

## New Mexico Occupational Therapy Association 2021 Virtual Conference Agenda

**“We Have a Vision”**

**August 27-28, 2021**

### **Friday August 27, 2021**

#### **8:00-9:00 Keynote Address: “The Next Normal: Work in Progress”**

*Wendy C. Hildenbrand, PhD, MPH, OTR/L, FAOTA*

Listen to AOTA President, Wendy Hildenbrand, speak about moving your profession forward after the unprecedented time of a global pandemic. During this time together, participants will:

- 1) Recognize current social, political, economic, and cultural contextual factors shaping the AOTA and occupational therapy practice, policy, and education.
- 2) Consider the impact of disruption and change on our profession, our occupational therapy professionals and students, and the people, populations, and communities we serve.
- 3) Envision future focused growth opportunities to support personal and professional “works in progress”.

**9:00-9:15 Break: Please visit our vendors who make this conference possible! Then join next session.**

#### **9:15-11:00 1A The NBCOT Disciplinary Action Program: Serving the Public Interest** *Shaun Conway, OTR*

The mission of NBCOT is to serve the public interest by advancing client care and professional practice through evidence-based certification standards and the validation of knowledge essential for effective practice in occupational therapy. In order to serve the public, certificants and exam applicants must abide by the NBCOT Code of Conduct and Practice Standards. This presentation provides an overview of the NBCOT Disciplinary Action Program including Procedures for Enforcement and sanctions that may take place.

#### **9:15-11:00 1B Judi’s House** *Michaeleen (Micki) Burns, PhD*

The COVID-19 pandemic arrived in our communities without warning. It changed how we went about our daily lives and brought grief to the forefront of our everyday reality. Everyone faced the loss of convenience and connection, and many encountered the loss of income and security. Hundreds of thousands continue to struggle with the grief brought on by the loss of family members, friends, or colleagues. Never in our lifetime has grief been more prevalent and present than it is today. As health care providers working to support clients, it is vital that occupational therapists 1) are aware of the impact of grief in your client population, 2) can screen and assess grief reactions for your clients, and 3) feel confident in making referrals and accessing additional resources when necessary. This presentation will provide baseline knowledge regarding child and family bereavement for occupational therapists and other professionals wanting to engage in grief-sensitive approaches and practices.

**11:00-11:15 Break: Please visit our vendors who make this conference possible! Then join next session.**

#### **11:15-1:00 1C Future Changes for Occupational Therapy in Adult Day Care Settings**

*Yvonne Randall, EdD, MHA, OTR/L, FAOTA*

Occupational therapy practitioners have utilized therapeutic use of self and purposeful activities since the beginning of the profession (Schell, Gillen, & Scaffa, 2018). Employing an individual’s strengths while acknowledging areas of performance compromised by cognitive impairment, our occupational therapy practitioners implement adaptive strategies to maximize functional engagement. Reminiscence therapy is a popular psychosocial intervention utilized in dementia care. Occupational therapy practitioners are well suited for this practice area and to meet the needs of our future older adults who live with dementia and neurodegenerative cognitive disorders.

**11:15-1:00 1D The Integral Role of the Occupational Therapist in Finger and Partial Hand Prosthetic**

*Tania Garcia*

Naked Prosthetics manufactures custom, functional, body driven solutions designed with the end user in mind to help pave a safe return to work, combat the psychosocial impacts of the amputation, and restore their independence. This course will explore outcomes of digit amputation, emphasizing how innovative prosthesis adaptation has the potential to positively impact a person's recovery and safe return to work/hobbies. It will also describe the role that occupational therapists play in recommending, raising awareness, and educating on body-driven prostheses for this population.

**1:00-1:15 Break: Please visit our vendors who make this conference possible! Then join next session.**

**1:15-3:00 1E Year 1 Update on the HRSA Scholarship for Disadvantaged Students at the UNM OT Graduate Program**      *Mark Hardison, PhD, OTR/L and Tim Dionne, PhD, OTR/L*

The HRSA Scholarship for Disadvantaged Students was awarded in 2020 to the UNM OT Graduate Program, approximately \$650,000 are available for student tuition, academic and living expenses. The presentation will discuss the qualifications and application process for applicants. In addition to the goal to award scholarships to students, an additional goal is to attract COTA students and volunteers who are considering applying to the UNM OT Graduate Program. The presentation will also update the audience on the first year of the HRSA Scholarship for Disadvantaged Students, including advocacy and outreach progress.

**1:15-3:00 1F Occupational Justice: A Power + Privilege Analysis**      *Kaycee Hinckley, MOT, OTR/L*

Racism & ableism are primary barriers to occupational performance. Systems of racism, ableism (and other -isms) permeate our institutions; this presentation aims to highlight the ways in which oppressive systems limit occupational participation (both by practitioners, OT students, and the people we serve). Participants will complete this workshop having done self-reflection on ways that they access privilege within these systems and also ways in which they may have experienced the harm. We will then use this lens to explore ways that we can influence the institutions in which we work and better support the people who we serve.

**3:00-3:15 Break: Please visit our vendors who make this conference possible! Then join next session.**

**3:15-5:00 1G Lifestyle Rebalance: The role of outpatient occupational therapy in the treatment of eating disorders**      *Cassandra Larrañaga, OTS, Mayra Jimenez, OTS and Sofia Jaureguiberry, MOT, OTR/L, CLT*

This session will provide an introduction to the role of outpatient occupational therapy services in the treatment of eating disorders. Presentation will cover occupations, contexts, performance patterns, performance skills, and client factors that can be impacted for individuals with eating disorders. Occupation-based interventions to address deficits in the aspects of the occupational therapy domain will be explored.

**3:15-5:00 1H Driving to Independence, A Collaborative Approach**

*Jenny Nordine, OTR/L, CDRS, Jon Sarli, COTA/L and Stephanie Singleton, OTD, OTR/L*

This presentation will give in-depth information to the audience about the driving evaluation process. It will give insight into an effective collaboration between an OT and an OTA in a distance supervisory relationship and the impact it makes in the lives of the clients that they serve. It will also give the audience a perspective on the process from the view of the consumer, who also happens to be an OT living with MS. At the conclusion of the presentation, practitioners will reflect on the "case" and be able to apply their gained knowledge into their current practice patterns.

## **Saturday, August 28, 2021**

### **8:00-9:00 2A An IPA Analysis Examining Transportation, Community Engagement, and Healthcare Access of Elderly Adults in a Rural New Mexico Border Community**     *Madison Rowlison, OTD, OTR*

A triangulated pilot study (N=3) using the Place Standard Assessment, Semi-Structured Interviews, and a walking survey, was conducted to understand/address the needs of elderly borderland residents of Sunland Park, NM as they engaged in health management, community mobility, and maintained well-being. The highlights of this study include, despite a limited person-environment-occupation fit, participants were vested in their community. Challenges reported included food deserts, decreased local access to healthcare, limited community mobility and social engagement. OT advocacy and involvement in public health issues is essential to collaborate with diverse stakeholders in order to enhance the person-environment-occupation fit of this population.

### **8:00-9:00 2B NBCOT® & AOTA: The OT Compact**     *Shaun Conway OTR, Meghan Pudeler and Dan Logsdon*

The American Occupational Therapy Association (AOTA) and the National Board for Certification in Occupational Therapy (NBCOT) have been collaborating to create the Occupational Therapy Licensure Compact. The Council of State Governments (CSG) was contracted by AOTA to assist with the development of the compact. This presentation will provide a summary of the roles and functions of these working teams, as well as a review of the compact development process and anticipated implementation timelines. This session will also outline the history, purpose, costs, and benefits of licensure compacts; address the advocacy needed to establish a compact; and identify means for state occupational therapy regulatory boards/committees to be involved.

### **9:00-9:45 Poster Session and visit with vendors**

1. *A Critically Appraised Topic on Aromatherapy versus Yin Yoga for Treatment of Generalized Anxiety Disorder Symptoms*     *Darian Martinez, OTS, Celia Giallanella, OTS, Mark Hardison, PhD, OTR/L*

This is a Critically Appraised Topic for the PICO question: In those diagnosed with Generalized Anxiety Disorder, what is the efficacy of aromatherapy in comparison to Yin yoga in reducing long term anxiety symptoms? We conducted a literature search in PubMed identifying 5 articles representing the best available evidence. This research provided moderate strength for improved anxiety but low rigor. Occupational therapists may recommend the use of either Yin Yoga or Aromatherapy to address anxiety despite the low-level of evidence as they are low-cost and low-risk. These may be good supplemental interventions for individuals receiving traditional OT interventions.

2. *Physical Activity and Mindfulness for Children with ADHD: A Critically Appraised Topic*     *Sara Carrion, OTS, Samaira Currence, OTS, Mark Hardison, PhD, OTR/L*

We conducted a systematic search of the literature to answer the PICO question: for children with ADHD, can incorporating a physical-activity or mindfulness-based program into their weekly routine help them improve executive functions? The articles we included used Mindfulness-Based interventions, yoga and physical activity interventions. The results of our critically appraised topic were:

- Physical activity programs with weekly sessions of at least 30 minutes/day, 40% intensity, 3 days/week, for 5-consecutive weeks may be useful if the activity is a valued occupation for the child.
- Mindfulness-based interventions for children with ADHD are not evidence-based at this time.
- Yoga programs greater than 20 weeks duration may improve executive function for children with ADHD.

3. *Fun in Functional OT: Music and dance interventions improve symptoms for people experiencing Multiple Sclerosis (MS)* Max Richardson, OTS, Grit Ramuschkat, OTS

We found that adult Occupational Therapy interventions lack the playfulness we encounter in pediatric settings. We strongly believe, however, that adults benefit from fun. Therefore, we propose to reintroduce fun into Occupational Therapy intervention, especially in areas that often use structured and repetitive exercise-based interventions. People experiencing Multiple Sclerosis require hand dexterity interventions, which can be repetitive. Recent research into multi-sensory stimulation and the use of music for rehabilitation has been shown to aid in the rehabilitation of central nervous system disorders. Our research poster reports on five studies that utilize music and dance-based interventions for people experiencing Multiple Sclerosis.

**10:00-11:00 Plenary Session: “How OT Survived and Thrived in the Midst of a Global Pandemic”**

*Melissa Winkle, OTR/L, FAOTA*

Just before our professions’ 100 year anniversary, AOTA was already at work building Vision 2025. Just 4 years later, the World Health Organization officially declared COVID-19 a world pandemic, and occupational therapists and assistants were charged with surviving and adapting to maximize health, well-being, and quality of life. Some worked intimately with individuals on the front lines, and others worked virtually with families, caregivers and teachers across entire communities. Practitioners demonstrated being or becoming OT strong and empowered people and communities with meaningfulness and motivation, adaptability and agility, and consideration and compassion. This session tells the tale of how OT not only survived, but how we continue to thrive amidst a world pandemic.

**11:00-11:15 Break: Please visit our vendors who make this conference possible! Then join next session.**

**11:15-1:00 2C Current NM PED Guidance**

*Joanna Cosby, PhD, OTR/L*

This presentation will review recent guidance provided by the NM Public Education Department related to the role of related services in the school setting. Three memos will be reviewed in an interactive, discussion-based manner, to collectively examine: (a) determining need for related services; (2) the role of formal assessment, i.e., test scores, in determining need; (c) related services as they relate to the eligibility category of Developmental Delay; and (d) the idea of “stand-alone” OT services.

**11:15-1:00 2D The Journey of an Occupational Therapist Diagnosed with MS and How Technology Has Improved Her Personal and Professional Roles**

*Stephanie Singleton OTD, OTR/L*

This presentation will allow participants to gain better understanding of how using the Occupational Profile (American Occupational Therapy Association, 2020), provides the highest quality interventions through the use of a case study. They will better understand the impact of the MS disease process on the presenter's meaningful occupations. In addition, this presentation will demonstrate how adaptive techniques and technology can maximize participation in daily activities that are not limited to ADL's and mobility, but also address levels of participation in personal and professional roles as they are impacted by this progressive illness.

**1:00-1:15 Break: Please visit our vendors who make this conference possible! Then join next session.**

**1:15-2:00 NMOTA Annual Business Meeting** please attend

**2:00-2:15 Break: Please visit our vendors who make this conference possible! Then join next session.**

**2:15-4:00 2E Special Education: IDEA B Myths and Misconceptions** *Joanna Cosby PhD, OTR/L.*

This presentation will use an interactive, game-like format to examine common myths and misconceptions related to school-based practice. Direct citations from Federal and State rules, regulations, and guidance will be provided to support practitioners in advocating for systems change in their local schools. Myths to be addressed will include topics of eligibility determination, provision of related services, least restrictive environment, and more.

**2:15-4:00 2F Evidence for Early Identification of Risk for CP and EVP Interventions**

*Gerri Duran MSOT, FAOTA*

This presentation will present material on evidence-based evaluation tools that predict a child's risk for obtaining a future diagnosis of cerebral palsy. Discussing the importance of providing active, meaningful, and purposeful occupational therapy will highlight the importance of the role of the spinal cortical tract in interventions, particularly over the first year of life.

**4:00-4:15 Break: Please visit our vendors who make this conference possible! Then join next session.**

**4:15-6:00 2G OTAs as Leaders: Building and living your leadership vision** *Melissa Tilton, OTA, BS, ROH*

OTAs are well-positioned to stand-up and be recognized as leaders. In order to do so, OTAs need to define what leadership really means to them, identify opportunities for leadership roles, transition into formal and informal leadership roles, and mentor other OTAs to help develop the next generation of OT leaders.