to recognize robotic therapy as an emerging therapeutic intervention. This research was a literature review of six databases which yielded one-hundred and forty-one articles and fifteen articles were examined.


Hesse, S., HeĂŶ, A., Cordula, W. C., Kabbert, N., & Buschfort, R. (2014). Effect on arm function and cost of robot-assisted group therapy in subacute patients with stroke and a moderately to severely affected...
arm: A randomized controlled trial. Clinical Rehabilitation, 28(7), 637-647.


This evidence based research study investigated the efficiency of robotic therapy in conjunction with conventional occupational therapy to improve function in the upper extremity of clients post stroke which has been found to be a more cost effective treatment.
1. Participants will enhance clinical knowledge regarding the combination of interventions such as task oriented training and electrical stimulation.
2. Participants will gain an understanding of the efficacy of task oriented training/ electrical stimulation combined to improve upper extremity function in those affected by stroke.
3. Participants will identify the advantage of above interventions in both hospital and community-based settings.

This evidence-based research project assesses whether task oriented training alone or task oriented training with electrical stimulation, is more effective in enhancing upper extremity function in individuals with hemiparesis post-stroke. Through research, it was found that both treatments individually can help increase upper extremity function post-stroke; however, combining the treatments results in more efficient and effective outcomes. To begin, databases were accessed: CINAHL, Cochrane, ERIC (EBSCO), PEDro, ProQuest, and Google Scholar. This search initially produced 44 articles; however, 14 were chosen based on inclusion and exclusion criteria. The following was considered inclusion criteria: task oriented training, electrical stimulation, upper extremity motor deficits, and adult post-stroke population. Exclusion criteria included: articles published over five years ago, participants with lower extremity deficits, participants with cognitive impairments which could have affected intervention. All articles were analyzed and organized based on similar topics and results. Three of the 14 articles were chosen and put into critically appraised papers.


The purpose of this research project was to determine whether task oriented training (TOT) alone or TOT administered with electrical stimulation, is more effective for increasing function in the upper extremity for individuals with hemiparesis due to a cerebrovascular accident.

2018-165 Efficacy of 3D, Custom, and Prefabricated Orthoses
Emerging Practice Poster

Participants attending this session will learn the pros and cons of utilizing each style of orthosis to increase hand function. Participants will also learn the specific characteristics each orthosis offers and important factors to consider when deciding on an orthosis type for a client. Participants will gain knowledge regarding the 3D printing process and how this emerging practice can aid in the production and success of orthosis design.

The purpose of this research study was to determine the efficacy amongst various types of orthoses and their role in increasing hand function. This presentation will discuss and compare the efficacy of 3D printed, custom hand-made, and prefabricated orthoses. The methods used for this research project included a database search to find 15 current research articles from scholarly journals on the three types of orthoses being analyzed in this project. The presentation will discuss the findings in current research that support or reject each orthosis design and clinical implications for occupational therapy practice. The presentation will detail the necessary clinical reasoning skills that therapists require to be able to make an educated decision on the proper orthosis design for future clients.


This evidence based research project examined the efficacy of 3D printed and custom orthoses compared to prefabricated orthoses used to improve hand function in individuals with upper extremity injuries. Fifteen articles were reviewed to determine which method is most efficient.

2018-166 It’s Electric! The Effects of CES on PTSD
Emerging Practice Poster

According to the DSM-5, Post Traumatic Stress Disorder (PTSD) is acquired through exposure to actual or threatened death, serious injury, or sexual violence (2013, p.143). Symptoms include flashbacks, negative emotional state, sleep disturbance, problems with concentration, and feelings of detachment (2013, p. 144-5). These symptoms often disrupt daily routines and overall occupational functioning. PTSD largely impacts veterans; according to the US Department of Veterans Affairs, it affects up to 30% of veterans per era. In the veteran population this often leads to occupational dysfunction, and in some cases homelessness.

There are many different ways to treat the varying symptoms of PTSD. Commonly, pharmaceuticals are used to treat this disorder, but adherence to medication is hindered by the side effects that accompany these drugs (Barclay & Barclay, 2014). Recently, an alternative to pharmaceuticals called cranial electrotherapy stimulation (CES) has been found to reduce symptoms of PTSD (Bracciano et al., 2012). In order to further explore the potential benefits of CES in veterans, a systematic literature review was performed. Database searches included ProQuest, ScienceDirect, and Google Scholar. Key words included: cranial electrotherapy, PTSD, Alpha Stim, anxiety, and depression. Articles were chosen through established inclusion and exclusion criteria.

The poster will present the findings of this literature review and support the use of CES, specifically Alpha Stim, in reducing symptoms of PTSD in veterans. Additionally, it will demonstrate the effectiveness of the modality in improving occupational performance. A case study will also be discussed to integrate the above topics.


Veterans often experience PTSD resulting in deficits in occupational performance. This poster examines how cranial electrotherapy stimulation can be used by OTs to reduce associated symptoms. By reducing symptoms, veterans are able fully participate and to reintegrate into meaningful lives.

2018-167 Virtual Reality Therapy in Stroke Rehabilitation
Emerging Practice Poster

1. Participants will understand the benefits of virtual reality therapy for the variety of symptoms patients who have sustained a stroke present with.
2. Participants will be able to identify how motivation, grading ability, and neurological feedback influence the efficacy and usability of virtual reality therapy.
3. Participants will understand how virtual reality therapy can be utilized to engage clients in more meaningful occupation-based activities while still maintaining biomechanical benefits.

The intent of this evidence-based project is to determine the efficacy of virtual reality therapy as an occupational therapy intervention that can promote an individuals engagement in occupations. Sixteen articles were reviewed and analyzed to demonstrate the efficiency and feasibility of virtual reality therapy. The ability to participate in meaningful occupations was determined by the following outcomes of treatment: functional improvements and motor improvements. The factors that influenced the occurrence of these improvements were identified as the following: grading ability, motivation, and neurological feedback. Overall, the findings of this evidence-based project revealed that although virtual reality therapy does not offer substantial benefits over conventional therapy, it does offer an advantageous form of intervention.

http://dx.doi.org/10.5014/ajot.2014.682006


The purpose of this evidence-based research project was to determine the efficacy of virtual reality therapy as an occupational therapy intervention that can promote an individuals engagement in occupations following a stroke.

2018-168 Low Vision Focus: Something You Can Do
Emerging Practice 1 Hour 50 Minute Session

1. Understand / explain impact of low vision impairment on occupation
2. Implement 3 screening tools to identify low vision impairment
3. Identify criteria for making appropriate referrals to low vision rehabilitation services

While the incidence of low vision rises, meeting the needs of this population remains a challenge due to a scarcity of low vision service providers and inadequate referral for rehabilitation. Occupational therapists have the greatest opportunity/potential to engage in screening and identifying low vision impairment on daily occupational performance. Low vision rehabilitation services are necessary for maximizing remaining vision, which can lead to improvements in safety and independence reducing the risk of these consequences. The purpose of this session is to increase therapists comfort, confidence, knowledge, understanding and identification of low vision impairment effects on occupational performance. By increasing participants comfort level and confidence in administering and interpreting effective screening tools and basic low vision intervention, increasing knowledge of identified behaviors due to low vision impairment and increasing awareness of low vision rehabilitation services this session will promote improved comprehensive service delivery to patients. Identification of mild, moderate and severe vision loss, understanding related behaviors, need for simple versus complex intervention will be presented. Three screening tools designed to quickly identify ADL/IADL impairment will be provided. Criteria will be presented for when to use basic treatment and when to refer to low vision rehabilitation specialist. Basic treatments including accessible print, high contrast, simple lighting, tactile marking will be reviewed. The program will be delivered using multi-modal instructional methods including lecture, PowerPoint and hands-on interactive learning with participants completing low vision screening tools.

References


Warren, M., (2013). Promoting health literacy in older adults with low vision. Topics in Geriatric
Introductory hands-on session covers screening tools used to identify mild, moderate and severe low vision impairment impact on occupational performance. Learn to screen, identify and refer patients to low vision rehabilitation services; deliver basic intervention. Screening tools provided.

2018-169 More Space for Your Place: Decluttering
Emerging Practice Poster

1. The learner will increase his/her understanding for the need to declutter to decrease falls and increase occupational performance of aging seniors in the home environment.
2. The learner will identify current resources within his/her own community to aid home-dwelling seniors with their goals of remaining in their own homes for longer.

The accumulation of clutter and cluttered pathways can impede the older adults ability to navigate the home environment effectively, increasing risk for falls, decreasing performance in activities of daily living, and decreasing the likelihood of successfully aging in place (Somerville, Smallfield, Stark, Seibert, Arbesman, & Lieberman, 2016). The problem of clutter is more widespread than the media might portray (Maycroft, 2009). Occupational therapy practitioners (OTPs) are essential in assessing the home environment to improve client performance and the person-environment interaction (Stark, Somerville, Conte, Keglovits, Hu, Carpenter, Hollingsworth, & Yan, 2018). Using the transtheoretical model to implement change in the process of decluttering, individuals will begin to increase participation and performance in instrumental activities of daily living (IADLs) and social participation (Kalina, 2014). Implementing change begins with a client-centered approach with an interdisciplinary team (Roster, Ferrari, & Jurkat, 2016) to identify occupational performance deficits to be able to recommend appropriate home modifications (Somerville, et al., 2016). The purpose of this poster is to show a need for OTPs in the home environment to conduct home safety assessments for successful aging in place and improved person-environment interaction.

Education was presented to participants of a senior community center explaining ways to identify clutter in the home, the importance of decluttering, decluttering advice, and the importance of OT and interdisciplinary involvement in the decluttering process. The following handouts contained information on the content of the presentation: a resource booklet for local agencies and organizations to aid in the decluttering process, the benefits of OTP involvement and interdisciplinary collaboration, and decluttering tips. Pretest and posttest results explored individuals insight into their own clutter and implementing learned methods to declutter. Poster session participants will gain an understanding of the importance of the OTPs role and interdisciplinary collaboration in decluttering the home environment and in successful aging in place.

The accumulation of clutter can negatively affect occupational performance in older adults and their interaction with their home environment. Educating older adults on the importance of decluttering with OT assistance is essential for successful and safe aging in place.

2018-170 Virtual Reality for Stroke Rehabilitation
Emerging Practice Poster

1. Explain the difference between virtual reality and conventional occupational therapy intervention in stroke rehabilitation.
2. Interpret how virtual reality can be a beneficial addition to conventional occupational therapy interventions for stroke rehabilitation.
3. Explain the motivational effects of incorporating virtual reality into stroke rehabilitation.

Virtual reality-based treatment includes a patient participating in activities in a virtual or computer world such as an activity displayed on a screen, in real time. Various sensors are used so that objects can be manipulated and move like they would in real life, but in a virtual environment. Conventional occupational therapy intervention for individuals who experienced a cerebrovascular accident (CVA) involves using real objects to interact within one's natural environment to practice motor learning. The purpose of this research project was to examine the effectiveness of using virtual reality for restoring upper extremity function in order to complete activities of daily living (ADL) after experiencing a CVA. The intent is to educate the occupational therapy profession on an emerging treatment intervention for CVA rehabilitation. The method used was an analysis of the literature focusing on conventional occupational therapy, virtual reality, and a combined approach of conventional therapy and virtual reality during CVA rehabilitation. This presentation will provide a summary of the research and how it can be applied to practice in the occupational therapy profession.


Clinical Rehabilitation, 26, 798-806. doi: 10.1177/0269215511434575


This poster is intended to educate occupational therapy practitioners about the use of virtual reality in treating individuals who have experienced a CVA to rehabilitate upper extremity function. Presenters will discuss the benefits of using a combined approach in practice.
Interdisciplinary approach to Tummy Time® education
Emerging Practice Poster

1. The learner will identify the benefits of interprofessional collaboration among occupational therapy students and lactation consultants at a breastfeeding resource center.
2. The learner will increase his/her understanding of the importance of occupational therapy's role in the promotion and education of Tummy Time® in a community-based emerging practice setting.
3. The learner will increase his/her awareness of occupational therapy's role in supporting and promoting maternal/infant health and wellness.

The American Academy of Pediatrics (AAP, 2018) introduced the Back to Sleep® campaign in 1994, advising parents to place sleeping infants in the supine position to reduce the risk of Sudden Infant Death Syndrome. Subsequently, the amount of time babies spent in prone decreased significantly, resulting in the delay of motor milestone attainment. Since then, there has been growing incentive to implement awake prone positioning of infants, a process often referred to as Tummy Time® (TT). Time spent in prone position is recommended to prevent positional plagiocephaly and to improve upper body strength (AAP, 2016). While many parents feel confident in their knowledge and execution of TT, few express awareness of TT as a safe activity for newborn babies (Ricard & Metz, 2014). There is also parental concern about how to overcome infant intolerance of TT.

Occupational therapists (OTs) are one of the pivotal healthcare providers who work with parents/caregivers and babies to incorporate TT as part of their daily routine, and who provide clarification and education about the numerous benefits of this practice; therefore, it is critical that we reach these clients in all current and emerging practice settings. OTs play an imperative role within the multidisciplinary teams supporting the health and well-being of breastfeeding mothers and their babies, and they can assist with various aspects of maternal and infant health (Pitonyak, 2014). This poster's purpose is to explore the effectiveness of an interdisciplinary method of delivering TT education through the collaboration of OT students and an International Board-Certified Lactation Consultant for a four-week TT clinic at a community-based Breastfeeding Resource Center (BRC). Post-clinic survey results highlight the role of OTs at the BRC, from the mothers' perspectives, and detail the impact of the clinic on the success of their/their babies' own TT implementation.


Implementation of infant prone positioning, or Tummy Time®, is essential for appropriate infant motor development. This poster explores the benefits of interprofessional collaboration among occupational therapy students and a lactation consultant for Tummy Time classes at a breastfeeding resource center.
2018-172 Occupational Therapys Role in the Lift for A Vet Organization
Emerging Practice Poster

1. Audience will understand the mission and goals of the organization Lift for A Vet.

2. Audience will understand the need for occupational therapy within the organization Lift for A Vet.

3. Audience will be able to identify the potential outcomes of the partnership between occupational therapy and Life for A Vet.

Lift For A Vet is a nonprofit organization founded by The Local 5 International Union for Elevator Constructors (IUEC). The organization buys and installs elevators, home lifts, stair lifts, and wheelchair lifts in the homes of U.S. military veterans who have sustained injuries in combat. Before installing the lifts, the Local 5 IUEC members regularly communicate with veterans about what type of lift best fits their needs. However, the organization does not provide safety techniques or specific training for using the lift and transferring on and off the lift. Furthermore, they do not assess the home environment for other potential home adaptations that could improve safety, functional mobility, and independence. Lastly, there is a need to educate Local 5 members regarding PTSD symptoms, triggers, and what to do when a person is exposed to a trigger as some veterans have responded poorly to the loud noises that occurred when the lifts were being installed. This poster’s purpose is to demonstrate a need for OT education and collaboration with the nonprofit organization Lift For A Vet with a focus on home modifications.

Research shows that OT services are essential for veterans transitioning from military to civilian life (Walker, Bramstedt, Cleary, Greer, & Teague, 2017) and that home modifications can enhance occupational performance (Stark, Keglovits, Arbesman, & Lieberman, 2017). Education provided to Local 5 IUEC members included a brief overview of the profession of occupational therapy and our role in supporting veterans to return home utilizing home modifications. Additionally, members of the Local 5 learned how to teach veterans how to safely transfer on and off of the lift as well as ADA requirements. Poster session participants will gain an understanding of the mission of Lift For A Vet and how our role within the organization could promote increase quality of life and independence within the home.


Lift For A Vet, a nonprofit organization, installs elevators, stair lifts, and wheelchair lifts in military veterans homes. This poster demonstrates how the collaboration between OT and Lift For A Vet promotes functional independence for veterans in their home.

2018-173 Experience of families during sensory friendly museum events
Emerging Practice Poster

Audience will be able to describe a sensory friendly program development geared towards families with children with ASD or sensory processing disorders, implemented at an art museum.
2. Audience will identify reported successes and challenges made by families who attended the sensory friendly event.
3. Audience will compare data collected from multiple sensory friendly events; the data comprises of input gathered from the families who attended the events.

People with sensory processing needs respond to sensory input with atypical responses; therefore, affecting their activities of daily living and participation with others and within the community (Dean, Little, Tomchek & Dunn, 2017). Additionally, parents of children with sensory processing deficits, including Autism Spectrum Disorder (ASD), reported experiencing more negative emotions associated with museum activities than parents of children without sensory processing disorders (Antonetti & Fletcher, 2016). Unpredictable and excessive sensory stimuli present in the museums environment were seen as obstacles by parents, due to difficulty focusing their childrens attention in the museum, and the increased possibility of unpredictable behaviors (Langa et al., 2013). Therefore, parents of children with ASD, are more likely to limit or avoid certain places or situations due to their childs sensitivity to sensory environments (Bagby, Dickie, & Baranek, 2012).

A sensory friendly program seeks to modify the museum experience in order for individuals with sensory processing needs to visit comfortably and increase their community participation. This poster provides information regarding a sensory friendly program implemented at an art museum that came about through a partnership between OT students, faculty and museum staff. This included implementation of adaptive activities, alternative strategies, and sensory modifications to the environment. This program also provided a venue for IRB approved program development research related to children and families sensory experiences, and the effects of sensory friendly programing on participants museum visits. The overarching goal of the study was to identify any components of the sensory friendly events that would benefit from changes or modifications for future programming.


Sensory friendly program modifications are significant for individuals with sensory processing needs. This poster demonstrates how adaptive activities, alternative strategies and environmental modifications can be offered in order to increase participation of families with children with sensory processing needs 2018-174 Emerging Role of Occupational Therapy and Homelessness Emerging Practice Poster

By viewing this poster and interacting with the presenters, participants will have the opportunity to:
1. Describe the evidence-based practice review methods as applied to people and populations experiencing homelessness.
2. Describe and discuss the occupational needs and roles of people experiencing homelessness, including common co-occurring issues that this population faces.
3. Examine the current literature and interdisciplinary interventions involving people experiencing homelessness and evaluate their effectiveness.

This poster will provide occupational therapists with insight into evidence-based research and treatment regarding the following practice question: Do individuals experiencing homelessness benefit from community-based occupational therapy (OT) services which collaboratively support the recovery of appropriate occupational roles? The process undertaken involved completing the five steps of an evidence-based practice project: 1.) developing a clinical question, 2.) performing a systematic search leading to the most relevant evidence, 3.) appraising the quality of the evidence, 4.) merging research with clinical reasoning, and 5.) integrating the project outcomes within ones practice.

The American Occupational Therapy Association (AOTA) outlines community as a point of focus for the future of OT in Vision 2025 (AOTA, 2017). People experiencing homelessness are often pushed to the margins of society. When this occurs, this population forms their own communities and patterns of occupation that focus on survival. Higher level roles and occupations are suspended when immediate needs such as food and shelter must be attained. As the profession seeks to move from the medical model and towards the recovery model, this population can benefit from services which work to recover meaningful occupational roles (Castaneda, Olson, & Radley, 2013). Through an examination of literature, including qualitative studies and systematic reviews, our findings support a need for OT services with this population.

The research found evidence for the effect of co-occurring issues attributing to chronic homelessness. An
overarching theme of the research was the use of activity analysis to promote growth in skills needed for employment and housing attainment. The interventions researched focused on these skills as a means to improve occupational performance in the clients life roles. The literature found areas for future research in studying possible practice settings as well as OT interventions involving case management and advocacy (Thomas, Gray, & McGinty, 2011).

Selected References:


Raphael-Greenfield, E., Gutman, S., (2015) Understanding the Lived Experience of Formerly Homeless Adults as They Transition to Supportive Housing, Occupational Therapy in Mental Health, 31:1, 35-49, DOI: 10.1080/0164212X.2014.1001011


A review of the existing literature focused on the needs and current interventions used with individuals experiencing homelessness. This presentation examines the effectiveness of the current service delivery for this population along with implications for occupational therapy practice.

2018-175 Sleep Quality and Recidivism in Incarcerated Persons
Emerging Practice Poster

By viewing this poster and interacting with the presenters, participants will be able to:

1. Identify the steps necessary to complete an evidence-based research project that addresses sleep education and environmental modifications for prison populations.
2. Integrate into occupational therapy the practice of environmental modifications and sleep education for this population.
3. Discuss evidence justifying the role of occupational therapy with prison populations.

This poster was designed to provide occupational therapists with an overview of an evidence-based research project that addressed the following clinical question: Will occupational therapy modifications to the prison environment and sleep education improve sleep quality and decrease recidivism for clients who are currently incarcerated? The methods for this project utilized the following five steps: 1) description of a practice scenario; 2) development of a clinical question; 3) systematic review of the current literature; 4)
introduction of findings; 5) recommendations for practice.

Sleep and rest is an important occupation within the Occupational Therapy Practice Framework (AOTA, 2014). Related studies indicate that the prison environment is disruptive to sleep and correlates with emotional distress (Harner & Budescu, 2014; Ireland & Culipin, 2006). Literature supports connections between sleep disturbances and hostility, as well as between hostility and recidivism. Furthermore, our research has led us to discover a link between sleep disturbances and recidivism (Dewa, Lamiece, Shaw, & Senior, 2016; Farzan-Kashani & Murphy, 2017; Firestone, Nunes, Moulden, Broom, & Bradford, 2005; Ireland & Culipin, 2006). Findings of the empirical research indicate that occupational therapists can address the needs of incarcerated individuals. Nine articles met the study’s inclusion criteria, and were analyzed utilizing a matrix. Four of these articles were critically appraised and the information was synthesized, resulting in the emergence of six themes: sleep quality; sleep apnea and related symptoms; general sleep problems; environmental factors; behaviors and emotions such as hostility, anger, and aggression; recidivism. Integration of environmental modifications and sleep education can be used by occupational therapists to address sleep hygiene practices among the incarcerated population.

Selected References:


Occupational therapy is a reemerging area of practice in the prison population, and sleep is important to address. This poster presents an evidence based research project that explores sleep disturbances, environmental modifications, and rates of recidivism in the incarcerated population.
Learning Objective 1: Identify steps necessary to conduct a needs assessment and determine, objectively, whether the site could benefit from OT.

Learning Objective 2: Understand how to navigate possible obstacles by identifying supports to new program development in order to create an effective impact on the existing institution.

Learning Objective 3: Understand how to develop a new occupational therapy program in two settings by using the Occupational Therapy Program Development Framework (OTPDF).

Occupational therapy (OT) practitioners and students are innovators and have a passion for serving the needs of others, particularly underserved populations (Jacobs & McCormack, 2011). Demographic shifts and changes in expectations for services are anticipated to create an increased need for OT services in the future. As a result, occupational therapy practitioners are becoming more involved in developing new OT programs (Jacobs & McCormack, 2011). Temple MOT students have developed a framework called the Occupational Therapy Program Development Framework (OTPDF) to assist therapists in educating, planning and establishing new OT programs into sites that do not currently have services. The intent of our presentation is to exemplify how OT services can be established using the OTPDF in two different settings; an elementary school and an inpatient psychiatric unit, both of which present unique perspectives and challenges.

In a school setting, OTs play a critical role in supporting student engagement in the educational environment. During a typical school day, children are expected to participate in various activities, some of which may be challenging for children with disabilities. Pennsylvania teachers emphasize the importance of OT, relating to consultation services and collaborative perspectives. The addition of OT services provides strategies to address challenges within their classrooms (Benson, Szucs, & Mejasic, 2016).

Occupational therapy gained its roots in mental health and has further expanded into diverse practices as demand increased in other areas. Although OT has surpassed beyond mental health, Temple OT recognizes the positive impact of OT in mental health and the advances that can still be made. The team that is working with the in-patient psychiatric unit embraces the idea that a new program is most successful when it is designed around the client from a holistic viewpoint that supports an individuals engagement and success (AOTA, 2016).


With expanding demographics and services, occupational therapy practitioners are assuming the new role of program developer. Temple MOT students have streamlined this process by developing a framework for implementation, and have applied it in a school and inpatient psychiatric unit.
Learning Objective 1: Attendees will be able to explain how equine-assisted therapy can benefit clients occupational performance skills.

Learning Objective 2: Attendees will be able to explain how equine-assisted therapy can benefit clients participation in activities of daily living and play.

The purpose of this poster presentation is to explain the benefits of equine-assisted therapy and how it can be used to achieve goals of occupational therapy. Poster content includes data tables and main points from the literature review, research methods, and conclusions.

People with disabilities come to occupational therapy for physical, social, and psychological conditions that affect their participation in daily life (American Occupational Therapy Association [AOTA], 2014). Combining the prevalence of autism spectrum disorder (ASD), cerebral palsy (CP), and developmental delay, about 18% of children in the United States live with a disability (Centers for Disease Control and Prevention [CDC], 2015, 2016a, 2016b). The issue addressed in this study is whether EAT is an effective intervention to help these clients participate more fully in daily life. Equine-assisted therapy is one of the most intense and motivating interventions, and improves a variety of performance skills. However, more evidence is needed to demonstrate whether the gains that participants experience from EAT can then lead to an increase in occupational participation.

Research methods included a pretest-posttest survey composed of the Children Participation Questionnaire and Childrens Sleep Habits Questionnaire Abbreviated. Caregivers of individuals who attended one of two therapeutic riding centers in western Pennsylvania were invited to participate, and were surveyed both before and after the intervention. Twenty two surveys were completed at pretest and 18 at posttest. Six riders had a diagnosis of autism spectrum disorder (ASD), four were diagnosed with attention deficit hyperactivity disorder (ADHD), and the rest had other physical or mental health conditions. After the completion of the last riding session, data was statistically analyzed. To measure the change in riders occupational participation, pretest and posttest scores were then compared. Improvements were found in participants ADL function and play skills.


Professional Association of Therapeutic Horsemanship International. (2016). Professional association of
This study was designed to explore whether equine-assisted therapy improved occupational participation. Caregivers of riders with physical and/or mental health conditions, completed a pretest-posttest questionnaire. Riders participation in activities of daily living and play increased at posttest.

2018-178 Occupational Therapys Role With Transitioning Foster Care Youth
Emerging Practice Poster

1.) To gain insight in which areas foster care youth need the most assistance.
2.) To understand how OTs can implement occupation-based interventions with foster care youth to promote successful transitioning out of foster care.

Foster care youth encounter challenges in achieving educational success, acquiring jobs and housing, maintaining and developing positive relationships, and obtaining adequate life skills training.(3). In addition, many age out of the foster care system once they turn 21, before they are fully prepared for adulthood(2). The literature indicates there is a need for occupational therapists (OTs) to work with this population to promote increased participation in various areas of their lives. OTs can promote engagement in meaningful occupations to increase quality of life and help foster care youth develop the skills needed to be successful(1). As a profession, OTs must advocate to spread the importance of OTs role with this population.

The purpose of this literature synthesis was to critically evaluate twelve articles that focused on OT interventions that would ease foster care youths, aged 16-21, transition out of the foster care system and into adulthood. In addition, this literature synthesis will help determine how OTs can promote successful transitioning in their lives based on youths self-reported needs. Search databases included PsycINFO, CINAHL Complete, PubMed, and Health and Psychosocial Instruments and the search terms, occupational therapy, foster care, transition, youth, aging out, independent living were utilized. The content in this poster focuses on foster care youths perceptions on the typical services they received and details from studies about interventions that promote successful transitioning out of foster care. These both highlight the most important areas that OTs can address with foster care youth who are in need of assistance during their transitions out of the foster care system and into adulthood.
The purpose of this poster is to evaluate interventions targeting independent living skills in youth aging out of foster care, as well as determine how occupational therapists can promote successful transitioning in the lives of foster care youth.

2018-179 Post Traumatic Stress Disorder, Occupational Therapy, and Disasters 
Emerging Practice Poster

The objectives of this poster presentation are:
Participants will understand the interventions for adults with PTSD in disaster stricken areas.
Participants will understand the role of OT in disaster relief.

Occupational therapists use meaningful occupations as a primary form of treatment to restore an individual's independence. They work with individuals across the lifespan using various adaptive, restorative, or remedial approaches.

Natural disasters are becoming more frequent and as result are causing families to lose loved ones, homes, and their communities. These traumatic events can disrupt an individual's roles, habits, and routines. Occupational therapists look at the whole person to determine how to best treat their client and restore function to their everyday activities. The American Occupational Therapy Association urges the involvement of occupational therapists in disaster relief, based on practice guidelines, core practice skills, and the profession's knowledge on mental health(1). Research is limited on the use of occupational therapy interventions in disaster relief populations with PTSD.

This literature synthesis was completed to identify interventions for individuals who are at risk for developing PTSD within disaster shelters. All search terms were recorded and used to collect peer-reviewed journal articles that support interventions towards helping those in disaster stricken areas. Databases searched included AJOT, PRIMO, EBSCOhost, OTSeeker, and AOTA.

This poster presentation aims to identify the occupational therapy interventions that have shown to decrease PTSD symptoms in disaster shelters. Also, it will describe occupational therapy's role in being apart of the medical team in disaster relief shelters.

Natural disasters pose a threat to the well-being of individuals, families, and their communities. This poster presentation identifies occupational therapy interventions for individuals who are at risk for PTSD within disaster shelters.

2018- 180 Benefits of Occupational Therapy in Cancer Survivorship
Emerging Practice Poster

1. Understand effective occupational therapy interventions to improve quality of life throughout the continuum of cancer survivorship.

2. Describe activity-based interventions within the continuum of cancer survivorship that fit within the scope of occupational therapy.

After completing cancer treatment, many cancer survivors have to overcome physical and psychosocial challenges that impact their quality of life because they are no longer able to engage in their everyday lives (8). In 2011, cancer care was identified as an emerging niche in occupational therapy practice (2). Since then there has been more research on the inclusion of occupational therapy interventions during cancer treatment and rehabilitation. Occupational therapy interventions are intended to maximize participation to enhance quality of life. This poster presentation provides a literature synthesis regarding the question: In cancer survivors, what are the effects of occupational therapy interventions on quality of life?

A literature search was conducted using OT Seeker, CINAHL, and PubMed. Sixteen articles were selected to be synthesized because they were relevant to the question of interest. Specifically, five of the sixteen articles addressed occupational therapy interventions. The lack of research studies specific to occupational therapy interventions demonstrate that this subspecialty requires more research. In this literature synthesis, all of the studies were published within the past five years to provide evidence regarding current effects of occupational therapy interventions on quality of life in cancer patients. Research results suggest that activity-based interventions have a positive effect on quality of life in the population of cancer survivors. However, more research is needed regarding the effects of occupational therapy interventions on quality of life in the cancer survivor population.


Special aspects of social support: Qualitative analysis of oncologic rehabilitation through a belly dancing peer support group. European Journal of Cancer Care, 26(6), 1-14. doi:10.1111/ecc.12656

The purpose of this poster presentation is to increase awareness of the benefits of occupational therapy intervention on quality of life among cancer survivors.

2018-180 Occupational Therapys Assessment of Cognition in Acute Stroke
Emerging Practice Poster

1) Participant will demonstrate understanding of the feasibility of using the Montreal Cognitive Assessment in the acute care setting
2) Participant will demonstrate understanding of the importance of addressing cognitive impairments in the acute phase of stroke
3) Participant will be able to cite the prevalence of post stroke cognitive impairment

The purpose of this poster presentation is to educate occupational therapists on the use of the Montreal Cognitive Assessment (MoCA) to assess cognitive impairment after an acute stroke in the hospital setting. As many as 65% of stroke survivors have some form of cognitive dysfunction and even those with only a mild cognitive impairment can have difficulties with basic occupations (Wolf, Baum, & Connor, 2009; Wolf, 2011). Cognitive evaluation should start early after an acute stroke, but in reality, cognitive evaluation is not a part of the routine evaluation in most stroke centers (Chiti & Pantoni, 2014). The MoCA is a cognitive assessment that takes approximately 10-20 minutes to administer. It is a one page, 30 point test that assesses visuospatial abilities, executive function, short-term memory recall, attention, concentration, working memory, language, and orientation.

Therapists should consider adding this quick and effective standardized assessment to their standard of care for patients with an acute stroke to focus on the mental functions that are required for performance in occupations. The MoCA has become an integral part of our clinical practice guideline in our Comprehensive and Primary Stroke Centers. The MoCA is completed on patients that have had an acute stroke and have a discharge plan for home. Patients that already have a mild cognitive impairment or dementia, have family support already in place for their care at home, or have a form of aphasia are excluded. Patients scoring below the cutoff score are referred to outpatient Occupational Therapy.

The MoCA is a brief cognitive assessment that is feasible to use for patients with an acute stroke in the hospital setting and shows good predictive value for the development of chronic post stroke cognitive impairment (Chiti & Pantoni, 2014; Dong et al., 2012; Salvadori et al., 2013; Wong et al., 2013).


Cognitive evaluation for acute stroke should start early. As many as 65% of stroke survivors have a cognitive impairment. Utilizing the Montreal Cognitive Assessment (MoCA) in the hospital is a practical addition to the standard of care for stroke.

2018-181 Using Mindfulness to Decrease Pain and Opioid Use
Emerging Practice Poster

Participants will understand the opioid epidemic and chronic pain. Participants will understand how mindfulness meditation can be used as an alternative treatment modality. Participants will describe occupational therapist's role in using mindfulness meditation to increase an individual's quality of life and occupational performance.

The American Occupational Therapy Association [AOTA] believes that occupational therapist's role in managing chronic pain is to assess its impact on a client's occupational performance and quality of life.¹ The therapists can teach clients various skills and strategies to manage pain. Occupational therapists are well equipped to treat chronic pain since they understand the sensory, cognitive, and emotional dimensions of multi-factorial pain. Today, treating symptoms of chronic pain has become a prevalent problem for health care providers. The healthcare system uses opioids to treat chronic pain. Many patients who are prescribed opioids can experience misuse, addiction, or risk of overdose.² Occupational therapists can use alternative treatments to decrease opioid use. One intervention that occupational therapists can use to educate clients is mindfulness meditation. This is an emerging pain management intervention to decrease chronic pain. Mindfulness meditation is a multimodal intervention that engages individuals through reaching a state of awareness of their thoughts and perceptions to uncouple the dimensions of pain.

This literature synthesis focuses on studies, both quantitative and qualitative, that found significant results to support the effectiveness of mindfulness meditation on individuals with chronic pain and decreased need for opioids. In addition, many research studies have analyzed the positive effects that mindfulness meditation has on an individual's well-being and quality of life. There are limited studies on occupational therapist's role in mindfulness meditation; however, there is promising evidence to support that mindfulness meditation interventions resemble the occupational therapy scope of practice. This poster presentation will address current evidence to support occupational therapists use of mindfulness meditation to decrease the need for opioid use in adults with chronic pain.
Occupational therapy can play a role in the opioid epidemic by implementing alternative interventions for clients suffering from chronic pain. This poster will address the effectiveness of mindfulness meditation as a treatment modality to decrease pain and opioid use.

2018-182 Travel Training for Young Adults with Developmental Disorders: Using Public Transportation to Promote Independence with Community Mobility
Emerging Practice Poster

Objective 1: At the conclusion of this project, attendees will understand the effects of an occupational therapist-lead travel training program on travel skills of young adults (ages 21+) with developmental disability (DD) and/or intellectual disability (ID) who have aged out of the school system.

Objective 2: The attendees will further develop an understanding of the role of occupational therapists involvement with community mobility during community-based travel training using public transportation.

This poster intends to disseminate information about the occupational therapists role in community mobility and further assisting individuals with developmental disability (DD) and/or intellectual disability (ID) to be more independent with accessing and navigating public transportation.

According to the literature, limited research has been conducted to determine the best intervention to assist individuals with cognitive disabilities, such as a DD or ID, to participate in community mobility using public transportation. At this time, there is no commonly accepted protocol or program for travel training in place for individuals with DD and/or ID. Most studies that discuss travel training address populations of individuals with DD or ID who are in the process of transitioning out of the school system. Two studies involved application of travel skills learned in the classroom to community experiences with public transportation for those with ID; such as teaching practical social safety (Spivey & Mechling, 2016, p. 90), identifying landmarks in the community, and signaling the driver when to stop at the appropriate time (Mechling & OBrien, 2010, p. 239). One study discussed potential adaptations to the personal, social, and physical environments using interventions such as task analysis breakdown of a trip, practicing in the community with a travel trainer, and following GPS directions for individuals with ID to successfully travel within the community using public transportation (Haveman, Tillmann, Ståhlppler, Kvas, & Monninger, 2013, p. 298). The lack of literature supporting programs on travel training is needed to provide evidence that community mobility and accessibility may increase for individuals with DD and/or ID, in order to transition into further independent roles.

Currently, there is a team of two full time occupational therapists in addition to occupational therapy graduate students who work for South Eastern Pennsylvania Transit Authority (SEPTA) to provide travel training to individuals with DD and/or ID to learn how to access and navigate public transportation in the city of Philadelphia and its surrounding suburbs. This study is seeking to expand the community outreach program by addressing a new population, those with DD and/or ID who have aged out of the school system (age 21+). Travel training interventions are derived from Chance To Ride curriculum and Easter
Seals Travel Training program in addition to the clinical judgment of the occupational therapists. Measures of travel training skills and amount of assistance that participants require are scored using Chance to Ride Pre & Post Travel Training Test. The coinvestigator, Alora Danan McDonnell, will oversee individualized travel training within the community for this population so that they may access a broader range of work opportunities and functionally travel to meaningful places such as home, secondary education opportunities, or community programming. Case study data will be shared to discuss the outcomes of the program.


Occupational therapists and occupational therapy graduate students facilitate 8 travel training sessions using public transportation for individuals with developmental and/or intellectual disability over the age of 21, potentially expanding access to work opportunities for this population.

Emerging Practice Poster

Objective 1: Describe the impact that homelessness has on the occupational performance of women and their children.
Objective 2: Identify the importance of integrating occupational therapy into homeless shelters through community-based practice to empower women with functional parenting skills and improve the mother-child relationship.
Objective 3: Explain how an occupation-based play program implemented in a homeless shelter can promote cultural competence and improve a child's motor, sensory, social interaction, cognitive, language, and self-esteem skills.

Beginning in early childhood, individuals engage in occupations which continues throughout their lives. This occupational engagement is essential for obtaining good mental and physical health for overall well-being. For a child, successful occupational engagement promotes necessary development and integration of motor, sensory, cognitive, and psychological systems. When a successful relationship between person, environment, and occupation occurs, occupational performance will result. With this in mind, persons integrated in a child's immediate environment are determinants of the child successfully attaining occupations (Davis, Polatajko, & Ruud, 2011). A critical area that should be of concern for impeding on a child's occupational performance is that of a homeless shelter. Within the United States, the total homeless population is said to be 38% families with children, and this number is steadily rising (Lynn et al., 2014). Research has shown that the majority of families that are homeless include single mothers who
have their children with them in homeless shelters (Slesnick, N., Glassman, M., Katafiasz, H., & Collins, J.C., 2012). Seeking refuge in a shelter can create occupational disruption and adaptation difficulties for both mothers and their children, leading to poor performance with areas such as parenting and play (Waldman-Levi & Weintraub, 2015). In addition, it is found that children of women living in shelters demonstrate higher chances of experiencing developmental delays, substance abuse, mental health problems, academic and peer-related problems, and possible involvement in the juvenile justice system (Lynn et al., 2014). As stated by Waldman-Levi and Weintraub (2015), a child’s ability to engage in the occupation of play promotes appropriate development of cognitive, sensory, language, motor, emotional, and social behaviors. In consideration of this, intervention programs that improve a child’s play skills along with improving the mother-child relationship are essentially needed for implementation in homeless shelters. Research shows that addressing themes within a program that draws from attachment theory can lead to improvement with mother-child interactions (Waldman-Levi & Weintraub, 2015). According to Slesnick et al (2012), the most efficacious type of intervention for marginalized populations is one that changes dynamic relationships between individuals in interconnected activity settings in a way that fosters positive linkages and engenders constructive activities (p. 344). The purpose of this presentation is to contribute to the evidence-based literature in occupational therapy to promote the integration of community-based practice in homeless shelters. With cultural competence in the forefront, homeless shelters can benefit from the implementation of an occupation-based play program to improve the growth and development of child residents and promote the mother-child relationship.


Living in a homeless shelter disrupts the occupational performance of women and child residents. Integrating occupational therapy in homeless shelters with an occupation-based play program has potential to improve the mother-child relationship and promote growth and development of child residents.

2018-184 Promoting Occupational Performance among Individuals with Obesity: The Role of Occupational Therapy
Emerging Practice 50 Minute Session

Following attendance at this presentation, attendees will:

- increase their understanding of the prevalence of obesity in the United States and its impact on occupational performance

- identify the role OT has in addressing the obesity epidemic and theoretical models to ground occupational therapy intervention
explore primary, secondary, and tertiary OT interventions related to obesity, and adaptations such as technology to facilitate occupational performance

Obesity has been identified as a health crisis in the United States. The cost both financially and individually is increasing exponentially as the number of individuals who are overweight and obese continue to rise. As such, the medical and public health sectors are actively attempting to identify different strategies and interventions to help decrease the number of individuals currently with a diagnosis of obesity and reduce the number of those newly diagnosed. Furthermore, they are seeking to reduce the rate of disability caused by this condition as well as decrease the associated societal stigma often associated with obesity (2). The American Occupational Therapy Association (AOTA), has identified the potential role of occupational therapy for those with a diagnosis of obesity as an emerging area of practice fitting into the category of Health and Wellness (1). Specifically, AOTA created two position papers on the topic including Occupational Therapy and Obesity; and Addressing Childhood Obesity (2013) to provide some preliminary guidelines for occupational therapy practitioners (1).

This presentation will provide attendees with an overall current perspective of obesity in the United States and identify the impact it has to occupational performance and well-being. It will seek to help attendees explore and identify theoretical models and frames of reference to provide the foundational basis for occupational therapy intervention for those who are overweight or obese (3). Furthermore, using a public health model, attendees will learn interventions for clients from a primary, secondary, and tertiary level along the lifespan from childhood through elderly (4, 6). In addition, participants will have the chance to experience the use of technology, adaptations, and newer specific evaluative tools to facilitate occupational performance and assist with weight management (3, 5).

This presentation will utilize lecture and case study learning strategies and question and answer sessions to incorporate participant involvement.


This presentation will provide attendees with an overview of obesity and its impact on occupational performance; identify theoretical models as the foundation for intervention from a primary, secondary, and tertiary level; and integration of technology, adaptations, and evaluative tools.

2018-185 Social Media Safety for Adults with Down Syndrome
Emerging Practice Poster

1. The learner will familiarize himself/herself with the commonly-used social media sites of young adult clients with Down Syndrome and the ways in which they utilize these sites
2. The learner will identify clients gaps in knowledge and understanding of safe social media practice and ways in which occupational therapy can be applied to enhance social media safety
3. The learner will discover ways in which clients can utilize social media to facilitate positive and meaningful relationships in their lives while maintaining safety and privacy.

Recent studies show that 65% of adults use at least one form of social media (Pew Research Center, 2015). For many young adults living in the 21st century, including those with intellectual disabilities, developing a social media presence® plays a significant role in establishing and maintaining healthy relationships. Social media allows users to foster existing friendships, stay in contact with distant relatives, and share interests with likeminded individuals. However, great effort must be taken to protect ones privacy online and use social media responsibly. Studies show that those with intellectual disability are at a much greater risk of victimization, assault, and social vulnerability (Fisher, Moskowitz, & Hodapp, 2013). Occupational therapists are uniquely qualified to help their clients navigate social media, enabling them to engage with others in a safe and meaningful way.

This poster presents data regarding frequency and quality of social media use collected from a small cohort of young adults with Down Syndrome in order to demonstrate the need for occupational therapy intervention. Clients were educated on the various types of social media as well as the positive and negative ways to utilize it. An interactive role play allowed them to experience firsthand some of the consequences that can result from using social media to meet strangers. A large emphasis was placed on recognizing the type of information suitable to share online. Specific tools were identified to help improve the online experience, including navigating privacy settings and blocking® strangers. The pretest and posttest results provide evidence that there is a gap in users understanding and that interventions led by occupational therapists can help to close this gap. Poster session participants will better understand occupational therapy’s role in promoting social media safety and will establish ways to facilitate optimal social participation for clients online and in real life.


Social media is increasingly being used by young adults, including those with intellectual disabilities. This poster demonstrates the importance of occupational therapy intervention in helping those with Down Syndrome navigate social media in a safe and meaningful way.

2018-186 Occupational Therapy in a Free Primary Care Clinic
Emerging Practice 50 Minute Session

Describe the patient population who receives services at a Pittsburgh-based free primary care clinic
Identify 3 evidence-based interventions to engage patients in preventative care and self-management skills
Propose strategies to assist occupational therapists with transitioning into primary care clinics

The implementation of the Patient Protection and Affordable Care Act (ACA) increased access to primary care for millions of Americans. However, after the ACA was signed into law, 28.6 million Americans remained uninsured (Bakalar, 2017). Free clinics provide free or low cost primary care services and are safety-net healthcare organizations for uninsured individuals. It is estimated that there are approximately 1200 free primary care clinics in the United States today (Rubin, 2017)
Free primary care clinics include primary care physicians, nurses, pharmacists and specialty services such as psychiatry and cardiology. Preventative care services are offered to improve the health of uninsured individuals and to decrease healthcare costs by helping this population avoid costly and unnecessary emergency room visits. Primary care is an emerging role for occupational therapy (OT) practitioners, yet there is little literature describing OT’s role in a free primary care clinic. It is important that OT define its distinct role within this interprofessional team, which can be accomplished through the Person, Environment and Occupation (PEO) model to promote prevention and participation in occupation. OT practitioners are experts in prevention and OT is the ideal profession to help patients recover from, live with and understand their illnesses and injuries within the free primary clinic setting (Hildenbrand & Lamb, 2013).
The purpose of this session is to provide OT practitioners with tools to incorporate evidence-based strategies into interventions for patients who receive services at free primary care clinics. The content of this session will focus on the development of a program to enhance the role of OT in a free primary care setting. It will also focus on strategies to successfully transition OT services into interprofessional teams within free primary care clinics. Clinical scenarios, videos and print materials will be used to maximize the active participation and learning of attendees.


This session describes the patient population who receive primary care services through local free clinic and identifies opportunities for occupational therapy services within primary care free clinic settings. Evidenced-based interventions for this population will be presented.