



# Idaho Occupational Therapy Association

INVITES YOU TO JOIN OUR

## ANNUAL FALL CONFERENCE OCTOBER 11-12, 2019

Earn up to 10 contact hrs ! ( 1.0 CEUs )

Idaho State University-Meridian  
1311 E. Central Drive  
Meridian, ID 83642

*Facilities are ADA accessible.*

*Please contact IOTA for any special requests or requirements.*

*IOTA wishes to thank the ISU's Masters of Occupational Therapy Department for their generous contribution and support to help IOTA host our 2019 Annual OT Conference*

### Target Audience:

OT, OTAs, OT/OTA Students, PTs, SLPs, MSWs, Educators

### Education Level:

Friday evening 6:00-8:00PM & Saturday 8:00-9:00 = Introductory

Saturday 9:00-10:00, 10:30-12:30 & 1:30-4:45 = Intermediate

Prerequisites: None

### Conference Schedule: FRIDAY EVENING - SATURDAY

#### Friday EVENING Oct 11, 2019 -- 5: 30 pm - 9:30 pm

2.5 Contact hours (.25 CEUs)

- Question, Persuade, Refer (QPR) Suicide Prevention Training: Ask A Question, Save A Life-** Soni Myers MS, LCPC, NCC
- IOTA Annual Member Meeting
- ISU Student Poster Presentations
- Vendor Booths and IOTA Sponsors
- Paint and Sip Social and Networking



#### Saturday ALL DAY October 12, 2019 7:45 am - 5:00 pm

7.5 Contact hours (.75 CEUs)

*SATURDAY with full attendance \*\**

#### All OT Practitioners:

- NBCOT®: Maintaining Certification and Competency** Shaun Conway, OTR—Senior Director, External and Regulatory Services NBCOT®
- IOTA Sponsor and Vendor Booths** to visit

#### Student Track:

- Let's Talk about the NBCOT® National Certification Exam!** Shaun Conway, OTR—Senior Director, External and Regulatory Services

### Conference Schedule: continued

#### Saturday Oct 12, 2019 -- CONTINUED

#### Pediatric Track:

- Making Food Fun: A Sensory Approach to Feeding Therapy** Laurie Appel, OTR/L & Hayley McDonald, COTA/L
- Free It, Don't Fight It: A Whole Body Approach to Treating Torticollis** Kathy Strickland, MPT & Laurie Appel, OTR/L

#### Adult Track :

- Total Motion Release** Douglas Hoggatt, PT
- Occupational Therapy Practitioner's Guide to Quality Dementia Care.** Joanne Trammel, MS, OTR/L and Lisa Hong, OTD, OTR/L

### TUITION/ COST: *Affordable high quality local education!*

- ★ **FRIDAY AND SATURDAY (FULL CONFERENCE)** \$179 - includes 1 yr IOTA Membership - a \$40 value!
- ★ **FRIDAY ONLY \$35 QPR Certification**
- ★ **SATURDAY ONLY \$149 - includes 1 Year IOTA Membership**
- ★ **STUDENT PRICING \$25 includes 1 year IOTA Membership**
- ★ **NEW GRADUATE (<1 YR) \$79 includes 1 year IOTA Membership**
- ★ **PER SESSION / COURSE COST: \$50**
- ★ **PAINT AND SIP NIGHT: Donations accepted, CASH BAR**

### HOW TO REGISTER:

REGISTER ONLINE: <https://id-ota.org/>

You will choose your course tracks online when registering. IOTA looks forward to making connections in our Idaho OT region!!

## Course Objectives:

Additional Course information and speaker bios are on the IOTA Website [www.id-ota.org](http://www.id-ota.org)

### Question, Persuade, Refer (QPR) Suicide Prevention Training:

Soni Myers MS, LCPC, NCC

Presented by a certified QPR instructor, each QPR gatekeeper training includes information on:

- The problem of suicide nationally and regionally
- Common myths and facts associated with suicide
- Warning signs of suicide
- Tips for asking the suicide question
- Methods for persuading suicidal individuals to get help
- Ways of referring at risk people to local resources

NBCOT: Shaun Conway, OTR—Senior Director, External and Regulatory Services NBCOT®

### **NBCOT: Maintaining Certification and Competency** (all OTPs)

- Learn about NBCOT certification and continuing competency benefits
- Understand the importance of maintaining competency in the practice of occupational therapy
- Increase awareness of the range of evidence-based competency assessment tools and resources for ongoing continuing competency

### **Let's Talk about the NBCOT® National Certification Exam!**

(designed for OT and OTA students)

- Understand the national certification examination application process
- Learn about exam preparation strategies and the NBCOT Aspire® Study Tools and StudyPack™
- Increase awareness of NBCOT and the importance of continuing competency



The assignment of AOTA CEUs does not imply endorsement of course content, products, or clinical procedures by AOTA.

## Course Objectives:

### Making Food Fun: A Sensory Approach to Feeding Therapy

Laurie Appel, OTR/L & Hayley McDonald, COTA/L

- Identify 3 conditions to rule out that may be affecting eating
- Identify ways to use food as medicine
- Identify sensory systems involved in mealtime
- Identify the Don'ts (things that sabotage mealtime) AND Do's (things that enhance mealtime)

### Free It, Don't Fight It: A Whole Body Approach to Treating Torticollis

Kathy Strickland, MPT & Laurie Appel, OTR/L

- Identify and define the typical and atypical presentation of torticollis
- Identify at least 3 systems affected by torticollis and their functional implications
- Identify the signs of CNS dysregulation and treatment strategies in infants/children with torticollis under 1 year old.
- Identify 3 alternative treatment strategies to stretching to elicit alignment of the head and torso
- Describe possible indicators that torticollis is resolved
- Describe differences in treatment techniques between OT and PT
- Describe 3 indications for a referral for additional services

### Instructional Methods: LIVE course - SHORT COURSE

The Interactive/Participative instructional method will be employed by all presenters.

### Cancellation Policy:

Refunds must be requested in writing. Full refunds will be granted to requests made at least two weeks prior to the course. There will be a \$20 administrative fee for any cancellation received after that time. There will be no refund on requests received within forty-eight hours of the course. Should this event be cancelled by IOTA, full refunds will be given within 30 days.

PLEASE CONTACT IOTA FOR REFUND OR CANCELLATION REQUESTS.

## Course Objectives:

### Total Motion Release Douglas Hoggatt, PT

- Understanding how to perform a full body movement screen to identify imbalances in range of motion and strength, which may contribute to a patient's pain or dysfunction
- Understanding concepts of restriction and ease when treating soft tissues or joints with corrective exercise
- Understanding how to treat the affected side of a patient's body by exercising the unaffected side
- Understanding how to treat one region of the body by exercising other (seemingly unrelated) regions of the body
- Becoming aware of TMR applications for the orthopaedic, neurologic, geriatric, and pediatric patient populations

This presentation is intended to be fun and experiential, so please wear clothing and footwear that allow easy movement.

### Occupational Therapy Practitioner's Guide to Quality Dementia Care

Joanne Trammel, MS, OTR/L and Lisa Hong, OTD, OTR/L

- Attendees will understand the difference between Alzheimer's Disease and Dementia
- Attendees will understand how dementia and related diseases impact occupation
- Attendees will be able to demonstrate evidence-based approaches to difficult behaviors associated with dementia and related diseases
- Attendees will demonstrate the ability to implement strategies in their practice through program planning, staff education, improved documentation and occupation-based interventions

### \*\* Course Completion Requirements:

To receive CEUs, participants are required to attend the entirety of the conference, and must meet course objectives, participate in lectures, labs, and discussions. Attendees must complete a course evaluation and an online AOTA survey prior to receiving the CEU certificate.

### AOTA Classification Codes:

The focus of each presentation will be evidence-based service delivery. These courses fall within Categories 2 (Occupational Therapy Process) and Categories 3 (Professional Issues) of the AOTA Classification Codes.