REVISTA OT

A NEWSLETTER OF THE TEXAS OCCUPATIONAL THERAPY ASSOCIATION

VOL 35 NO. 1 / Winter 2022 EDITION

Thank you for your membership in the Texas Occupational Therapy Association!

See you at the TOTA Annual Conference November 11-12, 2022 when we

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TOTA ANNUAL CONFERENCE



Revista *OT* is posted online three times a year by the Texas Occupational Therapy Association, Inc., 1106 Clayton Lane, Suite 516W, Austin, TX 78723.

Office Number: (512) 454-TOTA (8682) email: judith.joseph@tota.org Web: www.tota.org

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Letter from the President

Jason Stark, OT – TOTA President



Jason Stark, OT, MHA TOTA President

I would like to express my gratitude to our 2021 conference planning committee, executive director, awards committee, state board, presenters, attendees, and vendors for a phenomenal conference. If you were unable to attend conference this year, please converse with those who were to find out what you missed. You won't want to miss out in 2022 when we travel to Denton, TX.

As we prepare for the new year and reflect not only on conference, but also the previous year, I am reminded of the importance of our learning journey as a profession, an organization, and as individuals. I believe that "It is only a mistake if you don't learn from it." I have learned a lot in my first year as president and look forward to continuing learning and improvement to provide you all the best experience possible out of our organization.

Repeating what was communicated at the annual business meeting, I want to share a vision of where TOTA is going. We have had many changes over the past 2 years during this pandemic and have learned a lot about our organization as well as our members' needs. I am very proud of our executive director and the TOTA staff for creating continued opportunities to serve our membership through a virtual conference as well as establishing a new learning management system.

As we move forward to 2022, we realize that we need to reinvent TOTA and how we serve you as members

and how we do business. Our access to each other has dramatically increased during the pandemic and we want to capitalize on this while ensuring that we are serving the ever-changing needs of our members. We will soon have available a defined program that will serve students, practitioners, and board members.

Countless volunteers work within TOTA to make this organization run. We have identified that it is now time to work on TOTA. The state board has dedicated an entire weekend in January to determine a go-forward plan to ensure that TOTA is not only a viable and sustainable organization but one that is sought out by all OT students and practitioners in the state of Texas because of the value it provides. We are here to serve you and I am excited about what the future holds and look forward to every one of you being there and being a part of it.

Please let me know any ideas or needs you have for our organization. We can only get better with your help and your input. You all are TOTA.

Judith Joseph, Executive Director



Judith Joseph, OTR, MA, CDRS, TOTA Executive Director

I would like to express my sincere gratitude to everyone who made our 2021 conference a success. There is no conference without a committee to plan it, speakers to provide continuing education, exhibitors to support it, volunteers to help with organization, attendees to participate, and of course, coffee to keep us all alert for the morning sessions.

This was one of the most difficult conferences to plan because there was so much uncertainty due to COVID -19. Many questions and scenarios were considered by the committee. Two of the biggest concerns were whether people come and how could we keep them safe. I signed up to receive regular email updates from the Harris County COVID-19 Data Landscape and began tracking statistics in July of 2021. We sent out a survey to members and non-members to determine what percentage of potential attendees planned to attend the conference and, if not, what were the reasons. Some respondents expressed fear of contracting COVID 19, others reported organization travel bans and limited financial resources.

In an effort to keep participants safe, everyone was required to sign a waiver and agree to comply with the safety measures we determined necessary to put in place. Attendees were given the option to select comfort level stickers (red = keeping my distance, yellow = fist and elbow bumps, and green = I'm ok with hugs) that were placed on the name badges to indicate to others the type of contact they preferred. Two days before the start of our conference, November 3, 2021, the COVID-19 threat level in Harris County moved from significant to moderate.

The definition of resilience, the ability to adapt well to change and keep going in the face of adversity, is perfect for the occupational therapy community. Adapting is what we have done since the onset of COVID 19 prevented us from meeting in person in 2020. We are now familiar with Zoom, WebEx, Microsoft teams, Blackboard, and other virtual meeting platforms. Last year we introduced you to Whova, a conference event app, and held a 100% virtual conference. This year we were able to offer the

in-person experience as well as over forty hours of ondemand content using the Whova app. Our speakers were amazing and probably the most adaptable. The conference committee was concerned about the potential for crowd gathering that occurs during poster presentations and with rooms becoming too congested as the registration numbers grew. Speakers were asked to provide prerecorded sessions and poster presentations in addition to their in-person presentations. Admittedly, it was a bit confusing, but our speakers came through and produced quality continuing education content.

Although the conference transitioned from a three-day event to two days, attendees were able to earn more CEUs because of the on-demand content. The conference committee reviewed your feedback and comments and we hope to implement changes during the 2022 Annual Conference. We, as a team and an organization, have learned a great deal from the 2021 conference. There are plans to collaborate with TWU Denton campus and the Texas Society of Hand Therapy to offer a better experience for everyone.

The changes TOTA has undergone since 2020 to remain a viable and effective association do not allow us to go back to business as usual, but require us to move forward. We need all of you to take the journey forward with us. The legendary UCLA basketball coach John Wooden said, "If we fail to adapt, we fail to move forward."

See you in Denton, Texas, November 11-12, 2022!

Best,

Judi

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2021 Conference Wrap Up

Vicki Thomas, COTA



Vicki Thomas, COTA Instructor, San Jacinto Community College, Home Health practitioner

Words cannot express how empowering it was to be at the 2021 TOTA conference in person. We educate our OTA students at San Jacinto College on the advantages of advocating and networking. The conference definitely reinforced our teaching. They were excited to engage with other students and practitioners during sessions, social events, and at the awards ceremony where we celebrated one of our own, Rachel Perez, OTAS receiving the TOTA Student Leadership Award.

I am always amazed at the passion, creativity, and innovation our students bring to ensuring the OT profession remains a viable part of healthcare. Their desire to make and be the difference inspires me to be a better practitioner. The students and I often talk about the need for OTAs in leadership, the importance of OT/ OTA collaboration, and about being a part of any change where we see a need. Being a part of the executive board allows me to be an example of that discussion. It's important for both future and current OTAs to recognize their worth and value in our profession. Not only are OTAs needed in practice, but also in the advancement of the practice. TOTA encourages OTA involvement at all levels and our students felt that encouragement throughout their time at the conference. They are further encouraged by my example of serving as TOTA secretary.

If you are an OTA and you are as passionate as my students and I are about our place in the profession, I ask that you consider being involved with TOTA. The "change" you may be seeking can begin with you!







2021 Annual Conference Award Recipients



Occupational Therapist of the Year Megan Frazier, OTR, MS, DRS



Roster of Merit Robin V. Clearman, OTR, CLT



Honorary Life Membership Cindy Brosig, OT, CHT



Distinguished Service AwardKira E. Beal,
OTR, Ed.D, OTD,
CLT



Distinguished Service AwardSharon
Hennigan, OTR,
MA, CCM



OT/OTA
Collaboration
Award
Kelly Parmet, COTA
Rachel Campbell,
OTR



Letter of Appreciation Eileen Garza, OTR, ATP/SMS, PhD, FAOTA



Academic Educator of the Year Award Katherine Lawson, OTR, LMSSW, PhD



Clinical Educator of the Year Award Loree Pryor, OTR, OTD



Horizon AwardClarissa Medrano,
OTR, MOT



Student Leadership Award Jennifer Sanchez-Morales



Student Leadership Award Rachel Perez



Student Leadership Award Dulce Paredes

Continued on next page

2021 Annual Conference Award Recipients

AWARDS... Continued from previous page

Service Awards

State Board

Adele Brunson, OTR – TOTA State Secretary 2017-2021 Kelly Parmet – State OTA Representative

Alamo South District

Christopher Gillis – Chair Committee on Standards & Practice Hena Patel – Student Rep Luna Lorida – Student Rep Fernanda Cortes Ramirez – Student Rep Jennifer Sanchez Morales – Student Rep

Capital Centax District

Katelyn Halby – District Treasurer Mattie Montague - OT student rep

Gulf Coast East District

Diane Collins – District Chair Vicki Thomas – District Secretary Kira Beal – District Vice Chair Pei Fen Chang – Chair Committee on Education Westen Decker – OT Student Rep

Trinity North District

William Sit- District Treasurer Bailey Bynum –Parker University Student Rep Grayce Garrison – Parker University Student Rep Arianne Alfonso – TWU Student Rep Meaghan Patterson – TWU Student Rep

Rio Grande District

Vanessa Buckler – Chair Committee on Membership Andres Gonzalez – PIMA Student Rep

Great Plains West District

Beth Owens-Secretary Jessica Watts- Texas Tech Student rep

Great Plains West District

Beth Owens-Secretary
Jessica Watts- Texas Tech Student rep

Interdisciplinary Team Award

Heart Failure Clinic (CHF) at St. Vincent's House Galveston, TX

Loree Pryor OTD, OTR
John W. Davis, STV Clinics
Coordinator
N. Miles Farr MD, MPH
Janet Enderle, PhD,
MLS(ASCP)
Daneen Nastars, DHSc, RRT,
RRT-ACCS
Anthony Moreno, MEd, LPC,
Therapist

Special Thanks

2021 Awards Committee

Seneca Wilson,Chair Stephanie Sellers Rebecca Crossland Vanessa Buckler Helen Wan

TOTA State Board Members

TOTA Congratulates the 2021 Annual Conference Award Recipients for their dedication to service, the OT profession and to TOTA.

Student Membership Round-Up

We would like to acknowledge those Texas academic programs that have 100% TOTA student membership in 2021. We appreciate your support of TOTA and hope this will help with student membership initiatives.

St Philip's College - OTA Program
The University of Texas @ El Paso - OT Program
Parker University - OTA Program
University of Mary Hardin Baylor - MSOT program

2021 Annual Conference Snapshots

































2021 Annual Conference Snapshots



































2021 Annual Conference Snapshots







































Proposal for a New Standing Committee on Diversity, Equity, and Inclusion (DEI)

Dahlia Castillo, OTD, OTR

The Texas Occupational Therapy Association (TOTA) formed the Diversity Equity and Inclusion (DEI) Ad Hoc Committee in July 2020 in response to a call for action from the Justice-Based Occupational Therapy (JBOT) newsletter (volume 2 issue 2, June 16, 2020). The newsletter outlines action steps for professional associations to address the disparity among occupational therapists of color. These disparities also extend to occupational therapy clients of color compared to white clients in experiencing non-optimal therapeutic outcomes while rehabilitating with white therapists. (Nietzel, 2019).

In June 2020, TOTA president, Robin Clearman appointed president-elect Jason Stark to chair the DEI ad hoc committee to explore the alignment of the call from JBOT with the TOTA strategic planning initiatives currently in place. The following individuals agreed to take part of the ad hoc committee: Tara Alexander, Kira Beal, Dahlia Castillo, Diane Collins, Judith Joseph, Riquia Kitchens, Raferty Laredo, John Luna, Evangelina Mancayo, Jason Stark, Dee Sweat, and Shirley Wells. The committee met four times over the course of one year.

In January 2021, TOTA's new president Jason Stark, appointed Dahlia Castillo as chair of the DEI Aad hoc committee. During the January 2021 TOTA board meeting, she formally requested that the DEI ad hoc committee becomes a standing committee. The TOTA board of directors voted unanimously in favor of making the DEI ad hoc committee a standing committee.

Due to the global pandemic, the ad hoc committee initially offered virtual continuing education courses presented by individuals from underrepresented groups. Offerings included twelve presentations from September 2020 to June 2021: four during National Hispanic Heritage Month; four during National Black History Month; two during National Asian Heritage Month; and two for Gay Pride.

The DEI ad hoc committee requested the change to a permanent standing committee to address DEI issues with current and future occupational therapy professionals and acknowledge the need for long-term sustainability of DEI efforts as an organization. Disparities in our profession are evident and should to be addressed to prevent continuing and future discriminatory practices.

Table 1: Ethnic Demographics compared to Occupational Therapy Practitioner in the United States of America

	White	Black	Hispanic	Asian
U.S. Census (2018)	76.5%	13.4%	18.3%	5.9%
OT Practitioners (2019)	91.1%	2.5%	4.2%	6.4%

Note: Adapted from the United States Census Bureau report and Bureau of Labor Statistics of occupational therapy practitioner Committee on Diversity, Equity, and Inclusion

Responsibilities include:



Dahlia Castillo, OTD, OTR

Generate an inclusive professional environment that has a positive impact on all members and the organization

Specific Functions:

- Address occupational disparities within the TOTA that result in systemic racism that is often difficult to measure quantitatively.
- Create an equitable occupational experience and environment for all OT practitioners affiliated to the Texas Occupational Therapy Association (TOTA).

Proposed DEI services to address issues of diversity, equity, and inclusion cannot be provided within the existing standing committees' structure described in the TOTA bylaws. This indicates the need for the approval by the membership of changes to the bylaws and support for the continuing existence of the proposed DEI standing committee.

To transform TOTA into a fully integrated and inclusive OT community requires long-term commitment to the proposed DEI standing committee to address occupational disparities within the organization and achieve an equitable occupational experience for all members not presently addressed by existing standing committees. Focus and action of the DEI committee will include, but will not be limited to, assuring diversity through the representation of Black, Indigenous, and other People of Color (BIPOC), as well as, those who experience discrimination due to age, disability, socio-economic status, faith, gender identity, and/or sexual orientation.

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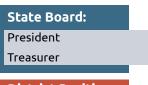
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TOTA 2022 Call for State and District Board of Directors Nominations

2022 TOTA Elections



CLICK HERE FOR MORE INFO

District Positions:

Alamo SouthCapital CentexGreat Plains WestGulf Coast EastRio GrandeTrinity NorthChairVice-ChairVice-ChairChairVice-ChairTreasurerSecretaryTreasurerSecretaryTreasurerSecretary

TOTA invites all members to submit nominations for the 2022-2023 leadership positions to be elected. Occupational therapy assistants are encouraged to run for elected office and are eligible to be nominated for all positions. Self-Nominations are allowed. Refer to the website for eligibility requirements.

TOTA is still seeking volunteers for the Continuing Education Review Committee (CERC) in all areas of practice.

The CERC is a group of dedicated volunteers who work throughout the year to pre-approve CE submissions to TOTA. This helps ensure that our district courses, conference submissions, and other CE courses meet licensure standards while delivering content that is relevant for occupational therapy practitioners in Texas.

The average time commitment is estimated to be 1-2 hours per month for this volunteer position. For more information and to volunteer, please go to the CERC webpage! *If you are already on the committee, it is not necessary to re-apply.

TOTA's 2022-2023 Legislative Agenda

(only 26 responses to the survey so far)

The TOTA Board of Directors will be meeting to work on the strategic plan, goals for the association, and the Legislative Agenda. We have identified three possible areas of interest to the Texas OT community:

- 1. Pursue Legislation to be included in the Interstate Licensure Compact
- 2. Advocate for Occupational Therapy in Mental and Behavioral Health.
- 3. Pursue Legislation for clarification on Occupations Code

Section 454.007 USE OF TITLE DOCTOR

An occupational therapist or occupational therapy assistant may not use the abbreviation "Dr.," the word "Doctor," or any suffix or affix indicating or implying that the person is a physician.

Complete this brief <u>google survey</u> to let us know what you would like for TOTA to pursue in the next legislative session. (AVERAGE TIME TO COMPLETE SURVEY: < 1 MINUTE)

Upcoming

Events

January 20, 2022
Occupational Therapy and "Period Poverty"

February 8, 2022Capital Centex
District Meeting

February 16, 2022Gulf Coast East
District Meeting

April 30, 2022
Deadline for State
and District Position
Nominations

November 11-12, 2022 TOTA Annual Conference

For up-to-date calendar of events, please visit the TOTA website at: www.tota.org

Thank you to our members for helping make TOTA great!





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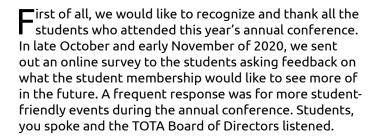
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STUDENT ZONE

Recap of Student Events at 2021 TOTA Annual Conference

Jennifer Sanchez-Morales, OT Student Representative sanchezmoral@livemail.uthscsa.edu



The State Board Student Representatives (with the support of their TOTA Advisor and the Executive Director) added student-focused events this year! We organized a student-networking event and 250 students registered for it. The event was an opportunity for OT and OTA students to network and connect with one another. We had a great turnout and witnessed students from across the state connecting with each other. At the end of the event, we held a raffle for ten \$50 gift cards as a way of letting the student attendees know that we are grateful for the student members who are active and involved with TOTA.

The second event was "Walk a Mile in a Variety of OT Practitioners' Shoes." One hundred and fifty students registered for this event. Eight practitioners covered their typical workdays in various settings. The presentations provided opportunities for current students to have a clearer understanding of OT's roles in different practice settings. The session concluded with a raffle. Sixteen



Jennifer Sanchez-Morales, TOTA OT Student Representative

NBCOT study packages were given out plus Beverly Palmer selected five outstanding students to receive special gifts. A big thank you to Mr. and Mrs. Palmer for their generous hearts and for donating gift cards and NBCOT study packages for our student-focused events.

Students, we are the future of our amazing profession. This means we must continue to be active and involved within our professional organizations as they are the only ones advocating on our behalf. We look forward to seeing you at the 2022 TOTA Annual Conference! Stay tuned for information on future student-focused events.



TOTA State Board Student Representatives & Mrs. Beverly Palmer



Beverly Palmer and the 21 Students who received a free NBCOT study package or a special gift

Greetings from GCE District!

Kira Beal, OTR, EdD, OTD, CLT GCE District Chair



appy New Year! I hope you all had a great holiday season and are ready to start a fresh new year. It was great to be present at the TOTA conference face-to-face to learn and grow as OT practitioners. Several GCED practitioners and students were honored with TOTA awards. On behalf of the district, congratulations to all! Being able to engage and socially interact with others was also a plus. The pandemic brought changes to how districts in TOTA engage members. Online continuing education events (CE) replaced those previously held in person. As we move forward, I hope that we can continue to offer some in-person gatherings at satellite locations, including district meetings and CEU events. In addition, I feel it is important that we continue to engage in community service to not only promote the profession, but also to serve our community. As a district, we have opportunities for community engagement social events to practice work-life balance as professionals.

As GCED chair, I strive to serve members and work with GCE board members to keep you all up to date on happenings within the district so all of us to can be of service. Discussions among GCE board have begun and we look forward to moving the district forward. Esmerelda Lizcano was re-elected as treasurer, but we currently have open positions for vice-chair and secretary. If you are interested in either of those positions, please send an email to GCEDTOTA@gmail.com. Any suggestions or ideas can also be sent to this email account. Look forward to serving you all!

Great Plains West



Matthew A. Wymore,
OTD, OTR, CHT, COMT
Great Plains West District Chair

t has been a great year for the Great Plains West district. The third annual Bubba Klosterman CEU Lecture Series was held on September 18th. This was a virtual event with informative presentations by Molly Amlung, OT, Madison Clearman, OT, Bubba Klostermann, OT, CEAS II, John Luna, OTD, OTR, and Sybille Neuber, OTR, CKTP. The presentations are available on the TOTA website.

To promote the backpack awareness events the district was hosting, we held a virtual contest to see how many views local universities could get on Facebook. Abilene Christian University weighed and educated more than 100 students and gathered more than 415 "likes" to highlight their efforts. They did a wonderful job and were rewarded with a luncheon.

Our district recognized Cindy Brosig for more than 40 years of OT service in the Midland/ Odessa region. She has worked in orthopedics as a certified hand therapist for 4 decades and has literally "touched" an entire community with her extraordinary care and effort in taking care of patients in West Texas. Cindy was designated an Honorary Life Member by TOTA. Please congratulate her when you see her.



Three Important Things to Consider When Transitioning a Child from a Gastrostomy Tube (G-tube) to Oral Feedings

Michelle Atanu, OTR



Michelle Atanu, OTR

Build rapport with the child and family.

When therapists strive to build ongoing rapport with patients and families during the feeding therapy journey, it can be transformational in helping children build a positive eating relationship with food. The rapport between practitioners, children, and families fosters mutual trust and cultivates an atmosphere where caregivers feel confident in their abilities to carry out a home program and therapists feel safe implementing a strategic plan to wean a child off the G-tube.

2. Investigate underlying medical conditions.

Although there are similarities in evaluation and treatment strategies used to wean children off the G-tube, it is important to recognize the uniqueness of each child. Practitioners must continuously investigate and assess progress for children whose G-tube weaning is moving along according to plan or presents as challenging. Here are some points to consider: developmental milestones, swallow study results, GERD, swallowing challenges, oral motor weakness, appetite awareness, neurological impairment, sensory awareness, head and postural control, and/or breath control just to name a few.

Collaborate with the child's doctor/medical team throughout the feeding therapy journey to help the child meet goals.

 Teach children that they Have to "work" to fill Their stomachs.

Children with G-tubes often have their stomachs filled automatically via pump/ syringe while they are sleeping or during the day when they are unaware that



they are getting calories they need to grow and thrive. It is important that therapists help children and families understand that we "work" to get our stomachs full when we grasp food with our hands and bring it to our mouths, sit up in a highchair, open our mouths for a spoon of food and bite, chew and swallow food.

Therapists can assist children in making a brain connection between feeling full and actively engaging in the eating process by participating in family mealtimes when using the g-tube, engaging in food play, and having the child safely join in on the sensory-filled food experience on a frequent basis.

Michelle Atanu, OTR is a Pediatric occupational therapist and the owner of Avilo Pediatric Therapy in Houston, Texas.







Fieldwork Initiatives: Community Collaboration

Laura Rea, OTD, MBA, OTR



Laura Rea, OTD, MBA, OTR Larea500@gmail.com 817-907-0807

mpowerment. This word can evoke many feelings, meanings, and visions. For clients navigating occupational deprivation, empowerment can be expressed in the subtle occupational achievements as supported through occupational therapy. The opportunities to collaborate with our communities and support occupational engagement and empowerment are plentiful. The desire to do so is often explicitly stated within academic institutional and programmatic mission statements.

Many occupational therapist and occupational therapy assistant academic programs identify community collaboration and service within the culture of their curricula. Institutions, faculty, and students can embrace and embody service and collaboration in many ways, including innovative, non-traditional Level II Fieldwork experiences. At a time when fieldwork placements are at a premium and external needs are profound, our communities provide inviting and innovative prospects to further the integration of community-oriented culture.

Non-traditional fieldwork for OT and OTA students can address community needs and academic goals by engaging in collaborative experiences. Non-traditional experiences can provide rich opportunities for students to demonstrate competency for multiple roles of the OT profession. An example may be partnering with local shelters that provide service to those impacted by intimate partner violence, women and children included. With these populations often overwhelmed by trauma and feelings of helplessness and fear, occupation can be a powerful tool in restoring health, identity, and self-sufficiency. Fieldwork students may find themselves supporting routines and strategies for the occupations of self-care and rest. They may also work interprofessionally to facilitate the clients' completion of housing and funding applications. Students may support occupation in the dining area by making recommendations about adaptations to foster age-appropriate feeding or by consulting regarding an outdoor space to create a

sensory-friendly leisure or physical activity. Another possibility may be for students to educate clients on using technology to access public transportation to promote mobility independence for those formerly dependent upon an abusive partner. The options are endless to support occupation and health within this and other community-based potential fieldwork settings. Additional fieldwork prospects may include, but are not limited to, community clubhouses, senior centers, after school and adolescent programs, homeless shelters, and addiction and behavioral health centers.

The shelter example and other sample settings represent potential opportunities and associated interventions that allow academic programs to connect with our communities, combat occupational deprivation, and support occupational engagement and empowerment while providing rich fieldwork experiences and reinforcing the program or institutional mission. With community needs and occupational deprivation exacerbated by COVID-19, innovative community-based fieldwork has the potential to contribute to a community's occupational health and engagement.

This call for innovation in fieldwork development provides occupational therapy programs, faculty, students, and practitioners with opportunities to support our communities and their occupational achievements. Responding to community needs by offering fieldwork experiences to promote occupational engagement and empowerment can be formidable antidotes for occupational deprivation. The occupational therapy profession is fortunate to have fieldwork as a tool to serve, educate, and empower our communities through occupation. To embrace this notion would keep true to the tenants of our profession while exploring ways to traverse the future.





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