Occupational Therapy Association of Oregon
2016 Annual Conference

October 7 and 8, 2016
Monarch Hotel & Conference Center
Clackamas, Oregon

EVERYTHING OT!

- Biopsychofashion
- Focusing Your OT Lens on Executive Functions
- Qigong Sensory Treatment
- Occupational Therapy in Primary Care
- Cultivate Independent Living Principles
- Incorporating Nature in Therapy
- Trauma Informed Care
- Enhancing Occupation-Based Care
- Multidisciplinary Collaborative Approach in Schools
- Five Key Issues When Using Standardized Assessments in Practice
- Nuts and Bolts of OT with A.L.S.
- Roundtable Discussions and more!
Occupational Therapy Association of Oregon
2016 Annual Conference
October 7 and 8, 2016 | Monarch Hotel & Conference Center | Clackamas, Oregon

Conference Schedule & Course Descriptions

Friday, October 7

8:00 – 9:00 am
Registration and Continental Breakfast with Exhibits, Posters, Networking and Silent Auction

9:00 – 10:00 am
Opening Keynote – 1 CE Hour

SLEEP AS AN ADL
Dr. Ramseyer graduated from the University of Minnesota Medical School. He later completed an internship and Neurology residency at Oregon Health & Science University (OHSU). Following his Neurology training, he completed a fellowship in sleep medicine at the Minnesota Regional Sleep Disorders Center. He is board certified in both Sleep Medicine and Neurology by the American Board of Psychiatry and Neurology.

Dr. Ramseyer serves as the Medical Director of Legacy Good Samaritan Sleep Disorders Center. He brings many honors and awards to The Oregon Clinic - Neurology, including the Howard P. Lewis Teaching Award. In addition to general Neurology, his areas of focus include the full spectrum of sleep disorders including sleep apnea, insomnia, narcolepsy, and restless leg syndrome.

10:00 – 10:10 am
Break

10:10 – 11:10 am
Breakout Sessions A (Please Choose One) – 1 CE Hour

A1. BIOPSYCHOFASHION: PUSHING THE BOUNDARIES OF TRADITIONAL BREAST CANCER PATIENT CARE
This presentation will provide an introduction to the innovative and integrative approach of biopsychofashion, which builds upon the theoretical framework developed some three decades ago of biopsychosocial. Similar to that framework, biopsychofashion also addresses - in an integrated way - the connections among the medical, psychological, and social facets of the breast cancer patient. Biopsychofashion also incorporates the idea that the right clothing, footwear, and accessories (can include but not limited to cross-functional, medical functional, protective functional and special needs items) can help achieve better patient understanding and experience from the initial diagnosis throughout the survivorship phase of care. While the implications associated with breast cancer treatments can decrease one’s ability to engage in meaningful roles and required responsibilities adequately, this new theoretical framework can have a profound impact on one’s economic status, quality of life, and overall well-being.

A2. FOCUSING YOUR OT LENS ON EXECUTIVE FUNCTIONS
Functional performance involves executive functions, a set of mental processes that help people manage their everyday life. Working memory, time management, emotional control, stress management, task initiation, sustained attention, organization, planning/prioritization, flexibility, response inhibition, goal-directed persistence and metacognition are specific executive functions (Dawson & Guare, 2015) that clients need to be successful and achieve realistic goals. Join us to learn why these functions are vital to consider and address when providing OT services.

Attendees will:

- Understand executive functions and the assessment process used through an occupational therapy lens.
- Identify the effects of executive functioning challenges on functional performance, across the lifespan and multiple settings.
- Learn how to accommodate executive functioning challenges using a person-environment-occupation analysis.
A3. QIGONG SENSORY TREATMENT: A SENSORY TREATMENT BASED IN EASTERN MEDICINE

The Qigong Sensory Treatment massage program - developed at QSTi, based on practices used in the East for thousands of years - has successfully treated more than a thousand children in the United States since 2003. It is a breakthrough treatment on three counts. It is the first treatment that:

• Improves behavior, language, and sensory issues in children with autism and provide a reduction in parenting stress.
• Consistently is effective for children with severe as well as moderate/mild autism.
• Effectively decreases the sensory disability in autism.

Almost every autism symptom can be traced back to a problem with touch, which in turn delays normal childhood development. Yet until very recently, we have not known what causes these problems. Now, new research is helping us to understand what causes autism symptoms and how to reverse them. Tiny sensory nerves, called C-tactile fibers, mediate the pleasurable and soothing effects of touch. These make up a large percentage of touch fibers and are important for bonding. Without them, close, affectionate contact doesn’t feel good, parents can’t calm their children with touch, and child-to-parent bonding suffers—all of which negatively impact early childhood development.

11:10 – 11:30 am
Break with Exhibits, Posters, Networking and Silent Auction

11:30 am – 12:30 pm
Roundtable Discussions – 1 CE Hour

LISTEN, LEARN AND LEAD

Make connections with fellow colleagues that will last throughout the conference and beyond!

These roundtable sessions gather you and your peers in a unique and effective way. Come ready to discuss hot topics, opportunities, and everyday challenges facing the occupational therapy profession today.

12:30 – 1:30 pm
Lunch, Business Meeting, Networking and Silent Auction with a special presentation on the History of Oregon OT given by Sue Nelson

Break

1:30 – 1:40 pm
Breakout Session B (Please Choose One) – 1 CE Hour

B1. OCCUPATIONAL THERAPY IN PRIMARY CARE: WHAT’S HAPPENING? WHAT’S NEXT?

New models of interprofessional practice in primary care are emerging in response to the Affordable Care Act’s proposed triple aim to improve quality of care, improve health outcomes and reduce costs, by utilizing primary care as the principal provider service. Evidence shows the efficacy and cost-effectiveness of occupational therapy interventions that may be utilized in primary care. Occupational therapists in Oregon must keep pace in order to secure our position as a profession in these new models of practice.

In response to the overwhelming interest of practitioners attending the presentation and roundtable discussion relevant to OT practice in the area of primary care at the 2015 OTAO Annual Conference, the Oregon OT Emerging Practice (OOTEP) task force was formulated to consolidate ideas generated from participants, develop an action plan, and foster its implementation.

The ideas that emerged from roundtable participants were categorized into four main themes for action: research, education, marketing, and advocacy. This presentation discusses the progress relevant to the actions taken over the past year in each of these areas and aims to empower practitioners with the resulting information and resources to facilitate the practitioner’s ability to promote and participate in OT service provision in primary care.

Content and supporting resources to be shared include:

• Research evidence that supports OT efficacy and cost effectiveness in primary care
• The priority needs and most relevant intervention strategies to meet those needs - derived from presenters’ personal experiences and engagement with primary care physicians
• Educational materials to advocate for and market the benefits of OT services within primary care to legislators, administrators and primary care health professionals
B2. CULTIVATE INDEPENDENT LIVING PRINCIPLES IN OCCUPATIONAL THERAPY PRACTICE

The Independent Living Movement (ILM) promotes self-determination, equal rights, and equitable access to resources for people with disabilities. By studying the ILM in relation to occupational justice, occupational therapy services can better support people with disabilities living independently in the community. This presenter assisted in the implementation of consumer-centered programming in order to educate and support adults with disabilities in hiring and managing their in-home care as part of an occupational therapy (OT) experiential internship at Independent Living Resources, a nonprofit organization in Portland, Oregon.

This presentation will discuss the necessary components of an Independent Living-compatible OT program, with a focus on managing in-home care from an ILM perspective. Attendees will learn about the ILM and gain tools to improve OT community-based practices that assist people with disabilities to thrive in their communities of choice.

B3. BACK TO NATURE: INCORPORATING NATURE IN THERAPY

This presentation will expand the reach of a CAT (Critically Appraised Topic) completed this Spring, which examined the therapeutic benefits of nature for adolescents with alcohol use problems. Exhaustive research revealed profound limitations to studying two complex entities in concert: humans and nature. Highlights from research in occupational therapy, physical therapy, psychology, neurology, speech/language pathology, therapeutic rehabilitation, horticulture therapy, and recreation therapy, will empirically guide therapy intervention.

This presentation will provide specific studies and outcome measures to support your practice. It will include inspiring, reimbursable ways to incorporate natural elements in your toolbox, with examples from facilities and therapists around the Pacific Northwest. Finally, attendees will learn 3 original methods to mentally organize natural elements and successfully apply them according to the needs of specific settings and populations.

Break with Exhibits, Posters, Networking and Silent Auction

Keynote – 1 CE Hour

TRAUMA INFORMED CARE

This keynote presentation will introduce the audience to trauma informed care - an engaging approach to delivering services. Participants will learn about what trauma informed care is, why it is important, and examples of how to apply these principles in practice. Participants will begin to identify how service systems, often unknowingly, retraumatize survivors of complex trauma and begin to identify ways to reduce this impact on service recipients.

Reception with Exhibits, Silent Auction and Awards Ceremony

Saturday, October 8

8:00 – 8:30 am Registration and Continental Breakfast with Exhibits, Posters, Networking and Silent Auction

8:30 – 9:30 am Opening Keynote – 1 CE Hour

CONCUSSIONS

Concussions are a serious and frequent injury occurring in athletes of all ages or from other types of trauma including falls and accidents. Concussions have become a focal point of interest for the public as we now realize that concussions last longer than we thought, may cause long-term problems and occur more often than previously recognized. Dr. Chesnutt will review state concussion laws and evidence-based indicators for diagnosis and prognosis of concussions. Participants will learn tips to evaluate, treat and rehabilitate those with concussion to improve outcomes and help ensure safe and timely return to academics, work and play.

Break
Breakout Session C (Please Choose One) – 1 CE Hour

C1. NUTS AND BOLTS OF OT WITH ALS

ALS (amyotrophic lateral sclerosis) is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. ALS usually strikes people between the ages of 40 and 70, and approximately 20,000 Americans can have the disease at any given time (although this number fluctuates). There are two different types of ALS, sporadic and familial. Sporadic which is the most common form of the disease in the U.S., is 90 to 95 percent of all cases. Familial ALS (FALS) accounts for 5 to 10 percent of all cases in the U.S. In those families, there is a 50% chance each offspring will inherit the gene mutation and may develop the disease.

Occupational Therapy has a unique ability to address current difficulties a person may be experiencing and anticipate functional changes that may occur in the near and projected future. Challenges come from not only the disease process impairments, but also from a persons environment, community and personal roles that make up their lives. OT is appropriate and beneficial through all stages (early stage, disability stage, and end stage) of the disease process.

C2. ENHANCING OCCUPATION-BASED CARE WITH PHYSICAL AGENT MODALITIES (PART 1)

This is the first session of a two-part presentation. Each session presented will explore the function and impact of physical agent modalities on underlying impairments which often impede occupational performance. A review of AOTA documents, evidence-based literature, and documentation will be included to promote occupation-based reasoning and intervention.

The first session will cover:

- History: PAMs in occupational therapy
- AOTA official documents (PAM Position Paper; Scope of Practice; Code of Ethics and Ethics Standards)
- Commonly used physical agents (Ultrasound; Electrotherapy; Pulsed Shortwave Diathermy)

C3. MULTIDISCIPLINARY COLLABORATIVE APPROACH IN SCHOOLS

As the complexity, needs, and numbers of children served in the schools increase, alternative methods to serve these students are necessary. Join Justine Carandang and Mary Williams, occupational therapists, for a fun and interactive session on how a multidisciplinary collaborative team model unfolded to meet the varying needs of students. These sessions utilize monthly adapted field days (eg. Candy Land; Rock Climbing) and specially designed classroom lessons (executive functioning; sensory processing and self-regulation and assistive technology). The multidisciplinary team includes the physical therapist, speech and language pathologist, adapted physical education teacher, vision specialist, classroom teachers, and para-educators. The team serves the Intensive Skills Classrooms (ISC), grades K-5 at Atkinson Elementary School through Portland Public School District. Students in ISC present with a spectrum of abilities and diagnoses including autism, cerebral palsy, Down Syndrome, intellectual disabilities, communication disorders, seizure disorders, visual impairments and feeding challenges.

Break with Exhibits, Posters, Networking and Silent Auction

Lobbyist Presentation – .75 CE Hour

ADVOCACY MATTERS!

OTAO Lobbyist, Niki Terzieff, will provide a 45-minute workshop on why advocacy in the State Legislature matters to your profession - and how to advocate most effectively for OT. Key concepts for the presentation will include past and future legislative efforts by OTAO, establishing relationships and participation in Advocacy Day. Find out why you need your government partners to understand the practice of Occupational Therapy.

Break

Lunch with presentations by the Oregon Occupational Therapy Licensing Board and the National Board for Certification in Occupational Therapy – 1.25 CE Hour

Presenters:

Deborah K. Fulkerson, OT
Justine Carandang, OTR/L
Ernie Escovedo, OTD,
Mary K. Williams,
Lyn Cikara, OTR/L

Presenters:

Lyn Cikara, OTR/L
Ernie Escovedo, OTD,
OTR/L

Presenters:

Justine Carandang, OTR/L
Mary K. Williams,
OTR/L

Presenters:

Niki Terzieff,
OTAO Lobbyist

Countries:

Fulkerson
Cikara
Escovedo
Terzieff
Break

Breakout Sessions D (Please Choose One) – 1 CE Hour

D1. FIVE KEY ISSUES WHEN USING STANDARDIZED ASSESSMENTS IN PRACTICE

Increasingly, OT practitioners are asked to use standardized assessments to demonstrate evidence-based practice, particularly to evaluate outcomes. To establish credibility when using assessments, whether observation or self-report, five key issues will be addressed that OT practitioners should keep in mind when choosing, using, and interpreting standardized assessments.

Participants will learn more about the five key issues when using standardized assessments:

- Match purpose of assessment to purpose for using in practice
- Establish assessment is appropriate for use with each client
- Identify if assessment was administered according to standardized procedures
- Interpret results within limits of assessment, including standard error measurement
- Report results according to assessment parameters

Participants will also be able to consider and appraise the standardized assessments they use in practice according to the five key issues and understand the professional, ethical, and legal issues associated with using standardized assessments.

D2. ENHANCING OCCUPATION-BASED CARE WITH PHYSICAL AGENT MODALITIES (PART 2)

This is the second session of a two-part presentation.

The second session will cover:

- A literature review
- Efficacy in occupation-based care (identification of barriers and effect on occupational performance; establishing goals and interventions; clinical reasoning process)
- Experiential exercise: Clinical reasoning with modality selection

By the conclusion of these sessions, attendees will be able to:

- Relate AOTA documents to evidence-based practice and physical agent modality use in occupation-based care
- Describe basic function of commonly used physical agent modalities and applications in practice
- Discuss strategies to address barriers to function and progress
- Cite how modalities can affect occupational performance
- Examine the efficacy of physical agent modalities and their impact on outcomes

D3. POSTER PRESENTATIONS

In an effort to recognize occupational therapy related research in Oregon and promote further research efforts, OTAO will be highlighting Oregon researchers at the Annual Conference. The poster session will include a viewing and a question and answer period.

Break with Exhibits and Final Silent Auction

Closing Keynote – 1 CE Hour

FINDING DRIVE AND PASSION IN YOUR DAILY LIFE

As the first Oregonian to swim the English Channel solo, Sybil has a unique perspective on life and why we choose to do what we do. Why do we get up every day and practice Occupational Therapy? What is a dream you have and why don’t you chase it? Listen to Sybil speak and be inspired to find the meaningful in the mundane. Can you be inspired to find the drive and passion to live every day like it’s a good day to die?

Conference Concludes

*Conference schedule/program is subject to change
EvErything OT!

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- Enhancing Occupation-Based Care in Schools
- Five Key Issues When Using Standardized Assessments in Practice
- Nuts and Bolts of OT with A.L.S.
- Roundtable Discussions and more!

147 SE 102nd Avenue
Portland, OR 97216
General Conference Information

Conference Location
Monarch Hotel & Conference Center
12566 SE 93rd Ave
Clackamas, OR 97015
(503) 652-1515

Conference Lodging
Rooms have been reserved at a special rate of $119 plus tax at the Monarch Hotel & Conference Center. To make reservations, call the hotel directly at 503.652.1515 and ask for the Occupational Therapy Association of Oregon rate. Check-in time is 3:00 pm. Check-out time is Noon. Please check with the Monarch for their cancellation and early check-in policies.

Registration Information
Your conference registration includes: Education sessions, electronic handout materials, exhibit hall entrance, continental breakfast, lunch, Friday reception, and breaks.

Space is limited. Early registration is encouraged. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated and will be notified. Registrations will be accepted on a first-come, first-served basis.

Three easy ways to register:
Via the Internet through our website at www.otao.com. Payment can be made with credit card.
Fax your completed registration form with credit card payment to: 503.253.9172
Mail your completed registration form with check or credit card payment to: OTAO, 147 SE 102nd Ave., Portland, OR 97216

Cancellation Policy
Cancellations received on or before September 30, 2016 will receive a full refund minus a $50 administrative fee. Cancellations received after September 30, 2016 will receive a 50% refund of their total fees. No shows and same-day cancellations will not receive a refund.

Speaker Handout Information
OTAO is aware that every piece of printed paper has an impact on our meeting’s carbon footprint. In an effort to minimize paper waste, session handouts (as provided by the speakers) will be available online at www.otao.com approximately one week prior to the conference. Registered attendees will be emailed information on how to access them.

Continuing Education Credits
OTAO CE courses and hours may be accepted by the Oregon Occupational Therapy Licensing Board. A course completion certificate will be issued to registrants upon completion of the course.

OTAO Business Meeting
The OTAO business meeting will be held during the lunch on Friday, October 7. Individuals who wish only to attend the business meeting (and not have lunch) can do so by signing in at the business meeting door and sitting in the reserved area. If you wish to attend only the business meeting and lunch, please register in advance.

Exhibits
The exhibit area will be open Friday, October 7 from 8:00 am – 5:00 pm and Saturday, October 8 from 8:00 am to 4:00 pm. Please take advantage of the opportunity to visit with vendors during the exhibit hours and learn more about the products and services they offer. Door prize drawings will take place during the 2:40 pm break on Saturday.

Questions?
Contact OTAO at 503.253.2981 or at info@otao.com
Registration Information

To completely register for the OTAO Conference it is necessary to fill out all five of the steps to process your registration.

Step 1 – Attendee Information

Please provide the following information to register: (For additional registrants, please photocopy this form.)

- [ ] Mr.  - [ ] Ms.  - [ ] Mrs.  - [ ] Dr.

First Name: ___________________________________ Last Name: _______________________________ Designations: _______________________________

Badge First Name (if different): _________________________________________________________________________________________________________

Company/Work Facility: _______________________________________________________________________________________________________________

Oregon License Number: ______________________________________________________________________________________________________________

Mailing Address  - [ ] Home  - [ ] Work: ___________________________________________________________________________________________________

City: ____________________________________________________________________________________________ State: ___________Zip: _______________

Business Phone: ______________________________________ Fax: ________________________________________ Email: _____________________________

Special Needs:
If you have any special requirements (i.e., vegetarian diet, food allergies, handicap access, etc.) that would necessitate advance planning on our part, please let us know here: _________________________________________________________

Liability Waiver: By registering for this conference, you waive all liability to OTAO for any injury that may occur during this conference.

Step 2 – Select Your Breakout Sessions

Please check your breakout session choices for the conference — Select only one in each section

Friday, October 7

10:10 – 11:10 am
A1. Biopsychofashion: Pushing the Boundaries of Traditional Breast Cancer Patient Care
A2. Focusing Your OT Lens on Executive Functions
A3. Qigong Sensory Treatment: A Sensory Treatment based in Eastern Medicine

1:40 – 2:40 pm
B1. Occupational Therapy in Primary Care: What’s Happening? What’s Next?
B2. Cultivate Independent Living Principles in Occupational Therapy Practice

Saturday, October 8

9:40 – 10:40 am
C1. Nuts and Bolts of OT with ALS
C2. Enhancing Occupation-Based Care with Physical Agent Modalities (Part 1)
C3. Multidisciplinary Collaborative Approach in Schools

1:40 – 2:40 pm
D1. Five Key Issues When Using Standardized Assessments in Practice
D2. Enhancing Occupation-Based Care with Physical Agent Modalities (Part 2)
D3. Poster Presentations
Step 3 – Select Your Registration Category

Early bird discounted rates end after October 2. Registration includes the courses, continental breakfast, lunch, breaks and Friday Reception. Not a member? Go to www.otao.com, join today and take advantage of the member fees.

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<th>Non-Member Registration Fees</th>
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**ONE DAY ONLY (Please select Friday or Saturday)**

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1 Registration Fee = $________

Step 4 – Additional Meals

**Friday**

- Breakfast # _______ @ $15 ea. Name(s) of Guests ________________________________
- Lunch # _______ @ $25 ea. Name(s) of Guests ________________________________
- Reception # _______ @ $25 ea. Name(s) of Guests ________________________________

**Saturday**

- Breakfast # _______ @ $15 ea. Name(s) of Guests ________________________________
- Lunch # _______ @ $25 ea. Name(s) of Guests ________________________________

**Special Needs:**

If your guests have any special requirements (i.e., vegetarian diet, food allergies, handicap access, etc.) that would necessitate advance planning on our part, please let us know here: ____________________________________________________________

2 Total Additional Meals = $________

1 + 2 Total Fees = $________

Step 5 – Payment

- Check made payable to OTAO or Visa MasterCard AMEX Discover

If paying by credit card, please complete the following:

Card Number: ____________________________________________ Expiration Date: ____________ Amount Authorized: ____________

Cardholder's Name: ____________________________________________ Cardholder's Signature: ________________________________

Credit Card Billing Address: ________________________________ City: __________________________ State: ____________ Zip: ____________

Due to credit card security and liability policies we cannot accept registrations via email. Please mail or fax in your completed registration form with payment or register online at www.otao.com.

Email Address to Send Credit Card Receipt to: ____________________________________________________________