2020 PITT OT COLLOQUIUM
What Makes PITT OT Great?
OTD and MOT Programs train entry-level practitioners
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Afnan Al Shahrani
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Floriane Renevey
Tzu-Wei Shao
CScD Program trains master practitioners and educators

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Online Doctor of Clinical Science (CScD) in Occupational Therapy

Enroll Now for Fall 2020

https://online.shrs.pitt.edu/occupational-therapy/
PhD Program trains scientists

Rachelle Brick, MOT, OTR/L
Minimizing Disability in Older Adults following Cancer

Jennie Dorris, MM
Investigating music-making interventions to support aging

Alex Harper, MOT, OTR/L
Optimizing Rehabilitation Services for People with Spinal Cord Injury

Amy Hartman, MOT, OTR/L
Examining Mechanisms of Sensory Processing in Pediatrics

Jessica Kersey, MS, OTR/L
Promoting Community Participation after Traumatic Brain Injury

Stephanie Rouch, MOT, OTR/L
Examining Health Service Utilization in Vulnerable Populations
Postdoctoral program trains scientists

Beth Fields, PhD, OTR/L
Optimizing Health Services to Support Older Adult Caregivers

Tara Klinedinst, PhD, OTR/L
Optimizing Occupation in People with Chronic Disease

Naor Demeter, PhD, OTR/L
Promoting Engagement in People with Neurological Disability

Assistant Professor
University of Wisconsin

Postdoctoral Trainee
University of Pittsburgh

Postdoctoral Trainee
University of Pittsburgh
NEW FACULTY

Kelsey Voltz
CScD, MOT, OTR/L
Instructor

Trains and supervises students in community placements, coursework; Oversees OT activities, students at Community Engagement Center
Personalized Education

Skills² Care

Improves the lives of people with dementia and their caregivers

Simulation

University of Pittsburgh
Department of Occupational Therapy
School of Health and Rehabilitation Sciences
State License Boards Permit Telehealth Services

03/18/2020

Licensed Health Care Practitioners Can Provide Telemedicine Services to Pennsylvanians During Coronavirus Emergency

Harrisburg, PA — Health care professionals licensed under any of the Department of State’s Bureau of Professional and Occupational Affairs (BPOA) licensing boards can provide services to patients via telemedicine during the coronavirus emergency.

Capable Kids, Inc. and University of Pittsburgh Level II Occupational Therapy Students Provide 500+ Telehealth Visits to Youth and Families
Rehabilitation in Primary Care

Geographic Variations in Post Acute Care Quality and Outcomes

Caregiver Training, Support

Decision Tools to Prevent Falls, Address Dementia in Nursing Homes

Community Engagement to Promote Health
2020 PITT OT COLLOQUIUM
Occupation and Participation
Our Profession’s Role in Community Health and Well-Being

Elizabeth R. Skidmore, PhD, OTR/L, FAOTA, FACRM
Professor and Chair, Occupational Therapy
Associate Dean of Research, Health & Rehabilitation Sciences
Assertions

• There is a strong and meaningful relationship among occupation, participation, health, and well-being

• Occupational therapy has a special role in optimizing this relationship; by promoting occupation and participation we can influence the health and well-being of our clients and communities.

• We have the necessary theory, evidence, and models to implement interventions and programs that promote occupation, community participation, and health
Coronavirus Disease 2019
CDC is responding to the novel coronavirus outbreak.
Learn More About COVID-19

Cloth Face Coverings
How to wear and use cloth face coverings.

Stress & Coping
Learn ways to manage and reduce stress for yourself and others.

What to Do if You are Sick
If you are sick with COVID-19 or suspect you are infected, take steps to help prevent the disease from spreading.
The 1918 influenza pandemic was the most severe pandemic in recent history. It was caused by an H1N1 virus with genes of avian origin. Although there is not universal consensus regarding where the virus originated, it spread worldwide during 1918-1919. In the United States, it was first identified in military personnel in spring 1918. It is estimated that about 500 million people or one-third of the world’s population became infected with this virus. The number of deaths was estimated to be at least 50 million worldwide with about 675,000 occurring in the United States.
Occupational Therapy
1917-1919
Photos courtesy of the archive of the American Occupational Therapy Association, Inc.
How Does Occupational Therapy Fit?

• In the midst of a pandemic?
• In the midst of social distancing?
• In the midst of economic crisis?
Occupational Therapy Distinct Value

Improves health and quality of life by facilitating participation and engagement in occupations, the meaningful, necessary, and familiar activities of everyday life.

Is client-centered, achieves positive outcomes, and is cost-effective.

Occupations are meaningful everyday life activities . . . used for the purpose of enhancing or enabling participation in roles, habits, and routines in home, school, workplace, community, and other settings.

The current view of health and function is influenced by the original Nagi’s disablement model (1965)

- **Pathology**: Interruption of normal processes
- **Impairment**: Anatomical, physiological, mental, or emotional dysfunction
- **Functional Limitation**: Limitation in performance at the level of the person
- **Disability**: Limitation in socially defined roles, tasks in the environment

In this model, activity and participation are depicted as distal outcomes of health, not potential causes of health.
We now recognize more complexity, but activity and participation are underspecified, after thought.

Health
(Disease, Disorder, Condition)

Body Function/Structure (Impairment)
Motor, Cognition, Mood, Anatomical, Physiological Structures

Environment
Physical, Social, Attitudinal

Activity (Limitation)
Self-care, Mobility, Domestic Life

Personal Factors
Gender, Age, Culture, Beliefs

Participation (Restrictions)
Education; Work/Volunteer; Leisure; Community; Personal/Social Roles
“Occupation promotes direct experience and performance - the fullest type of life” (Adolf Meyer)

“Occupation provides structure and organization; Occupation is person-centric” (William Rush Dunton)

“Occupation stimulates meaning, pleasure, the use of the body” (William Rush Dunton, Adolf Meyer)

“Occupation holds curative benefits” for thinking, mood, and movement (Eleanor Clarke Slagle)
Law et al., *Canadian Occupational Performance Measure 2015*

**“Need”**
- Personal Care
- Functional Mobility
- Paid, Unpaid Work
- Household Management
- Recreation
- Learning New Skills, Education

**“Execution of Task or Action”**

**“Want”**
Participation
"Involvement in Life Situation"

“Respect”
- Meaningful Engagement
- Access and Opportunity
- Personal, Social Responsibility
- Social Connectedness
- Inclusion, Membership
- Making an Impact, Supporting Others
- Choice & Control

“Dignity”

Hammel et al., What does participation mean? *Disabil Rehabil* 2008
Engagement in occupations, participation is associated with physical activity levels – a proxy for health

Minimum recommended level

\[ r_s = .57, \ p < .001, \ n = 41 \]
Limited engagement in occupation, community participation is also with depression, social isolation.

We must intervene to successfully confront “tsunami” of disease, secondary conditions, and disability.

Williamson & Schulz, 1992; Williamson & Shaffer, 2000
So, how do we intervene?
We need to expand beyond pathology to explore “new ideas about the interplay among chronic conditions, habits, roles, routines . . . choice, meaningful activities . . . and health outcomes.”

Occupational Therapy and Management of Multiple Chronic Conditions in the Context of Health Care Reform

One possible explanation is that occupational therapy places a unique and immediate focus on patients’ functional and social needs, which can be important drivers of readmission if left unaddressed.”  

p. 668
93% of frail older adults recruited in primary care set and achieved ADL/IADL goals

Toto et al., Arch Gerontol Geriatr, 2015

87% of benchmarks achieved for integration into existing LTSS program for Aging in Place

Dickson & Toto, Am J Occup Ther, 2018
Recently, in a letter to the Physician-Focused Payment Model Technical Advisory Committee, Secretary Alex Azar, United States Secretary of Health and Human Services wrote:

"I have asked [the CMS Innovation Center] to explore how the CAPABLE model could be incorporated into new risk-sharing arrangements available through the CMS Innovation Center's new payment and service delivery models."
Impairment-focused interventions reduce impairments; They do not necessarily restore activity, participation.
The Impact of Mild Stroke on Meaningful Activity and Life Satisfaction

Dorothy F. Edwards, PhD,† Michele Hahn, MSOT,∗ Carolyn Baum, PhD, OTR/L,∗† and Alexander W. Dromerick, MD,∗†

J Stroke Cerebrovasc Dis 2006

Patients with mild stroke are assumed to achieve full recovery with little or no intervention. However, recent studies suggest that such patients may experience persistent disability and difficulty with complex activities. We prospectively assessed the impact of mild stroke (National Institutes of Health Stroke Scale [NIHSS] score ≤ 5) with standard assessments of function, health-related well-being, activity participation, and stroke-specific quality of life. Of 771 patients admitted over 12 months, 377 had an NIHSS score of ≤ 5; of these, 244 met additional inclusion criteria, and 219 were assessed 6 months after stroke onset. Despite full independence in basic activities of daily living, many patients (87%) reported residual stroke-related changes. On average, 7 (standard deviation [SD] = 6.21) stroke-related problems (SD = 6.21) were reported on the Stroke-Adapted Sickness Impact Profile (SA-SIP). Changes in work, driving, and recreational activities were reported. Motor impairment as measured by the NIHSS or the Functional Independence Measure (FIM) motor subscale did not influence scores on outcome measures. Regression analysis predicting life satisfaction ($R^2 = .62$) was computed. Our results indicated that SA-SIP score, emotional well-being, and activity participation were significant, but age, race, sex, NIHSS score, and FIM motor and cognitive

Despite minimal to no physical impairment and independence in mobility and self-care

87% reported limitations in activities that they deemed meaningful, essential
Of those with little or no physical impairments 52% had restrictions in community participation 2 to 3 years later.
Beyond physical activity, cognitive stimulation to engagement in meaningful, essential activities
Evidence indicates that certain elements are necessary to promote restoration of occupation, participation.

Programs must focus on:
1. Salient (Personally Meaningful) Activities
2. Goal Setting, Goal Achievement Strategies
3. Structured Approach to Training
4. Learning through Practice ("doing")
Evidence indicates that certain elements are necessary to promote restoration of occupation, participation.

Programs must focus on:

1. Salient (Personally Meaningful) Activities
2. Goal Setting, Goal Achievement Strategies
3. Structured Approach to Training
4. Learning through Practice (“doing”)
Start by having the client and family identify and prioritize personally meaningful, important daily activities
Evidence indicates that certain elements are necessary to promote restoration of occupation, participation.

Programs must focus on:

1. Salient (Personally Meaningful) Activities
2. Goal Setting, Goal Achievement Strategies
3. Structured Approach to Training
4. Learning through Practice (‘‘doing’’)

University of Pittsburgh
Department of Occupational Therapy
School of Health and Rehabilitation Sciences
Good goal setting practices require time and precision to be effective in promoting learning, change

• Identify one activity or problem and set a specific, measurable, achievable goal

• Break down complicated activities into smaller ones and pick one smaller activity or problem to address first

• Be precise

What is the activity or problem?
What would you like to happen?
How will you know if you met your goal?
Evidence indicates that certain elements are necessary to promote restoration of occupation, participation.

Programs must focus on:
1. Salient (Personally Meaningful) Activities
2. Goal Setting, Goal Achievement Strategies
3. Structured Approach to Training
4. Learning through Practice (“doing”)
START

1. SELECT AN ACTIVITY
2. TRY & ASSESS
3. REFLECT ON PLAN
4. TRY & DEBRIEF

REWARD SUCCESS
If the client has cognitive impairments, try strategy training to structure planning and problem solving

Adapted from Cognitive Orientation to daily Occupational Performance (Polatajko et al., 2004); Guided Discovery (Wales et al., 1986);

- Facilitate client’s own self-monitoring, self-evaluation
- Use guided discovery to expose risks and opportunities

One thing at a time
Ask, don’t tell
If needed, coach, don’t adjust
If needed, then make it obvious
The CO-OP Approach

About CO-OP

Cognitive Orientation to daily Occupational Performance (CO-OP) is a therapeutic treatment approach for people (children and adults) who have difficulties performing everyday skills. CO-OP is an active iterative client-centered meta-cognitive approach that employs collaborative goal setting, dynamic performance analysis, cognitive strategy use, enabling principles and guided discovery to promote skill acquisition, generalization and transfer.

Internationally acclaimed by professional therapists and researchers, it is a therapy that guides individuals to independently discover and develop cognitive strategies to perform tasks such as writing, skipping, bicycling, typing, and other daily living skills.

Research with this new approach has shown that, given the time and right strategies, people with difficulty learning, or re-learning, motor-based skills can master a large variety of skills.
Occupation-focused strategy training associated with significantly greater improvements in activities of daily living

Skidmore et al., *Neurorehabil Neural Repair*, 2015

Both interventions offered in addition to usual inpatient rehabilitation
Occupation-focused strategy training associated with significantly greater improvements in executive functions

Scaled scores adjusted for age, education (mean=10, SD=3)

Skidmore et al., Neurorehabil Neural Repair, 2015;29:668-76
Occupation-focused strategy training associated with significantly lower apathy symptoms over time.
Social capital interventions targeting older people and their impact on health: a systematic review

Laura Coll-Planas,1,2 Fredrica Nyqvist,3 Teresa Puig,2,4 Gerard Urrutia,2,5 Ivan Solà,2,5 Rosa Monteserín2,6

J Epidemiol Community Health 2017;71:663–672

ABSTRACT

Background Observational studies show that social capital is a protective health factor. Therefore, we aim to assess the currently unclear health impact of social capital interventions targeting older adults.

Methods We conducted a systematic review based on a logic model. Studies published between January 1980 and July 2015 were retrieved from MEDLINE, EMBASE, CINAHL, PsycINFO, Cochrane Central Register of Controlled Trials and Web of Science. We included randomised controlled trials targeting participants over 60 years old and focused on social capital or its components (eg, social support and social participation). The comparison group should not promote social capital. We assessed risk of bias and impact on health outcomes and use of health-related resources applying a procedure from the Canadian Agency for Drugs and Technologies in Health (CADTH) based on vote-counting and standardised decision rules. The review protocol was registered in PROSPERO (reference number CRD42014015362).

“Social capital interventions”

Interventions focused on improving social support, social participation, linking (relationship between people who possess unequal wealth, power and status), community (neighbourhood) and macro (society) contexts.5-6 Accordingly, we use social capital to refer to an evaluative concept in which social resources (social

“Eight trials of high quality showed favorable impact on overall health, mental health, physical health, mortality, and use of health-related resources.”
“Volunteering was associated with reduced symptoms of depression, better self-reported health, fewer functional limitations, and lower mortality.”
Evidence suggests that occupation, participation are not just distal outcomes of health.

Rather occupation and participation are important elements of health, and

Interventions that promote occupation, participation can directly influence health and well-being.
Our Call to Action in Practice, Education, and Research

“Man, through the use of his hands, as they are energized by mind and will, can influence the state of his own health”

Mary Reilly. Eleanor Clarke Slagle Lecture
Our Call to Action in Advocacy, Policy, and Public Health

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”

Martin Luther King Jr.
Occupation and Participation
Our Profession's Role in Community Health and Well-Being

Elizabeth R. Skidmore, PhD, OTR/L, FAOTA, FACRM
Professor and Chair, Occupational Therapy
Associate Dean of Research, Health & Rehabilitation Sciences
Colloquium Awards
AWARD OF APPRECIATION

Sarah Papperman, MPH, CPH

For supporting PITT OT students through education and service
CLINICAL/COMMUNITY EDUCATOR AWARD

Garrett Bowers, MOT, OTR/L

For demonstrating dedication to high quality education of occupational therapy students in Level I fieldwork
CLINICAL/COMMUNITY EDUCATOR AWARD

Michael Balandiat OTR/L, CHT, MMT, CPAM

For exhibiting superior skills and abilities in practice, management, and professionalism in Level II fieldwork
STUDENT AWARDS

Michelle Beck
OTD Class of 2021
Caroline Robinson Brayley
Student Enrichment Award

Haley Feller
OTD Class of 2020
Joan C. Rogers
Occupational Therapy Award

Monica Morrison
OTD Class of 2020
Occupational Therapy Award of Professional Excellence
POTA AWARDEES

RESEARCH AWARD
For advancing occupational therapy research in neurorehabilitation

Amit Sethi
PhD, OTR/L
Assistant Professor

ACADEMIC EDUCATOR AWARD
For excellence in occupational therapy education

Alyson Stover
MOT, JD, OTR/L, BCP
Assistant Professor

FIELDWORK EDUCATOR AWARD
For excellence in fieldwork education and professional mentorship

Carrie Isasky
MOT, OTR/L
Occupational Therapy Coordinator
UPMC Children's Hospital
AOTA ROSTER OF FELLOWS

Joanne Baird
PhD, OTR/L, CHSE, FAOTA
Associate Professor
PIONEERING BEST-PRACTICE SIMULATION IN OCCUPATIONAL THERAPY

Juleen Rodakowski
OTD, MS, OTR/L, FAOTA
Assistant Professor
ADVANCING OCCUPATIONAL THERAPY FOR AGING IN PLACE
Doctor of Occupational Therapy Class of 2020

Doctoral Capstone Projects

University of Pittsburgh
Department of Occupational Therapy
School of Health and Rehabilitation Sciences
Poster Session

The virtual poster session focuses on bringing the concept of the poster presentation beyond the four walls of a conference. Occupational Therapy (OTD) educators demonstrate current practice and demonstrates syntigraphy.

- After the Injury: A Resource for Pediatric Acquired Brain Injury
  - Developing a Multi-Domain Intake Battery for Participation in a Wellness Program for Older Adults with Mild Cognitive Impairment
  - Positive Opportunities for Positive Engagement: A Non-Pharmacological Chronic Pain Management Program for People Living with HIV/AIDS
  - The F.O.R.E.S.T. Program: Post-Transition Enrichment for Young Adults with Disabilities
- Community Engagement in Adult Training Facilities: Exploring Workplace Dynamics to Promote Client-Centered Practice
  - Aging in PACE: Implementation of an Evidence-Based, Cognition-Focused Program to Increase Participation of Community-Dwelling Older Adults
  - Standardizing the Discussion Around Nutrition and Healthy Behaviors in a Pediatric Primary Care Clinic
  - Communities Moving Together: A Novel Physical Activity Promotion Program for Low-Income Families
- Educating Pediatric Residents on Occupational Therapy and Sensory Processing through a Multimodal Educational Approach
Presentations will begin every 15 minutes starting at 4:00 pm (last one starts at 5:15 pm)

To ask a question, type it into the chat window

The students will read the questions and provide answers

To access a new poster session, return to the event webpage

When done, download and complete certificate of attendance