

Friday, September 30, 2022

8:30am - 9:30am

Session A1

Living a Life of Less Stress and More Energy!

Shawna Cale, PT, LCTI, CHHWC, Stress Expert

Are you tired of feeling stressed out, overwhelmed and worn-out? You are not alone. As health practitioners, we give, give, give. We can see how stressed those around us are, but we don't pay attention to how we are handling everything around us. NO MORE!!! In this dynamic session, you will learn where you are on the Stress Continuum and steps toward taking care of yourself so that you can live a life of less stress and more energy.

Session B1

Make a Wheel Difference: International Wheelchair Research

Katlyn McDonald (OTS-2), McKenna Webb (OTS-2), Reagan Collins, MOT,OTR/L, and Jessica Tsotsoros OTR/L, PhD

Occupational therapy students and practitioners will share their experience of international research and service trips and the cultural implications of occupational therapy practice in Kenya and Guatemala. !)

- Students will share how they used skills learned in the classroom across the globe, with mobility & accessibility advocacy goals for this international research
- Participants will understand the cultural implications of low-income, scarce-resourced countries for occupational therapy
- Participants will identify their role in supporting international service and research as occupational therapy practitioners

9:35am - 10:35am

Session A2 - KEYNOTE

Resilient Vitality: Reawakening High Energy, Fulfillment and Joy

Doug Vestal, Ph.D.

There is nothing selfish about self-care but it sure can feel that way sometimes. OT is a helping profession, and like other helping professions, it can suffer from higher incidences of emotional exhaustion. Learn to recognize the signs and learn personal strategies you can use today to rekindle your energy, reconnect with feelings of fulfillment, and spark joy in your life.

10:45am - 11:45am

Session A3

OHCA: Town Hall on Federally-Mandated EVV Systems for In-Home Therapy

David Ward, Jr., MHA, CLSSGB; Long Term Services and Supports Director for the Oklahoma Health Care Authority and Mark Dillon, Founder and President of Pulsewrx, Inc.

The Oklahoma Health Care Authority is responsible for the statewide implementation of the Electronic Visit Verification. Section 12006(a) of the 21st Century Cures Act mandates that states implement EVV for all Medicaid personal care services (PCS) and home health services (HHCS) that require an in-home visit by a provider. States must require EVV use for all Medicaid-funded PCS by January 1, 2020 and HHCS by January 1, 2023 or otherwise accessed a Federal Medicaid Assistance Percentage until compliant. The EVV mandate was established to stamp out fraudulent care claims and ensure citizens receive the care as directed by their healthcare provider.

Session B3

Therapeutic Drumming & Movement (Lab)

*Michael Bremo, Instructor at Drum World Tulsa, Instructor at The bART Center for Music Outreach Program, Adjunct Professor at Northeastern State University, & Professional Drummer/Percussionist with Count Tutu & Bossa. **Small groups will rotate as observers / active participants*

As a full time musician & educator, I noticed the importance of providing the audience with an experience and I believe one of the best ways to make that experience more memorable is by including the audience in the performance. Therefore, I try my best to have audience participation in most of the performances that I do, be it with a band or leading a group of people during drumming sessions.

Objectives:

- * Offer participants a new experience - Introduce the concept of rhythm (& effects on body regulation)
- * Team building & Getting out of the comfort zone! (Experiential Learning)
- * The important of music & movement for wellness

1:15pm - 2:15pm

Session A5

Licensing for Occupational Therapists and Occupational Therapy Assistants

Lisa Cullen / Director of Licensing; Valeska Barr / Assistant Director of Licensing

Since I have been in the role of Director of Licensing, I have been educating students and new applicants about how to become licensed in Oklahoma. I would like to help attendees at Conference know how to become licensed in Oklahoma, address frequently asked questions of applicants throughout my years of presentations, and be able to answer questions regarding licensing rules.

Session B5

Outdoor OT: Breaking Free of the 4 Walls

Sydney Dorrough OTD, OTR/L, Owner of Prosper OT Consulting, LLC; Brady Kelley OTS; Mikayla Whitten OTS; Scarlett Soto OTS; Kelandus Culton OTS

Have you ever noticed much of the pediatric indoor therapy gym equipment was made to recreate the outdoors? Why is that? What would it look like to actually move therapy sessions outdoors? Attendees will learn the benefits of therapy in the outdoors and about how to host an outdoor camp for kids!

Objectives - Attendees will:

1. Understand the benefits of outdoor play.
2. Apply outdoor play concepts to their own practice.
3. Understand the basics of developing an outdoor camp (therapy model).

2:20pm - 3:20pm

Session 6: [Founders' Hall]

Poster Presentations: *participants will attend multiple poster presentations within the hour, rotating @10-15 minutes x5-6 posters for 1 ceu. Attendance & completion of requisite presentations will be verified by presenters and tracked by OKOTA for attendees.*

- **OT Intervention in the Bariatric Community** - *Colby Chamblin OTS-2; Dr. Lisa Milhan OTD, OTR/L, CHT*
This was an assigned group topic for a project between 1st and 2nd year students. Objectives: Identify the role for OT in the Bariatric and metabolic field; Discuss the success of pain management and energy conservation interventions in raising clients perception of self efficacy; Discuss the success of time management, coping strategy, and goal planning interventions in raising clients perception of self efficacy.
- **The Effects of Gardening on Adults with Intellectual Disabilities** - *Melissa Crane, OTS & Ashlynn Ballard-Rodriguez, OTS (NSU)*

We chose to research this topic because as students we wanted to know if this population enjoys gardening as a vocational option. There isn't research that talks about how individuals with intellectual disabilities feel about gardening tasks. Our findings were interesting because they coincided with other articles about the benefits of gardening for patients with mental illness. Objectives: Benefits of gardening as a vocational option with individuals with intellectual disability; our findings from our research study; & teaching responsibility through maintaining gardens

- **Perceptions of Community Members in a Small City in Oklahoma Regarding Occupations and Their Role in the Promotion of Good Health: A Qualitative Study**

Scott Wengerd, D.Min, MOT, OTR/L (Assistant Professor/AFWC) NSU OT Program

Through my clinical practice, especially in home health, I noticed that my patients were unhealthy and not very occupationally engaged. When asked how to be more healthy, answers usually included "diet and exercise," but few of them had a healthy diet and were involved regularly with exercise. Few articulated the value of occupations. My volunteer work with Mayes County HOPE, a non-profit health promotion organization, inspired me to gather data about the extent to which people of this community (Pryor) engaged in occupations that promote good health. This study was phase 1 of a 2 phase study.

Objectives: Attendees will identify how study participants perceive occupations vs. purposeful activities; Attendees will recognize how study participants perceive health and what it takes to have good health; Attendees will recognize how study participants perceive community and the role community plays in promoting good health.

- **COVID-19 Survivors' Engagement in Meaningful Occupations**

Abbie Mohr, OTS; Tristin Billingsley, OTS; Taylor Dupree, OTS (NSU)

We will be presenting our research findings. Research was conducted over COVID-19 survivors who had been previously admitted and discharged from the hospital. We studied their current engagement in occupations over a variety of categories including: ADL, IADL, health management, leisure, and social. We then assessed their depression and anxiety symptoms using the PHQ-4 Scale. SPSS Software was used to find the Pearson's Correlation Coefficient.

Objectives we want our audience to learn: COVID-19 Survivors are not engaging in leisure activities after discharging from the hospital. They are consequently experiencing increased depression and anxiety symptoms; Occupations that are meaningful to the client, specifically health management activities are showing to have lessened anxiety and depression symptoms; The importance of addressing engagement in occupations with occupational therapy clients; Understanding and being cognizant of COVID-19 survivors possible mental health deficits, specifically anxiety and depression.

- **Becoming A B.U.D.D.Y - LeeAnn Taylor, Alysa Effinger, Maggi Smith, McKinley Payne, Kayla Vogel, Claire Gallagher (OUHSC)**

A potential role for occupational therapy in a community based organization is to address the occupation of mentorship. The group intervention focused on mentorship skills for young adults with autism to increase their ability to be effective mentors to teens with autism. Topics covered are: Building confidence, Understanding perspectives, Developing communication style, Designing schedules, and boundary setting.

We wanted to explore the role of OT in community health. Over the summer, we volunteered with this organization and the mentors that took this class for the study. 1. How to identify a need for group intervention in the community. 2. Identify the five components of the mentorship intervention. 3. Creating an assessment to measure progress in the intervention. 4. Review the effectiveness of the mentorship intervention.

(continued)

- **Occupational Therapy Strategies to Promote Positive Behaviors Using Personal Electronic Devices in School-Aged Children - Kayla Harris, OTS; Mackenzie McKnight, OTS; and Hannah Nichols, OTS (NSU)**

We are interested in hearing what OTs think about media/screen time and how they use it. We want our audience to see the positive and negative uses of media in the clinical setting and how other therapists are or are not using it along with their recommendations.

- **The Perspective of Adults with Autism on Receiving Applied Behavior Analysis as a Child**

Jada Pingleton, OTS; Mallori Sheffield, OTS

- Learning about ABA and autism in the classroom.

- **Time for Creativity to Emerge in Children During Unstructured Nature Play**

Brady Kelley, OTS; Ke'Landus Culton, OTS; MiKayla Whitten, OTS; Scarlett Soto, OTS

Our study aimed to find the amount of time it takes for creativity to emerge when children participate in unstructured nature play.

We are currently second year OT students in our pediatric and research classes. Sydney Dorrough has a nature play camp that our OT class went to observe last year. Our objectives include understanding the amount of time for imaginative and creative play to emerge, gaining a better understanding of the importance of unstructured nature play, and providing education of the benefits of participating in this type of play.

- **Energy Conservation and Lifestyle Modifications for Adults with Long Covid**

Beth Ann Wallace, OTS; Jessica Tsotsoros, PhD, OTR/L

This poster presentation will include an overview of the current literature regarding interventions to manage fatigue for adults with Long Covid. The type of articles included are case studies, health policies, clinical opinions, and a systematic review of interventions for fatigue management.

During my student fieldwork experience at an acute care facility, my fieldwork educator saw patients who were hospitalized with Covid-19. My FWE shared stories about the interventions she was trying with her patients. Participants will be able to (1) define "Long Covid" and (2) learn more about current interventions for fatigue management that may be effective for adult patients with Long Covid.

- **Oklahoma Occupational Therapy Licensure Compact**

Jaci, Hill/OTS; Emily Seiler/OTS; Mary, Kelch/OTS

We polled current Oklahoma Occupational Therapy professionals about whether they were interested in Oklahoma joining the OT compact. We will discuss our findings and share information about the OT Compact.

We are a group of OT students who have an interest in traveling therapy and we wanted to know more about the compact and if OT professionals in this area would be interested in joining. We have researched this topic for a combination of 3 semesters.

Our three objectives are: What the OT compact is; What states are currently in the OT compact; What website to visit in order to learn more about the OT compact.

- **Foundations — Occupational Therapy in Mental Health; An Infographic Providing a Brief Summary on the History & Role of Occupational Therapy in Mental Health**

Audrey Wint, CHES, OTS-2

- OU-Tulsa offers a course in Behavioral Dynamics/Mental Health & our small group created an infographic to make the foundations of OT in mental health digestible. We used the text "Occupational Therapy in Mental Health: A Vision for Participation 2nd Ed." by Brown, et al 2019 to provide a brief summary on recovery, history of OT in mental health, PEO Model, Person Centered Evaluation, & EBP.

- **Current Evidence on Home Modifications for Aging in Place and Fall Prevention**

Samantha, McAvoy, OTS III, OUHSC; Co-advisor Jessica Tsotsoros, PhD, OTR/L

This poster presentation will summarize the pertinent findings of eight peer-reviewed studies that will benefit OT practitioners working with the aging population.

I became interested in home modifications from a presentation from Professor Orcutt, one of the faculty members at OUHSC. Experiences in fieldwork pushed me to explore the current evidence in my research course. 1. Participants will recognize necessary home modifications for aging in place and fall prevention through an accessible designed environment. 2. Participants will understand how accessible design is being used for home modifications in other countries by OT practitioners.

- **Expanding Occupational Therapy Into Women's Health**

Olivia Peralta, OTS; Destiny Amos, OTS; Mykena Miller, OTS

Session: A research poster that attendees can view and ask questions to the researchers about their study. Content: This study looked at how current practitioners can expand occupational therapy into women's health by gaining insight from occupational therapists who are already established in the field.

Objectives: Understand the primary areas of women's health that OT's are most active in; Discover resources and supports that OTs already working in women's health found valuable; Know what barriers to entering women's health as an OT are present; Learn ways to advocate for yourself and your profession when moving into an emerging practice area.

Session B6

Yoga for Clients with Brain Injury (30 min. Movement Lab)

Kelsey Harshman OTR/L

I provide a weekly Yoga class for patients who have experienced brain injury at an inpatient brain injury facility. The benefits that yoga has provided in my own life has made me interested in pursuing further research and education to deliver it to my own patients. After completing the LoveYourBrain Yoga for Health Professionals, I would like to share a seated yoga practice with the OKOTA participants. We will cover a simple breath practice, seated vinyasa flow and mindfulness practice that attendees can take into their OT groups, and hopefully spark curiosity to explore the benefits of a yoga practice with their patients who have experienced neurological insult.

3:30pm - 4:30pm

Session A7

AOTA: Occupational Therapy Interstate Licensure Compact

Meghan Pudeler, AOTA State Affairs Manager; Dan Logsdon (Council of State Governments)

The OT compact is an interstate compact, or a formal agreement among states, that facilitates interstate practice of occupational therapy. This session will explain what the OT compact is, how it is being developed, where it is in the process, and what future steps practitioners can take to support the adoption of the compact in more states, including Oklahoma.

Session B7

Occupational Therapy Student-Initiated Journal Clubs in Pediatric Fieldwork Settings (Using AOTA's Knowledge Translation Toolkit)

Ashley Efaw, DSc, OTR/L/Academic Fieldwork Coordinator and Assistant Professor at OUHSC

I became interested in this topic as part of my doctoral thesis and my role as AFWC. My experience in both roles (student and AFWC), contributed to my pursuit of this study.

Objectives include: 1. At the conclusion of this session, participants will understand the role students can play in supporting evidence-based practice in occupational therapists. 2. At the conclusion of this session, participants will be able to use AOTA's Knowledge Translation Toolkit to guide students to initiate journal clubs while on fieldwork experiences. 3. At the conclusion of this session, participants will be able to establish a pipeline by partnering with universities for student fieldwork experiences.

4:35pm - 5:35pm

Session A8

Developing Sustainable Community Partnerships: Applying the Distinct Value of Occupational Therapy to Community Health and Wellness

Claire Gallagher, OTS-3; Ashley Hobson, DSc, MOT, OTR/L

Community members with shared experiences often face similar barriers that cause occupational deprivation and negative health outcomes. OTs can use the Three Phases of Partnerships model to develop partnerships and improve community health. OT involvement in community health initiatives can meet the needs of individuals that are unique to the community, increasing health and wellness through participation.

Learning objectives:

1. At the conclusion of this session, participants will be able to understand and apply the Three Phases of Partnerships model to develop partnerships with community stakeholders and use research capacity building to evaluate outcomes and inform strategic planning.
2. At the conclusion of this session, participants will be able to determine how to tailor occupational therapy expertise to target stakeholder priorities and serve community groups.
3. At the conclusion of this session, participants will be able to use their own knowledge and occupational therapy expertise to promote occupational engagement for a diverse population that shares a common barrier to participation.

Session B8

National News & How You Can Advocate for Occupational Therapy

Ciera Whitmore, OTR/L, COS-C/AOTA Oklahoma Representative/AOTPAC Ambassador

Outcomes: 1) Be able to identify roles of different arms of AOTA/OKOTA; 2) How to participate in grassroots efforts; 3) Become knowledgeable of recent and ongoing legislative issues.

OKOTA FRIDAY NIGHT SOCIAL - 5:45 - 7:45pm *on campus, Founders Hall

Games, networking, & learning new strategies to keep clients engaged and families off screens together!

- Afterwards, meet up with friends and colleagues at Cinergy Tulsa for ax-throwing, bowling, or escape rooms plus full bar and nightlife! (not sponsored by OKOTA)



Friday Night Social

PLACE: OU-TULSA CAMPUS STAY AND PLAY!!	HOURS 6PM-7:30 PM COST FREE!!	GAMES PROVIDED SOTA FUNDRAISER SNACKS AVAILABLE	HAVING FUN? CONTINUE THE FUN AT NEARBY CINERGY TULSA FOR FOOD, DRINKS, & FUN!
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Saturday, October 1, 2022

8:30am - 9:30am

Session A1

Low Vision Therapy: Giving Back Hope

Anita Miller, COTA/L & Kathy Plummer, COTA/L

Anita & Kathy both work in Low Vision for the past ten years and see everyday how this therapy gives people back their hope that they can still be independent in their daily lives in various ways.

Objectives:

1. Participants will be able to identify Low Vision.
2. Participants will be able to identify conditions they might see with their patients/clients.
3. Participants will be able to identify areas to cover with patient/client in Low Vision Therapy.

Session B1

Self Care in the Workplace

Megan Atterberry, COTA/L and CEO at Fundamental Therapy Solutions of Oklahoma

Brooke Nelson, OTR; Stephanie Ivy Clinic Manager at Fundamental Therapy Solutions of Oklahoma

Topics covered: Mental Health; Regulation; Checking in with yourself during productivity hours / deadlines / emotional stress; self-advocacy at work; and more!

9:35am - 10:35am

Session A2

"PAW"sitive Outcomes through the Professor Paws Project

Mary Isaacson, EdD, OTR/L, FAOTA, ATP University of Oklahoma Health Sciences Center: Program Director

Objectives: Provide an Overview of the evolution and purpose of the Professor Paws Project; Educate participants about Professor Paws and other canine workers; Highlight educational research endeavors and impact; "PAW"sitive plans for the future

Session B2

SOS Feeding: Basic Understanding of the Sequential-Oral-Sensory Feeding Approach

Megan Hoffman, MOTR/L

I completed a level 2 fieldwork rotation at Children's Mercy Hospital in Kansas City in 2006. There, my supervisors treated many children with a variety of feeding needs from oral motor to sensory. When I began working in a clinical setting in 2016, I wanted to further my knowledge so that I could feel confident treating sensory feeding needs. I attended the SOS Approach to Feeding conference in 2017 and became a trained SOS Provider- Level 1. Since then, I have treated many children with picky eating and even problem feeding concerns. I would like to do an introduction to the basic take-aways from the SOS Feeding Approach including: what is needed to conduct a comprehensive feeding assessment, milestones needed to eat well, building a food hierarchy, and basic play-based strategies for feeding therapy.

10:45am - 11:45am

Session A3

Oklahoma Medical Board for Licensure & Supervision (OKMLB) Occupational Therapy Advisory

Committee - *Mary White, MOT,OTR/L; Program Director for the Occupational Therapy Assistant Program at Oklahoma City Community College. Member (former chair, vice-chair) OT Advisory Committee of state medical board OKMLB*

- Occupational Therapy Licensure Ethics: New Rules, License Audit Results, & Telehealth Updates

SATURDAY - October 1, 2022

10:45am - 11:45am

Session B3

The Impact of Payment Model Changes on Home Health Services - *Talitha G. Samsel, OTD, MPH, OTR/L, Senior Director at Saint Francis Health System in Tulsa*

11:45am - 1:00pm

Session B4

Special Interest Sections (SIS) Networking Groups

Groups Included: Pediatrics, Adult Rehab, Geriatrics, Educators, Managers/Admins & Specialty +more!

1:00pm - 2:00pm

Session A5

Therapeutic Drumming & Movement (Lab)

*Michael Bremo, Instructor at Drum World Tulsa, Instructor at The bART Center for Music Outreach Program, Adjunct Professor at Northeastern State University, & Professional Drummer/Percussionist with Count Tutu & Bossa. **Small groups will rotate as observers / active participants*

As a full time musician & educator, I noticed the importance of providing the audience with an experience and I believe one of the best ways to make that experience more memorable is by including the audience in the performance. Therefore, I try my best to have audience participation in most of the performances that I do, be it with a band or leading a group of people during drumming sessions.

Objectives:

- * Offer participants a new experience - Introduce the concept of rhythm (& effects on body regulation)
- * Team building & Getting out of the comfort zone! (Experiential Learning)
- * The important of music & movement for wellness

Session B5

Knitting as a Therapeutic Modality

Kathy Plummer, COTA/L

I am an avid knitter and kept reading how beneficial knitting is for people in a variety of ways including their mental health, for anxiety, for pain management, social integration in a group setting, eye-hand coordination, cognitive skills, and for giving a sense of satisfaction for a project completed.

My objectives are: to help people understand what knitting is, what the benefits are, what types of knitting are available, materials needed to complete a project, and using knitting as self-care for health-care professionals. Participants will get to try Spool Knitting during this presentation.

2:05pm - 3:35pm

Session A6

Finding the Joy: Empowering Families to Build Meaningful Relationships

Kassie Allison, MOT, OTR/L; Rachel Ottley, OTR/L; Greenhouse Pediatric Therapy

At Greenhouse, we specialize in social emotional development and utilize the DIR Floortime model. Kassie and Rachel are both Fellows-Certified clinicians in the DIR Floortime model through Profectum Academy. This model facilitates relationships and joy with a focus on regulation and caregiver coaching. There is nothing more beautiful than when a child shares joy with their parent for the first time.

Objectives:

1. Identify common strategies for connecting with difficult-to-engage children
2. Understand the regulatory needs of a child before they can share joy
3. Learn strategies for caregiver coaching in order to support connection

SATURDAY - October 1, 2022

Session B6

The Distinct Value of Occupational Therapy in Hand Therapy

Rebecca Storey-White, OTR/L, CHT

20 years ago, my first job as a COTA was in a hand clinic owned by an OTR, CHT. I have practiced in multiple hand clinics around the Tulsa metro area, while pursuing my masters of occupational therapy and eventually achieving my Certification in Hand Therapy.

Topics covered:

1. What's it like in a busy hand clinic
2. Common diagnoses
3. Healing process and expected prognosis
4. Hand Therapy: going beyond the hand

3:45pm - 4:45pm

Session A7

Building an Independent Business

Marlene Snow, OTR/L; Owner of Low Vision Strategies; OKOTA committee chairperson

Have you ever thought about starting a business? Don't know where to even start? This short course will examine the basics of starting a business and getting it ready to launch.

Objectives

1. Determine which business structure is for you.
2. Learn how to get your business registered with Medicare.
3. Understand the steps to get your business opened.
4. Learn about available resources to help you succeed.

Session B7

Interprofessional Service Learning Project for Occupational Therapy Students Illuminated Barriers to Occupation in School-Aged Children in Underserved Communities: A Novel Framework for Facilitating Access to OT Services

Lisa Milhan OTD, OTR/L CHT Assistant Professor at OUHSC Dept. Occupational Therapy; Ashley Hobson DSc, MOT, OTR/L, Assistant Professor at OUHSC Dept Occupational Therapy, Savannah R. Cloar OTS

This educational session includes an example of student-faculty-provider interprofessional partnerships through service learning to address health disparities in underserved communities. We will present an overview of the **Unity Clinic**, the role of occupational therapy students and faculty at these events, how we developed our screening process and family resources, as well as provide a proposed framework for therapists, OT/OTA programs, and students to replicate this model to 1. meet community needs, with emphasis on underserved and under-identified school-aged children at risk for delay, 2. advocate for the role of OT in interprofessional collaborations, and 3. increase student efficacy in knowledge application and translation from classroom to practice.

Objectives:

1. Recognize the potential challenges experienced by K-3rd graders in underserved communities in the OKCPS district and compare these challenges to K-3rd graders in Oklahoma and nationally, based on available data.
2. Review the results of the Wold handwriting screens performed at the local "back-to-school" health fairs and discuss actual and proposed "next steps" for addressing the challenges illuminated by the screens.
3. Clarify and summarize the role of occupational therapy services in community health and within an interprofessional team to create a more significant impact on occupational performance.
4. Advance your knowledge of how community outreach can facilitate increased access to occupational therapy services and the importance of interprofessional collaboration to achieve the best outcomes in these communities.