2017 VOTA Annual Conference - Conference Program
!! Regular Conference Sessions Begin on Friday Late-Afternoon This Year !!

Pre-Conference Institutes
Friday, October 13, 2017
8:30 am Registration Opens

Portsmouth 1-3  Pre-Conference Institute #1: Developing Innovative Fieldwork Experiences for Occupational Therapy Students
Patricia Laverdure, OTD, OTR/L, BCP; Elizabeth Richardson

9 am – 12 pm  PART 1  (Plan to attend PART 2 of this institute in the afternoon.)
(Lunch on Your Own)

1:00 – 3:30 pm  PART 2

During this pre-conference institute, participants will explore innovative clinical education models for Level I and Level II occupational therapy fieldwork students. Health care and educational policy changes have significantly influenced the clinical practice environment over the last number of years and traditional apprenticeship models of clinical education in occupational therapy are threatened by past and future changes. Research in the effectiveness of models of clinical education is increasing and studies suggest that occupational therapy fieldwork education, with its current emphasis on apprenticeship education, fails to maximize student learning and adequately provide students with the skills and knowledge required to be effective entry-level occupational therapy practitioners (Grenier, 2015; Hodgetts et al., 2007; Lester, 1995; Toal-Sullivan, 2006). Additionally, AOTA’s Accreditation Council for Occupational Therapy Education has recently proposed changes in the structure and function of fieldwork that will further influence the effectiveness of these traditional clinical education models.

In this presentation, participants will explore innovative models of clinical education. Individual, environmental, educational, and institutional facilitators of and barriers to effective learning in the clinical environment will be explored. Participants will examine their own clinical education settings to identify strengths and needs and develop tools and resources to facilitate innovation and change in their settings. Participants will be encouraged to develop collaborative models to enhance their clinical education programs.

Monroe  Pre-Conference Institute 2: CarFit Technician Training Program
Christine Mangone, OTR/L, CarFit Instructor; Judith Ismail, DHS, OTR/L, CarFit Event Coordinator; & Laura Miear, MS OTR/L, CarFit Event Coordinator

12:30 – 5:00 pm  All participants must attend the entire training session to be qualified as a CarFit Technician.

CarFit is national program developed by AAA, AARP and the American Occupational Therapy Association and is designed to give a quick, yet comprehensive check on how well an older driver and their vehicle work together. This seminar will prepare participants to become trained CarFit technicians. As a technician, you will be able to participate in CarFit events by completing a 12-point checklist, educating older drivers on the individualized adjustments and safety features of
their cars. The OTR, COTA, and or OT student will also be trained in the “OT Gadget Kit” and how to provide information on issues related to driver safety. No driver rehabilitation experience is required. The CarFit technician training is open to OTRs, COTAs, and students. All participants must attend the entire training session to be qualified as a CarFit Technician. (Note: To hold your own event, you must contact a CarFit Event Coordinator who will oversee the CarFit event.) For more information about the CarFit program, please visit www.car-fit.org.

[Limited to 18 participants]

Regular Conference Sessions Begin!!
Friday, October 13, 2017

4:00 pm – 5:30 pm: Early Conference – Concurrent Session A

Portsmouth 6-8  Children's Assistive Technology Service: An Adaptive Equipment Re-Use Program for Virginia's Children (Children & Youth; Introductory) Beth Beach MS, OTR/L, ATP
Children’s Assistive Technology Service (CATS) provides refurbished, re-usable adaptive equipment at no cost to children with disabilities who need it. This presentation will define the problem facing adaptive equipment provision for children with disabilities, how the program works, how to access it, and the future vision for the program.

Amphitheater  The Emerging Role of Occupational Therapy Practitioners in Intergenerational Settings (Productive Aging; Introductory) Maegan Sutphin, OTS; Gabriella McLemore, OTS; Amy Russell Yun, OTD, OTR/L
Intergenerational activities have been shown to increase older adults overall well-being and 6 performance. Occupational therapy practitioners can play a role in this setting for both generations. Through utilizing task analysis skills and client’s current mental functions, occupational therapy practitioners can create activities that promote occupational performance for both generations.

Madison  Understanding mTBI and PTSD: An Evidence Based Review of Current Medical Treatments (Mental Health; Introductory) Kristen Maisano, OTD, OTR/L
Participants will engage in a review of the current medical treatments utilized to address mTBI and PTSD. With this base understanding, participants will develop plans to address the occupational needs of service members from OIF and OEF.

Jefferson  Find Me The Function: Throwing Out The Cones, Pegs, and Putty (Rehabilitation, Disability & Participation; Introductory) Cody LaRue, MS, OTR/L

Lee  Cultivating Civility through Interpersonal Relationships and Emotional Intelligence: Implications for Workplace Success (General & Professional Issues; Introductory) Jeanne Wenos, PED; Twylla Kirchen, PhD, OTR/L
This workshop explores the use of Emotional Intelligence to counteract conflicts in the workplace. Participants will review patterns of interpersonal conflict, learn skills and best-
practice for responding to the conflicts and reflect about ways to bring about positive changes in culture to help restore personal dignity.

5:45 – 7:15 pm  VOTA Board Meeting: *Open Meeting for all VOTA Members*

**Commodore**  Plan to join the VOTA Board for the October meeting! Learn what your state association is doing for you, and see firsthand the procedural process of the VOTA Board! There will be open speaker’s time for any VOTA member who wishes to comment.

7:30 – 8:30  VOTA Committee Meetings

**Commodore**  Interested in learning what the committees are all about? Join us for the opportunity to meet committee chairs, share your ideas and talents, and join a committee!
Saturday, October 14, 2017

7:00 am – 7:25 am  Morning Wakeup Walk [Meet near Registration]

7:00 am – 8:00 am  Registration, Continental Breakfast, and Visit with Exhibitors  
Portsmouth Foyer

8:00 am – 9:30 am  Welcome and Keynote Address  
Portsmouth Main Ballroom  
➢ Erin Clemens, OTR/L, BCP, CIMI – President, Virginia Occupational Therapy Association  
➢ Fran Olsen – Occupational Therapist and Long-Time Virginia OT Advocate

9:30 am – 10:15 am  Portsmouth Foyer Poster Session # 1, Visit with Exhibitors, and Morning Break

OT Students’/Practitioners’ Perceptions of Confidence Regarding Preparedness for Practice  
(Academic & Fieldwork Education)  
Adam McKinney, OTS; Bradley Deck, OTS; Twylla Kirchen, PhD, OTR/L

Examining the Impact of Sensory Integrative Approaches in Children with ASD using Heart Rate Variability  
(Children & Youth)  
Laura Wood, OTS; Jessica Wirtanen, OTS; Elizabeth Richardson, MS, OTR/L

ADAPT: A Community Based Program for Aging in Place  
(Productive Aging)  
Nicole Williams, OTD, OTR/L, CAPS

Phantom Limb Pain Management  
(Rehabilitation, Disability & Participation)  
Amanda L. Barbrow, OTS; Sheila R. Krajnik, EdD, OTR/L

An Investigation Of Social Development And Demonstration In Pre-Adolescent Girls Within The Context Of An Outdoor Adventure-Based Setting  
(Children & Youth)  
Jeanine Rossi, OTS; Mady Baker, OTS; Bailee Hubert, OTS; Elizabeth Richardson, MS, OTR/L
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Saturday - continued
10:15 am – 11:45 am Conference Concurrent Session B

**Portsmouth 1-3** Student Mental Health Education for Post-Secondary Public Safety Officers (*Mental Health; Intermediate*) Alicia Lutman OTD, OTR/L, ATC; Courtney Birch, OTS; Kristen Connell, OTS; Leah Racey, OTS; Leah McKelvey, OTS; Darlina Poling, OTS; Robyn Suskevich, OTS; Kylie Thigpen, OTS

Occupational therapists can play an integral role in educating post secondary campus security officers about mental health within the adolescent population to reduce negative interactions and outcomes during times of crisis.

**Portsmouth 6-8** "Dr. Dunton was a Quilter!" (*General & Professional Issues; Introductory*) Cathy Zanowski, OT

Come and be reminded about our Arts and Crafts professional roots and explore history through women’s quilts. All participants will also get to experience the joy of crafting as each makes an individual paper quilt block which we will then combine into a quilt banner that we will share at the conference.

**Madison** Occupational Therapy and Transgender Individuals: Opportunities for Engagement (*Health & Wellness; Introductory*) Sandra R. Welfare, OTS; Pam Stephenson, OTD, OTR/L

The transgender population has distinct occupational needs that are not being fully met. Occupational therapy practitioners are uniquely qualified to help individuals and their families assist in transitioning to their gender identity and to engage in valued roles and occupations.

**Lee** Student Perspectives on a Cross-Cultural Service Learning Trip to Belize (*Academic & Fieldwork Education; Introductory*) Taylor Allen, OTS, Melissa Beckler, OTS

Students describe their experiences after an international service-learning trip and present on the benefits and importance of service abroad. Participating in a service trip in a foreign country as a student, clinician, or educator, further develops professional skills, promotes the profession, and serves underprivileged communities in need of services.

**Jefferson** Maintaining a Harmonious Home: Educating Caregivers of Persons who have Dementia (*Productive Aging; Intermediate*) Twylla Kirchen, PhD, OTR/L; Zachary Nelson, OTS; Cameron Williams, OTS

This presentation will prepare occupational therapists to educate caregivers of home bound loved ones, who have dementia, about the progression of the disease, promoting safety and function within the home, and how to engage in meaningful co-occupations that facilitate well-being and quality of life for both caregiver and loved one.

**Portsmouth 4-5** Effective Supervision of Occupational Therapy Students: Using Leadership and Reflection Models to Support Student Success (*Academic & Fieldwork Education; Intermediate*) Patricia Laverdure, OTD, OTR/L, BCP

In this presentation, fieldwork educators will examine the situational leadership model as a tool to effectively establish a student-FWE relationship; facilitating learning through graded exposure, problem solving and reflection, and providing feedback; and encouraging independence and leadership development.

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Saturday - continued

12:00 pm – 1:15 pm  Lunch and Business Meeting; Scholarship and Awards Ceremony
Portsmouth Main Ballroom

1:30 pm – 3:00 pm  Conference Concurrent Session C

Portsmouth 1-3  A Journey of 100 Years Begins with One Step: Come Travel The Fieldwork Road Less Traveled
(Academic & Fieldwork Education; Intermediate) Vesna Cotic Costello, MS, OTR/L; Michele Stoll, BS, OTA/L
This presentation will explore fieldwork as an area of practice in order to allow practitioners and fieldwork sites to reflect on the needed skills, competencies, and requirements to become effective clinical fieldwork educators and compliant fieldwork sites. Participants will also gain a clear understanding of how to put together an engaging clinical fieldwork program for their site.

Portsmouth 6-8  Engaging Families (Children & Youth; Introductory) Joy Burkley, OTD, OTR/L
Children with autism demonstrate behaviors that can interfere with participation in occupational therapy services. Participants will explore strategies to help children with autism engage in therapy and provide structure for success by using real-life case examples. Resource locations, both paid and free, will be provided to implement strategies consistently.

Madison  OT and the Heart (Rehabilitation, Disability & Participation; Introductory)
Jacqueline Cherry, MS, OTR/L
To understand occupational therapy’s (OT) role in the acute care setting, in particular how to aid cardiac patients from the stage of intubated to then independent. To increase knowledge of equipment used, early mobilization techniques, education provided, re-admission prevention, overall confidence, and safety of progressing from BADLs to IADLs.

Lee  Increasing Knowledge, Confidence and Habit Formation through an Occupational Therapy Ergonomic Workstation Intervention (Work & Industry; Intermediate) Al Copolillo, PhD, OTR/L, FAOTA; Sarah Plummer, MSOT; Megan Smith, MSOT; Christopher Bott, MSOT; Supriya Sen, OTD, OTR/L
Presents evidence to support an occupation-based, client-centered ergonomic intervention for office workers who spend the majority of the workday at computer workstations. Compares the design of individualized occupational therapy interventions and their benefits to an online self-guided tutorial. Explores potential for ergonomic intervention in a variety of settings.

Jefferson  Accessibility for Mobility Impairments on Post-Secondary Campuses (Rehabilitation, Disability and Participation; Introductory) Alicia Lutman OTD, OTR/L, ATC; Evan Fakhreddine, OTS; Kenneth Matthews, OTS; Jamie Guzman, OTS; Bridget Bertschinger, OTS; Ashley Cheppa, OTS; Amy Willison, COTA/L, OTS
Through the use of an online survey, the researchers have identified several areas of concern through that would be beneficial to address on a campus accessibility rating scale to help students with mobility impairments identify the most accessible post secondary learning environments.

Be sure to submit your Conference Evaluation Form! Thank you!
**Saturday - continued**

**1:30 pm – 3:00 pm  Conference Concurrent Session C**

**Portsmouth 4-5**

**Leadership Lessons: Reflections on a Professional Path** *(General & Professional Issues; All Levels)* Rebecca E. Argabrite Grove, MS, OTR/L, FAOTA

This presentation will examine leadership philosophy and identification of core values as a foundation for evaluating and planning a professional leadership trajectory which is applicable across practice environments. Students, early and mid-career, as well as seasoned practitioners are encouraged to attend this interactive session. Linkages to AOTA and VOTA resources to support leadership development will be highlighted.

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**3:00 pm – 3:45 pm**

**Portsmouth Foyer  Poster Session #2, Visit with Exhibitors, and Afternoon Break**

**Changes in PT and OT Students’ Self-Efficacy Using an Interprofessional Case Based Experience** *(Academic & Fieldwork Education)*

Carole K. Ivey, PhD, OTR/L

**Exploring the Self-Identified Needs and Strengths of People Who Provide Care for Toddlers** *(Children & Youth)*

Taylor Difruscio, OTS; Dana Keller, OTS; Amy Russell Yun, OTD, OTR/L

**Examining the Health Benefits of a Coping Strategy Intervention with First Year Occupational Therapy Students** *(Academic & Fieldwork Education)*

Laura Vizy, OTS; Rachel Kissel, OTS; Twylla Kirchen, PhD, OTR/L

**Effects of a Robotic Cat on Quality of Life for Individuals with Neurocognitive Disorders and Associated Caregiver Burden** *(Productive Aging)*

Melissa Garner, OTS; Lisa Umbel, OTS; Jeanne Wenos, PED; Sharon Maiewski, PA

**Cancelled**

**The Effectiveness of Weighted Vests for Improving Attention in Students with Autism** *(Children & Youth)*

Nicole Frey, OTS; Sheila R. Krajnik, EdD, OTR/L

**The Effectiveness of Hippotherapy on Postural Control and Handwriting Legibility in Children with Autism Spectrum Disorder** *(Children & Youth)*

Autumn O’Hara, OTD, OTR/L, HPCS; Dorian Bulzomi, OTS; Donovan Darland, OTS; Mary-Brooke French, OTS; Jillian Masciantonio, OTS; Taylor Nask, OTS; Ashley Ramberger, OTS; Chelsea Rueda, OTS

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Be sure to submit your Conference Evaluation Form! Thank you!
Saturday - continued
3:45 pm – 5:15 pm  Conference Concurrent Session D

**Portsmouth 1-3** Preparing OTA Students Through Interactive Interdisciplinary and Intradisciplinary Learning Experiences (*Academic & Fieldwork Education; Intermediate*) Megan Cook, OTD, OTR/L; Amanda Leo, MOT, OTR/L; Kathryn Skibek, MS, OTR/L
Interdisciplinary and intradisciplinary learning are key components to an enriching OT education. Join us as we discuss and explore practical methods of integrating interdisciplinary and intradisciplinary learning opportunities into occupational therapy education.

**Portsmouth 6-8** Supporting Students with Communication Deficits in Social Participation (*Children & Youth; Introductory*) Meredith Laverdure, MS, CCC-SLP; Jaime Lawson, M.S. CCC-SLP
This course will provide education regarding augmentative-alternative communication systems and vocabulary principles to increase students’ social participation. Topics will include use of a system of strategies, as well as total communication modalities to promote communication and engagement.

**Madison** How do You Show OT’s Distinct Value? How to Become an OT Ambassador (*General & Professional Issues; Introductory*) Gretchen Ward, MS, OTR/L
We are called to promote the distinct value of occupational therapy, but it is often hard to find time with all of the responsibilities of day to day practice. This presentation will provide tips based on the presenter’s experience and help you build your capacity as an OT ambassador.

**Lee** The Ikiugu Eclectic Method of Combining Practice Models: A Systematic Approach to Using Theory in Practice (*General & Professional Issues; Introductory*) Dianne F. Simons, PhD, OTR/L, FAOTA; Carole Ivey, PhD, OTR/L
Theory is required in all OT programs, but practitioners can lack confidence in their ability to use and discuss theory. We will share Ikiugu and Smallfield’s framework for combining practice models to help practitioners discuss and apply theory in a systematic way with fieldwork students and in their practice.

**Jefferson** Scholarship of Practice: An Example of University and Community Partnership (*Health & Wellness; Introductory*) Supriya Sen, OTD, OTR/L
An example of University-Community partnership to demonstrate the relevance of community based occupational therapy during resettlement of Syrian refugees in the U.S. The outcomes will address the practicalities of implementing a community based partnership, feedback from the Syrian refugees and the relevance of incorporating culturally sensitive OT programming that incorporates and highlights the potential different roles for OTs in community practice.

**Portsmouth 4-5** Oh The Places WHEEL Go! Effect of an OT Intervention Group on Travelers With Disabilities (*Rehabilitation, Disability & Participation; Introductory*) Cortney Carol Halsey, OTD, OTR/L; Lisa Burns, PhD, OTR/L
From a recent Doctoral Experience Component, an investigation of the role of OT in supporting the self-efficacy of travelers with disabilities (TwD) will be discussed. Primary investigator(s) and members of a TwD Panel will present OT intervention group design, participation, and materials, as well as, assessment outcomes.

Be sure to submit your Conference Evaluation Form! Thank you!
Saturday - continued

5:15 pm – 6:00 pm   President’s Reception with Students
Admiral Boardroom

6:00 pm – 9:00 pm   Wine and Cheese Reception with Silent Auction and Raffle
Portsmouth Main Ballroom
Sunday, October 15, 2017

7:00 am  Morning Yoga Rejuvenation
Admiral Boardroom

7:45 am – 8:30 am  Continental Breakfast & Roundtable Discussions within Practice Settings
Portsmouth Main Ballroom
Start your day with a morning networking opportunity and meet with other practitioners in your practice area!

8:30 am – 10:00 am  Conference Concurrent Session E

Amphitheater  Motor Learning Principles for Occupational Therapy *(Children & Youth; Rehabilitation, Disability and Participation; Intermediate)* Daniel M. Russell, Ph.D.
A critical part of occupational therapy is guiding the learning or relearning of motor skills. The field of motor learning seeks to understand how people acquire movement skills. This workshop aims to provide clinicians with an understanding of principles from the motor learning literature and how to use them.

Madison  What’s it All About? Doctoral Experiential Component Mentorship Explained *(Academic & Fieldwork Education; Intermediate)* Allison Ellington, OTD, OTR/L; Carole K. Ivey, PhD, OTR/L; Cody LaRue, MS, OTR/L
Clinicians have an opportunity to partner with universities as a mentor for the doctoral experiential component (DEC), which offers opportunities for clinician professional growth and mutual benefits for sites and students. Emphasis will be on DEC mentor qualifications, contrasts with fieldwork, and the perspectives and experience of a DEC mentor.

Jefferson  Facilitating Functional AAC Use through a Therapeutic Peer Group Model and Leisure Tasks *(Children & Youth; Intermediate)* Meredith Laverdure, M.S. CCC-SLP; Jaime Lawson, M.S. CCC-SLP
This course will discuss the use of an augmentative-alternative communication system (AAC) group model to target communication in a social context. Education will be provided regarding how clinicians can use strategies to promote success in interactions and leisure, as well as navigate barriers.

Lee  Transform Your Satisfied Customers into Loyal Ones *(General & Professional Issues; Intermediate)* Cathy Zanowski, OT
Building a loyal customer base can lead to your success in the competitive world of healthcare. Loyalty is stronger than satisfaction and makes it easier to hire and maintain the best staff as well as provide optimal service. And the best news- loyal customers do the best marketing of your services!
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Sunday – continued
8:30 am – 10:00 am  Conference Concurrent Session E

Portsmouth 1-3  The Effects of Nordic Walking and an Exercise Talk-group on Improving Health Outcomes and Quality of Life among Sedentary Adults (Health & Wellness; Intermediate) Allison Tingler, OTS; Lauren Mitchell, OTS; Dain Rebuck, OTS; Adam Weisenborn, OTS; Jeanne Wenos, PED
This workshop addresses occupational therapy’s role in promoting engagement and adherence in physical activity among sedentary adults. Nordic walking and exercise talk-groups will be discussed. Participants will be informed of the health-related benefits of exercise, discuss ways to increase engagement in physical activity, and design Nordic walking and exercise talk-groups.

Portsmouth 6-8  Occupational Profiles: An Essential Element of Practice (General & Professional Issues; Children & Youth; Introductory) Pamela Stephenson, OTD, OTR/L
This presentation explores the use of occupational profiles as a key element of occupational therapy practice. It reviews AOTA’s occupational profile template and assists practitioners to use and adapt it across the continuum of practice settings.

10:00 am – 10:30 am  Poster Session #3 and Morning Break
Portsmouth Foyer

1. The Importance of Traditions in Occupational Therapy Student Role Identity (Academic & Fieldwork Education)
   Meghan Hardman, OTS; Pamela Stephenson, OTD, OTR/L

2. Return to Work Experience of Adults Following a Traumatic Brain Injury (Rehabilitation, Disability & Participation)
   Katelynne Sims, OTS; Sheila R. Krajnik, EdD, OTR/L

3. Improving Co-occupational Competence with Community-Based Group Parent Training (Children & Youth)
   Christine N. Colwell, OTD, OTR/L

4. Therapeutic Approaches of Occupational Therapists that Serve the Military Community (General & Professional Issues)
   Hannah Olson, OTS; Leah Sallada, OTS; Twylla Kirchen, PhD, OTR/L

5. The Impact of Home Modifications on the Performance of In-Home Activities in Community-Dwelling Older Adults (Productive Aging)
   Cailin Clinton, OTS; Kelly Durkin, OTS; Becky Tupaj, OTS; Holly Kaulius, OTS; Sara Cooper, OTS; Jodi Teitelman, PhD

6. Effectiveness of Task-oriented Training on Upper Extremity Function for Activities of Daily Living in Adults with Stroke (Rehabilitation, Disability & Participation)
   Evan Cassell, OTS; Sheila R. Krajnik, EdD, OTR/L

Be sure to submit your Conference Evaluation Form! Thank you!
Sunday – continued
10:30 am – 12:00 pm Conference Concurrent Session F

**Amphitheater**  
Assessing and Isolating Individual Upper Extremity Muscles *(Rehabilitation, Disability & Participation; Intermediate)* John P. Jackson, OTR/L, EdD, CHT  
This presentation is designed to improve assessment skills for students and clinicians in the area of isolating upper extremity muscles and identifying muscles by nerve supply. Detailed handouts will be provided during session as well as use of videos and case study discussions in presentation.

**Madison**  
Sit, Stand, Move...Repeat *(Health & Wellness; Intermediate)* Sandy Wagoner, OTD, MOTR/L, CHT; Gail Tarleton, PT, DPT, OCS  
Although aware of the ill effects and risk factors, many citizens continue living an unhealthy lifestyle. It is important to identify these at-risk populations to provide appropriate therapeutic intervention. The aim of this presentation is to educate participants about the negative effects of sitting, identify assessment tools, and provide evidence-based practice regarding interventions, including a balance of sitting, standing, and moving.

**Jefferson**  
Legacy Building Through Occupation: The Distinct Value of Occupational Therapy *(Productive Aging; Introductory)* Brighid Rebolledo, OTS; Lauren Chiappe, OTS; Abigail DeGaetano, OTS; Pam Stephenson, OTD, OTR/L  
This session defines legacy building through occupation, which allows clients to develop and share their values, actions, and possessions. Presenters focus on legacy building at end of life and how OT practitioners can utilize legacy building to enhance the quality of clients’ lives.

**Lee**  
Getting Back Into the Community: Community Re-entry In Post-Acute Rehab *(Rehabilitation, Disability and Participation; Introductory)* Cody LaRue, MS, OTR/L  
This course will examine the components of a community re-entry program, its benefits for clients, and the barriers to putting one into place in multiple treatment settings, such as productivity standards. Potential benefits to be explored are increased client occupational engagement, more realistic goal setting, and the ability to prepare each client for return to the community. Attendees will return to their clients with a new mindset and utilize new ideas and techniques to prepare clients for discharge back to the community with better satisfaction and outcomes.

12:05 pm  
Adjourn: Be sure to submit your Conference Evaluation Form! Thank you!