

Welcome to the 2019 Annual VOTA Conference!

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Friday, October 11, 2019

2:00 pm Conference Registration Opens

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

1. Space for All: Creating Optimal Inclusive Environments for Engagement and Participation in Occupation (*Health & Wellness, Introductory*)

Angelika Brocklehurst, OTD, OTR/L; Brittany McDonald, MOTS; Taylor Gray, MOTS; Morganne Troutman, MOTS; Angelene Mathis, MOTS; Megan Davis, MOTS; Madison Phillips, MOTS

Person, Environment and Occupation are the cornerstones of OT practice. The role of the macro and micro-environment impacts an individual's participation and engagement in their home, school/work and clinic. Come and channel your inner interior designer to create spaces that are inclusive for all.

2. Parent Concerns about Interactions of First Responders with Children with Autism (*Children & Youth; Intermediate*)

Alicia Lutman, OTD, MS, OTR/L, ATC/L

This session looks at a study, analyzing and identifying ways to enhance autism emergency responder training and safety education for children with autism. The session will look at understanding the concerns of guardians about their children with autism during emergency situations.

3. Using the Rehabilitation Treatment Specification System to Facilitate Clinical Reasoning (*General & Professional Issues; Intermediate*)

Susan Lin, ScD, FAOTA, OTR/L

This session describes how the federally-funded Rehabilitation Treatment Specification System can be used to strengthen clinical reasoning for treatment planning. Examples of clinical treatments and case scenarios will: (1) elucidate the structure, principles, and terminology of the RTSS; and (2) facilitate reflection about active ingredients.

4. Defensible Documentation and Best Practice Standards to Optimize Third Party Payor Reimbursement for Occupational Therapy Practice: A Clinical Peer Reviewer's Perspective (*General & Professional Issues; Introductory*)

Paige M. Johns, OTD, OTR/L, CDP

In this presentation, data elements for the determination of medical necessity will be discussed from a clinical peer reviewer's perspective. Session will include active participation/engagement using clinical examples, conceptualizing tenets of medical necessity within the realm of best clinical practices and defensible documentation standards.

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5. Occupational Therapy Simulation: Do students prefer simulated learning experiences interacting with a 'real-man' or a high-fidelity mannequin? (*Academic & Fieldwork Education; Introductory*)

Sandy Wagoner, OTD, MOTR/L, CHT; Greg Hansen, PHD, OTR/L

This presentation aims to define simulation and the relationship to fidelity, identify OT evidence relating to the use of simulation in curriculums, and to share the outcomes of one OT simulation study completed at Murphy Deming College of Health Sciences in the fall of 2018.

6. Contextual Interference and other Motor Learning Theories and How to Use Them in Clinical Practice (*Rehabilitation, Disability, & Participation; Intermediate*)

Amanda Firoved, OTR/ L, MOT, CLT, PhD Candidate

This session will focus on the general motor program theories and the empirical evidence supporting those theories, to give clinicians a better understanding of how to utilize therapy time more efficiently.

5:45 – 7:15 pm VOTA Board Meeting: Open to All VOTA Members

Please join the VOTA Board for the October meeting! See 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 pm VOTA Committee Meetings

Want more information about participating on a VOTA committee? Please come share your ideas and meet with the committee chairs.

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”

– *Eleanor Brownn*

<http://www.eleanorbrownn.com/> Retrieved September 16, 2019

Welcome to the 2019 Annual VOTA Conference!

Saturday, October 12, 2019

7:00 am – 7:25 am Morning Wake Up Walk

7:00 am – 8:00 am Registration and Continental Breakfast

8:00 am – 9:30 am Welcome and Keynote Address

- **Erin Clemens, OTR/L, BCP, CIMI**
President, Virginia Occupational Therapy Association
- **Billy Price, Keynote Speaker**
Power of Choices: Big Doors Swing on Small Hinges

9:30 am – 10:15 am Poster Session # 1, Visit with Exhibitors, and Network with Colleagues

- 1. Factors Influencing Students' Choices to Become Occupational Therapy Professionals**
(General & Professional Issues)
Heidi Zapanta, OTS, Grace Tovar, OTS
- 2. Analysis of Needs in Prenatal Breastfeeding Education** *(Health & Wellness)*
Virginia Chu, OTR/L, PhD; Kirsten Olsen, LPN
- 3. Sleep Disturbances in Veterans with PTSD: Refining the Role of Occupational Therapy**
(Mental Health)
Brooke Cardwell, OTS; Lisa Burns PhD, OTR/L
- 4. Interdisciplinary Approach to the Assessment and Treatment of Sleep Disorders in a Polytrauma Rehabilitation Setting** *(Rehabilitation, Disability, & Participation)*
Rylie Power, OTD
- 5. Pilot Study: Improving Pre-Driving Skills for a Person with a Disability** *(Rehabilitation, Disability, & Participation)*
Lynne Umbarger, PhD, OTR/L; Kristen Zrioka, COTA/L, MOTS
- 6. OT Perspectives Towards Addressing Sexual Activity** *(Rehabilitation, Disability, & Participation)*
Elle Russell, OTS; Kara Blaufeld, OTS; Courtney Farrell, OTS; Gabby Howard, OTS; Steph Paoletti, OTS; Caroline Rich, OTS
- 7. AT @ Work in Logistics, Modern Manufacturing, and Information Technology** *(Work & Industry)*
Paula Martin, OTR/L
- 8. A Transdisciplinary Approach to Developing a Home Modifications Service** *(Productive Aging)*
Claire Popp, OTD
- 9. Accessible Gymnastics Program Development for Children with Special Needs - How Gymnastics Holistically Contribute to Occupational Engagement** *(Children & Youth)*
Katelyn James, OTS

Thank you for attending!

10. Manual Communication Strategies for Children who are Nonverbal (*Children & Youth*)

Megan Sigmon, OTS; Sheila R. Krajnik, EdD, OTR/L

10:15 am – 11:45 am Concurrent Session B

1. Optimizing our Impact while Reclaiming our Roots: Infusing Psychosocial Strategies into Rehabilitation and Medical OT Practice Settings (*Rehabilitation, Disability, & Participation; Intermediate*)

Savannah Howe, MS, OTR/L; Cameron Williams MS, OTR/L; Amy Russell Yun, OTD, MS OTR/L

Psychosocial interventions can optimize client well-being and occupational performance within medical and rehabilitation settings. This workshop will discuss barriers to psychosocial interventions, explore evidence-based interventions within occupational therapy's scope of practice, and provide strategies for implementation for a wide range of client populations within rehabilitation settings.

2. Value Based Reimbursement Systems: How Students Add Value to Fieldwork Sites (*General & Professional Issues; Intermediate*)

Patty Laverdure, OTD, OTR/L, BCP, FAOTA; Jaime Smiley MS, OTR/L

Participants will examine key curricular components required to prepare students to practice within value-based payment models and identify the ways in which students add value to sites and contribute to the value outcomes of occupational therapy practice in these settings.

3. Remembering the Client in Client-Centered Care Through the LifeSpan (*General & Professional Issues; Introductory*)

Gretchen Ward, MS OTR/L

This presentation will discuss who the client is and how to put the client's needs first and foremost using the Occupational Therapy Practice Framework Domain and Process, and AOTA Code of Ethics as a guideline. Participants will discuss barriers and supports to achieve client-centered care by examining case studies of situations from across the lifespan and a variety of settings.

4. Objective Strength Testing of the Upper Quadrant using Hand-Held Dynamometry (*Rehabilitation, Disability, & Participation; Intermediate*)

Becky Alwood, OTR/L, MHS, CLT

In healthcare, it is imperative to demonstrate efficacy of treatment interventions to clients, providers, and payers. Therapists regularly assess strength using manual muscle testing alone. This course will demonstrate standardized testing positions for the upper quadrant using a hand-held dynamometer to reliably assess strength.

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5. From Sticky Notes to Making it Stick: Organizational and Technology Strategies to Support Executive Functioning and Self-Regulation (*Rehabilitation, Disability, & Participation; Intermediate*)

Sandra Sroppel, OTR/L; Marbea Tamaro, MEd, OTR/L; Lauren Kravetz Bonnet, PhD, CCC-SLP

This session is an overview of executive functioning and self-regulation across the age span with a focus on easily accessible and familiar tools. Current research in the area of human development and direct application to practice will be highlighted. Participants will reflect on their own clients and apply new learning to their practice.

6. Promoting Client Engagement in the Selection and Use of Adaptive Devices: A Client-Centered Treatment Strategy (*Rehabilitation, Disability, & Participation; Intermediate*)

Nancy Krolikowski, OTD, OTR/L, CHT

Practitioner and client collaboration is critical when selecting assistive technology. Attendees will be introduced to therapeutic strategies for product selection based on input from the client. Through the use of activities and discussion, attendees will learn ways to empower clients to make critical decisions related to assistive technology

12:00 – 1:15 pm Lunch, Scholarship and Awards Ceremony

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

1. VOTA Business Meeting

2. “Doing, Being, & Becoming”: Successes and Challenges of Establishing Community-Based Programming for Populations with Substance Use Disorders (*Mental Health; Introductory*)

Sarah Garrison, MOTR/L, CAPS, ECHM; Michaela Leatherwood, MOTR/L; Eva Asumadu, OTS; Karly Glasscock, OTS; Megan Sigmon, OTS

This presentation will detail the process of developing a pilot programming for the inclusion of occupational therapy services for patients in recovery from substance use disorders in the New River Valley. This will provide student and faculty perspectives of the successes and challenges of program development.

3. It hurts! - A Discussion about Pain in Pediatrics (*Children & Youth; Intermediate*)

Virginia Chu, Ph.D., OTR/L

Pediatric pain is more common than we realize and often overlooked by pediatric occupational therapists. In this workshop, participants will examine the neurobiological and neurophysiological influences of pain processing and responses to pain, and design effective detection and evaluation methods and evidence-based interventions to address pain in pediatric clients.

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4. Uniquely OT: Advocating for OTs Distinct Value in Promoting Positive Behavioral Outcomes for Children and Youth (*Children & Youth; Intermediate*)

Elizabeth Richardson, MS OTR/L; Christiana Santos, MOT, OTR/L; Cindy Colwell, MOT, OTR/L

At a time when there is a clear need for services which address positive behavioral outcomes for children and youth, it is crucial for OT practitioners to understand, be confident in, and advocate for their unique contributions and distinct value as part of an interprofessional team working with this population.

3:00 pm – 3:45 pm Poster Session #2, Visit with Exhibitors, and Network with Colleagues

1. The Hidden Benefit of Everyday Leadership: Reducing Burnout in Occupational Therapy Practice (*General & Professional Issues*)

Nikki Glowatsky, OTS; Melanie Blank, OTS; Lisa Burns, PhD, OTR/L

2. The Role and Impact of Occupational Therapy on an Interprofessional Medical Mission to Peru: Faculty and Student Perspectives (*General & Professional Issues*)

Supriya Sen, OTD, MS, OTR/L; Audrey Kane, Ph.D, OTR/L; Kathryn Penn OTS; Kaelah Pou OTS

3. Predictors of Retention in the Occupational Therapy Assistant Program Admissions Process (*Academic & Fieldwork*)

Leah Sowers, MOT, OTR/L, OTA/L; Ave Mitta MS, OTR/L

4. Sensory Based Group Therapy for Adolescents in a Residential Treatment Facility (*Mental Health*)

Lindsey Holbrook, OTS; Olivia Meyers, OTS; Allison Branum, OTS; Olivia Rauch, OTS; Emily Schuette, OTS; Taylor Schwab, OTS

5. Comparing Care Models for Persons with Huntington's Disease (HD): OT's Role on the Multidisciplinary Team (*Rehabilitation, Disability, & Participation*)

Michaela Crutsinger, BS, OTD

6. Effective Communication Strategies with Clients Living with Alzheimer's Disease (*Productive Aging*)

Rachael Baber, OTS, CNA, CDP, ADC, Sheila R. Krajnik, EdD, OTR/L

7. OT's Role in Addressing Mental Health within the School Setting (*Children & Youth*)

Kira Williams, OTS; Miranda Montgomery, OTS; Gregory Hansen, PhD, OTR/L

8. The Effect of Bilateral Alternating Tactile Stimulation on Sleep in Children with Sensory Processing Differences. (*Children & Youth*)

Katherine McGhee, OTD, OTR/L

9. The Little Things Make the Biggest Impact: A Scoping Review of OT's Role in the NICU (*Children & Youth*)

Hannah Coffey, OTS; Kari Johnson; Taylor Conyers; Gregory Hansen, PhD, OTR/L

10. Utilization of Sensory Integration in Students with Down Syndrome (*Children & Youth*)

Allison Gammons, OTS; Sheila R. Krajnik, EdD, OTR/L

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3:45 pm – 5:15 pm Concurrent Session D

1. Expanding Your Instructional Toolbox: A Collaborative Approach to OT Education
(Academic & Fieldwork; Intermediate)

Amanda Leo, MOT, OTR/L; Cara K. Richardson, MS, OTR/L; Megan Cook, OTD, OTR/L; Kathryn Skibek, MS, OTR/L

This interactive workshop will promote interdisciplinary collaboration pertaining to instructional design, delivery, and effectiveness in occupational therapy education. Presenters will connect educators statewide to grow the collection of available instructional methods and assessment strategies that can be aligned with course objectives.

2. Addressing Burnout Among a Staff of Pediatric Healthcare Professionals: Program Development and Implementation *(General & Professional Issues; Introductory)*

Makenzie McDonald, OTR/L, OTDS; Sydney McDonald OTR/L; Lisa Worcester, OTR/L

This workshop will present the theory and process behind the development of a 6-week resiliency training program provided to a private practice staff. It will discuss the results of this original research study and provide a description of program implementation from a staff management standpoint.

3. Teaching Pre-vocational Skills Using Authentic Occupation in Elementary School
(Children & Youth; Introductory)

Tammy Blake, OTD, OTR/L; Nancy Suleiman, MS Ed

This session discusses the "coffee cart" and "kindness cart" which allows for K-6th grade students in special education to learn and practice a plethora of skills. These students take orders for coffee, make the coffee, including adding any condiments, and deliver the coffee to adults throughout a two-story building.

4. Make and Take: Functional Activities for Use Across the Lifespan *(Rehabilitation, Disability, & Participation; Introductory)*

Elle Russell, OTS; Dorothy Amanda Harlowe, OTS; Heidi Zapanta, OTS;
Dana Seibel, OTS; Grace Tovar, OTS

Make and take workshop! Participants will have the opportunity to create an emotional thermometer, button board made with felt, sensory pouches, a weighted lap pad, I Spy sensory bottle, adapted straw holder and a tennis ball fine motor aid. Instructions will be provided on how to make these items at home or other instructional environments. *There is an extra cost for this session.*

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5. Practical, Affordable Smart Home Technologies for People with Disabilities

(Rehabilitation, Disability, & Participation; Intermediate)

Tony Gentry, PhD OTR/L FAOTA

Smart home technologies are becoming increasingly versatile, accessible, and affordable, providing new opportunities for functional independence, safety, and social support among people with disabilities. This presentation will address consumer-level tools for environmental control, communication, and cognitive assistance, offering case examples and recommendations for practical applications, based on the presenter's long-standing research and practice in this field.

6. Interdisciplinary Approach to the Assessment and Treatment of Disordered Sleep after Brain Injury *(Rehabilitation, Disability, & Participation; Intermediate)*

Rylie Power, OTS

This session briefly reviews sleep disorders and describes an interdisciplinary program for sleep management conducted in a residential brain injury rehabilitation setting. It also discusses the program and patient outcomes.

5:15 pm – 6:00 pm VOTA Board Meet and Greet with Students

6:00 pm – 9:00 pm Wine and Cheese Reception with Silent Auction, Karaoke, and Dancing

To laugh often and much;
To win the respect of intelligent people and the affection of children;
To earn the appreciation of honest critics and endure the betrayal of false friends;
To appreciate beauty, to find the best in others;
To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition;
To know even one life has breathed easier because you have lived.
This is to have succeeded.

~Ralph Waldon Emerson~

Sunday, October 13, 2019

7:00 am – 7:45 am Morning Yoga Rejuvenation

7:45 am – 8:30 am Continental Breakfast and Discussion with Special Interest Sections

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

1. OT's Role in Suicide Prevention Across Practice Settings (*Mental Health; Introductory*)

Julianne Boggs, OTS; Asma Juddha, OTS; Pamela Stephenson OTD, OTR/L
Occupational therapy (OT) has a unique role in suicide prevention across the lifespan and across practice settings. This presentation explores OT's role in supporting clients, families, and communities.

2. Semiautomated Rehabilitation at Home: Exploring ways to Improve the Lives of Stroke Survivors through the Combined Efforts of Computer Scientists, Designers, Artists, and Therapists (*Rehabilitation, Disability, & Participation; Introductory*)

Sarah Garrison, MOTR/L, CAPS, ECHM; Dr. Aisling Kelliher; Setor Zilevu,
MS: PhD Candidate

An OT, a PT, a pianist, and a computer scientist, walk into a juice bar... to discuss their work on a home-based rehabilitation tool using artificial intelligence and computer vision... Come learn how this diverse team is working together to develop effective, affordable, and compassionate rehab tools for the near future.

3. OT in Youth Transition to Employment (*Rehabilitation, Disability, & Participation; Intermediate*)

Patti Drescher, OT/L, ATP; Carrie Clawson, OT/L, ATP

There is a national focus on employment due to the Workplace Innovation and Opportunity Act. OTs are working with DARS and having successful transition to employment of youth with disabilities by training in strategies for self-regulation and use of assistive technology. Case studies and demonstration will be used to highlight this program.

4. Crossing the "Rubricon" Why You Should Start Making and Using Rubrics in your Practice (*Children and Youth; Intermediate*)

Patricia Turner, MS, OTR/L; Alyce Dow, OTD, OTR/L

Through an interactive format, we will provide opportunities to trial rubrics so participants can learn the benefits of using and scoring rubrics. Additionally, audience members will develop goals based on data collected from the rubric.

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5. When was the last time that you Updated your Knowledge of the Model of Human Occupation? Edition 5 updates (*General & Professional Issues; Intermediate*)

Dianne F. Simons, PhD, OTR/L; Supriya Sen, OTD, MS, OTR/L

This session will review changes to the Model of Human Occupation (Kielhofner, 1980, 1985, 1995, 2002, 2008; Taylor, 2017) as it evolved over 30 years. Rationale for the changes as a result of ongoing research, development of assessment tools, feedback from therapists and from client experiences will be shared.

6. Escape Rooms as a Therapeutic Tool (*Children & Youth; Introductory*)

Amy Seymore, MOTR/L

This course is for therapists who have an interest in learning how to develop homemade escape rooms for therapeutic groups that are difficult to engage, particularly middle school students who need to build social and executive functioning skills to succeed academically.

10:00 am – 10:30 am Poster Session #3, Visit with Exhibitors, and Network with Colleagues

1. Cultural Perceptions and OT: How Culture Influences Occupational Performance (*General & Professional Issues*)

Kaytlan Sweetman, OTS; Allison Ellington, OTD, OTR/L

2. The Effectiveness of Virtual Reality for Improving Post Stroke Unilateral Spatial Neglect in Adults Over 50 (*Rehabilitation, Disability, & Participation*)

Eva Asumadu, OT; Sheila R. Krajnik, EdD, OTR/L

3. Therapeutic Use of Self in Mental Health Practice: Experiences of Occupational Therapists Facilitating the Therapeutic Process (*Mental Health*)

Susan Krutis, ScD, OTR/L; Robin Beckman, OTS

4. Occupational Therapy's Role in Promoting Positive Mental Health Across the Lifespan (*Mental Health*)

Miranda Montgomery, OTS; Brandi Johnson, OTS; Danielle Hale, OTS; Pamela Stephenson, OTD, OTR/L

5. Caregivers Perspectives on a 12-week Pediatric Aquatic Therapy Program in an Outpatient Setting (*Children & Youth*)

Mary Rose Soniregun, OTR/L

6. OT's Role in Pediatric Oncology and Palliative Care (*Children & Youth*)

Rachel McDaniel, OTS; Allison Ellington, OTD, OTR/L

7. Human Figure Drawings of Rural Children (*Children & Youth*)

Angelika Brocklehurst, OTD, OTR/L; Brittany McDonald, MOTS; Taylor Gray, MOTS; Morganne Troutman, MOTS; Angelene Mathis, MOTS; Megan Davis, MOTS; Madison Phillips, MOTS

8. Kangaroo Care and Procedural Pain in the Neonatal Intensive Care Unit (*Children & Youth*)

Bailey McInnis, OTS, Sheila R. Krajnik, EdD, OTR/L

9. The Development of Proprioception in Children Ages 4-12 (*Children & Youth*)

Sheena Davis, OTD

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10:30 am – 12:00 pm Concurrent Session F

1. Expanding and Strengthening the Fieldwork and Capstone Experience through Collaborative Partnerships (*Academic & Fieldwork; Intermediate*)

Patty Laverdure, OTD, OTR/L, BCP, FAOTA; Tina Kraft, BS, COTA/L

During this presentation, participants will examine innovative collaborative fieldwork supervision models that strengthen student teamwork, communication, and independent learning.

2. OT's Role in Literacy: Improving Outcomes and Promoting Community Participation (*General & Professional Issues; Intermediate*)

Haley Adducci, OTS; Taylor Bruno, OTS; Pamela Stephenson, OTD, OTR/L

This workshop describes the role of occupational therapy in the emerging practice area of literacy across the lifespan. Presenters will define and differentiate literacy from health literacy and functional literacy, discuss the barriers to occupational performance that low literacy presents, and provide strategies to implement into practice.

3. Reviewing the Role and Scope of Occupational Therapy in Identifying and Addressing Mental Health Disorders in the Pediatric Population (*Children & Youth; Intermediate*)

Jennifer Faherty, OTR/L; Carly Kerkhoff, COTA/L

This session will focus on mental health disorders occurring in pediatric practice including identification, treatment methodologies, and review of evidence-based practice. We encourage practitioners to share their experience and examine the impact of mental health upon multiple facets of the daily occupations of clients and families.

4. Bringing Occupation into the Assessment, Education, and Intervention in an Adult Outpatient Neurologically Based Setting (*Rehabilitation, Disability, & Participation; Introductory*)

Ruthie Rowane, OTD, OTR/L; Lesley Phillips, OTR/L

This session will discuss the integration of occupation-based practice into the assessment, education, and intervention of occupational therapy practice. The focus will be on the process of creating educational materials and occupation-based kits.

5. Find Me the Function: Throwing Out the Cones, Pegs, and Putty (Extending the Choosing Wisely Campaign) (*Rehabilitation, Disability, & Participation; Introductory*)

Cody LaRue, M.S. OTR/L

Implementing client-centered therapy and interventions focused on meaningful occupation is the backbone of our profession. This course offers functional treatment ideas, examines the reasons that preparatory activities are used so often, and looks at the process for choosing wisely and creating functional interventions for clients.

12:05 pm Travel safely and watch for the conference evaluation in your email

See you in Richmond next year!

Thank you for attending!