

MOUNTAIN WEST VIRTUAL OT CONFERENCE 2020

Below is a preview of the different sessions. We have them organized based on the main track they apply to (General OT, Mental Health, Pediatric, Rehab, Student, Telehealth, COVID-19 and OT, Posters), when in the conference platform you can search sessions based on track. Please note, sessions, dates, and times are subject to change. States are also listed, this indicates the host state, all attendees are welcome to attend all sessions. MOST of the Live sessions (please note the time zone of the live sessions, they are listed next to the session) will be via Zoom. You will find the link in the agenda on the conference app/website after you have registered. Sessions will be recorded for those to view later that cannot make the live session, unless noted otherwise.

General OT (multiple practice areas)

Live

KEYNOTE: Occupational Therapy 2020: Identity Crisis or Reality Check? (1 hour)

GENERAL OT, IDAHO

OTA President: Wendy C. Hildenbrand, PhD, MPH, OTR/L, FAOTA

November 7th: 8:30am - 9:30am (MST)

Join OTA President Wendy C. Hildenbrand for a “reality check” at this critical juncture for our occupational therapy profession, our professional associations, and society. Uncertainty and crisis associated with the COVID-19 pandemic, social unrest, and economic challenges create space for us to re-think our identity and our contributions as an occupational therapy profession. Are we in the midst of an identity crisis or a professional relaunch in response to the dreams and demands of a changing world? Listen...you’ll hear the call to action for occupational therapy!!

WOTA’s Keynote with Ian Mackay (1.5 hours)

NOVEMBER 21 1:00 PM TO 2:30 PM PST

Ian Mackay

Session will be recorded to watch later

WOTA’s Legislative Meeting (1 hour)

NOVEMBER 21 *(date is subject to change)*

Session will be recorded to watch later

WOTA’s Business Meeting (1 hour)

NOVEMBER 21 *(date is subject to change)*

Session will be recorded to watch later

Interstate Professional Licensing Compact (1 hour, will NOT be recorded)

Chuck Willmarth, Shaun Conway, Daniel Logsdon

November 14th, 9:30 AM MST

NBCOT®: Your Partner Throughout Your Professional Career (1 hour, will not be recorded)

Barbara Williams DrOT, MS, OTR
GENERAL OT, UTAH
November 14th, 11:00 AM MST

UOTA Business Meeting

Brenda Lyman, Executive Board, and Committee members
Krisanne Lewis, Cortney Roberts—UOTA Gov Affairs
November 14th 1:00 PM MST
Session will be recorded

Differentiating between Delirium, Depression and Dementia (1.5 hrs)

GENERAL OT, MONTANA

TBD

Dr. Lottie Eaton & Linda Roers

Session Title: Dementia, Delirium and Depression

I will review the most common signs and symptoms of these diagnoses. I will attempt to give examples in the OT field.

Learn that the courses of dementia, delirium, and depression are different.

Learn that dementia is a neurocognitive disorder which causes a decline and results in changes that interfere with daily living.

Learn that Alzheimer's disease is the most common form of dementia at 60-80% but associated with many risk factors: age, diabetes and hypertension, mind stimulation: level of education and continued education, and socialization.

Palliative Care

GENERAL OT, MONTANA
NOVEMBER 11 5:30 pm MST
Kathryn Borgenicht

Equine Therapy

GENERAL OT, MONTANA
TBD
Eagala

Cultivating Collaboration: How to Create a Collaborative Environment (2 hours)

GENERAL OT, MONTANA
NOVEMBER 12 10:00 am-12:00 pm MST
Joy Doll, OTD, OTR/L, FNAP

This session will discuss strategies and perspectives occupational therapy practitioners can use to become active members of interprofessional teams. Target audience: OTs and OTAs Instructional Level: Entry-Level Length of Session 2 hours. By the end of this session, participants will be able to Define interprofessional collaborative practice in today's healthcare environment. Reflect upon the skills necessary to cultivate interprofessional collaboration. Assess their own team-based skills.

Pain Management and OT were Meant to Be: Pain Neuroscience Education and Intervention for ALL Occupational Therapy Practitioners (3 hours)

GENERAL OT, IDAHO

Megan Doyle, OTR/L

November 7th: 9:45am - 12:45pm (MST)

This course will provide participants with the latest research on the neurobiology and neurophysiology of pain, promoting positive pain cognitions via a biopsychosocial model, with the use of metaphors to explain pain effectively to clients. Holistic pain interventions will then be detailed, highlighting their application across the breadth of OT practice settings and both in acute and chronic pain populations, with special emphasis on occupational engagement and therapeutic use of self, and integrating the basic tenets of Motivational Interviewing and Coaching, providing the participant with best-practice in the treatment of pain and occupational therapy's unique scope. The remaining portion of the course will involve a skills lab portion, to learn the following relaxation/breathing techniques: box breathing, 4-7-8 breathing, diaphragmatic breathing during movement, guided imagery, progressive muscle relaxation, and body scan meditation. Resources for how to create a home program with these techniques will also be provided.

Disability and Posture: Therapeutic Positioning Around the Clock (2 hours)

GENERAL OT, REHAB, MONTANA

Tamara Kittelson-Aldred Title: OTR/L, ATP/SMS

NOVEMBER 16 7:00-9:00 pm MST

Session Synopsis: Human beings spend their lives in three orientations, lying, sitting and standing. But the foundational orientation of lying is often overlooked, as we work toward upright orientation goals. 24-hour posture care management (24-7 PCM) analyzes and addresses postures that become destructive over time, using non-invasive strategies to protect people's bodies from destructive forces of gravity and asymmetrical postures over time. This is crucial for those with a limited movement repertoire, who cannot vary position easily and often. 24-7 PCM is becoming recognized for its potential to protect and improve body alignment, support restful sleep, safeguard respiratory and digestive functions and reduce pain. It builds a foundation of body symmetry and stable posture that supports therapeutic goals in all areas. This session provides an evidence based overview of theory and practice with visual examples and case studies to illustrate concepts underpinning 24-7 PCM, with a focus on time outside the wheelchair. Target Audience: Therapists working with people who have motor impairments that impact their ability to reposition themselves often and easily. All ages and settings. Instructional Level (indicate one) : entry-level intermediate advanced *This could be appropriate for either, depending upon what you need. Length of session (indicate one): 2 hrs. Please list at least 3 measurable learning objectives for your session 1. Describe biomechanical forces that cause distortion of body shape over time. 2. Describe two key components of the most protective supported sleep posture for persons with motor impairments. 3. List two potential safety risks when considering implementation of night-time postural care management.

Non-traditional OT services and level II fieldwork experiences: Adding an entrepreneurial flare in the time of a pandemic...you can do it! (2 hours plus later Q&A time)

GENERAL OT, STUDENTS MONTANA

Michelle Mioduszewski, MS, OTR/L BS/MS OT Niagara Therapy, LLC

NOVEMBER 19 and NOVEMBER 30 6:00-8:00 pm MST

Synopsis: This will be a 2-hour long workshop addressing how creative thinking and an OT

product creator created a level II fieldwork experience with an entrepreneurial flare. Presenters will briefly discuss how Covid-19 has impacted everyone on a global scale. Presenters will also discuss how Covid-19 impacted level II fieldwork students and how non-traditional fieldwork sites presented a new opportunity for them. Presenters will review various research articles and describe the ways students have benefited from a non-traditional site. They will also discuss the impact entrepreneurship has on Occupational therapy and the opportunities it has opened up for clinicians and students. Whether you take students or want to start a company, this lecture will inspire you. As a student or educator, non-traditional fieldwork allows students to have different opportunities for inter-professional collaboration and ways to incorporate creative thinking. Target Audience: All OT practitioners in clinical and educational settings Instructional Level (indicate one) : X entry-level intermediate advanced Length of session (indicate one): X 2 hrs Objectives: Participants will discuss ways to incorporate creative ideas during a pandemic. Participants will apply the benefits of entrepreneurship in Occupational Therapy in their practice. Participants will discuss the benefits of a non-traditional site for Occupational therapy students.

Getting to Know the Basics, The Essentials to Better Understanding Your Financials (1 hour)

GENERAL OT, IDAHO

Benjamin HazeKamp

- Will learn financial basics and understand the importance of goal setting and financial planning.
- Will discuss and learn strategies for budgeting as a student or as a working professional, managing debt and credit, investing and saving; and talk about establishing good habits for a successful future.
- Will provide ideas and tips of where to start and how to get on track with your personal finances.
-

Accessing Computers and Mobile Technology to Promote Participation (2 hours)

Marlena Lanini, MOT, OTR/L

GENERAL OT, REHAB, PEDIATRICS, MONTANA

December 01 6:30-8:30 pm MST

Session Synopsis: Computers, tablets, and smart phones have become essential to people's everyday lives, including work, learning, productivity, social connections, communication, leisure activities, and controlling their environments. The physical symptoms of many different diseases limit access to these technologies. Alternative access promotes participation in valued technology-based occupations. I will demonstrate a wide variety of alternative access options. We will discuss factors for a successful assistive technology assessment and present case studies. Target Audience: Occupational Therapists working with clients school aged through older adults, in a wide variety of settings including schools, outpatient clinics, hospitals, home health, work rehabilitation and more. Instructional Level: Entry Level Length of Session: 2hrs Learning Objectives: At the conclusion of this session: 1) Participants will be able to use an assistive technology framework to select alternative access technology that best supports clients' needs. 2) Participants can name at least 4 different alternative access methods to control computers, tablets, and smart phones. 3) Participants will be able to identify how MonTECH can support assistive technology trials for their clients for free.

Pre Recorded

The Chaos and Complexity of the Occupational Being (1.5 hours)

GENERAL OT, WASHINGTON

Amy Jennings, OTD, OTR/L

The occupational being finds purpose, identity, and structure by engaging in meaningful activities. Evidence shows us that neural circuitry is actually strengthened when humans participate in those meaningful occupations. Chaos and Complexity Theory can help us better understand the trajectory of illness and recovery and, in turn, help us build stronger, more holistic plans of care for and with our patients. Participants will learn how to apply Chaos and Complexity Theory as a model of practice to guide their patients back to meaningful participation despite seemingly chaotic climates.

Intimate Partner Violence and our Role as Occupational Therapy Practitioners (1.5 hours)

GENERAL OT, WASHINGTON

Heather Javaherian, OTD, OTR/L

This session will provide an introduction to intimate partner violence (IPV) and the role for occupational therapy. We will discuss the impact of IPV on occupational participation in roles and routines. Evaluation and interventions will be described for both non-traditional and traditional settings.

OT ALL AROUND US (OTAAU™) (1.5 hours)

Kelly Nesbitt, OTR/L

GENERAL OT, WASHINGTON

Dr Dottie Higgenbottom OTR/L, PhD, ZZ™ is a seasoned occupational therapy generalist, world-renowned motivational keynote speaker, and founder of the certification program 'OT ALL AROUND US' (OTAAU™). Through the use of storytelling, functional ADL demonstrations, and a few earnest meltdowns - Dr Dottie will rekindle your passion for OT and help you to reconnect with your OT clients, students, and more importantly - with YOURSELF. Pandemic sensory deprivation got your sensorium all out of whack? Has your quarantine macrame project unraveled itself? Are you reciting Apple, Pen, Tie, House, Car in your sleep? Well WAKE UP kiddos! RED FLAGS point to OTAAU™! Sign up Today ~ Don't Delay ~ Prevent Cognitive Decay! ***** ADDITIONAL NOTES: This comedic motivational lecture is designed by an OT for OT's and is best suited at conferences, summits, and can be presented live or online. ASL translation can be provided (at cost) by Fingers Crossed Interpreting. The performer (Kelly Nesbitt) stays in character the entire time and is only available for Kelly questions outside of the presentation. Pre-recorded videos run 60-90 minutes.

Word of Mouth Marketing Secrets: Big Referrals On a Small Budget (1.5 hours)

GENERAL OT, WASHINGTON

Jamey Schrier, DPT, PT

There is no argument the best type of referral on the planet is "word of mouth". It doesn't cost anything and the conversion rate from referral to new patient is quite high. Unfortunately, it takes more than just being a good clinician to have people refer family and friends to you. In a time of so much uncertainty, successful practice owners know how critical it is to have marketing strategies they can count on to get new patients. And the better our "word of mouth" marketing is, the less money we have to spend on advertising, and the less likely we'll have major new patient swings in our practice.

Discover simple word of mouth strategies that are immediately implementable in your practice.

Peeling Back the Layers of Power Wheelchair Capabilities: Discovering the Functionality of the Power Wheelchair Electronics (1.5 hours)

GENERAL OT, WASHINGTON

Wade Lucas, PT, DPT, ATP/SMS

Clinicians are the key team members involved in the evaluation, trial, documentation, and training process for seating and wheeled mobility products. There are many considerations to make when assessing an individual for power mobility use. The decisions made will impact not only the individual's mobility, but also how they reposition themselves, interact socially, and access their environment. Most clinicians have a general understanding of the options and capabilities that power wheelchairs provide. However, with the wide variety of options on the market, it is difficult to truly understand all the electronic and programming features that are available. This class will take a deeper dive into "lesser known" capabilities that the power wheelchair and drive controls can provide to maximize the end user's function and quality of life.

Emotional Intelligence Based Leadership (3 hours)

GENERAL OT, WASHINGTON

Preethi Fernando

The more we get connected electronically, the less we become connected emotionally. The unique intersection of the heart and the mind is the essence of emotional intelligence based leadership. Anger in the workplace is becoming a common emotion. Knowing how to tactfully handle angry situations, angry people and angry e-mails, is a mark of a good leader today. Many people-related problems could be avoided and prevented from escalating into crisis mode if leaders effectively practice healthy emotional intelligence. Goodwill, empathy, and relating to another person's brokenness, will set you apart as a leader in the workplace, at home, and in the community. Making an emotional connection with a customer, staff, and with ourselves, goes far deeper than a Facebook ad, Amazon PPC ad and consultants charging thousands of dollars. People don't quit jobs. They quit toxic work environments. How many of you have left a job because of the way you were made to feel and not because of a dollar amount? Employees, CEO's, managers, and volunteers are crying to be heard. Let's listen to their needs. It is time to get re-connected with the basics.

Addressing Sexuality and Intimacy Occupations in Clinical Practice (1 hour)

GENERAL OT, IDAHO

Kathryn Ellis, OTD, OTR/L, AASECT-SC

www.sexintimacyot.com

Presentation will highlight prerequisites to addressing sexuality in clinical practice, foundational knowledge for beginner level learners, and highlight evaluation and interventions for physical, cognitive, and emotional aspects of engagement.

GET CREATIVE: A focus on therapeutic tools to address client factors and performance skills (1 hour)

GENERAL OT, IDAHO

Caroline Pack, OTR/L

- Hand and motor development / Assess your tools
- Use multi-faceted tools on the go between your pediatric to geriatric clients

- Working towards your client's goals: Tools that are adaptable, motivation and functional.
- Case Studies: Therapy Success

The Power of Story: Occupational Therapy Advocacy for Children and Adults with Chronic Pain and other Chronic Conditions (1 hour)

GENERAL OT, IDAHO

Barbara L. Kornblau, JD, OTR/L, FAOTA, DASPE, CCM, CDMS, CPE

This presentation looks at how occupational therapy practitioners and students can use the power of story to advocate for occupational therapy for the clients we serve. It provides specific tips and steps occupational therapy practitioners and students can take to advocate for occupational therapy and the clients we serve.

An OT Perspective on Developing Products: My Personal and Professional Journey (1 hour)

GENERAL OT, IDAHO

Neil V. Marion, OT/L, MPH

In this course, you will learn about my own professional journey in the process of inventing a product as an occupational therapist working in the skilled nursing setting. I will share some of the do's and don'ts in the invention process that I have learned along the way. My experience as an inventor is still a fresh one, as my product is not yet out on the market. My product will hit the market next year, and so you are getting a real-time experience in this course in an invention and product development experience that is still unfolding. I am still learning in this process, however, what I have learned so far, I will share in this course. Each inventor has his or her own unique journey, and my hope is that this course will help you to identify if you have a product that is "patentable" and how to proceed with a patent for your product.

Sleep and Relaxation (1 hour)

GENERAL OT, IDAHO

*Narisa Tappitake, MOTR/L, CHT, CLC
LCDR, United States Public Health Service*

Sleep and relaxation support performance in multiple areas of occupation. Learn the basics about healthy habits for sleep and improving the "relaxation response" in clients. This presentation focuses on the adult population with a history of concussion and sleep disturbances. Treatment approaches discussed may also be appropriate for those clients with chronic conditions and secondary sleep and relaxation challenges.

Advocacy in times of change (1 hour), TBA

GENERAL OT, UTAH

*Luis Arabit OTD, MS, OTR/L, BCN, BCPR, C/NDT, PAM, FAOTA, AOTPAC Region 5
Director*

Occupational Therapy (OT) is an integral part of the U.S. healthcare system yet OT practitioners are challenged everyday to maintain relevance in the work they do. OTs are constantly under the scrutiny of reimbursement systems, the public and even by their fellow healthcare professionals. Advocacy at all levels and methods is an important tool that all practitioners can use to promote the client's well being, advance the profession, and ensure that individuals who would benefit from OT have access to services (Hart, 2020). Practitioners and students can participate at all various levels of Advocacy.

AOTF Report (.25)

Lawrence Liff

GENERAL OT, UTAH

Updates about the important role AOTF is playing in advancing the science of occupational therapy and supporting the next generation of OTs.

Utah Department of Health: Services during COVID (1 hour)

Traci Barney, Utah Department of Health

GENERAL OT, UTAH

The TBI/SCI Fund has done some great work with telehealth and providing therapy to people with brain injury and spinal cord injury recently, including screening via telehealth. Hear what The Violence and Injury Prevention Program has been up to during the pandemic and learn from their successes!

The ever changing world of Assistive Tech (1 hour)

GENERAL OT, REHAB, UTAH

Kent Remund and Jay Wheeler OTR/L

Providing the correct assistive technology (AT) for an individual requires a thorough evaluation, knowledge of devices available and assistance setting up the device. It is important to consider both the device and the services available in your area. The use of assistive technology benefits, obstacles will be reviewed to provide solutions for successful implementation for individuals to live a more productive and independent life.

Decoding concealed functional cognitive deficits among oncology patients and intervention methods for occupational role re-engagement in acute care and survivorship. (1 hour)

GENERAL OT, REHAB, UTAH

Shalyn Hample MOT, Leanne Seckinger MSOTR, Andrea Wogamon MOT

Cancer treatment advancements have decreased mortality, but many survivors are living with residual physical, cognitive and psychosocial complications that prevent engagement in everyday life roles and routines. Up to 80% of patients with cancer experience cognitive changes that may continue for years post-treatment, as well as high levels of psychological distress, anxiety, depression and mental fatigue.

Psychosocial issues and cognitive impairment are strongly correlated and contribute to disengagement in the oncology population. We have recognized the need for a more thorough evaluation and treatment process for these widely unaddressed and often hidden deficits in order to increase activity engagement and quality of life throughout survivorship.

Cancer-related cognitive impairment (CRCI) is a complex phenomena that may derive from cancer itself, cancer treatments, as well as other psychological and physiological variables. These impairments adversely impact self-management abilities including motivation, intrapersonal processes, and self control and can negatively impact individuals' ability to acquire and carry out skills required for independent living, including medication management.

With a distinct holistic and functional lens, occupational therapy (OT) has unique skills and strategies to address cognitive dysfunction, distress, pain, sleep disturbances, fatigue, and disengagement. The purpose of this presentation is to define OT evaluation and treatment strategies for the acute care oncology setting and survivorship. Evidence supports the use of medication management assessments to measure functional cognitive impairment. Our program includes the use of Medi-cog, ManageMed, and

AMPAC Cognition. Additional assessments to capture barriers to engagement include AMPAC Activity, MOHOST and Volitional Questionnaire. Motivational Interviewing and strategies from the Remotivation Process are additional therapeutic tools used in conjunction with the above stated evaluations. This broad spectrum of assessment information directs appropriate and efficient intervention implementation to promote basic and instrumental activities of daily living re-engagement and enhanced quality of life. Through this presentation, we aim to highlight unmet cognitive and psychosocial needs of oncology patients, introduce assessments to guide treatment planning, define patient-centered interventions and facilitate practitioner reflection on the application of these methods to promote engagement in the acute care setting and into survivorship.

Best Practices in Writing and Publishing Case Reports (1 hour)

Bryan M. Gee PhD, OTD, OTR/L, BCP

GENERAL OT, UTAH

Case reports provide essential information for optimal patient care because they can describe important clinical observations that are missed or undetected in empirical research studies, and provide individual clinical insights thus expanding knowledge base of occupational therapy practice. Occupational therapy practitioners may be in need of additional case reports to support occupational therapy scholarship. The purpose of this presentation is to provide occupational therapy practitioners with resources regarding how to write and publish a case report in the occupational therapy or occupational therapy peer reviewed literature.

Keys to assessing patient technology needs & community resources (1 hour)

Kevin Christensen OTR/L

GENERAL OT, UTAH

Many therapists struggle or are intimidated by recommending technology to those they work with. Those fears and frustrations are not unfounded. According to studies going back 20+years approximately 30% of all assistive technology placed is completely abandoned within 1 year. In this presentation I discuss many of the common pitfalls that lead to technology abandonment and how we as therapists can avoid them. Along with community resources to improve access to technology and noteworthy technology.

Visual considerations for Neurological Diagnoses (1 hour)

Kasey Mitchell, MOT, OTR/L, Laura Blevins MOT, OTR/L

GENERAL OT, REHAB, UTAH

This workshop will provide participants with opportunities to learn about common visual impairments associated with neurologic conditions and review screening and treatment ideas to address these visual impairments. By the end of the presentation, participants will be able to complete a basic vision screen and provide continued treatment. Participants will also discuss how to address vision impairments as part of an interdisciplinary team and help determine who to refer these patients to for additional treatment.

An OT's journey to the creation of RAMMP, Utah's first Neuro-specialty peer mentor program and the incredible outcomes of the participants (1 hour)

Bonnie Larsen MOTR/L, Sarah Child- RAMMP Volunteer, Gared Dore- RAMMP Volunteer, Miles Nielsen- RAMMP Volunteer

GENERAL OT, UTAH

Using peer mentorship with your clients can inspire and motivate your clients to live their

healthiest lives possible after a traumatic event. It is our job as occupational therapists to believe in our profession's mission and utilize a holistic approach in any setting.

Mental Health

Pre Recorded

Occupational Therapy's Role in Coordinated Specialty Care (1.5 hour)

MENTAL HEALTH, WASHINGTON

Katie Galvagno, OTR

Current literature in the field supports that occupational therapy (OT) practitioners play an important role in early intervention for psychosis (EIP) programs by providing services to empower clients' abilities to participate in activities, fulfill roles, and establish routines that are personally meaningful and facilitate health and well-being. However, relatively few EIP programs currently offer OT services. Furthermore, OT practitioners in Washington state are limited in the mental health services they can legally provide, as they are ineligible to bill as mental health providers. I conducted a needs assessment to examine opportunities for implementing an OT position within coordinated specialty care (CSC) teams in Washington's EIP program network - New Journeys. Information for the needs assessment report was collected through reviewing organizational documents, conducting focus groups with providers from multiple sites, and collecting online survey responses. The following considerations for implementing an OT position within New Journeys teams were identified based on the report: (1) the importance of establishing OT's unique scope of practice in EIP settings; (2) the need to develop a flexible service delivery approach; and (3) the complexity of funding OT in this practice area. I then created a program development guide to address these considerations and outline a feasible program development process for New Journeys to introduce OT services. The purpose of this session is to review the relevant literature and detail the program development process for implementing OT services on CSC teams as a case example of how to promote the value and importance of OT in mental health settings.

Pediatric

Live

Aquatic Therapy

PEDIATRICS, MONTANA

TBD

LEAF Pediatric Therapy

The Movement Program Provider Training Course (3 hours)

PEDIATRICS, IDAHO

Alan Heath, BSC, (HONS.), PSYCH.

Saturday, November 14, 2020 8:45 - 11:45 a.m. (MST)

At the end of this course, you will understand how specific developmental movements can impact upon learning and literacy and become a qualified Provider of The Movement Program (TMP). This is an ideal programme for parents to use at home with their

children or within a school, therapy clinic, or home setting. There is no equipment required and extensive school trials since 2004 show the real benefits to motor skills, reading and GCSE exam results when the 12-week program is completed. TMP can be followed by anyone over approximately 7 years of age and is 15-20 minutes per day, 5 days a week for 12 weeks. TMP develops in complexity each week and is streamed directly to any internet-enabled device.

The Course Covers:

- Beat competency and rhythmic awareness to improve listening and attention
- Bi-lateral and cross lateral integration to improve sequencing of information and other areas
- Primitive reflexes that inhibit learning potential
- Visual motor skills to improve hand to eye coordination for writing, reading, catching and other areas
- Improving vestibular function, balance, and sensory processing
- Gross and fine motor development
- Relaxation and stress reduction

Pediatric Bowel and Bladder Dysfunction: Mood, Food and Movement (3 hours)

PEDIATRICS, IDAHO

Sandi Gallagher, PT.

Saturday, November 21, 2020 9:00am - 12:00 pm (MST)

This session is targeted at physical therapists and occupational therapists who work with pediatric patients. Many patients with common diagnosis seen by pediatric therapists also have comorbid bowel and bladder dysfunction. This course will review what is normal bowel and bladder function, how to screen for bowel and bladder dysfunction, and diagnostic tests used for medical evaluation and what tests and measures are used in pelvic therapy.

Guidance will be provided about when the child's impairments can be managed by the pediatric therapist or need referral to a pelvic therapist. Common and simple therapeutic interventions of exercise, manual therapy and electrical stimulation will be discussed. Education regarding optimizing bladder and bowel habits will also be included. Once completed, the participant should be able to evaluate and treat simple pediatric pelvic health patients, and the participant will know where to pursue further education to expand knowledge base and treatment ideas.

Pre Recorded

Interactive Technology Remote Learning (1.5 hours)

PEDIATRICS, WASHINGTON

Samantha Trout, OTR/L

This session will introduce OT and OTA practitioners to engaging digital tools and programs for remote learning that support data collection and progress towards IEP goals. It will give practical strategies and suggestions for interventions in handwriting, self-regulation, visual-motor skills, and assistive technology. Tutorials and case studies will be used for implementing these in practice. Examples of programs and tools include: - Nearpod.com - boomlearning.com - Microsoft 365 products - Flipgrid.com - collaborative whiteboard

Universal Design for Learning: Tricks and Tools to Support Equal Access

PEDIATRICS, WASHINGTON

Rose Racicot, MOT, OTR/L

Technology is becoming an integral part of the way that students access their education. Occupational therapists can play an important role in the decision-making process to promote universal design and inclusion. Within this session, participants will have the opportunity to explore a variety of software products that support general access, in addition to advanced features and programs that can be utilized as accommodations for a group or individual students.

Utah House Bill 461 Pediatric Neuro-rehabilitation Fund 2019 (.25 hour)

PEDIATRICS, UTAH

Rick Reigle PT, DPT and Theresa Golley MBA, OTD, OTR/L

New legislation to provide funding for additional physical therapy and occupational therapy services has passed in the state of Utah, making this bill the first of its kind in the country!

The purpose of this bill is to provide funding for continued physical and occupational therapy services for children with non-progressive neurological conditions, who have experienced an acute change in functional status. Additional rehabilitative interventions will maximize the child's functional mobility, increase their personal independence, and decrease the need for durable medical equipment, and medical care. The result is a greater potential for the child to actively participate, and excel in school, in the community, and at home. Link to the bill:

<https://le.utah.gov/~2019/bills/static/HB0461.html>

Collaborate with teachers to embed handwriting across the curriculum (1 hour)

PEDIATRICS, UTAH

Beverly Moskowitz DOT MS OTR/L FAOTA

The challenge of teaching handwriting is complicated by limited time, resources and appreciation for the neurosciences supporting this vital skill. AOTA's Vision 2025 compels OTs to be leaders advocating for putting pencil to paper even in the age of technology. The good news is that research identified a concept-driven approach that uses memorable mnemonics as the most effective means to teach handwriting.

Understanding Care Processes & Splinting Considerations for Congenital Pediatric Hand Conditions (1 hour)

PEDIATRIC, REHAB, UTAH

Andrew Bracken MOT, OTR/L, CHT

Upper extremity congenital differences are one of the most common congenital conditions that affect children. Children with congenital hand differences may experience functional, social, and psychological challenges throughout their childhood. Occupational therapists are uniquely positioned to successfully address these challenges through a collaborative, holistic, and client-centered approach.

In a recent study, children with congenital hand differences reported experiencing "difficulties with personal care (58 percent), school activities (30 percent), and household tasks (27 percent)." Children with more severe congenital conditions reported limitations participating in sports and playing music instruments. From a psychosocial aspect, 48 percent of the pediatric participants report being "bothered by [their] hand appearance." The function and aesthetic look of the hand are two of the primary concerns for children with congenital hand differences.

Children with congenital hand differences benefit from collaboration between parents, hand surgeons, and occupational therapists to help achieve greater functional

independence and create a healthy self-concept. Occupational therapists who have a working knowledge and understanding of the surgical interventions, care processes, and splinting techniques used to support children with congenital hand differences are well suited to address the functional, social, and psychological challenges these children face at home, school, and in the community.

Neurochemistry: Impact on Emotions and Sensory Processing (1 hour)

Pediatrics: IDAHO

Gwen Wild, MOT, OTR/L

Serotonin, dopamine, endorphins, and other neurotransmitters are making the news more frequently but what can this knowledge tell us about the kids we work with who have anxiety, ADHD, ASD, behavior or mood disorders, or learning disabilities? Join Gwen Wild, MOT, OTR/L, to discover the correlation between neurochemistry, sensory processing, and emotions. This knowledge enables you to select strategies to immediately impact behavior and empower you to effectively communicate the role of movement breaks and sensory strategies in scientific terms to enhance follow-through by teachers, parents, and caregivers.

Rehab/Hands

Pre Recorded

Partial Hand Prosthetic Rehabilitation -- Options and Strategies for Success (1.5 hours)

HANDS, WASHINGTON

Kerstin Baun, MPH, OTR/L

This session will provide a thorough overview of upper limb prosthetic rehabilitation for people with partial hand amputations. Background information for this small but important patient population will be provided, followed by a comprehensive presentation of available prosthetic options including new and emerging technology and procedures and best therapy practices. Several case studies will illustrate the range of available prosthetic options and treatment approaches that result in successful outcomes.

Evaluation and Treatment of Visual Deficits Following Neurological Conditions (1 hour)

REHAB, IDAHO

Brittany Peterson, MOTR/L, CBIS

Visual deficits are a very common struggle for our clients with neurological deficits and can be a challenging area that is undertreated or not as well understood by practitioners. This course will review common visual deficits seen following neurological disorders. It will discuss an OT practitioner's scope of practice with recommendations for screening and assessment as well as interventions.

The Occupational Therapy Practitioner's Guide to Quality Dementia Care (1 - 1.5 hours)

Rehab, IDAHO

Lisa Hong, OTR/L and JoAnne Trammel, OTR/L

- Attendees will understand the basics of dementia; etiology, incidence and progression.
- 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.

The OT DRIVE Framework (1.5 hour)

Introducing the “GRID”: A Resource Occupational Therapy (1.5 hours)

Rehab, Idaho

Susie Touchinsky, OTR/L, SCDCM, CDRS

“GRID” stands for Generalist’s Resource to Integrative Driving

Student

Live

Let’s Talk about the NBCOT® National Certification Exam! (1 hour - LIVE ONLY)

ALL STUDENTS

Shaun Conway, OTR

November 5th: 5:00pm - 6:00pm (MST)

- 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
-

Student Hackathon Event! (1.5 hours: Live and Recorded)

ALL STUDENTS, ALL STATES

MOT and OTA Student Reps and Judges / Leaders from all 4 states

November 5th: 6:15pm - 7:45pm (MST)

Pre Recorded

Virtual Student Fieldwork Experience (1.5 hours)

TELEHEALTH/STUDENTS, WASHINGTON

Katie Clendenin, OTS and Sydney Warren, OTS

Sydney and Katie completed their Level IIB fieldwork amidst the global pandemic, moving from a hospital setting in their previous fieldwork rotations to the virtual world.

This session focuses on the lessons learned during a virtual fieldwork experience at GiGi’s Playhouse, a community organization providing free programming for individuals with Down Syndrome.

Telehealth (Multiple practice areas)

Pre Recorded

How to Rock your OT Telehealth Sessions - Keeping Kids Engaged with Common Household Items (1 hour)

PEDIATRICS / TELEHEALTH: IDAHO

Mary Kosta, OTR/L

This March our clinic, like thousands worldwide, made a rapid transition to providing telehealth OT services. With the support of over 10,000 OTs in 60 countries in our Facebook group "Pediatric OT Telehealth and Clinic Activities" we have come together and helped each other succeed during this pandemic. This course highlights what has been working well for us at 'Ohana OT.' Come learn about our thought process in selecting everyday common household items to create engaging OT activities and meet your child's OT goals!

Providing Telehealth Services to Adolescent and Adult Neuro Populations in the Era of COVID-19 (1 hour)

Vanessa Holmes OTR/L, Gabby Skoczylas OTR/L, CNS

GENERAL OT, PEDIATRICS, REHAB, TELEHEALTH, UTAH

The Covid-19 pandemic has forced providers to use alternative delivery methods in order to continue to provide needed occupational therapy rehabilitation services to the community it serves. Attendees will be introduced to the evolution of providing OT telehealth services for adolescent and adult neurologic populations at the University of Utah Sugarhouse Health Center. Benefits and limitations of providing occupational therapy via telehealth will be addressed as well as information on current best practice guidelines for delivering telehealth services. Lastly, we will explore specific clinical examples of providing telehealth services for deficits in activities of daily living, cognition, upper extremity motor rehab, vision, strength and activity tolerance, and home modification.

Virtual OT hybrid approach for school therapy through online classrooms (1 hour)

Barbara Shultz

PEDIATRICS, TELEHEALTH, UTAH

COVID-19 and OT

Pre Recorded

Interprofessional Collaborative Care between Physical and Occupational Therapy for the COVID-19 patient in the Acute Care Setting (1 hour)

REHAB, MONTANA

Joe Paul Castillo, OTD, OTR/L & Timothy Alejo, Doctor of Physical Therapy

Session Synopsis: The session will detail the signs and symptoms of patients diagnosed with COVID-19 and what to expect in the typical patient.

This will include discussion of barriers from other healthcare members affecting functional capacity and Independence due to fear, anxiety and inactive care

including details regarding the progression of PT/OT treatments and how to grade activities and mobility based on patient presentation. Additionally the speakers will discuss details on how to handle and manage a COVID-19 ventilated patient from edge of bed to potential ambulation.

- Please list at least 3 measurable learning objectives for your session
 1. Participants will detail at minimum four signs and symptoms of a patient diagnosed with COVID-19.
 2. Participants will identify at minimum three barriers affecting functional improvement from other healthcare members.
 3. Participants will be able to detail at minimum 3 steps towards anticipated progression of patients diagnosed with COVID-19 from ventilated EOB activity to ambulation.

COVID-19 and OT (1 hour)

Florentina Mueller-Planitz OTD, OTR/L

GENERAL OT, REHAB, COVID-19, UTAH

Occupational therapy has a vital role in improving outcomes and quality of life for patients with COVID-19. The presenter will share how using a OT clinical guideline and decision trees can improve clinician confidence and effectiveness in treating patients with COVID-19.

This workshop will review the opportunities and challenges that OT practitioners have when treating patients with COVID-19 by reviewing latest research on COVID including signs and symptoms, typical progression and timeline, special considerations for evaluation and treatment as well evidence-based interventions

If They Need O2, They Need OT: Occupational Therapy's Role in COVID-19 (1 hour)

Kaitlyn Krogen OTD, OTR/L, Florentina Mueller-Planitz, OTD, OTR/L, Gessica Stoval, OTD, OTR/L

GENERAL OT, REHAB, COVID-19, UTAH

Patients seen by OT in the ICU spend less time on the ventilator and occupational therapy interventions can shorten delirium duration and improve independence upon discharge. The presenters will share case studies that will highlight special considerations, evidence-based evaluations and interventions. Participants will also learn about writing and updating appropriate goals, as well as receive resources on therapist self-care.

Poster Sessions

Pre Recorded

Preschool Inclusion with Support from Occupational Therapy

Kristy Uddin, OTD, OTR/L

WASHINGTON

In Washington State, only 57% of students receiving special education services are included in general education settings for 80-100% of the school day. Washington is currently one of the least inclusive states, ranking 44 out of 50. Across the nation, the average is 63%. An inclusion environment for early childhood education

embodies the values of occupational therapy and federal laws that will support the child in a school environment. The desired results of inclusive experiences for students in preschool with and without disabilities encompass friendships, social interaction, and improved outcomes with motor skills. Occupational therapists can be a resource and an integral part of a team to ensure an environment to facilitate learning. If inclusion begins in preschool, children can continue to grow their skills as well as friendships.

Prevalence of Cognitive Impairment Among Adults with Low Vision Receiving Home Health Services

Nicole Bartlebaugh, OTD, OTR

WASHINGTON

The study will identify the prevalence of cognitive impairment among a sample of adults with low vision receiving home health services using the Short Blessed Test (SBT). This poster aims to inform occupational therapists on the importance of using screenings to improve intervention strategies among adults living with both cognitive impairment and visual impairment in order to promote the maximum level of independence in the least restrictive environment.

Parent Perceptions of Children's Participation in an interdisciplinary Equine Movement Program

Desiree Brazeau, OTS, Jasmine Tagorda, OTS, Andrea Marie Poblete, OTS

WASHINGTON

While there have been numerous studies on activities with horses for children with disabilities, there is a lack of research on caregivers' perspectives on these programs. Do parents and caregivers associate any benefits with these programs for their children with disabilities? Horses and Lambs is an interdisciplinary program partnered with Loma Linda University where occupational and physical therapy students incorporate activities through equine movement in an engaging environment aimed at helping children with various challenges. At our poster presentation, you can learn more about caregiver perspectives of this program and the outcomes they associate with activities using equine movement.

Using the Kawa Model in a Hand Therapy Clinic: A Pilot Study

Kristy Leung, OTS, Benthany Lai, OTS, Jodie Yap, OTS, Jonathan Lui, OTS, Patricia Santos, OTS, Sandra Meshriky, OTS

WASHINGTON

Occupational therapy (OT) practitioners in hand therapy settings work with individuals who have injuries or acute or chronic conditions of the forearm, wrist, and hand. Traditional hand rehabilitation primarily utilizes a biomechanical frame of reference focusing on physical capabilities such as strength and mobility and has minimal focus on psychosocial factors. Our study brought awareness to how the Kawa Model provides an opportunity for individuals to use a narrative for therapeutic insight. The implementation of the Kawa Model in the OT process and semi-structured interview allowed for facilitation of a holistic approach to address limitations, affected roles and occupations, and an individual's strengths and support systems in the rehabilitation process. The Kawa Model was typically addressed in three sessions over a six week period. Mean QuickDASH scores decreased from 40% to 25.5% showing participant's self-perceived increases in functional participation in daily activities. Three themes emerged from the participant interviews: "The Person," "The Kawa Drawing," and "The Kawa Experience."

Student Poster Presentations (5-10 mins each)

GENERAL OT, REHAB, PEDIATRICS, UTAH

Adaptive equipment and assistive device projects, presented individually by the following OTA students:

Alexis McBride, Amanda Cox, Becca Line, Bethany Bunting, Cambri Dickerson, Cammy Black, Chelsie Garcia, Dawnelle Anderson, Erin Brennan, Haley Hansen, Jen Kojoroski, Joseph Wilcox, Joyce Koplín, Kelsie Buchanan, LaRiah Albrecht, Lindsay Poplin, Lissette LaVetter, Macadey Burgess, Madison Slesk, Melanie Suttner, Natalie Thompson, Randi Brown, Stewart Thomas, Taylor Oliver, Tom Horton

Special Interest Sessions/ Communities of Practice

Live

WOTA Pediatrics/Secondary Transition Community of Practice

NOVEMBER 21 *(date is subject to change)*

Session will be record to watch later

WOTA Rehab/Hands/Industrial Community of Practice

NOVEMBER 21 *(date is subject to change)*

Session will be record to watch later

WOTA Mental Health Community of Practice

NOVEMBER 21 *(date is subject to change)*

Session will be record to watch later

WOTA Student Community of Practice

NOVEMBER 22 *(date is subject to change)*

Session will be record to watch later

WOTA Entrepreneurs Community of Practice

NOVEMBER 22 *(date is subject to change)*

Session will be record to watch later

UOTA Special Interest Section: Community (1 hour)

Richard Hagen, Chair

Topic: Keeping a business afloat during COVID-19

TBA, session will be recorded for future access

UOTA Special Interest Section: Geriatrics (1 hour)

Becca Sant, Chair; Mary Pugh presenting

Topic: Resilience-What it is and what it isn't

Nov 10th, 6:30 pm; Session will be recorded for future access

UOTA Special Interest Section: Pediatrics (1 hour)

Nick Sidwell, Chair

Topic: Ideas to combat monotony and burn-out in pediatric teletherapy

Nov 4th, 6:30 pm; session will be recorded for future access

UOTA Special Interest Section: Rehabilitation (1 hour)

Gabe Byars, Chair

Topic: TBA

TBA, session will be recorded for future access

UOTA Special Interest Section: Mental Health (1 hour)

Bonnie Eckman, Chair

Topic: TBA

TBA, session will be recorded for future access

IOTA State Specific Sessions

Live

IOTA Business Meeting

Kari Thompson, Executive Board, and Committee Members

November 3th, 6:00 - 6:30 PM MST

Session will be recorded

IOTA Awards Ceremony

IOTA Executive Board and Committee Members

December 2nd, 6:00 - 6:45 PM MST

Session will be recorded

Pre Recorded

IOTA Legislative Update

Caroline Merritt, IOTA Lobbying Consultant

IOTA Medicaid Provider's Update

William Deseron, BS