



WESTERN REGIONAL 2020 OT SPRING SYMPOSIUM

CONTINUING EDUCATION

March 6-8 | Las Vegas, NV

Tuscany Suites and Casino
255 E. Flamingo Road • Las Vegas, NV 89169



Check out these Symposium Highlights!

- **Keynote:** Occupational Therapy in the Age of Disruption
Co-Presenters:
Michael Iwama, PhD, MSc, BScOT, BScHP (Massachusetts/USA)
Frank Kronenberg, PhD, BScOT, BA, Ed (CapeTown/South Africa)
- **More than 65 sessions.** Tracks include: Behavioral and Mental Health/Wellness, Pediatrics/School-based, Physical Disability/Rehab/Adults, and Academics Leadership/General
- Friday Pre-Symposium Institute (separate fees apply)
- Saturday/Sunday Easy Tai-Chi/Yoga
- Saturday Town Hall Lunch
- Sunday Hot Topic Networking Lunch

Stay at the Symposium Hotel!

Sleeping room rate: Just \$139. Hotel reservations close February 4 for the WROTSS sleeping room block and is based on availability in our block.

Stay at the Tuscany Suites over Symposium dates and be eligible for valuable prizes!

Tuscany Suites and Casino • 255 E. Flamingo Road, Las Vegas, NV 89169
Reservations (877) 887-2261

Hotel amenities:

- The Spa at Tuscany | Eateries
- Nightly entertainment | Casino
- Free parking (valet and self-parking)

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Dates to Remember!

Cut-off time is 8:59pm PST
unless otherwise noted.

- February 4** Early bird registration deadline (8:59pm PST). Fees increase.
- February 4** Hotel room reservation deadline (midnight PST) – \$139/night.
- February 4** Complete Volunteer Form
- February 24** Deadline for “2-for-1” discount (8:59pm PST).
- February 24** Advance registration deadline (8:59pm PST); must register on-site after this date. Fees increase.
- February 24** Deadline to request registration refund.

Symposium Sponsors



Become a Sponsor: Shannon Rutledge, CMP
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Great Value!

Special “2-for-1” Registration Rate – \$139 each. If a current member recruits a new member to join in conjunction with the Symposium, both can attend at this discount (must be from same state). If two nonmembers join at the same time/together (must be from same state), both can attend at the discount. All paperwork must be submitted together. Online registration not available for this discount. Friday, March 6 Pre-Institute Sessions are a separate fee.

Regular Member Registration Rate – \$219 each. If you don’t recruit a new member attendee, you can still attend at the great value of only \$219 for the two-day Symposium. Friday, March 6 Pre-Institute Sessions are a separate fee.

Attention Students! Look inside for special student discount (Registration Form).

Online Registration. Online registration available on the WROTSS website at symposium.otaonline.org.



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Check out these Symposium Highlights!

Session 10

Keynote: Occupational Therapy in the Age of Disruption

Disruption is often defined as that which causes radical change. We hear the term regularly applied to many aspects of the world in which we live. And certainly health care is an arena that is experiencing worldwide disruption. Are the changes we are experiencing for the betterment of the profession? For more effective and accessible services for our clients? Survival and viability for occupational therapy will rely on our ability to reinvent our profession during this age of disruption. Come hear from two of our profession's most renowned practitioners as they share personal insights on being occupational therapy disruptors. You will be inspired to be a disruptor in your practice setting.

Saturday, March 7, 2020

8:00am – 9:00am

Keynote Co-Presenters



Michael Iwama,
PhD, MSc, BScOT, BScHP

Session 54
Sunday, March 8
8:15am – 11:30am



Frank Kronenberg,
PhD, BScOT, BA Ed

Session 35
Saturday, March 7
1:45pm – 5:00pm

Special Activities Included in Registration

Activity A

WROTSS Welcome Reception

Meet our keynote co-presenters

Friday, March 6

6:30pm–7:30pm

Activity B & D

Mind-Body Activity: Easy Tai-Chi/Yoga

Saturday/Sunday

7:30am–8:00am

Activity C

Town Hall Lunch

Saturday, March 7

12:30pm–1:30pm

Activity E

Hot Topic Networking Lunch

Sunday, March 8

12:00pm–1:00pm

WROTSS Co - Chairs



Valerie Adams,
MA, OTR/L
Arizona



Lora Woo,
OTD, OTR/L
California

Program Schedule

EARN
PDU's

FRIDAY, MARCH 6 (PRE-INSTITUTE SESSIONS)

12:00pm–3:15pm

1 – Addressing Eating Routines to Enhance Function and QOL (3 PDUs)

*Samantha Valasek, OTD, OTR/L, TTS; Marissa Marchioni, OTD, OTR/L;
Rebecca Cunningham, OTD, OTR/L, MSCS*

Attendees will learn about addressing eating routines utilizing lifestyle management approaches. Improve your comfort and knowledge base as we examine key physiological, behavioral, psychological, and socioeconomic factors and explore intervention strategies via case studies. *Separate fees.*

12:00pm–3:15pm

2 – How Can I OT in this Health Care Climate? (3 PDUs)

Alexis Joelle Sobel, MS, OTR/L

How the roots of the profession can clash with philosophies of our ever-changing health care system will be examined. Strategies will be explored of how to feel confident, with best practice in occupational therapy, despite the health care climate and its unpredictability. *Separate fees.*

12:00pm–6:15pm

3 – Effective Technologies and Strategies for Maximum K-12 Independence (6 PDUs)

Bridgette Nicholson, OTR/L

Technology, with well-planned strategies, can make a significant difference in achievement and learning for K-12 students. This session will be fast-moving and explore assistive technology and data-based decision-making for high/low incidence students. *Separate fees.*

3:15pm–6:30pm

4 – Aging on the Go: Community-Based Fall Prevention (3 PDUs)

*Deborah Bolding, PhD, OTR/L, FAOTA; Raheema Hemraj, MS, OTR/L;
Erinna Poon, MS, OTR/L*

Participants will evaluate individual fall risk factors for community-dwelling older adult clients, select evidence-based individual and group interventions, and practice cognitive-behavioral approaches that support healthy lifestyles. *Separate fees.*

3:15pm–6:30pm

5 – Preventing Burnout and Cultivating Leadership Using the OT Practice Framework (3 PDUs)

Heather Thomas, PhD, OTR/L; Jenna Mele, OTD, OTR/L;

Stephanie Kokesh, OTD, OTR/L

Using the OT Practice Framework, participants will be guided through evaluating their risk for burnout and creating an action plan to facilitate leadership growth and prevent burnout. *Separate fees.*

6:30pm–7:30pm

Activity A – WROTSS Welcome Reception

Join us as we celebrate the premiere of our multi-state collaboration – the Western Regional Occupational Therapy Spring Symposium. Special guests include our co-keynote presenters, Michael Iwama and Frank Kronenberg. Light refreshments | no host bar. Reception included in registration. **Indicate your intent to attend by circling Activity A in the Program Selection grid.**



SATURDAY, MARCH 7

7:30am–8:00am

Activity B – Mind-Body Activity: Easy Tai-Chi/Yoga (No PDUs)

Cristina Scionti, MS, OT/L, RYT-500

Tai Chi, Qi Gong, and standing yoga postures are all mind-body balancing activities aimed at increasing breathing capacity, lowering stress level, improving organ function, and increasing flexibility and upright posture. Mindfulness practices will be incorporated throughout this experiential session. This will be energizing for the body, mind, and spirit to start the day. Come dressed comfortably and ready to go to your first session. **Indicate your intent to attend by circling Activity B in the Program Selection grid.**

8:00am–9:00am

10 – Keynote: Occupational Therapy in the Age of Disruption (1 PDU)

Michael Iwama, PhD, MSc, BScOT, BScHP;

Frank Kronenberg, PhD, BScOT, BA Ed

Disruption is often defined as that which causes radical change. We hear the term regularly applied to many aspects of the world in which we live. And certainly health care is an arena that is experiencing worldwide disruption. Are the changes we are experiencing for the betterment of the profession? For more effective and accessible services for our clients? Survival and viability for occupational therapy will rely on our ability to reinvent our profession during this age of disruption. Come hear from two of our profession's most renowned practitioners as they share personal insights on being occupational therapy disruptors. You will be inspired to be a disruptor in your practice setting.

9:15am–10:15am

11 – Occupational Therapy in a Continuum of Care for Homelessness (1 PDU)

*Lauren Espinoza, MA, OTR/L; Ozan Yay, MA, OTR/L; Julian Prado, MA, OTS;
Richard McHam, MA, OTS*

The session will review occupational therapy in a continuum of care for persons experiencing homelessness in Los Angeles County through the lens of street medicine, primary care, and permanent supportive housing. Participants will explore the needs and focus of care at each level of care.

9:15am–10:15am

12 – Occupational Therapy Practice in Pediatric Primary Care (1 PDU)

Kary Rappaport, OTR/L, SCFES, IBCLC; Elissa Lee, OTS

Integrating occupational therapy within pediatric primary care and preventative dental visits is an optimal vehicle for upstream preventative efforts, including the development of health-promoting occupations early on and the establishment of appropriate health care engagement patterns.

9:15am–10:15am

13 – Making the Jump to Telehealth in the Schools (1 PDU)

Patricia Castellan, OTR/L

This course will introduce occupational therapy practitioners to the benefits and barriers of telehealth in school-based therapy. The participants will work within small groups to adapt a typical on-site therapy activity to an online application.

9:15am–10:15am

14 – Establishing Occupational Therapy Services in Public Behavioral Health (1 PDU)

Donna Costa, DHS, OTR/L, FAOTA; Lisa Costa, MS, OTR/L

This workshop will review the steps taken to establish occupational therapy services in both inpatient and outpatient public behavioral health settings, which led to the development of a student fieldwork program.

9:15am–10:15am

15 – Integrating Occupational Science and Narrative into Occupational Therapy (1 PDU)

Don Gordon, OTR/L, PhD

Our lives are represented by our narratives. Learning our patients' stories is essential to understanding their problems and concerns. This presentation will explore occupational science knowledge and narrative analysis to promote effective treatment and outcomes.

9:15am–10:15am

16 – Spirituality and Occupational Therapy: Where Is Our Spirituality? (1 PDU)

Loree Pham, OTS

This presentation will explore the meaning and importance of spirituality, as well as provide insight into the current landscape of spirituality in practice through the perspectives of occupational therapy practitioners across diverse settings.

HOTEL RESERVATION DEADLINE:

February 4, 2020

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PROGRAM SCHEDULE *continued*

Program Schedule

EARN
PDUs

9:15am–10:15am

17 – Environmental Factors of Obesity: It's Not Just Food (1 PDU)

Erin Bussell, OTR/L; Serena Hobson, OTS

In this session, we will discuss nontraditional factors contributing to the obesity epidemic. An influx of evidence highlights the impact of the built environment and endocrine-disrupting chemicals on weight management.

9:15am–10:15am

18 – OT Needs in the Emergency Department (1 PDU)

Jessica Fong, OTR/L

This session will explore the role of occupational therapy assessments within the emergency department at a Level 1 trauma hospital.

10:30am–12:30pm

20 – Post-Hospital Geriatric Primary Care Integrates OT and Pharmacy (2 PDUs)

Samantha Valasek, OTD, OTR/L;

Patrick Tapon, PharmD, APH, BCPS, BCGP, BCACP

An occupational therapy practitioner-pharmacist team collaborated with primary care providers to enhance care for older adults recently discharged from the hospital. Survey results indicate that targeted patients were highly satisfied, and primary care physicians benefited from the collaboration.

10:30am–12:30pm

21 – Easy Ways to Adapt Clothing for Children and Teens (2 PDUs)

Lynette Ingram, OTR/L, CLE

This presentation will demonstrate easy no-sew and low sew methods to adapt commercially available clothing for children with special health care needs, review adaptive clothing and shoe resources, and available no-tie lacing options.

10:30am–12:30pm

22 – Therapeutic Strategies for Promoting Wellness in Children (2 PDUs)

Jenny Clark, OTR/L

AOTA's 'Vision 2025' identifies health and wellness as a key practice area for practitioners in the 21st century. Practitioners will learn a variety of evidence-based wellness strategies focusing on meaningful childhood occupations.

10:30am–12:30pm

23 – Evidence-Based Literature to Support Dysphagia Intervention (2 PDUs)

Winifred Schultz-Krohn, PhD, OTR/L, BCP, FAOTA;

Jerilyn (Gigi) Smith, PhD, OTR/L, FAOTA

Critical analysis of the literature is necessary to select appropriate occupational therapy interventions to improve the oral and pharyngeal phase of the swallow. This scoping review identifies the current evidence available to select interventions.

10:30am–12:30pm

24 – Management of Hand Burns in Acute Care Setting (2 PDUs)

Agnes Hirai, MA, OTR/L, HTC; Dawn Kurakazu, OTR/L

This session is an introductory course regarding occupational therapy treatment for adult clients with partial-thickness hand burns in a Level 1 public trauma hospital. Occupational therapy providers will learn to identify a partial thickness burn, evaluation, and treatment of function.

10:30am–12:30pm

25 – How Ready Are You and Your Clients? (2 PDUs)

Mary Schmitz, OTD, OT/L; Susan Skees Hermes, OTD, OTR/L, BCP;

Mariana D'Amico, EdD, OTR/L, BCP, FAOTA

This session will guide practitioners in preparing themselves and clients through occupational engagement for emergencies that can disrupt daily habits and routines. Knowledge to skills translation represents a distinct opportunity for occupational therapy.

10:30am–12:30pm

26 – Gardens: Therapeutic, Leisure Exploration, and Life Skills (2 PDUs)

Annette Hatala, OTD, OTR/L

Gardening techniques and crafts can include children planting seeds to gain dexterity, seniors reminiscing of favorite flowers, and community settings to increase healthy eating habits. Practitioners can incorporate gardening practices to create meaningful interventions.

10:30am–12:30pm

27 – A Generalist Specialty: OT in Primary Care (2 PDUs)

Laura Cox, OTD, OTR/L

This session will examine occupational therapy's (OT) role in primary care as it continues to grow. Models of integrating OT into settings will be discussed, as well as treatment approaches for the most commonly seen patient populations.

12:30pm–1:30pm

Activity C – Town Hall Lunch

Hear from OT leaders while you enjoy lunch. Lunch is included in Saturday registration fee. **Indicate your intent to attend the lunch by circling Activity C on the Program Selection grid.**

1:45pm–2:45pm

30 – Innovative Use of Nordic Walking Poles for Improving Independence and Promoting Active Living for Stroke and Parkinson's Clients (1 PDU)

Mandy Shintani, OT (CAN), MA-Gerontology

Specialized Nordic walking poles designed by an occupational therapy (OT) practitioner called ACTIVATOR Poles have been prescribed extensively by OTs in Canada to promote independence, active living, and as a dynamic alternative to traditional devices such as canes.

1:45pm–2:45pm

31 – Childhood Occupations: More Than School and Play (1 PDU)

Sheryl Ryan, PhD, OTR/L

This session explores childhood occupations interactively, including reflection, literature review, and results of a study conducted by the presenter. It emphasizes occupations of children in marginalized populations and concludes with an activity focused on practice implications.

1:45pm–2:45pm

32 – Beyond Stigma: "Othering" and "Sanism" in Mental Health (1 PDU)

Karen McCarthy, OTD, OTR/L, BCMH; Bianca Doherty, OTD, OTR/L

This presentation will explore the concepts of 'othering' and 'sanism' as systems of thought that provide a foundation upon which stigma is maintained against persons labeled with a mental health diagnosis.

1:45pm–2:45pm

33 – Animal-Assisted Therapy on a Special Treatment Program (1 PDU)

Cindy Reyes, OTR/L, BCMH; Emily Morton, OTS

This presentation will address animal-assisted therapy with individuals with severe mental illness in a locked treatment setting, incorporating personal experiences and first-hand reactions of the residents. The introduction of a dog into this setting created positive changes in behavior and affect.

1:45pm–2:45pm

34 – The Art and Science of Inspirational Storytelling in Rehabilitation (1 PDU)

Patricia Crist, PhD, OTR/L, FAOTA

Storytelling inspires, persuades, and develops empathic meaning. This presentation will describe and present evidence regarding storytelling in health care marketing and service delivery for specific populations. The basic elements of telling a good story will be reviewed.

1:45pm–5:00pm

35 – A Jam Session: Reinventing Ourselves in the Age of Disruption (3 PDUs)

Frank Kronenberg, PhD, BScOT, BA Ed

This jam session, akin to an impromptu performance of musicians, promises to be a lively, thought-provoking, and engaged interaction encouraging participants to tune into and critically reflect on their lived experiences and understandings of disruptions and improvisation within the context of thinking about and practicing occupational therapy. Facilitator Frank Kronenberg will significantly draw from his doctoral work (2013-2018) as well as contribute as one of the participants who will take turns in leading this jam session's process of discovery and learning.

1:45pm–5:00pm

36 – Conservative Management for Thumb CMC Osteoarthritis (3 PDUs)

Adrienne Tesarek, OTR/L, CHT; Julie To, OTR/L, CHT; Jenny Kim, OTR/L;

Elyse Borst, COTA/L; Rebecca Grantham, OTR/L

Thumb carpometacarpal (CMC) osteoarthritis affects occupational therapy as practitioners and the patients we treat. This lecture and hands-on lab experience will provide evidence-based information to treat this condition using a variety of intervention methods.

1:45pm–5:00pm

37 – Oncology Toolbox: Occupational Engagement from Diagnosis and Beyond (3 PDUs)

Sherry Hite, MOT, OTR/L; Lynn Kim, OTD, OTR/L;

Leanne Seckinger, MS, OTR/L; Vanessa Yanez, MSOT, OTR/L

This workshop will provide a comprehensive approach to the assessment and treatment of physical and psychosocial impairments in oncology. Specialty topics will include considerations for specific diagnostic populations, navigating symptoms in various settings, and occupation-based care.

PROGRAM SCHEDULE *continued*

Program Schedule

EARN
PDU's

3:00pm–4:00pm

38 – Defining OT's Role in Heart Failure Self-Management (1 PDU)

*Amber Bennett, OTD, OTR/L; Kristin Nxumalo, OTD, OTR/L, CLT;
Whitney Pike, OTR/L, CLT*

Occupational therapy (OT) has a significant role in addressing the self-care management needs of patients with heart failure. A standardized OT assessment battery is effective in determining the needs for this population and guiding the implementation of individualized treatment.

3:00pm–4:00pm

39 – Educational Occupational Therapy Manual: A District-Wide Resource (1 PDU)

Danielle Delorenzo, MS, OTR/L; My Bui, MS, OTR/L

An educational, occupational therapy (OT) manual will provide district staff and teachers with guidelines for OT referrals as well as OT-related classroom strategies and resources to support students at all levels of academic need.

3:00pm–5:00pm

40 – Concussion Management and Treatment: A Multidisciplinary Team Approach (2 PDUs)

*Madison Harris, OTD, MA, OTR/L; Shannon Westerberg, MA, OTR/L;
Tara Sharma, DO*

This session will describe the role and demonstrate the value of occupational therapy practitioners working on a multidisciplinary concussion care team. The presentation will be supplemented by an experiential, hands-on portion, including evaluation techniques applicable to multiple practice settings.

3:00pm–5:00pm

41 – CBT: OT's Tool Kit for Mental Health (2 PDUs)

*Rhonda Windham, OTD, OTR/L; Stephanie Hoffman, MS, OTR/L;
Jessica Kussman, OTS*

Attendees will learn an evidence-based cognitive behavioral therapy (CBT) curriculum adaptable for group and individual sessions. Presentation will include experiential learning opportunities, case study examples, and tools to take home.

3:00pm–5:00pm

42 – Wayfinding Dysphagia: Mentoring New Practitioners Toward Clinical Expertise (2 PDUs)

Christine Yoon, MS, OTR/L; Jamie Sakamoto, MA, OT/L, CLEC

Mentor's role in supporting the novice clinician toward expertise in dysphagia practice will be explored. Practice frameworks, review of current evidence, and practical applications of specific swallow/non-swallow exercises will be discussed via case study.

4:15pm–5:15pm

43 – LGBT Seniors: Including the Invisible Population (1 PDU)

Daniel Swiatek, OTD, OTR/L

Lesbian, gay, bisexual, transgender (LGBT) seniors are a marginalized and invisible population of older adults. Practitioners can help this vulnerable population improve a range of occupational justice issues related to identity preservation to managing discrimination.

4:15pm–5:15pm

44 – An Occupational Therapy Framework for Foster Care Transition (1 PDU)

*Amy Armstrong-Heimsoth, OTD, OTR/L; Casey Blaesing, OTS;
Tessa Burt, OTS; Paulina Calli, OTS*

Occupational therapy (OT) practitioners are not currently on foster system transition planning teams. A framework for our role with this high-risk population will be presented. OT can assist youth in improved occupation, participation, and health into adulthood.



SUNDAY, MARCH 8

7:30am–8:00am

Activity D – Mind-Body Activity: Easy Tai-Chi/Yoga (No PDUs)

Cristina Scionti, MS, OT/L, RYT-500

Tai Chi, Qi Gong, and standing yoga postures are all mind-body balancing activities aimed at increasing breathing capacity, lowering stress levels, improving organ function, increasing flexibility, and upright posture. Mindfulness practices will be incorporated throughout the experiential session. This activity will be energizing for the body, mind, and spirit to start the day. Come dressed comfortably and ready to go to your first session. Indicate your intent to attend by circling Activity D in the Program Selection grid.

8:15am–9:15am

50 – Using Habits to Promote Healthy Behaviors (1 PDU)

John Rider, MS, OTR/L; Sabrina Gowette, OTS

A primary risk factor for chronic diseases is personal behaviors. Occupational therapy practitioners can play a key role in addressing these behaviors. This course will review the role of habits in daily behavior and evidence-based interventions.

8:15am–9:15am

51 – Rest to Active Recovery: Lifestyle Management for Post-Concussion (1 PDU)

Lindsey Reeves, OTD, OTR/L; Melina Allahverdian, OTS

Learn about the physical, emotional, and cognitive impact of concussion and lifestyle management interventions for people with acute or persistent post-concussion symptomatology. Improve your understanding of how to assess and apply interventions through case studies.

8:15am–9:15am

52 – Occupational Therapy Approaches in Early Addiction Recovery (1 PDU)

Susan MacDermott, OTD, OTR/L

This presentation will provide valuable approaches to delivering occupational therapy within an addiction center during the initial stages of recovery. It will analyze the role of occupation and propose models for addressing addiction.

8:15am–9:15am

53 – AOTA/NBCOT Occupational Therapy Licensure Compact Initiative (1 PDU)

Chuck Willmarth, CAE; Shaun Conway

AOTA and NBCOT will be collaborating over the next four years to create the Occupational Therapy Licensure Compact. This session will outline the benefits, how you can get involved, and what this means for you.

8:15am–11:30am

54 – Occupational Therapy Practitioners: Masters of Disruption and Flow (3PDUs)

Michael Iwama, PhD, MSc, BScOT, BScHP

Michael Iwama will take you through a reflective journey to critically examine our practices, including how our environmental contexts of practice threaten to blunt and limit the relevance and power of occupational therapy. Using his Kawa Model, which uses the metaphor of a river to depict the flow of individual and organizational health, Iwama will demonstrate the power and potential of occupational therapy to radically change your practice, and the flow of our profession. Occupational therapy practitioners will be challenged to reimagine and reinvent their practice as they discover their mastery of disruption and flow.

8:15am–11:30am

55 – Teens with ADHD: Factors Associated with Driving Errors (3 PDUs)

Sheryl Ryan, PhD, OTR/L

A descriptive study looking at the relationships between driving errors, executive function, and sensory processing patterns in four teenage participants with attention deficit hyperactivity disorder (ADHD) will be presented.

8:15am–11:30am

56 – The California Tri-Pull Taping Method for Shoulder Subluxation (3 PDUs)

Kate Hayner, EdD, OTR/L; Ginny Gibson, OTD, OTR/L, CHT

This course will review anatomy as related to shoulder subluxation following stroke. Participants will understand research related to treatment of subluxation, with emphasis on taping to support the glenohumeral joint and apply the California tri-pull taping method.

Program Schedule

EARN
PDUs

8:15am–11:30am

57 – The Opioid Crisis and Role of Occupational Therapy (3 PDUs)

Donna Costa, DHS, OTR/L, FAOTA

This workshop will cover the current opioid crisis, risk factors for opioid addiction, symptoms of addiction/overdose, and interventions used with opioid addiction. The role of occupational therapy will be discussed, particularly in terms of pain management.

9:30am–10:30am

58 – Showing our Distinct Value in Value-Based Reimbursement (1 PDU)

Tamara Turner, EdD, OTR/L; Evelyn Andersson, PhD, OTR/L

The emphasis on the value of services provided rather than the volume of services is here. This focus provides opportunities for occupational therapy practitioners to highlight their distinct value by understanding and applying quality to everyday practice.

9:30am–11:45am

59 – Fatigue Management Interventions: From Patient Education to Carryover (2 PDUs)

Rebecca Cunningham, OTD, OTR/L, MSCS; Malia Sako, OTD, OTR/L; Vanessa Miller, MA, OTR/L

Attendees will learn about multifactorial bases for fatigue symptomatology secondary to neurological conditions. In addition, intervention techniques to address fatigue and how to support patients follow through with the integration of strategies and principles into daily routines will be discussed.

9:30am–11:45am

60 – Developing a Protocol for Managing Surgical Lymphedema Patients (2 PDUs)

Karen Crum, OTD, OTR/L, CLT; Kristin Nxumalo, OTD, OTR/L, CLT

Lymphedema is a chronic condition, which requires lifelong management. With new surgical intervention for this population, as part of the multidisciplinary team, occupational therapy practitioners developed a protocol to optimize patient outcomes following lymphatic surgical intervention.

9:30am–11:45am

61 – Domestic Violence and its Impact on Health: The Role of Occupational Therapy (2 PDUs)

Heather Javaherian, OTD, OTR/L, FAOTA

Domestic violence is a social problem in the United States that enters all practice settings, though often not explicitly. We will discuss the impact of domestic violence on health and engagement in meaningful occupations and life roles, and lifestyle interventions to promote sustainable healthy routines, habits, and wellness.

10:45am–11:45am

62 – Building Resilience in OT Practitioners (1 PDU)

Myka Winder, OTD, OTR/L

This session will support practitioners in making positive and healthy changes to build resilience to prevent burnout and best support clients. Evidence-based strategies for building resilience will be provided.

12:00pm–1:00pm

Activity E – Hot Topic Networking Lunch

Enjoy this opportunity to informally network and share practice concerns and tips at practice area topic tables. Each table will have a conversation facilitator. Lunch included in registration for Sunday. **Indicate your intent to attend the lunch by circling Activity E on the Program Selection grid.**

1:15pm–2:15pm

70 – Promoting Evidence-Based Practice through PEP Resource Guide (1 PDU)

Eileen Wang, MS, OTR/L; Susanna Moon, OTS; Dana Wysolmierski, OTS; Jessica Azzam, OTS

Initiating and promoting the Power of Evidence-Based Practice (PEP) in skilled nursing facilities through clinical discussions and a PEP resource guide will be presented.

1:15pm–2:15pm

71 – Occupational Practitioner-Led Support Groups in Lifestyle Medicine (1 PDU)

Dragana Krpalek, PhD, OTR/L

Occupational therapy practitioners' role in the prevention and management of health conditions through facilitating weekly support groups will be reviewed. Supporting theories, strategies, and methods will be presented, along with limitations and considerations for future practice.

1:15pm–2:15pm

72 – Aquatic Developmental Play Program for Children with Disabilities (1 PDU)

Brynn Butzman, OTD, OTR/L; Cynthia Lau, PhD, OTR/L, BCP

The impact of an aquatic play program on sensory integration and motor development needs of young children with disabilities will be discussed, focusing on individualized goal attainment scaling while also attending to parental needs.

1:15pm–2:15pm

73 – Redefining Support for Families of Children with Autism (1 PDU)

Kimberly Addon, OTS

Attendees will experience an unfiltered glimpse at autism from the perspective of a sibling and a new framework for providing interventions that support mental health and engagement in family occupations for families with a child with autism.

1:15pm–2:15pm

74 – Diabetes Management in a Primary Care Clinic (1 PDU)

Jesus Diaz, OTD, OTR/L; Elizabeth Pyatak, PhD, OTR/L, CDE, FAOTA

This presentation will discuss the implementation of a Lifestyle Redesign® intervention in a primary care clinic and its contributions to enhancing services in the clinic and improving health outcomes for patients with uncontrolled diabetes.

1:15pm–2:15pm

75 – Homelessness: OT Interventions for a Public Health Crisis (1 PDU)

Oliver Obusan, MS, OTR/L; Cynthia Lucero-Obusan, MD

As occupational therapy practitioners, we can develop meaningful interventions that help address the public health crisis of homelessness. This presentation will focus on holistically integrated approaches to creating life skills programs for homeless individuals in our communities.

1:15pm–2:15pm

76 – Creating a Capstone Program in your Practice Setting (1 PDU)

Sara Stephenson, OTD, OTR/L, CBIS; Aimee Piller, PhD, OTR/L

Entry-level doctoral occupational therapy students require a capstone that involves an in-depth learning experience. This session provides a step-by-step guide for practitioners on how to partner with universities to develop a capstone program within their practice setting.

1:15pm–4:30pm

77 – What Autistic Adults Need But Cannot Tell You (3 PDUs)

Juliana Gutierrez, OTD, OTR/L;

Jennifer St. Jude, BSW, DSAE Teaching Credential

This presentation will share the most effective intervention strategies when working with adults with autism spectrum disorder. It will primarily focus on navigating challenges and creating outcomes that result in independence, community integration, and participation in chosen occupations.

2:30pm–3:30pm

78 – Earth, Wind, and Fire! Preparing Clients for Disasters (1 PDU)

Mary M. Evert, MBA, OTR/L, FAOTA, ScD (Hon)

Making plans with clients and families will meet their needs during crisis and worse case scenarios. Occupational therapy practitioners' roles within disaster environments aid interventions improving client safety, risk reduction, recovery, and quality of life.

2:30pm–3:30pm

79 – Occupational Therapy's Role in Foster Care Hub (1 PDU)

Jennifer Jones, OTD, OTR/L, BCP; Alya Turcotte, OTS

This presentation will introduce the Foster Care Hub and Integrated Care models, define occupational therapy's emerging role in Foster Care Hub, and will provide case studies and outcomes to illustrate occupational therapy's unique contribution.

2:30pm–4:30pm

80 – Speak Up! (2 PDUs)

Rani Waterman, OTD, OTR/L; Judy Hopkins, OTD, OT/L, CLE

The ability to speak publicly is vital for occupational therapy practitioners. As we are being included in more multidisciplinary tables, effective, confident, and most importantly, persuasive communication is imperative.

Program Schedule

EARN
PDU's

2:30pm–4:30pm

81 – A Holistic Approach to Treating Trauma in Children (2 PDU's)

Jonnie Galvan, OTR/L; Nancy Longo, ACSW

During this session, the presenters will incorporate their expertise to promote a Trauma Informed Care (TIC) model and utilize innovative interventions and available resources to promote resilience, routine, attachment, literacy, motor skills, and self-regulation.

2:30pm–4:30pm

82 – Behavior-Based Assessment and Intervention in Multiple Sclerosis (2 PDU's)

Shaina Meyer, OTR/L, MSCS; Rebecca Cunningham, OTD, OTR/L, MSCS

This presentation will synthesize evidence-based research to support the utilization of behavioral interventions in occupational therapy practice for treating multiple sclerosis. Additionally, attendees will learn about assessments, documentation practices, and goal writing from a behavior-based perspective.

2:30pm–4:30pm

83 – Scapular Dyskinesia: Implications for Practice Across Settings (2 PDU's)

John Rider, MS, OTR/L; Japtheth Maico, OTS

Scapular dyskinesia is a growing problem across the lifespan with significant impact on upper extremity function. This course will review scapular mechanics, special tests, and interventions that can be applied across geriatric practice settings.

2:30pm–4:30pm

84 – Transitioning from Clinician to Academic (2 PDU's)

Luis Arabit, OTD, MS, OTR/L, BCPR, C/NDT; Terry Peralta-Catipon, PhD, OTR/L; Allen Espelita, OTD, OTR/L, C/NDT, CEAS1, CPAM

This presentation will focus on clinicians who are exploring and considering venturing into academia as a future practice environment. It will highlight academic career planning, preparation, expectations, and feature experiences of practitioners who transitioned as academics.

3:45pm–4:45pm

85 – Curating TEDx Events as Entry-Level OTD Capstone Projects (1 PDU)

Bill Wong, OTD, OTR/L

This presentation will present justifications on why curating TEDx events fit ACOTE standards for entry-level OTD capstone projects, as well as strategies for OTD capstone coordinators in making the inherent risks tolerable for entry-level OTD students.

3:45pm–4:45pm

86 – Understanding Interventions and Assessments for Individuals with ALS (1 PDU)

Joyce Khowdee, OTD, OTR/L

This session will focus on discussing interventions and assessments utilized for proactive care and treatment for individuals with amyotrophic lateral sclerosis (ALS), Lou Gehrig's disease. In addition, the presenter will explore the benefits of multidisciplinary care.

Practice Area Tracks

EARN
PDU's

1 Behavioral and Mental Health/Wellness		2 Pediatrics/ School-Based	3 Physical Disability/ Rehab/Adults		4 Academics/ Leadership/General	
Session 11	Session 43	Session 3	Session 1	Session 43	Session 2	Session 54
Session 14	Session 52	Session 12	Session 4	Session 50	Session 5	Session 58
Session 16	Session 55	Session 13	Session 11	Session 51	Session 10	Session 62
Session 17	Session 57	Session 21	Session 15	Session 56	Session 27	Session 76
Session 25	Session 61	Session 22	Session 18	Session 59	Session 34	Session 78
Session 26	Session 69	Session 31	Session 20	Session 60	Session 35	Session 80
Session 32	Session 71	Session 39	Session 23	Session 70	Session 53	Session 84
Session 33	Session 75	Session 44	Session 24	Session 71		Session 85
Session 40	Session 77	Session 55	Session 30	Session 73		
Session 41	Session 79	Session 72	Session 36	Session 74		
		Session 73	Session 37	Session 77		
		Session 81	Session 38	Session 82		
			Session 42	Session 83		
				Session 86		

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By registering for or attending any event or activity associated with the 2020 WROTSS, I agree to its disclaimer and agreements which can be located on the WROTSS website at symposium.otaconline.org

ONLINE SESSION HANDOUTS

Most presenters now provide session handout materials in advance and do not distribute copies at the Symposium. You will be notified via email on approximately March 1 which handouts are available on the WROTSS website symposium.otaconline.org for you to download and bring to the Symposium.



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and the Hot Topic Networking Lunch
(Sunday)
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Registration forms and completed membership application form(s) for both individuals (same state) must be faxed, or mailed **together** to the WROTSS office and reach the office no later than February 24, 2020. "Two nonmembers may join and attend together and each receives this discount. This discount is in lieu of any other incentives/rewards offered by any participating state. Students can partner with another student to qualify. OT/OTAs **cannot** partner with a student for the discount.

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1. REGISTRANT: (Please print or type)

First Name _____ Middle Initial _____

Last Name _____ Credentials _____

Home Address _____

Home City/State/Zip _____

Phone Home (_____) _____ Work (_____) _____ Cell (_____) _____

Email _____ First Time Attendee ☐ Yes ☐ No

Who to contact in case of an emergency: (Name and cell phone) _____

2. PROGRAM SELECTION: (Circle) the sessions/activities you will attend. Sessions/activities are included in registration for the corresponding day. **You may not register for overlapping sessions.**

FRIDAY (March 6)				SATURDAY (March 7)								SUNDAY (March 8)							
AM Additional fees required for Friday				10								50	51	52	53				
				11	12	13	14	15	16	17	18	59	60	61	58	54	55	56	57
				20	21	22	23	24	25	26	27				62				
PM Additional fees required for Friday	1	2		30	31	32	33	34				70	71	72	73	74	75	76	
				38	39				35	36	37	78	79						77
	4	5	3	43	44	40	41	42				85	86	80	81	82	83	84	
ACTIVITIES	A-Reception			B-Tai-Chi/Yoga C-Lunch								D-Tai Chi/Yoga E-Lunch							

3. REGISTRATION FEE: (Circle) the combination of days you are attending in order to be registered. Enter amount in Section 4/Registration Fee below.

FEES INCREASE FEBRUARY 5, 2020	SAT./SUN.-Regular	SAT./SUN.-2-for-1	SAT. ONLY	SUN. ONLY
OT/OTA	\$219	\$139	\$159	\$159
OTS (Student-MOT or OTA)	\$159	\$89	\$79	\$79
ADD-ON: NON-OTAC MEMBER FEE/ NEW MEMBER DUES	OT: Add \$135 to the fees above • OTA: Add \$110 to the fees above • Students (MOT/OTA): Add \$50 to the fees above. This add-on fee may qualify you for a 1-year membership. Submit a membership application.			

4. SUMMARY SECTION: Fill in and check all boxes ☒ that apply to your registration form is not complete and may be subject to additional fees.

- ☐ Registration Fee (from Section 3 above) \$ _____
- If **not** a member of your state OT Association, Add-On Fee:
- ☐ Non-OTAC Member Fee (OT) \$135 – (Submit Application) \$ _____
- ☐ Non-OTAC Member Fee (OTA) \$110 – (Submit Application) \$ _____
- ☐ Non-OTAC Student Member Fee \$50 – (Submit Application) \$ _____
- Friday Pre-Institute Sessions \$ _____
- ☐ Session 1 (Members \$39/Nonmembers \$59) \$ _____
- ☐ Session 2 (Members \$39/Nonmembers \$59) \$ _____
- ☐ Session 3 (Members \$69/Nonmembers \$89) \$ _____
- ☐ Session 4 (Members \$39/Nonmembers \$59) \$ _____
- ☐ Session 5 (Members \$39/Nonmembers \$59) \$ _____
- ☐ Registration received between 2/5/20-2/24/20 - \$60 (Add) \$ _____
- ☐ Registration received after 2/24/20 onsite - \$90 (Add) \$ _____
- TOTAL (Check or use credit card) \$ _____

*Beginning February 25, 2020; registration will only be accepted onsite at the Tuscany Suites and Casino and the fee increases \$90.

*Cancellation Fee: \$50/Practitioners; \$35 Students. Must cancel in writing by February 24, 2020.

5. PAYMENT INFORMATION

Do not email your registration form with credit card information. Emails are not secure, please fax to the secure number listed below.

- ☐ AMEX ☐ MasterCard ☐ Visa ☐ Discover
- ☐ Check # _____ (Payable to OTAC)

Card Number _____ VCode* _____

Name of Cardholder _____ Exp. Date _____

Card Billing Address _____

City _____ State _____ Zip _____

Signature _____

*The VCode is a 3 or 4 digit number on the back of your card following your card number (front of AMEX card).

- ☐ SPECIAL MEALS AND NEED REQUESTS: (must register by February 24)

6. SUBMIT REGISTRATION TO

Fax (916) 294-0415 - Secure Fax

Mail WROTSS, PO Box 276567, Sacramento, CA 95827-6567
Make checks payable to OTAC

7. KEEP A COPY FOR YOUR RECORDS

Questions? By Phone: (916) 567-7000 or (844) 497-6877

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- ☐ OT/L, OTR/L, OT (Full-time/Part-time) [\$135]*
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☐ OT/OTA STUDENT (Full-time/Part-time) [\$50]
☐ ASSOCIATE (Non-OT only) [\$125]*

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CIRCLE YOUR PRIMARY AREA OF PRACTICE

- A. Academia
 B. Mental Health
 C. Pediatrics
 D. Physical Disabilities
 E. Wellness
 F. Other

ARE YOU INTERESTED IN VOLUNTEER OPPORTUNITIES?

☐ YES ☐ NO

IMPORTANT NOTES ABOUT THIS OFFER!

- This membership special is for **nonmembers only**, and is valid for 12 months upon receipt of 2020 WROTSS Registration and this form.
- The Membership Application special ends April 30, 2020.
- The "2-for-1" Discount ends February 24, 2020. This means that after February 24, 2020 you will no longer be able to take advantage of the "2-for-1" Discount (but you have until April 30, 2020 to take advantage of the Membership Application Special).
- If you are taking advantage of the "2-for-1" Discount, all participating individuals must submit all applicable forms together.
 - o If paying by credit card, you may fax all forms to the OTAC office at (916) 294-0415.
 - o If paying by check, mail your forms to:
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 - o Make checks payable to OTAC.
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