



KING OF PRUSSIA, PA

OCTOBER 18 AND 19, 2019

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# Pennsylvania Occupational Therapy Association 2019 Conference Guide

**Welcome to our annual conference.** We are excited that you have chosen to come engage with us over the next few days to share your scholarship and practice experiences, network with colleagues, and share the energy that comes when occupational therapy practitioners gather. Our two-day agenda is packed with opportunities to celebrate with others in the occupational therapy community. This year's program committee has worked hard to create a robust program that covers diverse topic areas in a variety of engaging learning environments. Be sure to visit the Exhibit Hall to network with vendors who are committed to helping you find solutions to the challenges that you face in your professional arena.

The Keynote Address at 5pm followed by a reception from 6-8pm on Friday offer a great opportunity for inspiration and networking as well as a chance to visit exhibitors over hors d'oeuvres and a cash bar. Capture your memories and help spread the great networking opportunities of POTA on Facebook, Instagram, and Twitter. Don't forget to visit our long-time favored raffle located in the exhibit hall.

POTA's Annual Business Meeting will be held during Friday's buffet luncheon and is an opportunity to learn about the Association's business and planned activity. Celebration and recognition are the focus of Saturday's luncheon where we celebrate the accomplishments and contributions of others in our community.

Join us in thanking POTA's Local Conference Committee and the Commission on Conference, our presenters, exhibitors, volunteers, sponsors, and donors for all of their efforts to make Conference 2019 a valuable professional development and networking experience! A special warm thank-you to all the support of our POTA members who help make us stronger. We look forward to meeting you here and hope that you find your time here productive and fun filled. We ask for your help in shaping future conference experiences by completing the evaluation we send after you return home.

Amy Gerney, OTD, OTR/L, POTA President

Traci Herc, MOT, OTR/L; Chair, Commission on Conference

*Commission on Conference-*

Christine Achenbach, MEd, OTR/L

Lynne Huber, OTD, OTR/L

Julie Ann Nastasi, ScD, OTD, OTR/L,

SCLV, CLA, FAOTA

Lorie Rowles, OTD, OTR/L

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Megan Link, MS OTR/L MBA

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Susan Whitworth, MOT, OTR/L, CTRS

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Jeanne Coviello, OTD, OTR/L

Tami Levengood, OTD, OTR/L

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Jennifer Lennon, OTR/L, MBA

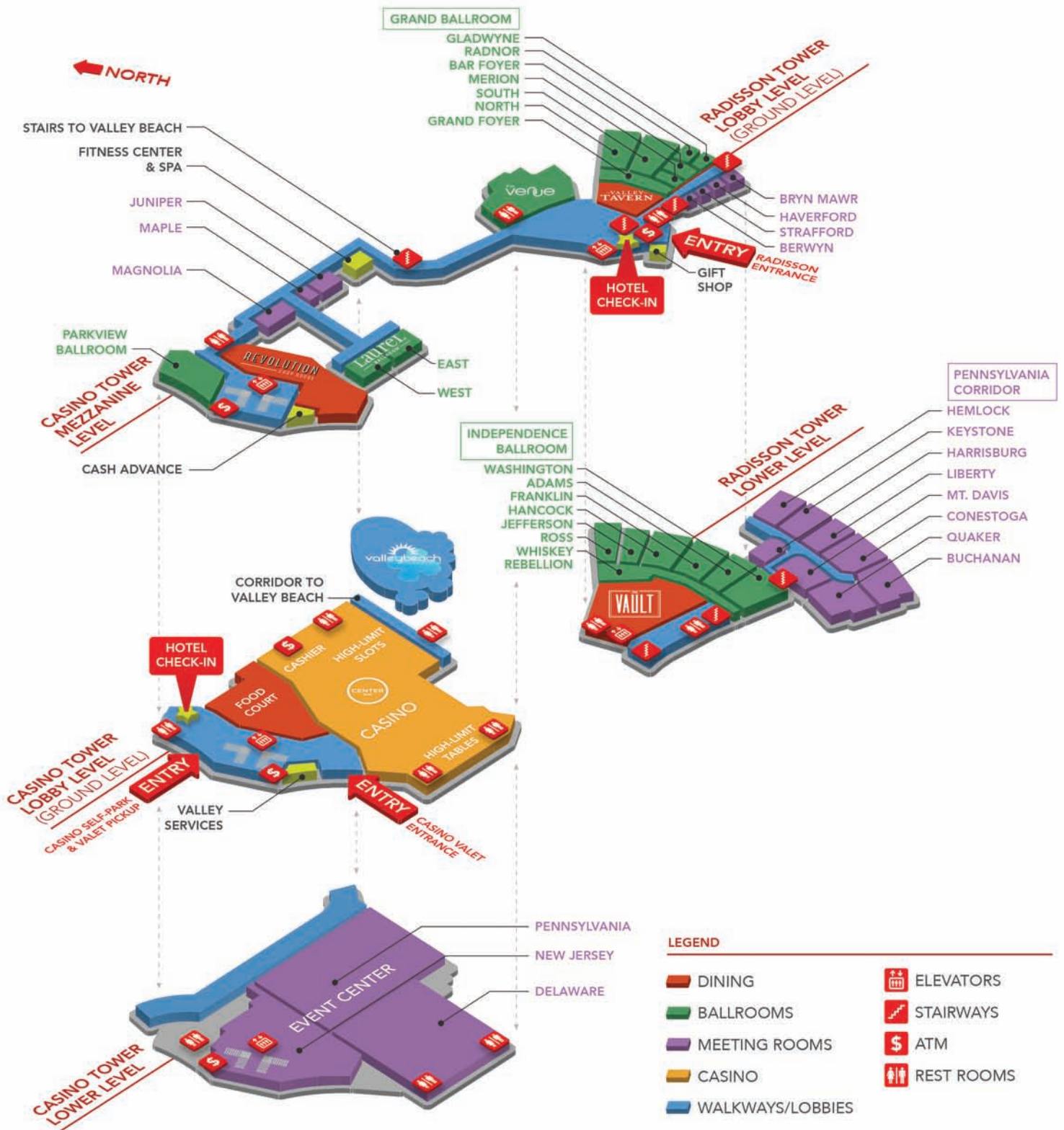
Daniel Fichter, Dr OT, OTR/L

*Special Events Co-Chairs-*

Karen Gualtieri, MS, OTR/L

Sharon Marcy, MS, OTR/L

# 2019 Annual Conference



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## Agenda At A Glance



### THURSDAY, OCTOBER 17

6:00pm – 9:00 pm Registration & Info Desk Open  
6:00 pm – 8:00 pm Welcome Reception

### FRIDAY, OCTOBER 18

6:30am - 12:30pm Registration & Info Desk Open  
6:30am - 8:30am Continental Breakfast  
7:00am Brief Welcome & Announcements  
7:30am Early Bird Education Sessions  
8:30am - 12:20pm Education Sessions  
10:00am - 12:30pm Exhibit Hall Open  
10:30am - 11:20am Poster Session #1  
11:30am - 12:20pm Poster Session #2  
12:30pm - 2:10pm Buffet Lunch & Annual  
Business Meeting  
2:00 pm - 5:00 pm Exhibit Hall Open  
Registration & Info Desk Open  
2:30pm - 4:20pm Education Sessions  
3:30pm - 4:20pm Poster Session #3  
5:00pm - 6:00pm Keynote Address  
6:00pm - 8:00pm Exhibit Hall Open  
President's Reception  
Registration & Info Desk Open

### SATURDAY, OCTOBER 19

7:00am - 7:50pm Trauma Informed Yoga POTPAC  
7:00am - 12:00pm Registration & Info Desk Open  
7:00am - 9:00am Continental Breakfast  
Exhibit Hall Open  
8:00am - 8:50 Education Sessions  
Poster Session #4  
9:00am - 9:50am Plenary Session  
9:45am - 12:00pm Exhibit Hall Open  
10:00am - 11:50 Education Sessions  
11:00am - 11:50am Poster Session #5  
12:00pm - 1:50 Awards Ceremony and Luncheon  
12:15pm - 3:00pm Raffle prizes available for  
pick up Registration area  
2:00pm - 3:50pm Education Sessions

*Photographs may be taken in public during the conference in order to document and share the event with members and prospective members of POTA. By attending this event, you consent to your image or likeness appearing in these photographs.*

**Want to recycle your lanyard and name badge holder?** Drop them off at the registration desk when you are finished.

**Please wear your conference name badge at all times.** It is required for meals and admission to all conference areas.



Conference Keynote Ginny Stoffel, PhD, OT, FAOTA

### **From Resilience to Flourishing: Unleash Your Personal and Collective Power!**

Occupational therapy students and practitioners contribute to the health, well-being and quality of life for those they serve today and tomorrow. As a means of assuring the highest quality of occupational therapy services, advocacy, and leadership, self-care is among the hidden occupations that contribute to everyday effectiveness. In this changing marketplace, it is increasingly important to bounce back from challenges (resilience) as well as cultivate positive feelings and positive functioning (flourishing), as these will not only offer personal well-being, but can also enhance our

professional skills. And when we build these collectively, we build community and synergistic power to advance the profession.

Plenary Session Alyson Stover, MOT, JD, OTR/L, BCP

### **From Prevention to Recovery: Occupational Therapy's Vital Role in Combatting the Opioid Epidemic**

Increased rates of substance use disorders have resulted in a national public health crisis. The government has recognized a gap in identification of individuals with, or at risk for, opioid use disorder, effective treatment as a result of limited intervention options and an inadequate amount of providers, and valuable prevention programming.



Occupational Therapy is the necessary response to this national epidemic. In this plenary we will explore what implementation of the occupational therapy response to the opioid epidemic looks like in real life practice. Occupational therapy professionals and students will be challenged to use this information to identify ways they can immediately begin to implement occupational therapy as an intervention to address the opioid epidemic into their current practice and create change.

## 2019 Annual Conference

### **Pennsylvania Occupational Therapy Association Annual Award Recipients**

**OTA Award of Recognition**  
Krysta Rives MBA, COTA/L

**OT Award of Recognition**  
Rachel Wiley MS, OTR/L

**Research Award**  
Amit Sethi, PhD, OTR/L

**Academic Educator Award**  
Alyson D. Stover, MOT, JD, OTR/L, BCP

**Dr. Stephen L. Heater Award of Outstanding Achievement**  
Caryn Johnson MS, OTR/L, FAOTA

**Fieldwork Educator Award**  
Carrie Isasky, MOT, OTR/L

**OT Student Award of Recognition**  
Sonny Misa, OTS

**President's Award**  
Katherine Landsiedel, OTD, OTR/L

### **Pennsylvania Occupational Therapy Association Annual Student Scholarship Award Recipients**

**Aubrey Boucher**  
Duquesne University

**Alexander Castro**  
Gwynedd Mercy University

**Monica Morrison**  
University of Pittsburgh

**Leah Ratterman**  
Gannon University

**Alexandria Raymond**  
Duquesne University

**Julia Sablom**  
Thomas Jefferson University

**Caitlin Taylor**  
Thomas Jefferson University

**Angelica Yobbi**  
Chatham University

**Conference Tips** Educational Sessions and events are listed by day and start time. You may attend any session on the days you are registered for the Conference as long as seating is available. In order to comply with Fire Code Regulations, once a session has reached its room capacity a "Session Closed" sign will be posted on the door indicating no additional attendees may enter the session. The five types of sessions that are offered this year are the fireside chat; the panel discussion; the 50-minute session; the 1 hour 50-minute session; and the 2 hour 50-minute institute.

**Congratulations to our POTA OTAs'  
60 Year Anniversary**

**WE'LL BE IN LANCASTER OCT 9TH & 10TH, 2020.  
MARK YOUR CALENDARS NOW.**

## **FRIDAY "EARLY BIRD" SESSIONS FROM 7:30 AM**

### **Road Map to Clinical Research - Begin Your Research Adventure!**

Karen Keptner, PhD, OTR/L

*Clinician Presentation*

Research that demonstrates the distinct value of occupational therapy across multiple settings is necessary. During this interactive session, participants will refine a clinical question and create a road map for completion of a research project, including identification of available resources.

2 Hour 50 Minute Session      Academic, Fieldwork, & Research

### **FIELDWORK PANEL DISCUSSION-**

#### **Meeting Level I Fieldwork Placement Needs While Promoting Kindergarten Readiness Using an Rtl Approach**

Taryn Bath, OTD, OTR/L; Jeanne M. Coviello, OTD, OTR/L, ACEC; Dawn Stear, BA

*Educator Presentation*

Occupational therapy practitioner students are required to complete fieldwork. This session will review the development of a novel Level I experience for Occupational Therapy Assistant (OTA) students in a pre-school setting using a Response to Intervention (Rtl) approach.

#### **Faculty-Guided Fieldwork Level I Experiences: Cultivating Peer Mentorship & Mindful Occupation-Based Practice**

Olivia Hammond, OTR/L, M.B.A., CHT

*Educator Presentation*

Sharing of two faculty-guided fieldwork level I experiences that cultivates peer mentorship, the intentional relationship, and mindful & immediate awareness of benefit of occupation-based practice with clients across the lifespan. The journey of these successful teaching-learning programs will be presented from the faculty and students' point of view.

1 Hour and 50 Minute Panel Session      Academic, Fieldwork, & Research

### **What do They (POTA) do for Me: A Guide to Becoming Involved**

Michael Fantuzzo, OTD, OTR/L; Ashley Binkowski, MS, OTR/L, CKTP

*Clinician Presentation*

Membership fees, role of executive board including local districts, and member involvement: understanding what POTA is, what it can do for you, and how to get involved.

50 Minute Session      Advocacy, Leadership, & Management

### **Furthering OTs Role in Women's Health:**

#### **A Discussion Among Practitioners**

Caitlyn Foy, OTD, MOTR/L; Lauren Sponseller, PhD, OTD, MOTR/L, MEd

*Clinician Presentation*

Participants will hear from an interprofessional panel working in subsets of women's health. Following the panel, the presentation will transition into a campfire session for participants to discuss barriers and supports faced in their practice related to women's health.

1 Hour 50 Minute Session      General Practice, Professional Issues, & Emerging Practice

### **Strengthening Interprofessional Partnerships: Supporting and Empowering the Occupational Therapist and The Occupational Therapy Assistant**

LaRonda Lockhart-Keene, OTD, OTR/L, Kera Swift-Josey, COTA/L, Sara Loesche, MS, OTR/L, CHT

*Educator Presentation*

This session explores the current attitudes about OT/OTA collaboration, suggestions for advocacy for the OTA and how strengthening the OT/OTA relationship can ensure the quality of OT services for consumers.

1 Hour 50 Minute Session      General Practice, Professional Issues, & Emerging Practice

### **Adults with Serious Mental Illness: Skills for Employment**

Elizabeth Brooks, OTD, OTR/L

*Clinician Presentation*

A pre-post-test design utilizing the Worker Role Interview (Version 10.0) captured the impact of OT educational programming on work/volunteer skill development for adults with serious mental illness. Secondary objective explored participant satisfaction to inform future programming with this vulnerable population. Wilcoxon paired test showed statistically significant among all eight group participants. Results currently being analyzed. However, all participants demonstrated positive changes from pre to post-test. Pre-post measurement indicates a statistically significant change as supported by Wilcoxon paired analysis with p is less than or equal to .05.

50 Minute Session      Mental Health, Addiction, & Wellness

### **Treating the Medically Complex Patient: Using Lab Values to Guide Clinical Decision Making in Acute Care**

Abigail Sossaman, MOT, OTR/L; Sarah Dunn, DPT, NCS; Samantha Nixon, DPT

*Clinician Presentation*

Using a case study format, a discussion on the use of lab values to inform the evaluation and treatment of medically complex patients. Via two case studies, we will discuss the 2017 APTA Lab Value Interpretation Resource as it applies to practice in acute care.

1 Hour 50 Minute Session      Rehabilitation

### **What (or Who?) Is Guiding School-Based Practice in PA?**

Paula McNamara, MS, OTR/L; Katie Landsiedel, OTD, OTR/L

*Clinician Presentation*

Participate in the exploration of Practice Guidelines for School-Based Occupational Therapy in Pennsylvania through an analysis of what other states are doing and determining the level of interest for such an initiative in Pennsylvania. Guidelines from other states will be presented and discussed in an open forum.

1 Hour 50 Minute Session      Children & Youth

### **Empowering Clinician Dialogue about Sensory Integration in Occupational Therapy Practice**

Roseann Schaaf, PhD, OTR/L, FAOTA

*Educator Presentation*

Many clinicians struggle with the decision to use Ayres Sensory Integration (ASI) in their practice setting. This conversation will discuss the evidence and appropriate use of ASI and strategies for dialog with peers, parents and supervisors about the rationale for using it as part of the OT toolbox.

50 Minute Campfire Chat      Children & Youth

**FRIDAY SESSIONS FROM 8:30 AM**

**Professional & Intergenerational Relationships in OTA/OT Practice**

Alyssa Phillips, MOT, OTR/L; Rudolph Ruffo, COTA/L; Megan Driscoll, MOT, OTR/L

*Clinician Presentation*

In this presentation, participants will discuss and define the value and professional relationship between occupational therapists and occupational therapy assistants and the impact that generational differences have on supervision levels, management, and the relationship between colleagues.

50 Minute Session                      Advocacy, Leadership, & Management

**Occupational Therapy and Dysautonomia**

Joanna Behm, OTR/L; Josh Yarn, OTS; Gretchen Clemens, OTS; Erin Boersma, OTS; Katie Gularski, OTS; Carissa Hess, OTS

*Clinician Presentation*

Dysautonomia, dysfunction of the autonomic nervous system, impacts over 70 million people worldwide. Effects of this under recognized disorder range from mild impairment to total debility. Occupational therapists can play a unique role to improve the life quality of patients with dysautonomia.

1 Hour 50 Minute Session                      Rehabilitation

**Interoception Awareness Intervention: Improving Occupational Performance of Toileting**

Kaylin Echterling, OTS; Brooke Jones, OTS; Kelly Zielinski, OTS; Kerri Hample, OTD, OTR/L, FMCHC

*Student Presentation*

Children with Sensory Processing Disorder experience toileting difficulties at a higher rate than typically developing children. Toileting interventions for this population are limited. This session provides evidence-based strategies to address interoception and toileting.

50 Minute Session                      Children & Youth

**FRIDAY SESSIONS FROM 9:30 AM**

**Trauma-Sensitive OT: How Can the Core Elements of Trauma Center Trauma Sensitive Yoga Inform Current Occupational Therapy Practice?**

Elizabeth Sherman, MOT, OTR/L, TCTSY-F, RYT-200

*Clinician Presentation*

Examine elements of an evidence-based methodology, Trauma Center Trauma Sensitive Yoga (TCTSY), developed to support the healing of complex, treatment-resistant, post-traumatic stress symptoms. Discussion will focus on incorporating elements of TCTSY into current occupational therapy practice and strategies for self-care.

2 Hour 50 Minute Session                      Mental Health, Addiction, & Wellness

**Centers for Medicare and Medicaid Services (CMS) Presentation followed by Round Table and Panel Discussions**  
Dawn Bieber OTR/L; Dr. Barbara Connors

*Clinician Presentation*

Come hear from CMS representatives about Quality reporting (QPP) and the new Medicare changes that are impacting occupational therapy practice. Network with other practitioners and share experiences from your practice setting on topics of QPP (Quality Payment Program), PDPM (Patient Driven Payment Model) and PDGM (Patient Driven Groupings Model). Problem solve opportunities for OT and ask questions of content experts.

1 Hour 50 Minute Session

**Mentorship for Practicing Occupational Therapists**

Andrea Vourtsis MOT, OTR/L

*Clinician Presentation*

Current post-graduation mentorship trends in occupational therapy will be reviewed, and a therapy-specific pilot program discussed.

50 Minute Session                      General Practice, Professional Issues, & Emerging Practice

**Our Emerging Role: Geriatric Primary Care**

Hannah Sclarsky, OTS; Pari Kumar, OTS; Tracey Vause Earland, PhD, OTR/L

*Student Presentation*

This session will describe the experience of two occupational therapy doctoral students initiating services into a pre-existing geriatric primary care clinic. Specifically, chronic disease management, health literacy, functional cognition, and caregiver wellness will be addressed.

1 Hour 50 Minute Session                      General Practice, Professional Issues, & Emerging Practice

**Upper Motor Neuron Syndrome: Clinical Considerations in U.E. Orthotic Fabrication**

Joseph Padova, OTR/L; Casey McKee, MS, OTR/L

*Clinician Presentation*

Individuals with hemiparesis can have complex variations of presentations which impact clinical decision making for the use of serial casting, and passive and active functional orthotic fabrication and neuromuscular reeducation. This interactive workshop will use case studies, video presentation, group breakout sessions and the experiences of four skilled therapists to enhance the participant's clinical knowledge base of upper limb hemiplegic rehab and orthotic options and fabrication.

1 Hour 50 Minute Session                      Rehabilitation

**The Role of Occupational Therapy with Alexander Disease**

Stacy Cusack, MSOT, OTR/L; Jenifer Halterman, MS, MSOT, OTR/L

*Clinician Presentation*

We will illustrate the process we utilized to integrate Occupational Therapy into a newly formed multi-disciplinary specialty clinic setting providing diagnostic, clinical, and research-based services for patients with Alexander's disease, a specific type of leukodystrophy.

50 Minute Session                      Rehabilitation

## **Chronic Musculoskeletal Pain Syndromes: Occupational Therapy Evaluation and Interventions for the Child and Adolescent Patient**

Ashley Binkowski, MS, OTR/L; Rachel Bambrick, MS, OTR/L

*Clinician Presentation*

This course will focus on chronic musculoskeletal pain syndromes in children and adolescents, which are also referred to as amplified musculoskeletal pain syndrome (AMPS). It will take an in depth look at the actual diagnosis, clinical presentation of symptoms, and occupational therapy's role in the evaluation and treatment of this condition.

2 Hour 50 Minute Session

Children & Youth

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## **FRIDAY SESSIONS FROM 10:30 AM**

### **Empowering the Anxious Student**

Christine Achenbach, MEd, OTR/L

*Educator Presentation*

Anxiety is the most commonly diagnosed condition today. Whether fieldwork students present with a clinical diagnosis or are experiencing situational anxiety in their fieldwork Petri dish, this session can strengthen the teaching/learning dyad including ADA guidelines.

1 Hour 50 Minute Session

Academic, Fieldwork, & Research

### **POTA OTAs Matter: Promoting inclusive OTA Engagement**

Krysta M. Rives, MBA, COTA/L

In this session participants will learn about the key roles of a POTA OTA member. Information includes new leadership opportunities, OTA advocacy, and legislative changes that impact Pennsylvania OTA licensure requirements.

50 Minute Session

General Practice, Professional Issues,  
& Emerging Practice

### **Vision and Driving: Keeping Older Drivers Safe**

Amy Lane, OTR/L, CDRS; Holly Stants, MS, OTR/L, SCLV

*Clinician Presentation*

Vision impairments can impact driving and community mobility. This introductory hands-on session reviews screening tools used to identify age-related vision changes, how to identify vision impairment, medical and visual criteria for driving, and when to refer consumers to appropriate services.

1 Hour 50 Minute Session

Rehabilitation

### **Kawa Model: The Flow of Practice**

Neha Tripathi, OTD, OTR/L, CDP

*Clinician Presentation*

This workshop aims to present the Kawa model as a competent theoretical model and evidence-based practical instrument that combines artistic expression and scientific intervention to support the global professional paradigm shift away from the medical model towards occupation-based occupational therapy.

1 Hour 50 Minute Session

Rehabilitation

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## **FRIDAY POSTER SESSION #1 FROM 10:30 AM – 11:20 AM**

### **Preferred Lighting Levels for Reading in College Students**

Julie Nastasi, ScD, OTD, OTR/L, SCLV, CLA, FAOTA;

Kaitlyn Pittsman, OTS; Megan Schane, OTS

*Educator Presentation*

This study examines actual and preferred lighting levels for reading for college students. Light can facilitate or hinder one's ability to see and read. College assignments require students to spend a large portion of their time reading.

Poster

Academic, Fieldwork, & Research

### **Overcoming Obstacles: Healthcare Students with Disabilities on Fieldwork**

Danielle Clune, OTS; Lindsey Eckstein, OTS; Abigail Valenta, OTS

*Student Presentation*

The Americans with Disabilities Act has allowed for an increase in the number of individuals with disabilities seeking higher education in healthcare professions. Students may require accommodations to succeed. Accommodations provided by fieldwork sites to students with disabilities were explored.

Poster

Academic, Fieldwork, & Research

### **Teaching Animal-assisted Interventions through Interprofessional Education**

Anna Grasso, MS, OTR/L, CAPS

*Educator Presentation*

Animal-assisted interventions are growing in popularity, so OTs need to understand the interactions between the animal, client, and interprofessional team. This poster discusses the development of a course and incorporation of individual lectures focused on this emerging practice area.

Poster

Academic, Fieldwork, & Research

### **School-Based Occupational Therapy for Children with Anxiety**

Kate Horohoe, OTS; Kara Grifonetti, OTS

*Student Presentation*

This evidence-based research paper focused on the role of school-based occupational therapists in treating children with anxiety disorders to promote participation in occupations. Literature demonstrated that client-centered, occupation-based, psychosocial interventions and family and teacher education can improve the learning environment.

Poster

Children & Youth

### **ECMO Mobility: Development of Pathway for Safe Mobilization of Pediatric Patients**

Holly Doubet, MS, OTR/L

*Clinician Presentation*

With a well-developed pathway, ECMO mobility is a safe therapeutic intervention that can be used in pediatric populations awaiting heart and lung transplant. Inclusion and exclusion criteria guide medical team members to identify the most appropriate candidates. A progression chart allows you to modify treatment approaches based on current medical status and abilities. A coordinated effort between multi-disciplinary staff is paramount to manage risks and prevent adverse complications in order to ensure success.

Poster

Children & Youth

## Impact of Tactile Play in Increasing Oral Acceptance

Kaitlyn Heath, OTS; Bridget Burnett, OTS; OTS;  
Julia Hawkins, OTD, OTR/L

*Student Presentation*

This research study showed how a single subject increased oral acceptance while expanding the current diet and decreasing negative behaviors surrounding mealtime. Intervention sessions included play with non-preferred wet food items combined with use of the Sequential Oral Sensory approach.

Poster Children & Youth

## Exploring Opportunities to Address Maternal Health with Occupational Therapy: Filling A Gap in Care

Sara Loesche, MS, OTR/L, CHT; Jeanne Coviello, OTD, OTR/L

*Clinician Presentation*

Occupational therapy practitioners have the opportunity to have a positive impact on maternal health as new mothers transition to the challenging role of motherhood. Currently there is a gap between what new mothers are provided and what support they need.

Poster General Practice, Professional Issues, & Emerging Practice

## Exploring Aging Mothers Experience of Occupational Change, as Caregivers for Adult Children

Linda Harris, OTR/L

*Clinician Presentation*

The author proposes that aging mothers as caregivers are currently understudied, which indicates the need to explore their occupational lives to support their role as caregiver. More evidence is needed to understand how occupational therapy practice can shift away from a procedural focus style of caregiving education to a more proactive, health and well-being approach, which includes acknowledging the caretaker as an occupational being.

Poster General Practice, Professional Issues, & Emerging Practice

## Exploring Primary Therapeutic Mode Usage Among Occupational Therapists

Amy Hudkins, MHS, COTA/L

*Educator Presentation*

The purpose of this research (in progress) was to determine if relationships exists between primary preferred therapeutic modes utilized and the number of years of experience in the field of occupational therapy and current practice setting.

Poster General Practice, Professional Issues, & Emerging Practice

## Bridging the Gap: Combating Evidence-Based Practice Deficits

Megan Albin, OTS; Carlie Klanica, OTS; Paige Whitney, OTS;  
Dustin Pringle, OTS; Alexandra Wilson, OTS;  
Sharon Novalis, PhD, OTR/L

*Student Presentation*

While new graduates are building their clinical reasoning skills, they tend to leave evidence-based practice (EBP) skills behind. Programs can be developed to address the identified barriers of EBP implementation by both senior and new practitioners to facilitate clinical success.

Poster General Practice, Professional Issues, & Emerging Practice

## Coaching in Spinal Cord Injury: A Case Study

Caitlin Cadematori, OTD, OTR/L; Samantha Betz, OTS

*Student Presentation*

Addressing performance deficits in persons with spinal cord injury (SCI) has been linked to positive outcomes for participation. This study aimed to identify the impact and fidelity of a strengths-based coaching protocol when implemented with an adult with SCI.

Poster General Practice, Professional Issues, & Emerging Practice

## Considerations for Individuals Who Experience Homelessness Following Acute Hospitalization

Timothy Veltre, MS, OTR/L

*Clinician Presentation*

This poster reviews the impact of homelessness on the functional recovery process in the acute care setting. Case presentations illustrate the barriers and supports towards achieving independence in self-care and safe discharge.

Poster Mental Health, Addiction, & Wellness

## OT Role with Injured Collegiate Athletes: Psychosocial Focus

Jennifer Misiura, OTD, MOT, OTR/L

*Educator Presentation*

The focus of this presentation is a multi-study initiative, related to the perspective of injured collegiate athletes and psychological effects of injury, and then the effect of providing an educational in-service to athletic department staff related to social support.

Poster Mental Health, Addiction, & Wellness

## Occupational Therapy for Caregivers of Early Onset Dementia

Caroline Hickey, OTS; Marcella Guilfoyle, OTS;  
Julie Nastasi, ScD, OTD, OTR/L, SCLV, CLA, FAOTA

*Student Presentation*

This evidence-based research paper examined interventions to decrease caregiver burnout in informal caregivers of people with early onset dementia. Research demonstrated that interventions involving the informal caregiver, addressed psychosocial aspects, used client-centered approaches and included behavior management strategies were effective.

Poster Productive Aging & Geriatrics

## LSVT Big Program: What is it and How Does it Affect Individuals with Parkinson's Disease?

Michael Fantuzzo, OTD, OTR/L

*Clinician Presentation*

Review PD, explain the LSVT protocol, provide results and outcomes from individuals who have completed the program, and provide ways to incorporate exercises into treatment plans across diagnoses.

Poster Rehabilitation

## Cueing Interventions for Freezing Gait in Parkinson's Disease

Marie Acker, OTS; Melissa Busch, OTS;  
Chandra Dombroski, BS, MS, LPT, DPT

*Student Presentation*

This evidence-based research project examined the effectiveness of auditory and visual cues to inhibit the progression of freezing gait symptoms in individuals with Parkinson's disease. Research suggests moderate evidence for both auditory and visual cueing.

Poster Rehabilitation

## PRACTICE CORNER:

### Occupational Therapy Research and Service in Belize

Carrie Gorman, OTD, OTR/L; Joanna Phillippy, OTS

*Clinician Presentation*

The need for occupational therapy services in a developing country will be presented including the presentation of a needs assessment research and reflections on providing occupational therapy services in the Toledo District of Belize.

Poster Academic, Fieldwork, & Research

### Increasing Parental Understanding of Cerebral Palsy in Ecuador

Casey Mullen, OTS; Fern Silverman, EdD, OTR/L

*Student Presentation*

The poster describes a project in Ecuador for increasing parental understanding of cerebral palsy (CP) which included opportunities for active learning about development and support for children with CP. A post-intervention survey indicated the informational session's value to participating parents.

Poster Children & Youth

### Graphic Novels to Promote Health Literacy in Morocco

Julia Thiel, OTS; Julia Norkitis, OTS

*Student Presentation*

This program explores the use of graphic novels to address the health education needs of underserved populations in Morocco. OT students collaborated with graphic design students to create health literacy tools that were implemented in Moroccan clinics.

Poster General Practice, Professional Issues, & Emerging Practice

## FRIDAY SESSIONS BEGINNING AT 11:30 AM

### Conversations with The POTA Board

Michelle Marshina, OTD, OTR/L Chair of the POTA Commission on Practice; Michael Fantuzzo, OTD, OTR/L, POTA Treasurer

What topics related to OT Practice are on your mind? What do you wish that the POTA Board of Directors would consider? This informal discussion session is an opportunity to share your ideas and interests with the POTA Board of Directors.

50 Minute Session General Practice, Professional Issues, & Emerging Practice

### Addressing Sexuality in Acute Care Practice

Hannah Burleigh, OTS; Gina Fox, OTD, OTR/L

*Student Presentation*

Results of a study related to the educational needs of occupational therapists working in acute care practice will be described. Implications for practice and potential resources for increasing comfort in addressing sexuality with clients will be discussed.

50 Minute Session General Practice, Professional Issues, & Emerging Practice

### An Exploration of OT in Hospice

Deborah Budash, PhD, OTR/L

*Clinician Presentation*

Hospice shares many principles inherent to occupational therapy, yet the utilization of OT in comprehensive hospice care remains less than expected. This presentation will provide an introduction to hospice and explore OTs role in comprehensive service provision.

50 Minute Session General Practice, Professional Issues, & Emerging Practice

### Understanding Apraxia: Treatment and Intervention

Juan May, MOT, OTR/L

*Clinician Presentation*

Apraxia can impact participation in daily activities and increase caregiver burden. This presentation will focus on analyzing errors related to apraxia, provide clinicians with assessment tools and present the most up-to-date treatment intervention to improve patient outcomes.

50 Minute Session Rehabilitation

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## FRIDAY POSTER SESSION #2 FROM 11:30 AM – 12:20 PM

### Is Higher Hospital Spending on OT Associated with Lower Readmission

Kathryn Hop, MOTR/L; Megan Link, MS, OTR/L, MBA

*Clinician Presentation*

In 2016, we learned "higher hospital spending on occupational therapy is associated with lower readmission rates". The effects of additional occupational therapy services at an urban, nonprofit academic medical center on 30-day readmissions is explored by comparing pre-intervention data with post-intervention data, with intervention being defined as an added occupational therapist dedicated to the evaluation and treatment of patients on the general medicine and acute geriatric units.

Poster Advocacy, Leadership, & Management

### Understanding the Religious Experience of Children with Autism in the Catholic Church: An Overview of Contextual and Behavioral Factors

Amy Hudkins, MHS, COTA/L

*Student Presentation*

This study utilized interviews and surveys of church staff members as well as surveys of parents of typically developing children and children with autism, in attempting to understand how children with autism fit into the religious context.

Poster Children & Youth

### Clinician and Caregiver Perspectives on the BBC Sensory Scales

Lauren Helmgig, OTS; Brittany Romano, OTS; Nancy Ann Carlson, Ph. D. OTR/L

*Student Presentation*

This presentation examines the perspectives of clinicians and caregivers regarding the user-friendliness of the Brain Body Center Sensory Scales (BBC Sensory Scales), a tool used to identify signs of sensory processing disorder (SPD).

Poster Children & Youth

## **An Exploration of the Perception of Screen Time and its Effects on Social Participation and Play in Early Childhood: A Mixed Methods Study**

Julia Kuehn, OTS; Amanda Chumrik, OTS; Amy Hudkins, MHS, COTA/L

*Student Presentation*

The study aimed to measure the perception and impact of technology use on social participation and play on early childhood. This was conducted through the administration of the Kid Play Profile that children completed with their parents.

Poster Children & Youth

## **Video Prompting: Increasing Independence for Students with Disabilities**

Anna Grasso, MS, OTR/L, CAPS

*Student Presentation*

Video modeling and video prompting are two modes of teaching tasks to students with developmental disabilities. Video prompting has been shown to be more effective than video modeling for students who demonstrate difficulty in cognitive skills and prompt dependency.

Poster Children & Youth

## **Exploring Sensory Play Opportunities and Preferences for Hearing and Visually Impaired Children**

Stephanie Smith, DrOT; Judith Parker-Kent, OTD, EdS, MS, OTR/L, FAOTA

*Clinician Presentation*

A study was conducted to explore sensory preferences of hearing/visually impaired children. Researchers were able to identify the sensory toy preference during free play and the impact on attentiveness during a following structured classroom activity.

Poster Children & Youth

## **Keeping an Eye on Our Colleagues: Ergonomic Intervention for Optometry Professionals**

Brianna Brim, MOT, OTR/L, CPAM, CLIPP

*Student Presentation*

Proper ergonomics can enhance an individual's ability to participate in the occupation of work and reduce rates of injury. This poster demonstrates the need for occupational therapists to educate optometrists on workplace ergonomics to prevent and decrease musculoskeletal discomfort.

Poster General Practice, Professional Issues, & Emerging Practice

## **Billing and Clinical Reasoning: Do the New CPT Codes Impact Clinical Reasoning?**

Judy Ericksen, PhD, OTR/L

*Student Presentation*

The purpose of this study was to explore the clinical reasoning of occupational therapists when choosing occupation-based assessment methods. Additionally, do revised CPT® codes and manual language impact this reasoning? Researchers conducted semi-structured qualitative interviews with clinicians from various settings.

Poster General Practice, Professional Issues, & Emerging Practice

## **Peripheral Vascular Disease: An OTs Guide to Participation**

Gina Feeney, OTS; Ann Marie Potter, PhD, OTR/L

*Student Presentation*

Peripheral vascular disease can have a profound impact on occupational performance, suggesting the need for research within this area of practice. A conceptual model providing guidance for occupational therapists will be presented.

Poster General Practice, Professional Issues, & Emerging Practice

## **Primary Care: What's Stopping Us?**

Kerri Hample, OTD, OTR/L

*Student Presentation*

Current literature between OT and primary care suggests OTs can be valuable members on a primary care team. The present study explores the positions physician recruiters and healthcare managers have of primary care and OT.

Poster General Practice, Professional Issues, & Emerging Practice

## **Training IBCLCs on Implementing the Edinburgh Postnatal Depression Scale**

Gabrielle Martin, OTS; Lauren Sponseller, PhD, OTD, MS, OTR/L

*Student Presentation*

This poster session addresses training IBCLCs on how to effectively detect postpartum depression in mothers through utilizing the Edinburgh Postnatal Depression Scale. This is crucial in helping mothers receive treatment for postpartum depression which can negatively impact a mother's ability to care for her baby.

Poster Mental Health, Addiction, & Wellness

## **An OT Perspective: Implementing Groups in Mental Health**

Meaghan Kennedy, OTS; Cory Cassell, OTS

*Student Presentation*

The session will educate individuals on occupational therapy perspective of implementing groups within a behavioral health unit. Individuals will be informed on the importance of an interdisciplinary push towards an integrated model of group intervention in mental healthcare.

Poster Mental Health, Addiction, & Wellness

## **Yoga for Homeless Shelter Youth with Measurable Outcomes**

Bryanna Heintzelman, OTS; Lauren Hickey, OTS; Julia Wallace, OTS

*Student Presentation*

This session will educate individuals on the benefits of implementing a yoga program for homeless shelter youth. Individuals will be informed of the difficulties faced by, and the utilization of yoga programming for the health and wellbeing of this population.

Poster Mental Health, Addiction, & Wellness

## Improving Residents' Sleep Through ALF Staff Education

Fern Silverman, EdD, OTR/L

*Student Presentation*

Many older adults display deficits in sleep quantity and quality. This poster demonstrates how assistive living facility (ALF) staff sleep education to improve sleep among ALF residents can be valued by the staff and help reduce caregiver burden and depression.

Poster Productive Aging & Geriatrics

## Resilience: A Factor in Spinal Cord Injury Recovery

Lucy Fulton, OTS; Emily Errickson, OTS

*Student Presentation*

Evidence-based research identified underlying qualities of resilience for individuals living with a SCI, and ways in which OTs play a role in incorporating resilience into therapy. Self-efficacy, internal locus of control, hope, and external support provide the foundation for resilience.

Poster Rehabilitation

## Vestibular Rehabilitation Program versus Traditional Physical Rehabilitation

Kimberly Plaspohl, OTS; Erin Sullivan, OTS

*Student Presentation*

The effectiveness of a vestibular rehabilitation program to improve ADL performance in adults with traumatic brain injury compared to traditional physical rehabilitation approaches.

Poster Rehabilitation

## Interventions for Upper Extremity Spasticity Secondary TBI

Megan Farrell, OTS; Fallon Colman, OTS

*Student Presentation*

Upper extremity spasticity differs from person to person. This evidence-based project examined treatment interventions currently available: botulinum toxin; serial casting; positioning; electrical stimulation; kinesiotaping; and medication. Research reports that combining treatments allows the client to receive maximum benefit.

Poster Rehabilitation

## PRACTICE CORNER:

### Reminiscence Therapy and Virtual Reality

Alessia Dolgetta, OTS

*Student Presentation*

This evidence-based research explored reminiscence therapy as an effective intervention for people living with dementia or mild cognitive impairment. It critically analyzed the literature on the effectiveness of using virtual reality technology as an alternative to standard reminiscence therapy.

Poster General Practice, Professional Issues, & Emerging Practice

### Virtual Reality and Upper Extremity Rehabilitation Post-Stroke

Kaitlin Kenyon, OTS; Gabriela Lins, OTS; Catherine Moloney, OTS; Julie Nastasi, ScD, OTD, OTR/L, SCLV, CLA, FAOTA

*Student Presentation*

This evidence-based research investigates the efficacy of non-immersive and immersive virtual reality (VR) rehabilitation for individuals with upper extremity (UE) deficits secondary to a stroke.

Poster Academic, Fieldwork, & Research

## Virtual Reality versus Mirror Therapy for Phantom Pain

Sara Codispoti, OTS; Sarah Aberasturi, OTS; Chandra Dombroski, BS, MS, LPT, DPT

*Student Presentation*

The purpose of this evidence-based research paper is to determine whether augmented reality/virtual reality or mirror therapy intervention is more effective in reducing phantom limb pain in individual's status post amputation.

Poster General Practice, Professional Issues, & Emerging Practice

## Effect of Immersive Virtual Reality on Perceived Occupational Performance and Perceived Occupational Satisfaction for Older Adults

Sara Benham, OTD, OTR/L, ATP; Lilian Trinh, OTS

*Educator Presentation*

Through this exploratory study with a one group, pretest-posttest design, older adults participated in eight immersive virtual reality (VR) sessions, which improved their self-perceived occupational performance and satisfaction. Attendees will have the opportunity to trial a cardboard VR option.

Poster Productive Aging & Geriatrics

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## FRIDAY SESSIONS BEGINNING AT 2:30 PM

### Facilitating Fieldwork Success: Guided Discussion with Stakeholders

Amy Fatula, M.Ed., COTA/L, ATP

*Educator Presentation*

This interactive session will focus on strategies that facilitate successful Level II fieldwork experiences. Participants will engage in guided discussion to address how to best prepare for fieldwork, resources available to promote effective communication, and expectations for professionalism and competency.

50 Minute Session Academic, Fieldwork, & Research

### Encouraging Self-Reflection in an Entitlement Era

Hannah Sternbach, OTS; Erin Kennedy, OTS; Keri VanDusen, OTA; Lauren Blair, OTS; Marissa Pazzaglia, OTS; Emily Thomas, OTS; Kimberly Gargin, OTD, OTR/L

*Student Presentation*

This presentation will facilitate self-reflection of entitled behaviors with graduate occupational therapy students. Additionally, to give guidance on how these behaviors affect classroom and fieldwork learning. It will also provide strategies on how to manage these behaviors.

1 Hour 50 Minute Session Academic, Fieldwork, & Research

### Disasters: The Role for Occupational Therapy

Karen Ann V. Cameron, OTD, PhD, MEd, OTR/L; Andrea Kelso, OTR/L

*Educator Presentation*

This presentation will identify the unique role of occupational therapy professionals in disaster management to mitigate loss of roles, promote return to occupational performance, and ensure disaster survivors with disabilities, accessibility and/or functional limitations receive equal access to response services.

50 Minute Session General Practice, Professional Issues, & Emerging Practice

# 2019 Annual Conference

## Client-Centered Interventions for Pain: Motivation to Meeting Goals

Alyssa Phillips, MOT, OTR/L

*Clinician Presentation*

In this presentation, participants will outline client-centered goal setting practices and resources, discuss the use of client goals to guide engaging & occupation-based interventions, and explore the use of client-centered interventions for a case study with chronic pain.

1 Hour 50 Minute      General Practice, Professional Issues,  
& Emerging Practice

## Revolutionizing Occupational Therapy Practice: A Trauma-informed Approach

Megan Sharp, OTS; Sarah Blaise, OTS

*Educator Presentation*

Trauma and its effects are as unique and complex as the individuals who experience them. This session introduces trauma-informed care and challenges participants to adapt their approach, working towards an increasingly conscious practice in order to improve client outcomes.

1 Hour 50 Minute Session      General Practice, Professional Issues,  
& Emerging Practice

## Using Assistive Technology (AT) Along the Continuum of Care

Natalie Pondok, MS, OTR/L; Amanda Parker, MS, OTR/L

*Clinician Presentation*

The client with neurological impairment benefits from modalities beyond hands-on assistance. This presentation will discuss how to train/educate the client/caregiver regarding available AT options, document the functional incorporation of technology, and address how to acquire funding.

50 Minute Session      Rehabilitation

## Developing Routines for Improved Urinary Continence

Carolyn Gatty, MS, OTR/L; Cindy Gallo, PT

*Clinician Presentation*

Urinary incontinence is widely under-diagnosed and commonly accepted as a normal part of aging. This course will provide the clinician with the knowledge, strategies, and confidence to improve continence and quality of life for their clients with this condition.

1 Hour 50 Minute Session      Productive Aging & Geriatrics

## Are You Anxious? How do You Know? Interoceptive Awareness

Megan Anderson, OTS; Alexa Feduchak, OTS;  
Chelsea Dantona, OTS Kerri Hample, OTD, OTR/L, FMCHC

*Student Presentation*

Improving interoceptive awareness changes emotional regulation. This presentation will provide you with the tools that will enable you to assess, intervene, and measure the effectiveness of an 8-week interoceptive awareness program designed for individuals with SPD.

50 Minute Session      Mental Health and Wellness

## Occupational Therapy in Multidisciplinary Clinics: A Panel Discussion

Cathy Barson, OTR/L; Stephanie Cassidy, OTR/L;  
Jordan Porter, MS, OTR/L; Ashley Binkowski, MS, OTR/L, CKTP;  
Kristin Cunningham, OTR/L; Anne Ashley Field, OTR/L;  
Sandy Schmieg, OTR/L

*Clinician Presentation*

A panel of OTs from the Children's Hospital of Philadelphia share their experience and practical advice on developing the role of OT in multidisciplinary clinics in pediatric populations: Trisomy 21, Feeding, Foster Care, Oncology, Cerebral Palsy, Stroke, and Brachial Plexus.

1 Hour 50 Minute Session      Children & Youth

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## FRIDAY SESSIONS BEGINNING AT 3:30 PM

### Using Structure to Manage Meltdown: Working with the Anxious Student

Michelle Marshina, OTD, OTR/L;  
Sheila Wilson, OTD, OTR/L, BCPR, ATP

*Clinician Presentation*

A structured clinical fieldwork helps set expectations as a way to identify when a student is off-course. Recognizing how an increase in anxiety in affiliating students negatively affects performance helped design strategies and program development for success during the affiliation experience.

50 Minute Session      Physical Disabilities

### Networking with Your District

Paula McNamara, MS, OTR/L moderator  
Join your POTA district to find out what's going on locally. Engage with occupational therapy practitioners in your community and explore opportunities to get more involved.

50 Minute Roundtable

### Spasticity Control Cast Based Resting Hand Splint

Alex Nastaskin, MS, OTR/L

*Clinician Presentation*

Spasticity control resting hand splint which addresses patient's clinched hand due to spasticity, Soft tissue contraction of intrinsic muscles, Joint protection due to flaccidity and prevention of hyperextension MCP/PIP/DIP joints.

50 Minute Session      Rehabilitation

### Working with People Who Use Drugs in a Patient First Manner

Devin Reaves, BA, MSW

*Clinician Presentation*

Explore the patient first approach from a community leader, grassroots organizer, and someone in recovery emphasizing advocacy, collaboration, and community engagement. Learn how to approach and advocate for individuals using and impacted by the use of drugs.

50 Minute Session      Mental Health and Wellness

## FRIDAY POSTER SESSION #3 FROM 3:30 PM – 4:20 PM

### A New Tool to teach Preschoolers Zippering: Is It Effective?

Fern Silverman, EdD, OTR/L

*Educator Presentation*

This interprofessional pre-post test pilot study investigated the value of a modified dressing vest with added language input to teach zippering. Since zippering is a frequent OT goal in schools, this research can potentially improve OT effectiveness in pediatric settings.

Poster Academic, Fieldwork, & Research

### Self-Management Interventions in Adults with Type II Diabetes

Gianna Ciro, OTS; Rachel Baccus, OTS; Nicole Tababa, OTS; Lynda Lemisch, OTD, OTR/L, CLCP, CAPS; Colleen Maher, OTD, OTR/L, CHT

*Student Presentation*

This poster presentation will describe the most beneficial occupational therapy interventions for individuals with type II diabetes to achieve a healthier lifestyle. These interventions include education, medication management, and self-care activities to monitor HbA1c levels and residuals symptoms.

Poster Advocacy, Leadership, & Management

### Sensory Processing Among School Children with Trauma Histories

Rebecca Joy Aricheta, MSOT; Caitlyn Foy, OTD, MOTR/L

*Clinician Presentation*

This presentation will share the methodology and results from an occupational therapy in-service provided to school district educators addressing sensory processing challenges among children who have experienced trauma.

Poster Children & Youth

### Amplified Musculoskeletal Pain Syndrome (AMPS) and Returning to School

Cali Hutson, OTS; Heather Hotz, OTS; Colleen Maher, OTD, OTR/L, CHT

*Student Presentation*

This poster presentation addresses common pediatric occupational therapy interventions that can be applied to school-based occupational therapy to enhance educational performance for children with AMPS upon returning to school following a prolonged period of absence.

Poster Children & Youth

### Who's Hungry? Let's Feed Your Baby

Lauren Sponseller, PhD, OTD, MS, OTR/L

*Student Presentation*

This poster presentation summarizes a class educating low income mothers seeking support at the Bucks County Women's Center on feeding milestones and simple interventions to help with their children they described as "picky eaters."

Poster Children & Youth

### Outpatient Occupational Therapist's Role in Early Literacy Development

Brittany Grady, MS, OTR/L, CHES; Erin Manus, MS, OTR/L; Juliet Habebusch, MOTR/L

*Clinician Presentation*

The purpose of this session is to describe how an outpatient pediatric occupational therapist can use the OT Literacy Tree approach to promote early literacy development for children ages birth to 5 years old.

Poster Children & Youth

### Recent Graduates' Perspectives of Fieldwork and Occupation-Based Practice

Amanda Sabol, OTS; Jordan Klase, OTS; Morgan Smith, OTS; Judy Ericksen, PhD, OTR/L

*Student Presentation*

The purpose of this study was to explore how entry-level occupational therapists understood their Level II fieldwork experiences in relation to their current use of occupation-based interventions and professional identity development.

Poster General Practice, Professional Issues, & Emerging Practice

### Increasing Interdisciplinary Collaboration to Improve Client Sleep Quality

Lauren Sponseller, PhD, OTD, MS, OTR/L

*Student Presentation*

This poster demonstrates that providing education on occupational therapy interventions targeting sleep quality in older adults can result in increased interdisciplinary collaboration and additional referrals to OT in a home health setting.

Poster General Practice, Professional Issues, & Emerging Practice

### Motherhood and Breast Cancer - Improving Holistic Care

Ann Marie Potter, OTR/L

*Student Presentation*

This poster will provide occupational therapists with a holistic overview of the needs of mothers with breast cancer to demonstrate the areas in which occupational therapists can enable mothers with breast cancer to participate in their meaningful roles as mothers.

Poster General Practice, Professional Issues, & Emerging Practice

### The Effects of a Transfer Safety Program

Lori Rowles, MS, OTR/L

*Student Presentation*

The study aimed to increase nursing students' knowledge of patient transfers and increase awareness of the role of occupational therapists, while comparing the effectiveness of a hands-on transfer training program versus video transfer training.

Poster General Practice, Professional Issues, & Emerging Practice

## Group and Individualized Occupational Therapy for Individuals with Schizophrenia

Pari Kumar, OTS; Mary Muhlenhaupt, OTD, OTR/L, FAOTA

*Student Presentation*

Results of a large randomized controlled trial evaluating the impact of individual plus group OT for individuals with schizophrenia suggest individual plus group OT improves cognition when compared to group OT alone. Findings have implications for OTs in mental health.

Poster Mental Health, Addiction, & Wellness

## Coping Strategies to Prevent Teacher Burnout

Nicole Chambers, OTS; Anna Grasso, MS, OTR/L

*Student Presentation*

Special education teachers commonly experience job burnout as a result of children's complex needs and adapted curriculums. This poster demonstrates the importance of utilizing coping mechanisms to increase job satisfaction and promote overall health and well-being.

Poster Mental Health, Addiction, & Wellness

## Integrating the Use of Essential Oils in Occupational Therapy Treatment

Amy Cellucci, OTS; Lauren Sponseller, PhD, OTD, MS, OTR/L

*Student Presentation*

Essential oils and their healing powers are underutilized in the medical setting. Through the scope of occupational therapy (OT) patients can receive therapeutic touch paired with aromatherapy to increase quality of life.

Poster Mental Health, Addiction, & Wellness

## Impact of Wearable Smart Technology on Living in Place

Casey Little, OTS

*Student Presentation*

As wearable smart technology becomes more prevalent, it has the potential to help older adults live in place. This poster will highlight the benefits of these items to support older adult's independence in the home and discuss recommendation considerations.

Poster Productive Aging & Geriatrics

## Digital Decluttering to Increase Social Participation for Seniors

Anna Grasso, MS, OTR/L

*Student Presentation*

Competence with digital decluttering may be a crucial component for facilitating occupational engagement in the community dwelling senior population. This poster demonstrates the impact of occupational therapy in senior education to simplify technological devices.

Poster Productive Aging & Geriatrics

## Pain Management Using Mindfulness Meditation in Orthopedic Clients

Brianna Brim, MOT, OTR/L, CPAM, CLIPP

*Student Presentation*

This poster session will address the benefits of using mindfulness meditation for pain management with orthopedic clients and describe how to implement mindfulness meditation interventions for pain management.

Poster Rehabilitation

## Effective Cognitive Approaches for Young Adults Post-TBI

Samavita Ivaturi, OTS; William Librizzi, OTS;

Coleen Maher, OTD, OTR/L, CHT

*Student Presentation*

This poster presentation will describe the most effective cognitive rehabilitation approach for OTs to use with young adults post-TBI. This research will guide OT practitioners in utilizing evidence-based interventions to improve IADL performance.

Poster Rehabilitation

## Interventions for Increasing Responsive Behaviors in Minimally-Conscious Patients

Sierra Clair, OTS; Anna Kleinschmidt, OTS;

Coleen Maher, OTD, OTR/L, CHT

*Student Presentation*

This poster presentation will describe effective OT interventions for increasing responsive behaviors in patients identified as minimally-conscious present in the Neuro intensive care setting.

Poster Rehabilitation

## Post-Acute Assessment of Functional Cognition

Rachel DiCerbo, OTS; Brianna Brim, MOT, OTR/L, CPAM, CLIPP

*Student Presentation*

Standardized measures of functional cognition may rarely be implemented in post-acute care settings, despite the spectrum of cognitive impairments treated. Use of the Executive Function Performance Test would help to establish objective measurements and appropriate treatment and discharge plans for clients.

Poster Rehabilitation

## PRACTICE CORNER:

### Stress and Quality of Life among OT Students

Melissa Bauer, OTS; Edward Mihelcic, PhD, MA, OTR/L

*Student Presentation*

The study explores the stress levels of occupational therapy students at Saint Francis University and how it impacts their health-related quality of life.

Poster Academic, Fieldwork, & Research

### Student and Fieldwork Educator Perspective: Transition to Fieldwork

Marykate Gallagher, OTS; Yocheved Lowinger, OTS;

Jennifer Fretz, OTS; Paige Dunham, OTS

*Student Presentation*

The session will educate individuals on the perspectives of occupational therapy students and fieldwork educators during the coursework to fieldwork transition. Individuals will be informed on areas for improvement of didactic coursework to optimize the application of knowledge to practice.

Poster Academic, Fieldwork, & Research

## SATURDAY SESSIONS BEGINNING AT 8:00 AM

### Instructional Design: Building Blocks for Successful Learning

Caitlyn Foy, OTD, MOTR/L; Sharon B. Marcy, MS, OTR/L

*Educator Presentation*

Knowledge about instructional design, which is the art of creating engaging learning experiences, can benefit both OT academicians and practitioners. Participants will learn about learning preferences, instructional design principles, and how to apply learning theories to clinical and academic settings.

50 Minute Session                      Academic, Fieldwork, & Research

### Assessment and Interventions for Community Participation for People with TBI vs. Developmental Disabilities

Joseph Campbell, MEd, OTR/L, CBIS

*Clinician Presentation*

The presenters will discuss the needs special education students as they prepare to transition from high school to post-secondary education or worker roles and adults that have sustained a traumatic brain injury, who are working to participate in community activities.

50 Minute Session                      General Practice, Professional Issues, & Emerging Practice

### Mind-Body Practices in Recovery: Tangible Tools for Wellness

Michelle Rampulla, MS, OTR/L, CPRP; Sara Dobson, MS, CPRP

*Clinician Presentation*

This interactive presentation will provide opportunities to learn about the role of holistic services in mental health, engage in various mind-body practices, and envision implementation of practices. Participants will also explore implications from a retrospective program review of Tai Chi Easy in a community non-profit setting.

50 Minute Session                      General Practice, Professional Issues, & Emerging Practice

### Ten Ways to Lose Your License

Joanne M. Baird, PhD, OTR/L, CHSE

Current practice can challenge ethical judgement. Learn some contemporary dilemmas facing practitioners and how scope of practice, legislation and regulation influence practice. Understand the actions/behaviors that may put your profession or license in jeopardy.

50 Minute Session                      General Practice, Professional Issues, & Emerging Practice

### Optimizing Independence Using Electrical Stimulation

Amy Flemming, MS, OTR/L; Catherine Furman, MS, OTR/L; Elizabeth Stokes, MS, OTR/L

*Clinician Presentation*

Using functional electrical stimulation [FES] to treat the neurologically impaired client demonstrates occupational therapy's use of evidenced based practice. Understanding how to use FES across the rehabilitation continuum, and document results, improves client independence and optimizes functional use of the upper extremity.

50 Minute Session                      Rehabilitation

### Home Program: Let's Be Functional!

Lynne Huber, OTD, OTR/L

*Clinician Presentation*

This session will explore the functional approach to home programs for the client with neurologic impairment. We will identify the differences between exercise and functional programs and how to deliver the best care with carryover and success.

50 Minute Session                      Rehabilitation

### Integrative Medicine and Occupational Therapy in the NICU Setting

Lydia Rawlins, MEd, OTR/L

*Clinician Presentation*

The NICU Occupational Therapy Practitioner's primary goals are to support the caregiver in caregiving roles and maximize an infant's overall development. Implementation of Integrative Health Modalities in the NICU may improve parent bonding and infant cognitive and motor development.

50 Minute Session                      Children & Youth

## SATURDAY POSTER SESSION #4 FROM 8:00 AM – 8:50 AM

### Doctoral Capstone Projects: Authentic Outcomes and Mutual Benefits

Ann Cook, OTD, OTR/L

*Educator Presentation*

With many occupational therapy programs transitioning to the entry-level doctoral degree, attendees will benefit from understanding the doctoral capstone experience and project, examine authentic projects and their outcomes, and brainstorm how a capstone project could benefit their site.

Poster    Academic, Fieldwork, & Research

### Understanding the Value and Indicators of Success for Use of Team-Based Learning in Occupational Therapy Education

Thomas Mernar, PhD, OTR/L; John M. Bindo, OTD, OTR/L, MHA, LNHA; Mindy MacRone-Wojton, DSc, OTR/L

*Educator Presentation*

Team-based learning has minimal research in occupational therapy education. This correlational research study examines multiple factors that may contribute to the success of student's preference, accountability, and satisfaction of using TBL in occupational science and occupational therapy education.

Poster    Academic, Fieldwork, & Research

### Developing a Community Engaged Experience via Telehealth

Jennifer Misiura, OTD, MOT, OTR/L; Erin Long, MOT, OTR/L

*Educator Presentation*

This poster focuses on the development and implementation of a community engaged telehealth component of an OT course in an MOT program. Information presented includes the benefits of this initiative, resources required, and how this experience meets specific accreditation standards.

Poster    Academic, Fieldwork, & Research

# 2019 Annual Conference

## Qualitative Study of Transition for Youth with IDD

Rachel Tokarski, BS, OTS

*Student Presentation*

A discussion of the results from a phenomenological study that seeks to understand the perspectives of parents of adolescents with IDD who are transitioning out of an educational setting, as well as the perspectives of these young adults themselves.

Poster Children & Youth

## Development of OT Supported Response to Intervention in School Setting

Lesley Geyer, MA, OTR/L

*Clinician Presentation*

This course will review the occupational therapy practitioner's role in RtII programs in the school setting. It will teach the OT practitioner how to develop documentation tools and track student progress through the RtII process.

Poster Children & Youth

## The Effects of Prosthetics on Quality of Life in Children

Christina Costanzo, OTS; Pooja Patel, OTS; Colleen Maher, OTD, OTR/L, CHT

*Student Presentation*

This poster presentation will describe why children with upper extremity (UE) deficiencies and amputations decide to use or not use their prosthetic, and how this choice impacts their quality of life.

Poster Children & Youth

## Efficacy of an Online Journal Club

Bernadette Schmeltz, OTD, OTR/L, CLT

*Clinician Presentation*

The purpose of this poster presentation is to describe how the implementation of an online journal club improves the self-perceived knowledge and attitudes of occupational therapy practitioners towards EBP. Furthermore, discussion concerning barriers to EBP will be explored.

Poster General Practice, Professional Issues, & Emerging Practice

## Facilitating Interprofessional Community Learning: The Student Hotspotting Program

Tracey Earland, PhD, OTR/L; Sarah Cohen, OTS

*Clinician Presentation*

Hotspotting focuses on providing interprofessional, patient-centered care to patients with complex medical and social needs. A case example will illustrate how interprofessional students support, advocate, and empower vulnerable patients as they navigate a fragmented healthcare system. Preliminary outcomes will be shared.

Poster General Practice, Professional Issues, & Emerging Practice

## A Conversation That Still Matters

Jadyn Sharber, MSOT, OTR/L; Brianna Brim, MOTR/L, CPAM, CLIPP  
*Clinician Presentation*

A group of OT educators, students, and practitioners reported that OT curriculum does not sufficiently address LGBTQIA+ topics. A thematic analysis of their discussion reveals insights including the importance of LGBTQIA+ education, perceived barriers and supports, and effective teaching strategies.

Poster General Practice, Professional Issues, & Emerging Practice

## Assistive Technology for Adults with Autism Spectrum Disorder

Amber Glaspie, OTS; Christina Hein, OTS; Colleen Maher, OTD, OTR/L, CHT

*Student Presentation*

This poster presentation describes the needs of adults with autism in their transition to work by asking the question: "Will the use of Assistive Technology during the transitioning process to work increase work performance in adults diagnosed with autism?"

Poster General Practice, Professional Issues, & Emerging Practice

## Lyme Disease Assessment of Quality of Life

Lauren White; Julie Nagle, OTD, OTR/L

*Student Presentation*

The researcher analyzed quality of life for patients with post-treatment Lyme disease, utilizing a standardized assessment and symptom checklist to gather inferential, descriptive, and qualitative statistics. Results analyzed supported research hypothesis that quality of life is negatively impacted.

Poster General Practice, Professional Issues, & Emerging Practice

## Sustainable Discharge for Adults with Serious Mental Illness

Mariah Hawley, OTS

*Student Presentation*

This evidence-based research explores rampant recidivism among adults with serious mental illness with a history of inpatient psychiatric hospitalizations. Poor community supports, limited access to services, and minimal preparation for life outside of the hospital lead to unsuccessful, unsustainable discharge.

Poster Mental Health, Addiction, & Wellness

## The Development of Therapeutic Gardens Within an Urban Hospital and OT's Role

Ashley Binkowski, MS, OTR/L

*Clinician Presentation*

This poster will help participants understand how a therapeutic garden was developed within an urban hospital with a multidisciplinary team, including OT. The role of OT will be explored from program development through implementation of treatment activities to address client factors and performance skills within an actual garden. This poster will explore how a hospital-based garden can have a large impact on community health during treatment and after discharge.

Poster Mental Health, Addiction, & Wellness

## Occupational Therapy's Role in Addressing College Campus Well-Being

Elizabeth Kozuch, OTS; Sydney Giangliuli, OTS

*Student Presentation*

College students often experience psychosocial challenges such as anxiety, and sleep disturbances. This poster examines how cranial electrotherapy stimulation (CES) and mindfulness can be used by occupational therapy to reduce symptoms associated with these challenges.

Poster Mental Health, Addiction, & Wellness

## The Benefits of Part B versus Part A Occupational Therapy Services Delivered in the Home

Michael Fantuzzo, OTD, OTR/L

*Clinician Presentation*

Medicare is becoming more difficult to understand regarding part A vs part B services. This presentation is to explain the difference between them and understand the benefits of each one and choosing the correct service when looking at a patient for therapy.

Poster Productive Aging & Geriatrics

## Stepping Outside: Sensory Gardens and Dementia

Ainsley Berringer, OTS;  
Kasey Stepansky, CCSd, OTR/L, C/NDT, CBIS

*Student Presentation*

Sensory gardens are therapeutic spaces that allow individuals to interact with their environment through multisensory approaches. They are beneficial in improving positive behaviors in individuals with dementia, thereby giving these individuals a renewed sense of purpose and well-being.

Poster Productive Aging & Geriatrics

## Quality of Life Following TAVR: Opportunities for OT

Emily Pullman, OTS; Pamela Toto, PhD, OTR/L, BCG, FAOTA

*Student Presentation*

This presentation examines quality of life outcomes for frail older adults who have undergone transcatheter aortic valve replacement (TAVR) for aortic stenosis and highlights opportunities for Occupational Therapy to improve health and reduce frailty-related disability in this population.

Poster Productive Aging & Geriatrics

## A Discharge Planning Framework for the Management of the Post - Stroke Hemiplegic Upper Extremity

Lynn Upmalis, OTR/L

*Clinician Presentation*

Proper discharge planning for clients with post-stroke hemiplegic upper extremities aids in the reduction of secondary complications, which can impede the upper extremity recovery process. A framework for this discharge planning process is explored.

Poster Rehabilitation

## Treating Spasticity Using Occupational Therapy and Botox

Elizabeth Aberant, OTS; Kayley Carnes, OTS;  
Chandra Dombroski, MS/LPT, DPT

*Student Presentation*

The purpose of this evidence-based research project is to determine whether occupational therapy (OT) intervention in combination with botulinum toxin type A (BTX-A) injections increases the level of function in the affected upper extremity (UE) of individuals with spasticity.

Poster Rehabilitation

## PRACTICE CORNER:

### Conquering Chronic Pain: An OT's Role

Samantha Ballengee, OTS; Emma GiaQuinta, OTS;  
Emily Harried, OTS; Kristen Laird, OTS; Janet Bucey, OTD, OTR/L

*Student Presentation*

Chronic pain affects millions of Americans yearly and interferes with daily occupations. Despite occupational therapy's (OT's) unique role in addressing occupational performance deficits, there is limited literature supporting OT in chronic pain. Therefore, OTs must advocate their role in chronic pain.

Poster General Practice, Professional Issues, & Emerging Practice

### Virtual Reality: An Intervention for Chronic Pain

Haley Feller, OTS; Joanne Baird, PhD, OTR/L

*Student Presentation*

Chronic pain is a widespread condition that has been in the national spotlight due to the opioid epidemic. Virtual reality is a promising intervention for addressing chronic pain by allowing individuals to participate in an environment not associated with pain.

Poster General Practice, Professional Issues, & Emerging Practice

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## SATURDAY SESSIONS BEGINNING AT 10:00 AM

### Translation of Emerging Practice Fieldwork into Traditional Practice

Kristy Meyer, OTR/L; Nicole Roberts, OTD, MOT, OTR/L;  
Jeanne Coviello, OTD, OTR/L

*Educator Presentation*

Many academic programs look to emergent practice fieldwork settings as an alternative to traditional practice placements. We will define emergent practice settings, investigate the benefits of emergent practice fieldwork placements, and illustrate the translation knowledge into traditional practice settings.

1 Hour 50 Minute Session Academic, Fieldwork, & Research

# 2019 Annual Conference

## **Driving & Community Mobility: Occupational Therapy Roles in Driver Rehabilitation**

Amy Lane, OTR/L, CDRS

*Clinician Presentation*

Driving holds value for individuals across the lifespan. Evidence reveals the importance in acknowledging the significance. This presentation highlights OT's role as the expert in the IADL of driving and community mobility and how to collaborate with driver rehabilitation specialists.

1 Hour 50 Minute Session    General Practice, Professional Issues,  
& Emerging Practice

## **Town Hall Talk with Alyson Stover, Plenary Speaker**

Alyson Stover, MOT, JD, OTR/L, BCP

*Educator Presentation*

Join Alyson after her plenary session for a town hall talk about the opioid epidemic and occupational therapy's unique role.

1 Hour 50 Minute Session

## **Take a Dynamic Approach to Home Health OT**

Christine Daeschner, MSOT, OTR/L; Traci Herc, MOT, OTR/L

*Clinician Presentation*

Engage in a planning and problem-solving session to service your patients as the Home Health Care changes occur in 2020. Learn to utilize current models, approaches, and methods to maximize your daily treatment and produce better outcomes.

1 Hour 50 Minute Session    General Practice, Professional Issues,  
& Emerging Practice

## **OT Experiences in Women's Health: A Descriptive Pilot Study Review**

Caitlyn Foy, OTD, MOTR/L

*Educator Presentation*

Attendees will learn about the experiences of OT practitioners' working, practicing, and researching in Women's Health. OT practitioner struggles, supports, and ideas to enhance this emerging practice setting will be discussed. Results from a descriptive pilot study will be shared.

50 Minute Session    General Practice, Professional Issues,  
& Emerging Practice

## **Therapeutic Management of Disorders of Consciousness: Occupational Therapy Assessment and Treatment**

Angela Long, MS, OTR/L

*Clinician Presentation*

Severe traumatic brain injury (TBI) results from focal or diffuse injuries that cause widespread neurological changes. This presentation will differentiate the clinical presentation across the continuum of disorders of consciousness and identify current practice guidelines for clinical assessment and treatment.

50 Minute Session    Rehabilitation

## **Treatment of the Patient with Facial Paralysis**

Tami Konieczny, MS, OTR/L; Anne Ashley Field, MOTR/L

*Clinician Presentation*

Facial paralysis occurs across patient populations (trauma, stroke, oncology, infection and others). OTs have a vital role in restoring facial motion and managing functional impairments (eating, drinking, oral care, smiling). Attendees will learn to evaluate and treat this patient population.

1 hour 50 min    Rehabilitation

## **Promoting Mindful Media Use in Children**

Rebecca Sinko, OTD, OTR/L; Shelley Wallock, DrPH, OTR/L

*Clinician Presentation*

This presentation will emphasize how to embed mindfulness within media literacy programming. Opportunities will be provided to practice strategies for enhanced mindful media use. Participants will reflect and discuss how to apply mindfulness and media literacy programming in their practice.

1 Hour 50 Minute Session    Children & Youth

## **Sparking Legislative Advocacy and Community Action in POTA members: A Guided Discovery**

Ann Stuart, OTD, OTR/L

*Educator Presentation*

While recent studies suggest that Generation Z is more politically engaged than prior generations, their civic engagement and legislative advocacy remain low. Through use of advocacy scripts, group problem-solving, role-playing and feedback, POTA members across generations will learn advocacy strategies.

1 Hour 50 Minute Session    General Practice, Professional Issues,  
& Emerging Practice

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## **SATURDAY SESSIONS BEGINNING AT 11:00 AM**

### **The Influence of Food Packaging Designs on Assistance Levels in Older Adults**

Nancy Greene, OTS; Wendy Walsh, PhD, MOT, OTR/L

*Student Presentation*

This presentation outlines the most common food packaging designs in institutional settings that negatively affect older individuals' occupational performance in feeding, eating, and meal preparation.

50 Minute Session    Productive Aging & Geriatrics

### **Upper Extremity Device Adherence Following Acquired Brain Injury**

Courtney Schauer, OTS; Angelina Farole, OTS;  
Bryn Yurick, OTS; Gina Fox, OTD, OTR/L

*Student Presentation*

Results of a study related to adherence to upper extremity devices, including splints, subluxation slings and wheelchair attachments, in the acquired brain injury population will be described. Client, caregiver, and therapist perspectives, and implications for practice will be explored.

50 Minute Session    Rehabilitation

## SATURDAY POSTER SESSION #5 FROM 11:10 AM – 12:00 PM

### Facilitators and Barriers that Affect the Willingness of OTs and COTAs to Supervise Fieldwork Students

Brian Scaife, OTD, OTR/L

*Educator Presentation*

This study was aimed to identify why registered occupational therapists (OTs) and certified occupational therapist assistants (COTAs) are and aren't willing to accept students for fieldwork assignments. Mailed surveys were used.

Poster Academic, Fieldwork, & Research

### An Interdisciplinary Assistive Technology Minor Based on "Making"

Richard Simpson, PhD, ATP

*Educator Presentation*

This minor prepares students to design and fabricate assistive technologies and provide assistive technology services. The minor combines coursework from Occupational Therapy, Biomedical Engineering and Special Education. Students learn cardboard carpentry, computer-aided design and 3D printing, electronics and programming skills.

Poster General Practice, Professional Issues, & Emerging Practice

### Overcoming Obstacles for Effective School-Based Telehealth

Lesley A. Geyer, MA, OTR/L

*Clinician Presentation*

Telehealth is an evolving model of service delivery that can be effective for the school-based practitioner. This poster will review challenges and present solutions to problems that impact the therapist's ability to provide quality school telehealth services.

Poster Children & Youth

### The Impact of Fall Prevention Education for Individuals with Parkinson's Disease

Missy Ziegler, OTS; Gina Fox, OTD, OTR/L

*Student Presentation*

Results of a study related to the impact of falls and the effectiveness of fall prevention education in individuals with Parkinson's disease will be described. Client perspectives and implications for practice will be explored.

Poster General Practice, Professional Issues, & Emerging Practice

### Effectiveness of a Trauma Informed Care Workshop for 4th Year MOT Students & Faculty

Julie Nagle, OTD, OTR/L

*Educator Presentation*

Trauma is a common experience for many adults and children, with detrimental, lasting effects to the developing brain and body. Gaining a greater understanding of trauma and trauma informed care allows OTs to truly understand and treat the whole person.

Poster General Practice, Professional Issues, & Emerging Practice

### Animal Assisted Intervention for Children with Autism Spectrum Disorder

Nicholas Anthony Chiara, OTS; Melissa Agostinho, OTS; Chandra Dombroski, BS/MS, LPT, DPT

*Student Presentation*

This evidence-based research project was designed to determine if animal-assisted intervention (AAI) improves social participation in children with autism spectrum disorder (ASD). Research supports the use of AAI as an adjunct to occupational therapy services for this population.

Poster General Practice, Professional Issues, & Emerging Practice

### Thriving After Pediatric SCI: Two Life Stories

Samantha Betz, OTS

*Student Presentation*

This study aimed to describe and explain two adults' experiences of life following pediatric onset SCI through narrative inquiry.

Poster General Practice, Professional Issues, & Emerging Practice

### Effects of Occupational Engagement in LGBTQ+ Youths

Anne Kim, OTS; Maple Li, OTS; Colleen Maher, OTD, OTR/L, CHT

*Student Presentation*

This poster presentation describes the effects of occupational engagement on social wellness based on the current literature. Due to the lack of resources for the LGBTQ population, occupational therapists may use this opportunity to provide services to meet their needs.

Poster General Practice, Professional Issues, & Emerging Practice

### Young Adults with Congenital Heart Disease: Ideal Components of a Transition Program

Deborah Waltermire, DrPH, OTR/L

*Student Presentation*

This poster presentation is designed to inform occupational therapists of their potential role in working with young adults with congenital heart defects who are transitioning from pediatric to adult care, and who may be experiencing occupational performance deficits.

Poster General Practice, Professional Issues, & Emerging Practice

### Lifestyle Redesign®: An Option for Opioid Addiction?

Nicole Gervasi, OTS; Anna Giannantonio, OTS

*Student Presentation*

This evidence-based research explored Lifestyle Redesign® as an occupational therapy intervention for individuals receiving treatment for opioid addiction. The reported generalizability, flexibility, and success of Lifestyle Redesign® indicates that it can be used as an effective approach for this population.

Poster Mental Health, Addiction, & Wellness

## Teaching Stress Management Techniques to New Mothers

Julia Scheib, OTS;

Lauren Sponseller, PhD, OTD, MS, OTR/L, MEd

*Student Presentation*

The purpose of this Capstone project was to help new mothers understand what causes stress in their lives, how they cope with it, and to give them new tools to reduce or manage stress.

Poster Mental Health, Addiction, & Wellness

## Physical Exercise Compared to Environmental Modifications for Dementia

Devon Tirney, OTS; Colleen O'Rourke, OTS

*Student Presentation*

This evidence-based research poster will present a comparison of the effectiveness of environmental modifications and physical exercise in terms of sleep disturbances and cognitive impairments in adults with dementia.

Poster Productive Aging & Geriatrics

## Enhancing Clinical Rounds by Inviting Patient and Family

Shiney Smiley, MOTR/L; Valerie Bey, OTR/L

*Clinician Presentation*

Patient and family attendance at clinical rounds benefited their therapy program. We describe our preparation of team members using thoughtful activities to overcome their resistance. Our outcomes included enhanced goal setting, timely information sharing, and improved communication about discharge planning.

Poster Rehabilitation

## Efficacy of Constraint-Induced Therapy on Upper Extremity Function in Clients Status Post-Stroke

Jenna Neyen, OTS; Sarah Leavy, OTS; Allison Marut, OTS; Julie Nastasi, ScD, OTD, OTR/L, SCLV, FAOTA

*Student Presentation*

This study examined the efficacy of CIMT as an intervention in occupational therapy to improve use of the affected upper extremity after a stroke. The study found CIMT to be an effective intervention to increase independence in activities of daily living.

Poster Rehabilitation

## Efficacy of Mirror Therapy for Stroke

Emily Koerner, OTS; Meghan Murtha, OTS; Amanda Hurd, OTS; Julie Nastasi, ScD, OTD, OTR/L, SCLV, CLA, FAOTA

*Student Presentation*

This presentation focuses on significant and clinically meaningful intervention results for clients post-stroke to determine the effectiveness of mirror therapy in practice. Though treatment protocol varied across settings, mirror therapy is moderately supported by evidence to be effective.

Poster Rehabilitation

## PRACTICE CORNER:

### Addressing Cognitive Deficits in Community Dwelling Adults with Mild TBI: An Occupational Therapy Perspective Using Routine and Habit Training

Lynn Upmalis, OTR/L

*Clinician Presentation*

Cognitive deficits following mTBI have a profound impact on occupational performance. A case study detailing the occupational performance deficits of a veteran with mTBI demonstrates how Occupational Therapists address cognitive deficits via intervention of performance skills, patterns, and contexts.

Poster Rehabilitation

### Caregiver AID: Assess, Integrate, and Deliver Training for Caregivers of Clients with Acquired Brain Injuries

Kasey Stepansky, CScD, OTR/L, C/NDT, CBIS

*Clinician Presentation*

Relying on the supports of family is essential for clients with acquired brain injuries post discharge. AID: Assessing the caregiver, Integrating the family, and Delivering appropriate modes of training may ensure that caregiver needs are met within an inpatient hospital.

Poster Rehabilitation

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## SATURDAY SESSIONS BEGINNING AT 2:00 PM

### Faculty-Guided Fieldwork Level I Experiences: Cultivating Peer Mentorship & Mindful Occupation-based Practice

Olivia Hammond, OTR/L, M.B.A., CHT

*Educator Presentation*

Sharing of two faculty-guided fieldwork level I experiences that cultivates peer mentorship, the intentional relationship, and mindful & immediate awareness of benefit of occupation-based practice with clients across the lifespan. The journey of these successful teaching-learning programs will be presented from the faculty and students' point of view.

50 Minute Session Academic, Fieldwork, & Research

### What's Happening in Harrisburg? Drop in and find out!

Christine Daeschner, MS, OTR/L, POTA Chair of the Commission on Legislation and Advocacy; Dennis Giorno, our lobbyist; Michael Allen, esq., our attorney  
Curious about the advocacy work of POTA? Join our team to explore the policy and Pennsylvania legislative issues that are impacting our profession and our scope of practice. Learn how you can join our efforts.

1 Hour 50 Minute Session

## **Chemobrain: What's the Cause and What Can OTs Do to Help?**

Ann Marie Potter, PhD, OTR/L

*Educator Presentation*

Chemobrain is a common problem during and after cancer treatment. OTs are qualified address cognition in treatment to improve the quality of life of cancer patients and survivors.

1 Hour 50 Minute Session    General Practice, Professional Issues, & Emerging Practice

## **Soldering Safely without a Short Circuits or Silver: A Hands-On Interactive Learn to Solder Workshop**

Daniel Verbit, MLIS

*Educator Presentation*

Would your clients benefit from accessible devices/ toys? Would you like to make your own accessibility switches? This hands-on introductory workshop will start with the basics of how to solder safely and provide example interventions to utilize soldering as a skill. This session has a 20 person cap.

1 Hour 50 Minute Session    General Practice, Professional Issues, & Emerging Practice

## **The OT as Educator: Helping Patients Understand Secondary Side Effects of Spinal Cord Injury**

Deborah Budash, PhD, OTR/L

*Clinician Presentation*

Designed for clinicians who do not typically work with SCI patients, this presentation will engage participants in a discussion of the secondary effects of spinal cord injury and explore OT's role in educating clients to manage these conditions.

1 Hour 50 Minute Session    Rehabilitation

## **Sexual Activity: The Forgotten ADL**

Megan Mueller, MOT, OTR/L

*Clinician Presentation*

After an injury, many people are left with questions about changes to their sexual lifestyle. Despite this need, sexuality is rarely addressed. When treating our clients, it is important to assess, educate, and problem solve in matters of sexual expression.

50 Minute Session    Rehabilitation

## **Dysgraphia in the Elementary Student**

Cheri Dotterer, MS, OTR/L

*Clinician Presentation*

The principles of Motor Learning Theory to dysgraphia will improve a student's ability retain letter formation, words, sentences, and paragraph formation. This workshop facilitates a multi-sensory approach to encourage instructional strategies to access visual memory to strengthen the learning process.

1 Hour 50 Minute Session    Children & Youth

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## **SATURDAY SESSIONS BEGINNING AT 3:00 PM**

### **Hemispatial Neglect: Assessment and Treatment Interventions**

Juan May, MOT, OTR/L

*Clinician Presentation*

Hemispatial neglect is a heterogeneous syndrome that can be challenging to address. This presentation will review the clinical presentation of neglect, assessments and the most up-to-date interventions that are grounded in research.

50 Minute Session    Rehabilitation

### **Third-wave CBT, Mindfulness, and Extended Behavioral Activation**

Sonny Misa, OTS; Mary Muhlenhaupt, OTD, OTR/L, FAOTA

*Student Presentation*

Cognitive Behavioral Therapy has been heralded as the gold standard for psychotherapy, but with the advent of Third-wave CBT and the implication of mindfulness and metacognition, a major shift primes occupational therapists for a resurgence in the mental health arena.

50 Minute Session    Mental Health, Addiction, & Wellness

LOOK FOR OUR

**People Power Crew**  
CLAD IN YELLOW T-SHIRTS

**They are here to help you!**

Please respect their direction and room capacities to align ourselves with fire code.



### Your registration to the POTA Conference includes

- Your choice of more than 70 educational sessions, institutes and poster sessions.
- Unlimited access to the Exhibit Hall
- Opening Ceremony and Keynote Presentation
- Business Meeting and Luncheon on Friday
- President's Reception in the Exhibit Hall on Friday
- Saturday Plenary Session
- Awards Luncheon on Saturday

**Raffle** We are excited to have our annual raffle in the Exhibit Hall to showcase the Philadelphia region and the Pennsylvania Occupational Therapy community. Tickets will be sold until 11:15AM on Saturday. All purchased tickets must be entered into a raffle item by 11:30AM Saturday to be included in the drawing. Tickets will be pulled after this time and the winning ticket will be attached to the prize. Once ALL winning raffle tickets have been pulled, winners may retrieve their prize(s) during lunchtime in the Pennsylvania Room.

**Professional Development/Contact Hours** Contact hours are available for persons attending the conference and participating in sessions. Contact hours are granted for all sessions, posters, the Keynote Presentation, Annual Business Meeting and Plenary Session. Following the Conference, Certificates of Attendance will be emailed to all attendees enabling each attendee to attest to how many hours of conference attended by marking attended sessions in the conference guide. Attendees will need to retain both the certificate and the guide in the professional development portfolio as evidence of contact hours. NBCOT identifies professional conferences as a professional development activity with 1 hour of conference = 1 Professional Development Unit (PDU) and a certificate of attendance is an acceptable form of documentation. The Pennsylvania Occupational Therapy Licensure Board has approved this Conference as an accepted continuing competency activity for occupational therapy practitioners in the Commonwealth.



Join us on Social Link, Twitter,  
Facebook, and Instagram.

## POTARocks

# Pennsylvania Occupational Therapy Association

	Event Center	Casino Tower			Raddison Hotel					
	Exhibit Hall	Laurel Ballroom		Independence Ballroom Wing			Pennsylvania Corridor			
	Delaware Room	Laurel East	Laurel West	Ross/Jefferson	Hancock	Franklin	Adams	Keystone	Conestoga	Buchanan
<b>Thursday</b>	Thursday									
	Registration & Information 6:00pm- 9:00pm in New Jersey Room									
Welcome Reception 6:00pm - 8:00pm in New Jersey Room										
<b>Friday</b>	Friday									
	Breakfast 6:30am - 8:30 am Brief welcome and announcements 7:00 am New Jersey Room									
	Registration 6:30am - 12:30; 2:00pm - 5pm ; 6:00pm - 8:00 pm New Jersey Room									
Exhibit Hall Open 10:00am - 12:30pm; 2:00pm - 5:00pm; 6:00pm - 8:00pm Delaware Room										
7:30-8:20		Road Map to Clinical Research - Begin Your Research Adventure!	<b>Fieldwork Panel Discussion:</b> Meeting Level I Fieldwork Placement Needs While Promoting Kindergarten Readiness Using A Rtl Approach	What do They (POTA) do for Me: A Guide to Becoming Involved	Furthering OT's Role in Women's Health: A Discussion Among Practitioners	Strengthening Interprofessional Partnerships: Supporting and Empowering The Occupational Therapist and The Occupational Therapy Assistant	Adults with Serious Mental Illness: Skills for Employment	Treating the Medically Complex Patient: Using Lab Values to Guide Clinical Decision Making in Acute Care	What (or Who) Is Guiding School-Based Practice in PA?	Empowering Clinician Dialogue about Sensory Integration in Occupational Therapy Practice
8:30-9:20			Faculty-Guided Fieldwork Level I Experiences: Cultivating Peer Mentorship & Mindful Occupation-Based Practice	Professional & Intergenerational Relationships in COTA/OT Practice			Occupational Therapy and Dysautonomia			Interception Awareness Intervention: Improving Occupational Performance of Toileting
9:30-10:20	Exhibit Hall Opens 10:00			Trauma-Sensitive OT: How Can the Core Elements of Trauma Center Trauma Sensitive Yoga Inform Current Occupational Therapy Practice?	Centers for Medicaid and Medicare Services (CMS) Presentation and Roundtable discussion	Mentorship for Practicing Occupational Therapists	Our Emerging Role: Geriatric Primary Care	Upper Motor Neuron Syndrome: Clinical Considerations in U.E. Orthotic Fabrication.	The Role of Occupational Therapy with Alexander Disease	Chronic Musculoskeletal Pain Syndromes: Occupational Therapy Evaluation and Interventions for the Child and Adolescent Patient
10:30-11:20	Poster Session #1	Empowering the Anxious Student		POTA OTAs Matter: Promoting Inclusive OTA Engagement			Vision and Driving: Keeping Older Drivers Safe	Kawa Model: The Flow of Practice		
11:30-12:20	Poster Session #2		Conversations with the POTA Board	Addressing Sexuality in Acute Care Practice	An Exploration of OT in Hospice	Understanding Apraxia: Treatment and Intervention				
12:30-2:10		LUNCHEON BUFFET AND ANNUAL BUSINESS MEETING - Pennsylvania ROOM								
2:30-3:20		Facilitating Fieldwork Success: Guided Discussion with Stakeholders	Encouraging Self-Reflection in an Entitlement Era	Disasters: The Role for Occupational Therapy	Client-Centered Interventions for Pain: Motivation to Meeting Goals	Revolutionizing Occupational Therapy Practice: A Trauma-informed Approach	Using Assistive Technology (AT) along the Continuum of Care	Developing Routines for Improved Urinary Continence	Are You Anxious? How do You Know: Interoceptive Awareness	Occupational Therapy in Multidisciplinary Clinics: A Panel Discussion
3:30-4:20	Poster Session #3	Using Structure to Manage Meltdown: Working with the Anxious Student		Networking with Your District			Spasticity Control Cast Based Resting Hand Splint		Working With People Who Use Drugs in a Patient First Manner	
4:20- 4:50		Unopposed Exhibit Hall								
5:00-6:00		Keynote in Pennsylvania Room								
6:00-8pm		President's Reception Exhibit Hall								

# 2019 Annual Conference

Saturday	Event Center	Casino Tower				Radisson				
	Exhibit Hall	Laurel Ballroom		Independence Ballroom Wing			Pennsylvania Corridor			
	Delaware Room	Laurel East	Laurel West	Ross/Jefferson	Hancock	Franklin	Adams	Keystone	Conestoga	Buchanan
		Continental Breakfast in Exhibit Hall 7:00 am - 9:00 am								
		Exhibit Hall Open 7:00 am - noon								
		Registration & Information Open 7:00 AM - noon in New Jersey Room								
		Trauma Informed Yoga in the Quaker Room of the Pennsylvania Corridor 7:00 am - 7:50 am								
8:00 - 8:50	Poster Session #4	Instructional Design: Building Blocks for Successful Learning	Assessment and Interventions for Community Participation for People with TBI vs. Developmental Disabilities	Mind-body Practices in Recovery: Tangible Tools for Wellness	Ten Ways to Lose Your License		Optimizing Independence Using Electrical Stimulation	Home Program: Let's Be Functional!	Integrative Medicine and Occupational Therapy in the NICU Setting	Introduction to Neurofibromatosis and the Role of Occupational Therapy
9:00 - 9:50		Plenary Session in Pennsylvania Room								
10:00-10:50		Translation of Emerging Practice Fieldwork into Traditional Practice	Driving & Community Mobility: Occupational Therapy Roles in Driver Rehabilitation	Town Hall Talk with Alyson	Take a Dynamic Approach to Home Health OT	OT Experiences in Women's Health: A Descriptive Pilot Study Review	Therapeutic Management of Disorders of Consciousness: Occupational Therapy Assessment and Treatment	Treatment of the Patient with Facial Paralysis	Promoting Mindful Media Use in Children	Sparking Legislative Advocacy and Community Action in POTA Members: A Guided Discovery
11:00 - 11:50	Poster Session #5					The Influence of Food Packaging Designs on Assistance Levels in Older Adults	Upper Extremity Device Adherence Following Acquired Brain Injury			
12:00 - 1:50		Awards Luncheon in Pennsylvania Room								
2:00-2:50		Faculty-Guided Fieldwork Level I Experiences: Cultivating Peer Mentorship & Mindful Occupation-Based Practice		What's Happening in Harrisburg? Drop in and find out!	Chemobrain: What's the Cause and What Can OTs Do to Help?	Soldering Safely without a Short Circuits or Silver: A Hands-On Interactive Learn to Solder Workshop to be held in Mt. Davis Room, not the Franklin Room	The OT as Educator: Helping Patients Understand Secondary Side Effects of Spinal Cord Injury	Sexual Activity: The Forgotten ADL	Dysgraphia in the Elementary Student	Third-wave CBT, Mindfulness, and Extended Behavioral Activation
3:00-3:50							Hemispatial Neglect: Assessment and Treatment Interventions			

Academic, Fieldwork, & Research	Advocacy, Leadership, & Management	Children & Youth	General Practice, Professional Issues, & Emerging Practice	Mental Health, Addiction, & Wellness	Productive Aging & Geriatrics	Rehabilitation
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## Raffle Contributors!

5 Wits Plymouth Meeting  
Christine Achenbach  
Act II Theatre Ambler  
Adventure Aquarium  
The Alert Program  
American Helicopter Museum  
Austill's Educational Therapy Services  
Rebecca Austill-Clausen  
Michelle Baun  
Bertucci's Plymouth Meeting  
Bethlehem Pediatric Therapy Services  
Beverly's Pastry Shop  
Blick Art Supplies, Inc.  
Bonfish Grill  
Bridgeport Rib House  
Bucks County Children's Museum  
Carlisle Sports Emporium  
Chatham University  
Chaddsford Winery  
Chipotle  
Jerry Coviello  
Dorney Park  
Jen Doyle and Chris Wilson  
Doylestown Bookstore  
Dysgraphia Solution  
EmBodyed Tides, LLC  
Escape Trappe  
FA Davis  
Firebirds Wood Fired Grill  
First Watch Restaurant  
Flywheel  
Jordan Friedman  
Go N Bananas Family Fun Center  
Karen Henry  
The Hiway Theater  
HoneyGrow  
Independence Seaport Museum  
Julia Jackson  
Just Born  
Limerick Bowl  
Little Sicily Pizza  
Longwood Gardens  
Paula McNamara  
Melting Pot Restaurant  
Methacton Community Theater  
Mirriam Theatre  
Mütter Museum  
Julie Nastasi  
National Constitution Center  
NEST Center City  
Nothing Bundt Cakes  
Oriental Trading  
Outreach  
Panera Bread  
Pepper's Italian Restaurant and Bar  
Philadelphia Magic Gardens  
Philadelphia Wings  
Play Arts Philly  
PSU DuBois Occupational Therapy  
Assistant Program  
River Country  
Salus University  
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IF YOU SEE ANYONE WITH A CONFERENCE  
COMMITTEE RIBBON, BE SURE TO SAY

# Thank you!

This incredible group of volunteers have given  
generously of their time and talents to bring you this  
conference experience.

## Notes

**Join us next year in  
Lancaster!**

**October 9th & 10th**

WATCH FOR OUR CALL FOR PROPOSALS IN JANUARY 2020.

## Notes

### *Back the PAC!*

The Pennsylvania Occupational Therapy Political Action Committee, POTPAC, works actively to further the legislative aims of the Association by influencing or attempting to influence the selection, nomination, election, or appointment of any individual to any State public office. Help keep our profession vibrant in the Commonwealth and contribute today!

**The candidates who support the profession need our support. Political involvement enables us to broaden our contacts in the legislative and executive branches.**

## Don't let your membership lapse... renew your membership and help keep POTA strong

POTA is the only forum that solely represents the interests of OT practitioners across the Commonwealth and our strength lies in the POWER of our numbers. Your membership enables strong representation for OT in policy, reimbursement issues, and topics that impact the provision of high quality care and we need your membership support! If everyone who is now a member renews, we will be stronger!

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### Benefits of POTA Membership

- Inclusion in the community of occupational therapy practitioners & students
  - Access to a membership portal for your documentation of continued competency
  - Opportunities to become engaged and develop leadership skills
  - Eligibility for awards for service, leadership and scholarship
  - Reduced rates for professional development events
  - Voting privileges in association affairs
  - Access to POTA's online community
- 

*Hope to see you in April*

We'll be in Harrisburg for

**Advocacy Day 2020**

Come spend the day at the capitol networking with other practitioners and meeting with your legislatures. Become an active advocate for your profession. Watch for the date to be announced.

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Please make a commitment to

**renew your membership !**

**We are stronger together!**