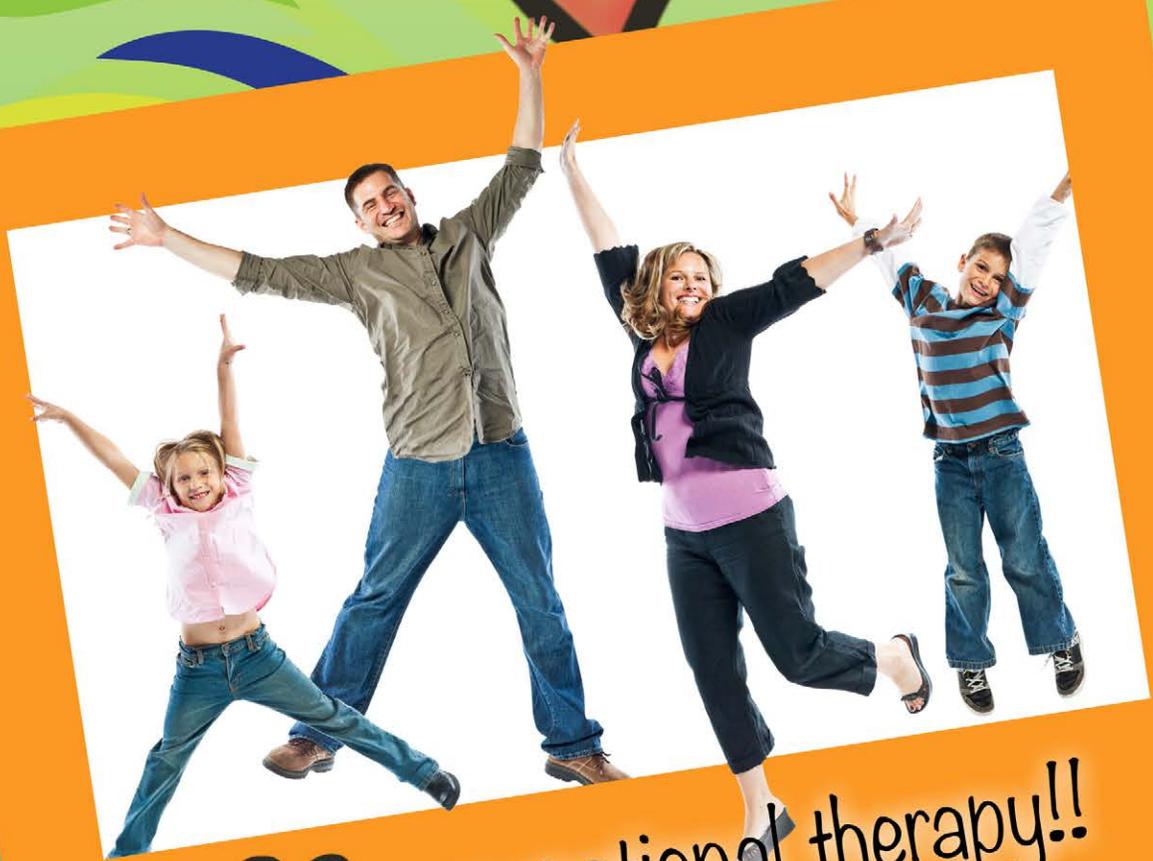


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APRIL 2018

Revista OT Month

IMPORTANT DEADLINES:

CALL FOR PAPERS:
May 21, 2018

ELECTION NOMINATIONS ARE DUE APRIL 30, 2018

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*Robin V. Clearman,
OTR, CLT,
TOTA President*

President's Report – Revista OT Month 2018

Happy Occupational Therapy Month! Please take the time to view your district's activities on our website and advocate for our great profession!

TOTA has been busy this first quarter advocating for a full restoration of Medicaid rates. Rate reductions for therapy services have been a growing concern over the past several years. Most recently, with the changes in reimbursement for the OT Assistant and the move to an all managed care system for Medicaid, many are finding it even more challenging to make business ends meet. Access to care is an issue, as many employers and therapists are opting to no longer provide services to the Medicaid recipient.

Our government officials have asked HHSC to report complaints regarding the affects of the Medicaid Rate Reductions. Therefore, TOTA has provided an avenue via our website to assist you or your client in submitting complaints. Not voicing your concerns implies that all is well, and there are no issues with the changes in Texas Medicaid, which is obviously not the case.

Speaking of advocating, the Texas Occupational Therapy Association Political Action Committee (TOTA PAC) is in need of funds to continue to support legislators who support occupational therapy. We recently completed the primaries in Texas, and campaigns are underway for November's election. **Please donate to TOTA PAC today** by visiting www.tota.org/tota-pac-donations. It couldn't be easier!

TOTA has also been around the state speaking to OT schools about the benefits of TOTA and legislative issues. If you would like someone from TOTA to speak at your place of employment or your school, please contact the TOTA office.

Just a reminder, please review the TOTA Awards and **submit your nominations**. I'm sure there is at least one person that you can think of right now who is deserving of recognition. Please complete the nomination form at www.tota.org/2018-awards-nominations. Recipients will be announced at the 2018 Mountain Central Conference.

Elections for TOTA District and State Board positions are coming up. If interested in running for office, please fill out the online application at www.tota.org/2018-elections-application and contact your District Chair if you have any questions.

Did you know there are over 15,900 licensed OT practitioners in Texas? Approximately 6% of those licensed therapists are members

Continued on page 5

OCCUPATIONAL THERAPY EMPOWERING INDEPENDENCE



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

Happy Occupational Therapy Month TOTA members! It is hard to believe that I have been practicing for more than thirty years. This is a great profession. Every time I have the opportunity to sit with a group of OT colleagues I always enjoy what we call “tales from the clinic.” The stories are funny, thought provoking, scary, strange, and sometimes unbelievable. But mostly, the stories are filled with successful intervention outcomes. As OT practitioners, we have the ability to empower our patients and clients. How amazing is that? The basic definition of “empower” means to make someone stronger and more confident, especially in controlling

his or her life and claiming rights. No matter your area of practice, this is the uniqueness of occupational therapy. Can you imagine a healthcare system or a school system without occupational therapy? In 2013, when I was the Gulf Coast East District Chair, I wrote a poem for TOTA entitled “Imagine”. I want to revisit a portion of that poem!

*“Imagine there’s no Medicaid
It isn’t hard to do
No-one to treat or work for
And no physical therapy too
Imagine all the people living life in dependent care*

*You, you may say
I’m an alarmist, but I’m not the only one
I hope someday you’ll join us (TOTA)
And the TEXAS OT world will be as one”*

I knew when I wrote it five years ago, it was corny. But look at the current Medicaid situation in Texas today. Five years ago TOTA expressed concerns about Senate Bill 1 and House Bill 1 to our Texas representatives and senators. We stated that these bills came with the possibilities of increasing co-payments for all Medicaid programs, capitating managed care programs for children with disabilities, and reducing Medicaid rates. So here we are in 2018 following an exhausting 85th Legislative season dealing with the aftermath.

Because of the Medicaid payment reductions, we are receiving reports of OT practitioners losing their jobs, clinics closing, reduced treatments offered to children, children being placed on waiting list for therapy services, parents unable to find clinics within a reasonable driving distance, clinics or service providers being overwhelmed with paperwork, and the list goes on. I received an email from an occupational therapist expressing her dismay with a situation she and the facility she works for are facing. She felt the integrity of the occupational therapy was being undermined and quality and provision of services were at risk. She wanted to know if TOTA planned on intervening and the last two words were “please help.”

To all our members and the remaining OT practitioners and students, TOTA has been standing in the gap, speaking to legislators, testifying at public hearings, holding meetings, writing letters, and staying informed on all issues that affect occupational therapy practice in Texas. April is national occupational therapy month, but let’s be selfish and say it is Texas Occupational Therapy Month!

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AN EXERCISE IN ADVOCACY

By John Luna, OTD, OTR

Advocacy has long been an integral part of our practice as occupational therapists. Many therapists find themselves advocating on a daily basis for the benefit of clients, their families, and the profession itself. On February 22, 2018, over seventy TOTA members converged from across the state to participate in the annual *Day at the Capital*. Practitioners and students alike traveled from various districts and universities including Austin Community College, University of Texas Health Science Center San Antonio, and the University of Texas Rio Grande Valley, in an exercise in advocacy.

The event kicked off with a message of welcome from TOTA Executive Director, Judith Joseph, and TOTA President, Robin Clearman. They turned the proceedings over to Denise Rose and Katherine Hutto. Denise and Kathy, a long-time lobbyist, have been instrumental in assisting TOTA with navigating the legislative process to facilitate favorable legislative policies. On this date, Kathy and Denise prepared TOTA members to meet with their respective state representatives and legislative staff with knowledge on the legislative process and tips on how to create a successful visit.

This year's *Day at the Capital* occurred when the legislative body was out of session. However, many attendees were still able to share their concerns and first-hand observations on how recent legislative changes have impacted occupational therapy services in Texas. High on the list of talking points was the Medicaid Rate Adjustments and subsequent need for action on Medicaid Rate Restoration.

For many attendees, this was the first time participating in the *Day at the*

Capital. Professor Jack Ruelas from the University of Texas Rio Grande Valley noted, "The *Day at the Capital* is an opportunity for students to engage for the first time in advocating for their clients as well as the profession."

TOTA would like to express their sincere gratitude to all those that volunteered their time to make this year's *Day at the Capital* a success. However, I would like to challenge occupational therapy personnel and students from around the state of Texas to make plans to join us in Austin next spring for the 2019 *Day at the Capital*. By this time next

year, legislators will be finalizing their agendas for the 2019 session. It is critical that every member of the Texas legislature understand the distinct value of occupational therapy and the benefit that it brings to our clients. Empowered with the knowledge of occupational therapy, our legislative body can adopt an agenda that can both preserve and promote the profession for the benefit of Texas residents. I would like to leave you with this parting thought, "If you are not at the table, then you are on the menu" (Rose, D., 2018) We are saving your seat at the table for 2019.



ALTERNATIVE PAYMENT MODELS

By Jason Stark, Vice-President TOTA



Jason Stark, Vice-President TOTA

For many years, health care in Texas has been provided under the fee for service model. This model establishes a fee for services rendered

based on CPT codes and the amount of reimbursement is dependent on the amount of care provided. Now, Managed Care Organizations (MCOs) have been mandated by the Texas Health and Human Services Commission (HHSC) to develop alternative payment models for care historically provided in a fee for service model.

The provision related to alternative payment structure for providers is outlined in the HHSC Uniform Managed Care Contract, Section 8.1.7.8.2 MCO Value-Based Contracting. The MCOs are required to submit plans to HHSC each year outlining proposed payment methods that encourage achievement of quality outcomes and reduction of inappropriate utilization of services, using the reporting tool provided in the Uniform Managed Care Manual, Chapters 8-10. The plans must include incentive payments to doctors, hospitals and other providers for quality care.

Superior HealthPlan, has recently announced an alternative payment model for therapy for beneficiaries in central Texas. Effective March 1, 2018, Superior HealthPlan is using Care Options for Kids (COFK) as the dedicated provider for therapy evaluations and the preferred provider for therapy treatment for Superior STAR, STAR Health,

STAR+PLUS and CHIP patients who are:

- 3 years of age and older, except for STAR+PLUS Nursing Facility members and Foster Care MDCP members.
- Assigned to the Travis or Central Service Delivery Areas.

This is a capitated model in which COFK receives an agreed upon capitated rate for Superior members to perform such functions.

TOTA has been working diligently with HHSC to express concerns and is seeking clarification from both Superior and COFK on how this will affect OTs in these two service delivery areas. HHSC convened a meeting with provider organizations on Friday, March 9th and the following is what we know so far:

- There is an opt-out option for families for treatment. Information on how to opt-out can be found on Superior's website (below) and families should have been informed of this option. https://www.superiorhealthplan.com/content/dam/centene/Superior/Provider/PDFs/SHP_20174120B-OCI-Capitation-Therapy-FAQ-P-03052018.pdf
- o Patients can receive therapy services by opting out and obtaining authorization from Superior Health Plan. COFK will not require prior authorization to provide therapy.
- Currently, there is not an opt-out option for evaluations and re-evaluations. At this time, all evaluations and re-evaluations will be performed by Utilization Partners, which is an organization

certified by the Texas Department of Insurance and co-owned by COFK.

The implementation of this model has raised questions regarding Medicaid beneficiaries' freedom of choice when choosing a provider for evaluations and re-evaluations. Many OTs have expressed concerns regarding access to care, reduction of professional judgment, logistics of plan of care development, and the ability to service patients without excessive wait times. TOTA has communicated these concerns with HHSC and will continue to work with them as well as seek opportunities for clarification with COFK and Superior Health Plan and will communicate our findings with our members.

For concerns regarding this alternative payment model or any other MCO related issues, families and providers can file complaints with HHSC by emailing HPMcomplaints@hhsc.state.tx.us. HHSC has requested any examples of disruptions in care because of this new program. ➔

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RECOVERY TAKES TIME: HURRICANE HARVEY OT BENEVOLENCE WORK CONTINUES.....

By Regina Michael Campbell OT, MA, FAOTA



Reggie Michael
Campbell, OT, MA,
FAOTA

Recovery following a natural disaster is a slow process that extends well beyond the rebuilding of the infrastructure of a community. Since Hurricane

Harvey devastated Texas's coast and Houston, TOTA Board, members of the TOTA Ad-Hoc Committee, and the Board of the newly established 501C3 Occupational Therapy Benevolence Endowment (OT-BE) has been at work to identify resources and develop processes that can serve to support occupational therapy practitioners. Significant progress in developing a response to disaster relief for occupational therapy colleagues impacted by Harvey have been made, but there is still work to be done.

Rebuilding Lives & Communities

Occupational Therapy role in contributing to rebuilding lives and communities following a disruption in health, disability, or disaster is well documented in the literature. The AOTA "Societal Statement on Livable Communities" and the "AOTA Societal Statement on Disaster Response and Risk Reduction" (<http://ajot.aota.org/> on 03/07/2018), provide a template to direct occupational therapy services in times of disaster and significant challenges. As an official document of AOTA, Societal Statements are "written in the form of public announcements to identify a societal issue of concern; state how the issue affects the participation of individuals, families, groups, or communities in society; and may offer action to be taken by individuals, groups, or communities" (<https://www.aota.org/Practice/Manage/Official/Official-Docs.aspx>).

[org/Practice/Manage/Official/Official-Docs.aspx](https://www.aota.org/Practice/Manage/Official/Official-Docs.aspx)).

As to be expected, professional documents that guide occupational therapy practice are written with a focus on how occupational therapy practitioners serve others, but leaves one to question, what happens when the OT practitioner, the provider of service is impacted by disaster and/or disability.

Uncharted Territory: Occupational Therapy Benevolence Endowment (OT-BE)

Texas occupational therapists are taking the lead in answering the question regarding how to support occupational therapy colleagues in times of crisis. Prior to Hurricane Harvey, coordinated disaster response intervention strategies to protect against the disruption of the delivery of occupational therapy services had not been addressed formally by the occupational therapy community. Before Harvey made landfall, there was not a process or system in place to offer a benevolent response to occupational therapy practitioners experiencing a disaster.

In response to the uncharted territory disaster response and recovery to OT, state leaders emerged to take the necessary actions to demonstrate benevolence to colleagues in need. Steps were taken to legally establish a 501C3 not for profit corporation (Occupational Therapy Benevolence Endowment (OT-BE). Simultaneously, the TOTA Board established the TOTA Hurricane Harvey Ad-Hoc Committee to work in partnership with OT-BE leaders. In doing so, TOTA assembled a network of concerned and committed OT's, with representation from across the state and diverse areas of



experience to develop policy and procedures needed to identify and direct resources to support the delivery of occupational distribution in times of disaster and life challenges. (See Revista Conference Wrap Up 2018 "To be a rainbow in someone's cloud": TOTA answers the call).

Hurricane Harvey Ad-Hoc Committee and OT-BE Work Continues

Recovery from a such a devastating and expansive hurricane as Harvey takes time, as does the development of effective disaster relief and risk reduction response strategies. The number of counties impacted by Harvey, the diversity of county needs and the complexity of distribution of resources presents many political, as well as professional challenges.

Ongoing discussion and dialogue among occupational therapy practitioners and those in leadership positions, across the state, will be needed to successfully implement the vision of OT-BE.

"The Occupational Therapy Benevolent Endowment (OT-BE) is a not for profit 501(c)3 benevolent organization established to support occupational therapy (OT) practitioners and / or their ability to deliver OT services in time of significant life crisis. The OT BE funded initiatives allow OT practitioners, OT public supporters, and their families the opportunity to give back to the OT community and support the delivery of OT services in Texas" (www.otbe.org).

Continued on page 9

Work completed by the TOTA Hurricane Harvey Ad-Hoc Committee over the last 6 months includes:

- Educational presentations at TOTA District and student meetings by committee members to educate and gain support for the mission of OT-BE
- Review of TOTA Harvey Relief Request Applications (6), identifying the needs of OT practitioners and students immediately following the hurricane
- Preparation & distribution of a comprehensive list of Houston and Coastal Bend hurricane relief and risk reduction community resources (see otbe.org)

Work to be completed includes:

- Preparation and a plan for broad distribution of the Hurricane Harvey Survey of Need Questionnaire and Grant Application, to identify the impact of Hurricane Harvey on the delivery of occupational services
- Plan for analysis of questionnaire data to make recommendations to OT-BE Board for policy and procedures and criteria for distribution of OTBE Grants to support relief recovery that would reduce risks for loss of delivery of occupational therapy services

How Can You Contribute

TOTA leaders' rapid response to OT's impacted by Harvey demonstrates the importance and value of a strong engaged professional community. You are encouraged to contribute to

the support of Texas OT colleagues impacted by Hurricane Harvey by:

- Following the work on OT-BE's and TOTA's on their respective web pages
- Sharing the work of OT-BE with others
- Encouraging OT colleagues, known to be impacted by Harvey, to complete the Hurricane Harvey Survey of Need Questionnaire (otbe.org)
- Encouraging others to become members of TOTA to continue to build a strong network of leadership
- Demonstrating your support for mission of OT-BE by clicking on the donate button at otbe.org.

"Benevolence is the characteristic element of humanity". – Confucius ➔

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Visit <http://tota.org/corpmem.html> for complete information and the membership form.

STUDENT ZONE

THE IMPORTANCE OF TOTA MEMBERSHIP AFTER GRADUATION

By Nikita Gandhi, OTA Student Rep.



Nikita Gandhi,
TOTA OTA Student
Representative

It is graduation time - remember to sign up for your TOTA membership!

We will soon finish our educational journey and enter the

professional world of occupational therapy. I'm sure everyone is as eager as I am to pass the boards and settle into a new job. Life is about to get exciting. Our fieldwork experiences have given us a glimpse of the real world experience and an opportunity to test and apply our classroom knowledge. But, how do we keep up with the field and continue to stay aware of new developments? How do we learn and develop skills to survive in the professional world? How do we stay in touch with changes coming to this field? **How do we impact and influence the laws that govern us? BECOME TOTA MEMBERS!!**

Once we become practitioners, the importance of being a TOTA member becomes even more vital. The Texas Occupational Therapy Association allows us to be well informed about issues that impact the occupational therapy field at the state level. TOTA

Continued on page 13

NEW GRAD INTERVIEW

By D. Todd Griffith, OTR, MBA, Director, Outpatient Rehabilitation & Orthopedics, Houston Methodist Hospital, Houston, Texas

For a new graduate, job searches and interviews can be intimidating. The good news is that employers are looking for you! U.S. News & World Report ranked occupational therapist as #11 of The 100 Best Jobs for 2018, ahead of our physical therapist colleagues who came in at #12. The key to connecting with your future employer is ensuring the right "fit" for both you and the employer.

First, know what you are seeking. Do you plan to work 40 hours a week and need benefits or do you need a flexible schedule? Also, think about what the employer needs. If an employer describes a need for coverage in an adult inpatient rehab setting and you spend twenty minutes sharing your passion for home health pediatrics, the employer may pursue a candidate more aligned to meet stated needs.

Second, know where you want to take your career. This shows the employer that you have a plan for your professional development and assists in understanding how you fit with the company or agency's long term strategy.

Finally, be the professional that you have studied and trained to be. Speak clearly, honestly, and confidently about your experiences and goals. Present the best you, because you are competing against others that want the job just as much. Your hair and attire should reflect the respect that you have for your profession and your potential employers. While green highlights or flip flops can be a light hearted change for summer, they could be a distraction from communicating what a dedicated therapist you are.

The goal of an interview is to get to know one another. The best interview is one that has a conversational flow allowing both parties to share ideas and experiences. Nerves are normal, but remember the person across the table could be looking for someone just like you to join the team. ✨

WELCOME TO THE NEW STUDENT ZONE

Connecting informative articles and information to students and recent graduates

FIELDWORK: TACKLE YOUR FEARS AND EMBRACE THE EXCITEMENT

By Shannon Levandowski, OTD, MS, OTR, BCP, SCSS



Shannon
Levandowski, OTD,
MS, OTR, BCP, SCSS
Texas Woman's
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Assistant Professor &
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As we transition into Spring, many of you are ramping for fieldwork in the coming semesters.

Some of you may be fearful of the unknown: What will happen?

How should I be? What is expected

of me? What will the fieldwork educator think of me? It is natural to worry, but as you've probably heard, a day of worrying is as exhausting as a week of work. So, let's tackle that worry so you can focus your attention on preparation versus panic.

- 1 Always maintain a good life and work balance. We are occupational therapists; we need to be our best to serve others. Remember what airline attendants remind us during preflight preparations: take care of your self before helping others. This advice does not just apply to a decrease in oxygen pressure; it is good practice always.

Strategies to maintain life balance

- Make a calendar (paper or electronic) to organize your responsibilities; I recommend color-coding them to identify what tasks align with what role.
- Put specific time in your calendar for yourself (family) weekly and stick to it. Organize your other responsibilities around this time and make a purposeful effort to keep a promise to yourself.
- Use lists to prioritize your tasks (home, fieldwork and other). I like to use Google Reminders in my calendar. Wunderlist is a great app to organize lists and to-do's if you prefer a more comprehensive system on your mobile device. Of course, you can also use the old favorite: post it notes or a planner.

- Allow yourself 5-10 minutes daily to regroup and reenergize. I tend to do this in my car as drive from location to location. This is the time I reflect on the day and plan ahead to the next. You will often see many several reflective post it notes all over my dashboard if I have been driving for a bit. I also recommend evening hours as a good time to reflect (not to mention it is a good idea to get in this habit after a work day anyhow).

- 2 Prepare for your new learning experiences. Fieldwork is an actively transformative experience, not a passive one. This means, you must allow yourself room to grow and room to make mistakes. Your first day of fieldwork looks very different than your last because you are not longer the same student. You have transformed into a new you; a you that has had added a multitude of life experiences to your belt that you didn't have before. Don't be hard on yourself the first few weeks. Fine art takes time to create; you are a masterpiece.

- 3 Take a moment between now and your next fieldwork to determine your learning style. Your fieldwork educator will not be able to read your mind and know what learning style works best for you. This means, you need to have a good sense of your own needs to you can communicate that others (see a theme here?) So, your assignment is to Google learning styles for adults and see what best fits you. Recognize and honor your learning style.

- 4 Work on accepting feedback. This is a hard one. I get it. It is frustrating to get corrected when you are trying your hardest. But, remember, becoming defensive will stop the learning process. On fieldwork your goal is to learn as much as possible,

can you do this if you are busy focusing your own drama? If you don't know if you have a hard time with feedback, ask your friends or family, they will tell you. And... when they do, you can immediately work on how to handle it. I recommend checking out this book if you need a resource on accepting feedback and growing during the process: **Thanks for the Feedback: The Science and Art of Receiving Feedback Well** by D. Stone and S. Heen.

- 5 Work on breaking up with your social media and mobile devices. During fieldwork, you will have decreased access to these items. This can be challenging if you enjoy keeping yourself updated and engaged throughout the day. When you are at your site, you may have to lock up your personal items – which means... you will not have your mobile device! Oh boy, I sense the anxiety brewing all ready. Some sites allow mobile devices; some do not. None allow social media participation during work. Remember, you must always honor your client's privacy. It is best to limit any discussion on your social media around fieldwork to protect yourself, your site and your client. Start working on weaning off now...

- 6 Be prepared and be flexible. Your educator may request you to do tasks you've never done before. That's ok. Keep open communication with your educator and share that with them.

Be prepared for changes. Be ready for challenges, even when those challenges stretch you beyond your perceived limits!

Your educator wants you to succeed. Your School wants to you to succeed. Take time to prepare and remove a few layers of worry so you can focus on the next step in the journey! ➡

THE TEXAS OCCUPATIONAL THERAPY EMERGING LEADERS (TOTEL) PROGRAM

By Francie Baxter, PhD, OT, FAOTA



Francie Baxter, PhD,
OT, FAOTA

The Texas Occupational Therapy Emerging Leaders (TOTEL) program was launched in 2015 as an initiative to grow the leadership development of interested TOTA members. TOTEL is a mentoring program designed to build leadership skills and improve effective communication and to create awareness of the myriad opportunities for volunteer leadership. Advancing the leadership skills of individuals would ideally lead to opportunities to serve the profession at the state and national levels.

TOTEL is a 6-9-month program that pairs a Texas OT leader with

mentees for professional growth and leadership skill building. Mentees in TOTEL have the opportunity to meet, dialogue, and collaborate with a range of current OT leaders. TOTEL mentees are practitioners in their first 5 years of practice, new graduates, and OT/OTA students in their last semester of coursework

TOTEL requires time and effort to engage, reflect, and collaborate with the mentors and other OT leaders. The ideal mentee in TOTEL is a member of TOTA, and is willing to:

1. Attend various meetings and/or conference calls with mentors, mentees, and other leaders in the profession.
2. Be open to skill development and growth including constructive feedback.

3. Take time and energy to engage in meetings and other activities related to leadership development.
4. Show evidence of interest to grow into and fill leadership positions available within TOTA or other OT organizations.

Are you a dedicated, passionate, and hardworking individual who genuinely wants to serve as a future leader in OT. If you are, consider becoming a participant in the TOTEL program. Applications are available on the TOTA webpage.

The deadline for submissions was March 21, 2018. We are currently reviewing all the applications and you will be contacted soon. Thank you all for your willingness to serve. ➔

HAVE YOU BEEN RECEIVING TBOTE'S MASS EMAILS?

TBOTE is now sending two email renewal reminders about upcoming license and facility registration expiration dates, the first approximately three months and the second approximately two months prior to the expiration. Renewal postcards are mailed about one month prior to a license's or registration's expiration date.

In addition, the Board sends out general mass emails, about one to two per quarter, with information concerning newsletters, rule changes, etc. Licensees, applicants, and registered OT facility owners (or designees) are automatically included in these mailings. Other individuals can use the Board's sign-up form to join.

If you are an applicant, licensee, or owner of a registered facility (or are an individual who has signed up for mailings) and you did not receive a

mass email from the Board in mid-February about the latest newsletter and rule changes (or an emailed renewal reminder in March for your April or May license or registration expiration date, if applicable), please update your email address with TBOTE.

If you are receiving mass emails from TBOTE, that means the Board has a working email address for you, so there is no need to update it. In addition, you may be receiving emails, but they might be in your junk/spam folder. Please check that folder and if any mass emails are there, check your settings and ensure you have emailot@ptot.texas.gov as one of your safe senders.

(Note that emailot@ptot.texas.gov is used solely to send mass emails; refer to the "Reply to" email address in a mailing for contact information.)

For information regarding updating your email address, visit our homepage (www.ptot.texas.gov) and click the link "ECPTOTE's Email Program" under "Latest Updates." Information changes should be reported within 30 days of the change and remember to check for errors when submitting information, such as making sure your email address is entered correctly.

Some licensees have unsubscribed from the Board's mass email list. Please note that the Board's mass email list is different from the list of email addresses available to interested parties, such as recruiters, CE companies, etc. **The Board is required by Texas law to make that latter list available, and individuals cannot opt out of inclusion.**

On the other hand, when individuals unsubscribe from the Board's mass email list, they are choosing

Continued on page 13

OT OF THE YEAR

By Serena Speaker OTR, SCLV



Serena Speaker, OTR, SCLV

As a non-traditional OT student I went back to school as a grandparent. From the very beginning, the profession had me hooked with the opportunity

to make a significant difference in the quality of the lives of my patients. I have focused on out patient and home health services in my practice. This allows me to work with my favorite population of geriatric patients. I learn something new from each one and cherish their successes.

I advanced my career with certification in vestibular pathology and treatment of low vision issues. These specialties allow me to work with folks who are now able to stay

in their own homes and increase their participation in valued activities. As I see more 90+ year old clients, it is rewarding to be able to help them to live safely in their own homes even with failing vision. There is a lot of education in all aspects of OT, but low vision requires not only patient education but a lot of work with families.

I have been blessed to be able to share my knowledge by presenting lectures on a local, regional, state and national level on vestibular and low vision topics. Teaching others about these topics makes me so excited all over again to be a part of this wonderful OT profession.

Thanks to the nomination committee for the TOTA 2017 OTR award of the year. I am most humbled and honored by this award.

Thank you. 

IMPORTANCE OF TOTA MEMBERSHIP, continued from page 10

was established to help occupational therapy practitioners and students. TOTA membership allows you to have access to TOTA's online membership database, opportunities for continuing education, and networking opportunities. TOTA also monitors legislation and gives testimony, monitors state agency rules, works on marketing campaigns, and provides educational scholarships. TOTA's objective is to work toward professional development, provide information and educational requirements to members, improve the occupational therapy field to best help the clients, and respond to the political situations that impact the field in the local, state, and national levels. There is also the [TOTA Career Center](#) where a new graduate can post their resume and have it available for employer access.

We are about to join an amazing field and as future practitioners, it is our responsibility to help move this field forward. The first step in doing this is to become a TOTA member and maintain your membership. Happy OT Month! 

SUBMIT YOUR NOMINATION HERE

TOTA is pleased to recognize therapists, educators, students and friends of Occupational Therapy for their excellent work for their patients and their profession.

WELCOME: HEATHER LOGAN, MEMBERSHIP SERVICES COORDINATOR

Please welcome Heather Logan to the TOTA office team as the new membership services coordinator. She officially came on board on March 1, 2018. Heather is a graduate of Oklahoma State University. She brings her experience as a freelance graphic designer, marketing manager, and customer service management. TOTA is fortunate to have Heather Logan join our team. Be sure to welcome her in person at the 2018 Conference in Sugar Land. 



MASS EMAILS, continued from page 12

to no longer receive Board mass emails. Such mailings are a way TBOTE can communicate directly with the regulated public and contain timely information.

Regardless of whether an individual receives mass emails, s/he is responsible for complying with the current Act and Rules, including renewing on time. **If you have previously opted out of TBOTE's mass emails, please subscribe again by using the Board's sign-up form.**

Looking forward to TBOTE's next mass mailing and Happy OT Month! Please visit our [website](#) to access previous newsletters, information about rule changes, etc. 

A PERSONAL PERSPECTIVE OF OCCUPATIONAL THERAPY

By Gayle Hersch, PhD, OTR, TOTA Honorary Life Member



Gayle Hersch, PhD, OTR

When Judy asked some of us to write about the value of occupational therapy and what we love about it, I thought this will be easy...

but not so! It's difficult to put into words what has been my life work, career wise, and an integral part of my being since junior high and volunteer work at the Crippled Children's (Yes, they did use that word! How times have changed!)

Hospital in New Orleans. And that goes back a few years!

Giving thought to all that I value about occupational therapy, the top of the list is the basic core belief of occupational therapy, that being, that health benefits are achieved by finding meaning in the occupations of life, whatever that may be to our clients, and even ourselves. Such a simple but powerful premise on which we base our practice, no matter the setting, our education, and our research. Other aspects of occupational therapy that I value include: the varied opportunities to grow as an occupational therapy practitioner; the many clients with

whom I have interacted over the years; the wonderful colleagues, both in the clinical arena and university programs, who have had a major impact on my life; and all the students who kept me on my 'toes' in the classroom.

I believe the list could go on but space is limited! So, I'll stop here and say, how fortunate we are to be a part of this profession! Over the last 54 years, it has been a major part of my identity and will continue to be even in retirement. Remember that we all have an obligation to give back as well as to receive the many joys of being an occupational therapy practitioner. Best wishes to you all! ✦

Visit www.tota.org for the latest news and district events



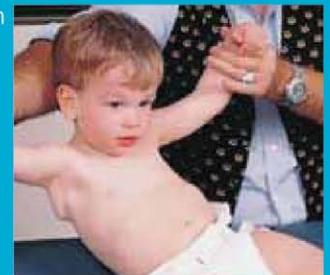
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VALUE AND LOVE FOR OCCUPATIONAL THERAPY

By Timothy A. Reistetter, OTR, PhD, FAOTA



Timothy A. Reistetter,
OTR, PhD, FAOTA

When considering what I value and love from the profession of occupational therapy, three broad categories come to mind: the people, the growth, and the reach. First and foremost, I am an occupational therapist for the individuals I have the opportunity to help and serve. When I think of the numerous people I've been fortunate enough to work with, I can only smile. Although I have seen much tragedy, I have also witnessed amazing joy and success. These experiences apply to the individuals I've worked with clinically, as well as, my colleagues and coworkers who comprise many multidisciplinary teams. All of these interactions have motivated and challenged me to grow. Growth, the second category, revolves around the challenging questions that arise from practice. Occupational therapy has given me the lens with which to question, study, and understand complex real world challenges. Although occupational therapy may

look simple to many, there is nothing basic about the multifactorial interactions that influence one's participation in life, community, or society. As an occupational therapist, I am influenced by intriguing questions and situations which lead me to explore novel solutions. Overall, these challenges result in new learning and growth that I thoroughly enjoy. Finally, as an occupational therapist I have been given the opportunity to reach beyond myself and serve others. Thinking back on when I entered the profession, I never imagined I would have the opportunity to influence policies at the local, state, national, and international levels. Occupational therapy views and opinions are needed by community organizations, healthcare systems, policy makers, and international organizations. I have had the opportunity to work in all of these spaces. Although these service activities are, at times, difficult and definitely time consuming, they are also extremely rewarding and something I truly enjoy about the profession. In the end, the people, growth, and reach of the profession collectively solidify my love for occupational therapy. ➔

CROSSROADS

By DeAnna Scapperotti, COTA, BS



DeAnna Scapperotti,
COTA, BS

I found occupational therapy when I was at a crossroads in my life. I was lost and looking for direction. At that time, I was working at a skilled nursing facility and I remember being fascinated with observing O.T. interventions. In 2009, I received an Associate's of Science in Occupational Therapy, and have had the tremendous opportunity to work in a variety of settings. The value of occupational therapy requires a multifaceted response. The importance of occupation in people's lives requires functionality in physical, mental, and emotional well-being. These are all parts of occupation that encompass clinical reasoning skills as well as facilitate the mind-body connection and utilizes systematic understanding to assist people in achieving their goals.

Occupational Therapy is one of the most holistic healthcare professions, requiring sensitivity, empathy, understanding, and compassion. Our profession directly facilitates creativity catering to interventions that are both individualized and client-centered. Occupational Therapy is the major inspiration in my life and provides me with the desired direction, purpose, and rewarding fulfillment daily that I was always seeking. I am overcome with joy and gratification in knowing I am part of a profession that promotes challenging, rewarding, and enlightening experiences facilitating immense clinical growth.

Sincerely,
DeAnna Scapperotti, COTA, B.S. ➔

CALL FOR PAPERS DEADLINE MAY 21, 2018

Proposals are invited for presentation at the 2018 Mountain Central Conference to be held November 2-4, 2018 at the Marriott in Sugarland, Texas. All topic areas with relevance to occupational therapy will be considered. Proposals from occupational therapists, assistants and students are welcome, as are proposals from related professions.

[CLICK HERE TO SUBMIT YOUR PROPOSAL](#)

TOTA MEMBERSHIP

CLICK HERE TO
JOIN OR RENEW NOW!

Many issues that affect the practice of occupational therapy and affect your practice are determined at the state and local levels. It is important for you to become a member of your state organization to stay informed and advocate for your profession. Membership is a great investment in your career.

TOTA offers 12, 24, or 36 month rolling memberships which start when dues are paid and is available for renewal 30 days prior to the expiration date. TOTA provides an opportunity for members to pay for multi-year memberships at a discount. Your membership renewal can be found under your profile when you log in to the website.

SUSTAINING MEMBER

An individual who supports the activities of TOTA by paying dues in one and one-half times the membership fee.

PRESIDENTS CLUB MEMBER

An individual who supports and sustains the activities of TOTA by paying dues in the amount of twice the membership fee.

HONORARY LIFE MEMBER

An OT or OTA who has been recognized by a vote of the Board of Directors, also known as the Board, as having performed distinguished services in or for occupational therapy may be granted honorary membership for life.

TOTA HONORARY LIFE MEMBERS

- Esther Bell, OTR, FAOTA (1998)
*Robert K. Bing, EdD, OTR, FAOTA [b. 1929-d. 2003]
*Lenore Brannon, OTR [b. 1898-d. 1986]
Reggie Michael Campbell, OTR, MS, FAOTA (2016)
*F. Catherine Currie, OTR [1915-d. 1998]
Donald Davidson, OTR (2001)
Harriett Davidson, MA, OTR (2015)
*Dorothy Jocelia Denn, OTR [b. 1912-d. 1999]
Virginia Chandler Dykes, OTR (1989)
Grace Gilkeson, PhD, OTR, FAOTA (1995)
*Nancy Griffin, EdD, OTR [b. 1936-d. 2014] (2000)
Margaret Hope Keeney, OTR [b. 1913-d. 2003]
*Lucile Land Lacy, OTR [b. 1901-d. 1994]
Jaclyn F. Low, OTR, PhD, FAOTA (2014)
*Cruz Antonia Mattei, OTR [b. 1924-d. 2011]
*Eileen S. McKee, OTR [b. 1923-d. 2010]
*Lillian Hoyle Parent, MA, OTR, FAOTA [b. 1921-d. 2016]
Suzanne Peloquin, OTR, PhD, FAOTA (2012)
*Ruth Whipple Pershing, OTR [b. 1923-d. 1998]
Caroline Ann Smalley Polliard, OTR (2000)
*Patricia Ann Truchon Ramm, OTR [b. 1928-d. 2007] (1990)
Kathlyn L. Reed, PhD, OTR, FAOTA, MLIS (2010)
*Irene Greer Robertson, OTR [b. 1921-d. 1996]
Gretchen M. Schmaltz, OTR (2002)
*Jane Foliart Sims, OTR [b. 1900-d. 1990]
*Geraldine Ann Skinner, OTR [b. 1924-d. 1991] (1989)
*Pearl Jones Tennyson, OTR [b. 1904-d. 1993]
*Lynn C. Tupper, OTR, MPH, MOT [b. 1947-d. 2015] (2013)
*Luanna S. Vana, OTR [b. 1918-d. 2008]
*Fannie Vanderkooi, OTR [b. 1894-d. 1990]
*Cary Starke Westhause [b. 1932-d. 2001] (1994)
Virginia White, PhD, OTR, FAOTA (2008)
*Rena Worthington, OTR [b. 1909-d. 2002]

*Deceased

PRESIDENT'S CLUB

Dorit Haenosh Aaro
Teri Powers
Sophie Rydin

CAPITAL CENTEX DISTRICT UPDATE

By Susan Jeantete, OTR, OTD, Vice Chair



Susan Jeantete, OTR, OTD, Capital Centex District Vice Chair

In 2018, Capital Centex District will continue offering 2-hour CE opportunities to members at each chapter meeting. Member attendance

for these events has continued to grow at both the main site as well as at some of the virtual locations live streaming the presentations. Please check the district webpage for the most up-to-date information on the topics and locations.

OT Month is here and our district is

celebrating! The April CE offering is a 2-hour presentation "Use of Yoga as a Modality for Oncology Clients" by Marybeth Korducki. Attendance at this free 2-hour CE will be open to all licensed OTs in our district in celebration of OT month. It is an opportunity for people who have not yet joined TOTA to network with district members. Members, bring a friend to see what TOTA is all about! Space will be limited, so watch for the announcement coming soon and make sure to RSVP early for this special event.

On Saturday, July 14, Capital Centex District will host our annual fundraiser with a 4-hour CE event on the lifespan topic of Neurorehabilitation

Refresher: Application to Everyday Practice presented by Giuli Krug and Susan Jeantete. Save the date on your calendars.

The Capital Centex Board would like to extend special thanks to Joyce Pfleiderer for her years of service as treasurer. Her skills and many hours she volunteered have helped our district thrive. She passes the job on to our newest district board member, Katelyn Halby. This year two more positions will be up for transition: secretary and district chair. Please contact the district chair or vice chair if you are interested in more information on the positions or on ways of getting more involved in the district.

GULF COAST EAST DISTRICT UPDATE

By Anna Haertling, OTR, District Chair



Anna Haertling, OTR Chair, Gulf Coast East District Chair

Greetings, Gulf Coast East District!

I would like to start by wishing everyone a very Happy Occupational Therapy Month! During this

month, it is fun to step back and think about how much our profession has changed and evolved over the years, but to also look forward to the bright future of occupational therapy and how we will continue to help our clients live their lives to the fullest every day. I am excited to spend this month with you all, celebrating the distinct and wonderful profession of occupational therapy. To those of you who are TOTA members, THANK YOU! It is truly you who we celebrate this OT Month, as TOTA is the only

organization that advocates for you as an occupational therapy practitioner!

I would also like to extend a belated thank you to every one of you who attended the 2017 Mountain Central Conference in Austin! As you may know, we broke records with over 800 attendees, TOTA's largest conference attendance yet! I truly enjoyed being surrounded by so many of you that have the same passion for our great profession as I do. Many members of the Gulf Coast East District were honored with awards at the Annual Business Meeting. Congratulations to them, and all other awardees from across the state!

GCED Awardees:

- Timothy Reistetter, OTR, PhD, FAOTA (Roster of Merit)
- Gayle Hersch, OTR, PhD (Honorary Life Membership)
- Anna Haertling, OTR/L, MOT, CLT

(Distinguished Service Award)

- Lawrence Street Health Care Center & Lone Star College (Award for Clinical Excellence)

The Gulf Coast East District is gearing up for a great Occupational Therapy Month! Our event calendar for the month is not yet complete as of the date of this publication, so I would like to direct you to pay attention to your email, the Upcoming Events Calendar at www.tota.org, and TOTA's Facebook page and Twitter account, where service, social, and other events will be announced throughout the month. Keep an eye out!

In addition to OT Month events, the GCED has finalized its dates for upcoming meetings with continuing education presentations. Please mark your calendars for April 25, May 16, August 29, September 19,

Continued on page 18

FROM THE EDUCATION CHAIR

By Sophie L. Rydin, OT, PhD



Sophie L. Rydin, OT, PhD, TOTA Education Chair

OT Month is here! Are you and your colleagues planning any activities to celebrate? To help you with your brainstorming, here are what the MOT students at TWU Houston campus have in store for OT Month. You can use any of their ideas or just simply order a T-shirt or join them at any of their social events to support their OT Month celebration.

- 1. A Wellness Challenge** for OT students and faculty to compete among various teams with yoga, kickball games, and a bike/walk with families and pets to promote health and wellness through making small steps every day.
- 2. Assemble a running/walking team** to participate in the “Run for the Rose” 5K event at NRG Stadium on 4/8/2018 @ 8:30 AM to raise awareness about OT in addition to brain cancer. Visit the TWU OT booth at the post race party. To join the 5K, log in to their website - <http://drmarnierose.org/run-for-the-rose-2018/>
- 3. Specially designed T-shirts for OT Month** are available for fund raising. You can order a T-shirt through: <https://mkt.com/twu-houston-sota/item/pre-order-ot-month-t-shirt>
- 4. Give Back Nights** - Meet at Chipotle on 8505 S. Main on Mon 4/9 from 4 – 8 PM, and at Chick-fil-A on 3101 W. Holcombe on Wed 4/25 from 5 – 8 PM. 10% of the proceeds will benefit a nonprofit organization.
- 5. A social event with OT practitioners** from the medical center area to network and connect at Axelrad on Thur 4/5 at 5:30 PM.
- 6. Hosting a Social Media Challenge** by posting OT related themes for participants to respond by posting pictures to raise awareness among friends and family on what OT does through social media.
- 7. Hosting a Spirit Week** with OT related themes and dress up in costumes according to the themes, then post the pickers online to bring awareness to OT.

Save the dates of November 2 – 4, 2018 and make plans to attend the TOTA Conference in the Marriott Town Square in Sugar Land, Texas. Check out the TOTA website to see all the superb CE presentations in your district, attend the next district meeting to earn CE credits, network with students and clinicians, and participate in the district activities to support OT month in April. You can do more to help us recruit new members by sharing my article and information about membership benefits with your OT colleagues who are not TOTA members. Bring them with you to the district meetings.

I hope these creative and exciting activities from TWU OT students serve as a spring board to help you kick off your OT Month celebration. As usual, feel free to contact me at sophie.rydin@hcss.com, or 713-201-1270 with any questions or suggestions.

GULF COAST EAST, continued from page 17

and October 17, 2017. As usual, we will not have meetings in June or July, so enjoy your summer! We will also not be having a GCED monthly meeting in November since TOTA's 2018 Mountain Central Conference will be in our district that month, in Sugar Land on November 2-4! I hope that you will add these dates to your calendar and plan on joining us for free continuing education hours at district-level meetings. You heard it, free! Well, free for all TOTA members, that is.

Did you know that the Gulf Coast East District reaches all the way from Columbus to Orange and Nacogdoches to Galveston? Our monthly district meetings are broadcast from the Medical Center in Houston to 5 other sites throughout the Houston area and Galveston, but we are far from reaching every practitioner that lives within the district. Help us cover more ground by adding additional virtual meeting sites! It only takes 5 TOTA members to commit to a new site starting. Contact me ASAP if you are interested so that even more members can attend meetings to stay informed and be involved!

If you are seeking ways to become involved and want to connect with those who are already making a difference, please reach out to me at any time, and I will get you connected! If you haven't already, be sure to like our Facebook page “Texas Occupational Therapy Association - TOTA,” follow us on Twitter @TxOTA, and visit the Upcoming Events Calendar and GCED pages of the TOTA website for more information on upcoming continuing education opportunities and ways to get involved.

GCEDchair@gmail.com
573-587-2757 (cell)

AS IT RELATES TO ADL

By Patricia Boyer, EdD, MS, OTR, FAOTA and Lauro Munoz, OTR, MOT, FAOTA



Patricia Boyer, EdD, MS, OTR, FAOTA



Lauro Munoz, OTR, MOT, FAOTA

Some occupational therapy practitioners are writing goals that include the statement 'As it relates to ADL'. This can lead to interventions which are removed from occupation. For example, an occupational therapy practitioner writes a goal stating, 'patient will increase

upper body strength to 3+/5 to engage in ADL'. How many times do we see this in documentation? Adding the phrase does not automatically make treatment goals and intervention plans occupation based. Often the evidence provided in the literature continues to demonstrate a biomechanical approach to occupational therapy practice. In 2013 Glen Gillen stated during his Eleanor Clark Slagle lecture that "Smallfield and Karges (2009) aimed to classify occupational therapy intervention for stroke survivors on an inpatient rehabilitation unit. They discovered that more sessions were spent on pre-functional activities rather than on functional activities. In fact, almost 66% of sessions were not related to function. They further stated that "occupational therapists use pre-functional activities that aim to improve performance skills and body structures more often than occupation-based activities that incorporate meaningful activities into

therapy sessions (p. 412). How can that be?" (Gillen, 2012)

"In contrast, our colleagues in physical therapy performed a similar study to describe physical therapy interventions for people with stroke undergoing inpatient rehabilitation (Jette et al., 2005). They documented that fewer than 20% of interventions were classified as pre-functional and more than half would be classified as interventions related to areas of occupation using the language in our current practice framework (AOTA, 2008)." (Gillen, 2012) This should be of grave concern to occupational therapy practitioners. Based on these insights it seems occupational therapy practitioners are losing sight of the occupation in occupational therapy. If there were an observation of your treatment session would there be a notable difference between an occupational or physical therapy session?

Occupational therapy practitioners can seek continuing education courses that have a focus on occupation to strengthen their professional identity. Perhaps look for continuing education courses that focus on engagement in occupation-based practice. This focus in on occupation would allow occupational therapy to continue to thrive as a distinct discipline and help occupational therapy practitioners demonstrate our distinct contributions through practice.

Occupation based practice requires an understanding of the role, importance, and why of occupation in practice; the why of occupation requires not just the how or what of practice, but the theory behind practice which is the why of



occupational therapy practice. There are numerous occupation theories that can guide thinking as it relates to occupational therapy practice and it is important to identify one that can be used as a framework to guide you to an occupation-based practice. Occupation-based practice does not mean performing ADL every day. It allows you more flexibility in your treatment planning. A refocus to occupation in practice would mean undertaking reading the current literature linked to an occupation theory which would take any number of days to complete.

We need to create more continuing education courses that have a focus on specific treatment techniques and include how it can be incorporated into occupation-based practice. Many countries are already offering continuing education courses structured in this way. For example, Mexico recently sponsored a week long course on approaches to occupation-based practice. The training offered was based on the Model of Human Occupation (MOHO) and provided opportunities to link theory, assessments and interventions to occupation and provide base knowledge to build upon.

If occupational therapy is going to continue to thrive and grow as a discipline there is a need to consider ways to systematically refocus on occupation and to readily recognize it daily in practice rather than settling for a biomechanical approach to practice. 

MCC 2018
SAVE THE DATE
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114 Donatelli's Pathophysiology and Mechanics of the Shoulder with Lab

Robert Donatelli PhD, PT, OCS

Waco, TX May 12-13, 2018
Mesquite, TX August 25-26, 2018

256 Brain and Concussion Rehabilitation

Eli Day PT, MPT, ATP, cNDT

Plano, TX April 28-29, 2018

324 Vestibular & Oculomotor Rehabilitation for Children

Rose Marie Rine, P.T., Ph.D

Dallas, TX September 21-22, 2018

328 Blending SI and NDT Intervention Approaches in Children with Developmental Disabilities

Mary Hallway, OTR, NDTA, OT

San Antonio, TX September 29-30, 2018

337 Successfully Using Sign Language with Children Who Have Special Needs

Houston (Stafford), TX
Friday, July 20, 2018



JILL EVERSMANN, MS, CCC-SLP

329 Pediatric NDT Intensive Handling Techniques

Gail Ritchie, OTR, C/NDT

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384 Kinesio Taping® (Day 1-2)

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