2016 VOTA ANNUAL CONFERENCE
THE WYNDHAM VIRGINIA CROSSINGS HOTEL & CONFERENCE CENTER
1000 VIRGINIA CENTER PARKWAY
GLEN ALLEN, VA 23059

Important Information:

Exhibit Floor: Opens Saturday, October 15 @ 8AM
Closes Sunday, October 16 @ Noon

VOTA Office:
6200 Lakeside Ave
Richmond, VA 23228
(804) 523-2911
office@vaota.org
A big thank you to the sponsors of the 2016 VOTA Annual Conference! Their commitment to furthering OT education in the Commonwealth of Virginia makes this conference possible.

Diamond Level

Gold Level

Silver Level

Bronze Level

President Level
(pre)Conference Schedule

Friday
10/14
Pre-Conference Institute

9:00 AM Registration Opens

10:00 AM – 1:00 PM

Emerging Opportunities for OT in Home Assessment + Home Modification

INTERMEDIATE
Room: Chesterfield
Carolyn Sithong, MS, OTR/L, SCEM, CAPS
This workshop is dedicated to the occupational therapy environmental modification practice area. Therapists will learn about OT’s distinct value in home modifications for the aging and disabled and what tools they need to assess environments for safety and function. Moving beyond, “Pick up your throw rug,” here practitioners will be empowered with statistical and demographic data that implies an urgent need for occupational therapy models of practice in this important area of home assessment. Therapists will understand evidence-based practices in environmental modifications and how to become valued providers of home modification services in their community and workplace.

New Perks from NBCOT: Learn to Use RefWorks and Proquest for Evidence-Based Practice

INTRODUCTORY
Room: Brunswick
Sheila R. Krajnik, Ed.D., OTR/L
Two recently added benefits of NBCOT certification are access to RefWorks and Proquest. “Ref-What!?” you might ask. RefWorks is a web-based computer application (no download needed) that allows you to create your own personalized database of journal articles that are relevant to your individual interests and practice area. Proquest is a premier database of medical and allied health literature relevant to occupational therapy practice. Participants in this session will learn to locate journal articles in Proquest using efficient search methods, and export the chosen citations into a RefWorks account. Setting up folders in RefWorks, moving citations into folders, and sharing folders with colleagues are among the topics to be covered. Come to find out if bibliographic software is just what you need to support your practice, journal club, or professional development. No experience with RefWorks is necessary to attend this workshop! The information will be a useful review if you are familiar with RefWorks. Please bring a Wi-Fi enabled laptop if you want to follow along with the steps on your own device (Refworks and Proquest are not consistently formatted on a smaller mobile device, i.e. tablet or smartphone).

1:00 PM – 2:00 PM Lunch Break (on your own)
2:00 PM – 5:00 PM

Fieldwork Focus: Practical Ethics: Navigating Complex Environments as OT Fieldwork Educators

[SPONSORED BY: Murphy Deming College of Health Sciences, James Madison University, VCU, South University, Radford University, Jefferson College of Health Sciences]

INTERMEDIATE
Room: Chesterfield

Lea Brandt, OTD, OTR/L

The institute features invited speakers and focuses on two primary topics: ethical issues encountered by fieldwork educators and generational influences on professionalism. Evidence exists that healthcare professionals and students both experience ethical challenges related to patient care, business practices, professional boundaries, and supervisory relationships (Finch, Geddes, & Larin, 2005; Nortje & de Jongh, 2015). While clinicians often receive training related to the ethics in a particular practice setting, the addition of student supervision adds new dimensions and ethical considerations. Generational theory holds that each generation is unique due to differing lived experiences. Evidence exists that occupational therapists perceive generational differences in work behaviors and identities (Hills, Ryan, Warren-Forward, & Smith, 2013). Fieldwork often pairs an educator and student of different generations, which could have implications on professional behaviors and communication styles. The goal of the institute will be to provide evidence-based findings and solutions while also fostering the confidence and efficacy of fieldwork educators.

5:30 PM – 7:30 PM VOTA Board Meeting

Room: Richmond Boardroom

5:00 PM – 5:30 PM

Fieldwork Focus: Functional Vision: Assessment and Treatment for OT Practitioners

INTERMEDIATE
Room: Brunswick

Erin Clemens, OTR/L + Chuck Hinshaw, COVT

This will be co-presented by an OT and a certified vision therapist. We will discuss the difference and similarities between the two professions, how to effectively collaborate, and when to refer to developmental optometry. We will utilize a combination of power point, hands-on learning, handouts, and making some basic tools to use in the practical setting. This workshop is best suited for practitioners who want to further their knowledge and understanding of the visual system and how to assess and treat functional visual deficits using intermediate learning. We will first review the anatomy of the eyes, a basic understanding of the development of the visual system, the foundations of good functional vision and the relationship to motor skills and development, and visual terminology. Then we will discuss ways to conduct a basic visual assessment for clients of all ages, how to document findings, and ways to incorporate targeted visual activities into treatment sessions. This will include items to make, use, and take home as well as active participation from attendees and hands-on learning. (Materials fee of $20- possibly less- per attendee. Please bring funds to reimburse speakers directly.)
Conference Schedule

Saturday
10/15

7:00 AM Registration Opens

7:00 AM Morning Walk (Meet in the lobby of the Jefferson Building)

8:00 AM - 9:30 AM Welcome + Keynote + Breakfast
HENRICO BALLROOM Daniel B. Goldschmidt: Daniel received his BME in Music Therapy from the University of Kansas focusing on the connections between music and cognition. Daniel has been a music therapist in the Richmond community since he moved here in 2013 to work at Poplar Springs Hospital in Petersburg. There he focused on psychiatric work with the adolescent, adult, and military units. He has since moved entirely into private practice, focusing on children and adolescents with developmental disabilities, and older adults. Daniel is an avid speaker on music therapy and music cognition, speaking at TEDxRVA in 2014, and numerous conferences around the country. Beyond music therapy, Daniel is the resident composer for a non-profit choral organization in Kansas city, composes for various choirs around the country, is a piano teacher, and a piano tuner.

9:30 AM - 10:15 AM Poster Session + Break
HENRICO BALLROOM

1. A Comparison of One Trial vs. Three Trials for Grip Strength Using the Jamar Dynamometer (Rehabilitation, Disability + Participation)
   - Sara Massimilla, OTS
   - Bridget Duffy, OTS
   - Zachary Bentley, OTS
   - Sarah Long, OTS
   - Krissa Victor, OTS
   - Emily Ramser, OTS

2. The Impact of Occupation-Based Intervention on Social Interaction Among Nursing Home Residents (Productive Aging)
   - Megan Dwyer, OTS
   - Meaghan Smith, OTS
   - Twylla Kirchen, PhD, OTR/L

   - Elyse Powderly, OTS
   - Christie Briskey, OTS

4. The Doctoral Experience: Questions + Answers (Academic + Fieldwork Education)
   - Allison Ellington, OTD, OTR/L

5. Occupational Therapy in Primary Care: Potential for Collaboration in an Urban Complex Care Clinic (General + Professional Issues)
   - Jodi Winship, MS, OTR/L
   - Carole Ivey, PhD, OTR/L

6. The Effectiveness of CIMT on Children with Hemiplegic Cerebral Palsy in Increasing Functional Motor Skills and Performance of ADLs (Children + Youth)
   - Sarah Mathew, OTS

7. Horticulture Therapy for Reducing Depression in Older Adults (Productive Aging)
   - Lisa Elledge, CTRS, OTS

8. Aquatics as a Therapeutic Medium for Early Occupational Therapy Intervention (Children + Youth)
   - Chanele Molano, OTS
   - Hope Sadowski, OTS
   - Jeanne Wenos, P.E.D.

9. Occupational Needs of Female Ex-Offenders During Community Reentry (Rehabilitation, Disability + Participation)
   - Leah Sowers, COTA/L, OTD
10: 15 AM – 11: 45 AM Breakout Sessions

The Doctoral Experience (Academic + Fieldwork Education)
Intermediate
Room: Brunswick

Allison Ellington, OTD, OTR/L; Lisa Burns, Ph.D., OTR/L; Greg Hansen, Ph.D., MS, OTR/L; Ben Herz, OTD, MBA, OTR/L, CEAS; Pam Stephenson, OTD, MS, OTR/L; Sandy Wagoner, OTD, MOTR/L, CHT

Using the School as the Community in CBI: A Jobs Program (Children + Youth)
Intermediate
Room: Chesterfield

Deborah B. Schwind, M.Ed., OTR/L

Why? Inspiring Meaningful Work from Within (General + Professional Issues)
Intermediate
Room: Spotsylvania

Carolyn M. Velletri, MS, OTR/L, CCM

Community Living Skills Interventions in an Inpatient Psychosocial Rehab Program (Mental Health)
Introductory
Room: York

Curtis Hancock, OTR/L

COPD: Living Life in the Slow Lane (Rehabilitation, Disability + Participation)
Intermediate
Room: Powhatan

Sarah Hopkins, M.S., OTR/L

11:45 AM – 1:30 PM Lunch @ The Glen Restaurant
President’s Address + Awards Ceremony + Annual Business Meeting

1:30 PM – 3:00 PM Breakout Sessions

The Inside Scoop: Student Fieldwork Demystified – Part 1 (Academic + Fieldwork Education)
Introductory
Room: Brunswick

Megan Cook, OTD, OTR/L; Amanda Leo, MOT, OTR/L; Kathryn Skibek, MS, OTR/L
**Help! I’m going into Peds! (Children + Youth)**

**Introductory**  
Room: Chesterfield

Mary Louise Craver, MS, OTR/L; Christiana Rose Santos, MOT

**Autism Swims: A Community-Based Swim Program for Children with Autism (Children + Youth)**

**Introductory**  
Room: Spotsylvania

Corinna McLees, OTS; Carole Ivey, PhD, OTR/L; Debbie Kelo, PhD

**Occupational Therapy’s Potential Role and Influence within International Medical Missions such as Operation Smile (Health + Wellness)**

**Introductory**  
Room: York

Clara Wright, OTS; Jake Gilbert, OTS

**Fear of Falling in Community Dwelling Older Adults (Productive Aging)**

**Introductory**  
Room: Powhatan

Hannah Leaman, OTS

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**3:00 PM – 3:45 PM Poster Sessions + Break**

<table>
<thead>
<tr>
<th>1. Yay or Neigh? The Effect of Hippotherapy on Sleep Patterns in Adults (Rehabilitation, Disability + Participation)</th>
<th>2. Effectiveness of Early Intervention on Fine Motor Skills of Children with Down Syndrome (Children + Youth)</th>
<th>3. Community Engagement and Non-Driving Older Adults</th>
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</thead>
</table>
| • Autumn O’Hara, MS, OTR/L, HPCS  
  Marie Johnson-Gomez, OTS  
  Emily Hemming, OTS  
  Leigh Anne Patullo, OTS  
  Krista Colledge, OTS  
  Kaitlyn Angermeier, OTS  
  Lindsey Stowers, OTS | • Allie Woodrum, OTS | • Kellie Sparrow, OTS |

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<tr>
<th>4. Occupational Therapy’s Role in Maximizing Occupational Performance and Participation in Clients with Cystic Fibrosis (Rehabilitation, Disability + Participation)</th>
<th>5. Facilitating Communication Between Caregiver, Child, and Therapist Within a Group Program for Pre-Adolescent Males: A Multi-Dimensional Approach (Children + Youth)</th>
<th>6. What Interventions Are Effective to Reduce Symptoms of Anxiety and Agitation and Improve Quality of Life in Older Adults with Dementia? (Productive Aging)</th>
</tr>
</thead>
</table>
| • Mayree Margaret Sheffield, OTS  
  Pamela Stephenson, OTD, MS, OTR/L | • Heidemarie Maeyer, OTS  
  Alexander Le, OTS | • Taylor Morgan, OTS |

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<th>7. The Effect of Cognitive Behavioral Therapy on Disability in People with Chronic Low Back Pain: A Systematic Review (Rehabilitation, Disability + Participation)</th>
<th>8. Functional Technology Groups (Mental Health)</th>
<th>9. The Effectiveness of Nintendo Wii as an Intervention to Increase Balance for the Well Elderly (Productive Aging)</th>
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<td>• Lambros Dallas, OTS</td>
<td>• Jessica Combs, COTA</td>
<td>• Aura Clarke-Walker, OTS</td>
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</table>
3:00 PM – 3:45 PM Information Q & A NBCOT Proposed Regulations
Room: Brunswick

3:45 PM – 5:15 PM Breakout Sessions

The Inside Scoop: Student Fieldwork Demystified – Part 2 (Academic + Fieldwork Education)
Introductory
Room: Brunswick
Megan Cook, OTD, OTR/L; Amanda Leo, MOT, OTR/L; Kathryn Skibek, MS, OTR/L

Identifying Partners for Interprofessional Collaboration to Implement Emotional Regulation Strategies for Children in Elementary School Settings (Children + Youth)
Introductory
Room: Chesterfield
Hannah Fauber, OTS; Stephanie Jansen, OTS; Jeanne Wenos, PED

I Will Survive! Building Resilience and Minimizing Burnout in Clinical Practice (General + Professional Issues)
Intermediate
Room: Spotsylvania
Pam Stephenson, OTD, OTR/L; Carolyn Moore, PT, DPT

Tiny Treatment Techniques = Major Functional Outcomes! (Children + Youth)
Intermediate
Room: York
Jan Emerick-Brothers, OTR

OT’s Role in Pain Management (Rehabilitation, Disability + Participation)
Intermediate
Room: Powhatan
Suzanne Taylor, PhD, MBA/HCM, OTR/L

5:15 PM – 6:00 PM President’s Student Reception @ The Tavern

6:00 PM – 9:00 PM Wine + Cheese Reception with Silent Auction + Raffle – Henrico Ballroom
Conference Schedule

Sunday
10/16

7:00 AM  Sunday Morning Yoga Stretch – Brunswick Room

8:00 AM – 8:30 AM Breakfast with the Board: Q + A – Ballroom Prefunction

8:30 AM – 10:00 AM Breakout Session

Supporting Students with Communication Deficits Across Daily Routines (Children + Youth)

Room: Brunswick

Meredith Laverdure M.S. CCC-SLP, Jaime Lawson M.S. CCC-SLP, and Rita Milletich MS, OTR/L

Even Experienced Therapists Can Enhance Their Therapeutic Use of Self with Knowledge of the Intentional Relationship Model (IRM)! (General + Professional Issues)

Room: Chesterfield

Dianne F. Simons, PhD, OTR/L, FAOTA; Carole Ivey, PhD, OTR/L; Jayne Shepherd, MS, OTR/L, FAOTA

How OT Saved My Life and What I Learned in the Process (General + Professional Issues)

Room: Spotsylvania

Anita Crean, OTR

Using Occupation-Based Interventions with Patients in Skilled Nursing Facilities (Rehabilitation, Disability + Participation)

Room: York

Twylla Kirchen, PhD, OTR/L

Community Reintegration and Quality of Life after Brain Injury at the Mill House: The Clubhouse Model (Rehabilitation, Disability + Participation)

Room: Powhatan

Kelli W. Gary, Ph.D., MPH, OTR/L; Ashley Abraham, OTS; Rebecca Haller, OTS; Mallory McKenzie, OTS; Holly Timberline, OTS; Stephanie Park, OTS; Stephanie Williams, OTS; Jason Young, MSW
**10:00 AM - 10:30 AM  Poster Sessions + Break**

1. Effectiveness of Functional Electrical Stimulation in Increasing Independence in Activities of Daily Living with Cerebrovascular Accident: An Evidence Synthesis (Rehabilitation, Disability + Participation)
   - Laura Burkhard, OTS

2. Mental Health First Aid: Essential Training for OT/OTA Students (Mental Health)
   - Ashley Bone, OTS
   - Pam Stephenson, OTD, MS, OTR/L

3. The Effectiveness of Hippotherapy on Postural Stability in Children with Cerebral Palsy (Children + Youth)
   - Brittany Kaminsky, OTS

4. Sensory Integration and its Effectiveness for Facilitating Independence in Occupations for Children with Autism (Children + Youth)
   - Whitney Hill, OTS

5. Social Participation and Elders with Chronic Stroke (Rehabilitation, Disability + Participation)
   - Traci Edwards, OTS

6. Everybody Wins: Occupational Therapy Student, Practitioner, and Faculty Member Collaboration Enhances Use of Performance-based Cognitive Assessments (Rehabilitation, Disability + Participation)
   - Allison Ellington, OTD, OTR/L
   - Lisa Burns, PhD, OTR/L

7. The Effectiveness of CIMT for Increasing Performance Skill Levels in ADL’s for Children Six Months to 18 Years of Age with Hemiplegic CP (Children + Youth)
   - Kayla Dillow, OTS

8. Effectiveness of Splinting in the Treatment of Carpal Tunnel Syndrome (Rehabilitation, Disability + Participation)
   - Melissa Beckler, OTS

**10:30 AM - 12:00 PM  Breakout Sessions**

Using Communities of Practice to Become Influencers of Change and Improve Outcomes in School-Based Practice (Children & Youth)

- Intermediate
- Room: Brunswick

  Shannon Fenix MS, OTR/L; Samantha Hamlin MS, OTR/L; Amanda Longstreet MS, OTR/L

Building a Road Map in Uncharted Territory: Development of a Consultative Occupational Therapy Position Within an Established Behavioral Health Organization (Mental Health)

- Introductory
- Room: Chesterfield

  Gretchen Ward, MS, OTR/L

What is the Evidence for Interventions to Improve Movement-related Outcomes in Stroke Survivors? An Evidence Summary (Rehabilitation, Disability & Participation)

- Intermediate
- Room: Spotsylvania

  Susan H. Lin, ScD, OTR/L, FAOTA; Timothy Dionne, MS, OTR/L
Implementing a Community Re-entry Program In A Post-Acute Rehab Setting
(Rehabilitation, Disability & Participation)
Introductory
Room: York
Cody LaRue, MOT, OTR/L

School-based Caseload Management – How Much is Too Much; How Much is Too Little, How Much is Just Right to Remain Effective (Children & Youth)
Intermediate
Room: Powhatan
Tilda Sorensen, OTD, OTR/L

12:00 PM – 12:30 PM Closing Remarks
Save the Date
School System Symposium: March 10-11, 2017
AT
Tidewater Community College Advanced Technology Center
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Thank You!
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The academic programs in the Department of Occupational Therapy and the VCU Health Systems’ Occupational Therapy Services are proud of its strong partnership in education, research, and practice. With a 75-year history of collaboration, we are passionately committed to the advancement of the evidence base of the profession, excellence in clinical practice, education and training in the classroom and clinic, and service to the community.

The Department of Occupational Therapy educates students at both entry and post-professional doctorate levels and is an active part of the interdisciplinary doctor of philosophy program in Health Related Sciences through its School of Allied Health Professions.

Occupational Therapy at VCU Health Systems, a part of rehabilitation services within the Department of Physical Medicine and Rehabilitation, provides both inpatient and outpatient evaluation and intervention for people with illness, injury, and disability across the lifespan.

Information about our programs and services are available at:

VCU Health Systems Occupational Therapy
- http://www.vcuhealth.org/rehab
- For additional information, contact Bobby Johnson, Manager, Inpatient Occupational Therapy bobby.johnson@vcuhealth.org or (804) 828-2943.

Department of Occupational Therapy at VCU
- http://www.sahp.vcu.edu/departments/occu/
- (804) 828-2220 or (804) 828-2219
- Admissions
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Things to do In Richmond

Points of Interest

Lewis Ginter Botanical Gardens Year-round locale with 50 acres of themed gardens, dining options & a classical domed conservatory. 1800 Lakeside Ave, Henrico, VA 23228 M-Sa 9-5

Maymont A 19th-century estate hosting events & tours of its Gilded Age mansion, gardens & wildlife center. 1700 Hampton St, Richmond, VA 23220 M-Sa 10-5

Virginia Museum of Fine Arts VMFA’s permanent collection encompasses more than 33,000 works of art spanning 5,000 years of world history and ranks as one of the top comprehensive art museums in the United States. 200 N Boulevard, Richmond, VA 23220 Sa-W 10-5, Th-F 10-9pm

Virginia Holocaust Museum A public history museum, dedicated to depicting the Holocaust through the personal stories of its victims. 2000 E Cary, Richmond, VA 23223 M-F 10-5, Sa-Su 11-5

Richmond Tours

City of Richmond A variety of tours are available at http://www.richmond.gov/Visitors/Tours.aspx

Segway Tours of Richmond See http://segwayofrichmond.biz/

Shopping

Carytown Though it's only one street long, you'll be surprised at the variety of shops, boutiques, restaurants, and food stores in this nine block shopping area, extending from the Powhite Parkway to the Boulevard. Carytownva.org

Short Pump Located nearby in Glen Allen. There are over 250 stores and restaurants in the Short Pump area. Everything from 'Whole Foods' to 'Trader Joes' to the "Apple Store". Shortpumpmall.com

Wines

James River Cellars Winery Located 10 minutes outside the City of Richmond. Taste a wide variety of white, red, and sweet Virginia wine! 11008 Washington Hwy, Glen Allen, VA 23059

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Craft Breweries

Hardywood Park Craft Brewery Thoughtfully innovative recipes, commitment to using local ingredients and obsession with quality. Hardywood.com

Legend Brewing Co Also serving appetizers, sandwiches and entrees. Has a 200 seat deck overlooking the James River and the Downtown Skyline. Legendbrewing.com

For more ideas check out www.visitrichmondva.com/Tourism

or ask a Richmonder OT/OTA what they recommend!