



PRE-CONFERENCE

FRIDAY

October 5, 2018

12:00 TO 1:00 pm **REGISTRATION**

1:00 TO 2:30 pm

PTSD and Moral Injury: How OTs are Uniquely Equipped to Help Veterans and First Responders

Jenny Owens, OTD, OTR/L

With suicide rates of veterans and first responders climbing, the mental health of our nation's military and public safety personnel is garnering more attention than ever before.

Specifically, society is looking at the long term impact of witnessing trauma and seeking to better understand the occurrence and treatment of both of post traumatic stress disorder (PTSD) and moral injury.

Occupational therapists have operated at the forefront of post-combat care since the profession's inception around the time of WWI. Our unique perspective and functional interventions target whole-person wellness and are not limited to addressing wounds that are physical in nature. And yet, our role in treating individuals healing from "invisible" wounds such as PTSD and moral injury is still ill-defined.

This session will offer background on the diagnosis of PTSD and the relatively newly coined term, "moral injury" and will describe their functional impact on military veterans, first responders, and their families. It will educate OT practitioners on therapeutic interventions to facilitate functional improvements in these populations across all areas of occupation. We will explore how the occupational therapist's approach differs from, but is complementary to, the psychiatric practitioner's and we will discuss several strategies OTs can use to avoid the trap of merely addressing symptoms when their origins, in the case of PTSD and moral injury, go much deeper.

Finally, we will describe REBOOT and Firstline, community-based, peer-led programs designed to help combat veterans, first responders, and their families heal from the spiritual and moral wounds associated with line of duty stress and trauma. These programs originated in 2011 in middle TN and have now spread to 140+ locations worldwide. We will share current data supporting the programs' efficacy and outline plans for future development. For more information, visit www.rebootalliance.com.

2:30 to 2:45 pm **BREAK**

2:45 to 4:15 pm

How to implement Mental Health into Daily Practice, Including Discussion on Emerging Adults and Mental Health Court

Christine Manville, EdD, OTR/L and Kaylin Flamm, OT

In order to demonstrate the value of occupational services and emerging practice areas that focus on mental health and wellness, practitioners need to understand how to frame service provisions using more than the traditional medical model. The speakers will discuss their experiences on framing service provisions in the Park Center Emerging Adults Program and in the Rutherford County Mental Health Court. By the end of the session, attendees will be able to delineate and describe the role and responsibilities of the occupational therapist within a community setting's existing treatment team. Attendees will also gain an understanding of how to use the Recovery Model to frame their services through participation in interactive case studies.

SATURDAY

October 6, 2018

7:00 to 8:00 am REGISTRATION

8:00 TO 9:30 am KEYNOTE
James Jackson, PsyD

9:45 to 11:15 am

1. **Role of OT and PT in the Treatment of Neuromuscular Disease - Adult (INTRO)**

Janna Knickerbocker, BSOT, OT/L, BCPR and Kim Carter, PT, NCS

This presentation will provide a brief overview of the following diagnosis: ALS, Inclusion Body Myositis, Limb Girdle MD, Spinal Muscular Atrophy Type III and IV, and Huntington's Disease. These are not commonly seen diagnosis, but effective OT and PT interventions will greatly improve the client and caregiver's quality of life. This presentation will discuss OT and PT interventions and goals at different stages of the illness. The latest research on the role of exercise with each population will be described. Recommended adaptive equipment, bracing and splinting, and mobility devices will be presented.

2. **Special Interest for Hand Therapy -- Rehab (INTERMEDIATE)**

Peggy C. Haase, OTR, CHT

Networking with therapists interested in hand therapy and improving skills when working with the patients with hand dysfunction and injuries. Updates on new techniques in occupational therapy hand therapy. Updates on improving hand function. Attendees will have the opportunity to share challenging cases with hand and upper extremity patients. Orthotic demonstration by the instructor.

3. **Collaborative Parent Coaching: An Alternative Handwriting Intervention for Kindergarten Students - Children & Youth (ADVANCED)**

Cindy Poole, OTD, OTR/L

The effectiveness of parent coached home programs was researched as an alternative service model as to facilitate access to evidence-based instruction and improve handwriting skills in unserved kindergarten students. Preliminary results support parent coaching as a viable intervention

4. **Utilizing Evidenced Based Practices in Occupational Therapy - General (INTERMEDIATE)**

Krista Belding, OTA/S and Susan Sain, MS, OTR/L, FAOTA

This interactive workshop explains the importance of using Evidence Based Practices in OT. Several current practices used in OT are reviewed for evidence and discussed. Methods to research reliable studies are explored, then listeners will use these skills to review articles.

10:45 am to 12:00 pm POSTERS

12:00 to 1:30 pm **LUNCH ON OWN**

1:30 TO 5:00 (INSTRUCTORS TO GIVE TWO 15 MINUTE BREAKS)

1. **State of the Art Mental Health Assessment: Incorporating the Recovery Model Into Your Practice - Mental Health (INTRO)**

Elicia Cruz, PhD, OTR/L

OT assessments in mental health traditionally measure performance skills that may be impaired by symptomatology. Contemporary practice requires a broader, recovery-oriented approach. This course offers learners an opportunity to incorporate broader aspects of mental health assessment into practice.

2. **Orthosis Fabrication Workshop - Rehab (INTERMEDIATE)**

Peggy Haase, OTR, CHT

Updates on new techniques in occupational therapy hand therapy. Updates on improving orthosis fabrication skills. Attendees will have the opportunity to share challenging cases with hand and upper extremity patients. Orthotic demonstration by the instructor. Fabrication of an orthosis by attendees.

3. **The “Write Choice” - Children & Youth (limit 30) (INTERMEDIATE)**

Jerri Kiser, OTR/L, DAFWC and Mary Mullins, OTR/L

Interactive workshop to include discussion of handwriting development and remediation strategies in school age children. Multiple activities and techniques will be demonstrated from various programs that address skill development as related to handwriting. Workshop is limited to 30 participants.

1:30 TO 3:00

1. **Quick and Efficient Standardized Assessments in Acute Care - Rehab**

Julia Jones, MS, OTR/L and David McGuire, OTR/L

Best practice promotes the use of standardized assessments when possible. In the fast-paced acute hospital setting, often standardized assessments need to be quick to perform due to time constraints. In this short course, participants will be introduced to standardized assessments that are easy and quick to perform when assessing adult patients in the hospital setting. Assessments and screening tools that will be explored will focus on cognition, vision, and physical dysfunction as well as occupational performance tasks. Participants will have the opportunity to learn about these assessments and practice administering them to colleagues while learning limitations, time required to for administration, reliability, validity and most importantly, when to use each one.

2. **Simple Strategies for Improving Handwriting Legibility - Children & Youth (INTRO)**

Anne Zachary, PhD, OTR/L and Lauren Woods, MS, OTR/L

Occupational Therapists evaluate and treat children with handwriting challenges and should know of a variety of handwriting. This session will cover research on

typical/atypical pencil grasps, describe 5 handwriting errors, and explain 3 techniques for increasing handwriting legibility.

3:00 TO 3:15 **BREAK**

3:15 TO 4:45

1. **Errorless Learning: Improving Outcomes for Clients with Cognitive Impairment - Rehab (INTERMEDIATE)**

Jessica Crowe, OTD, OTR/L

As the prevalence of cognitive impairment increases, there is a need for evidence-based treatment approaches to improve client outcomes. This session will explore evidence from neuropsychology to teach participants how to design interventions using errorless learning approaches.

2. **Sensory Rooms: Review of Current and Future Uses and Considerations for How to Create One - General (INTERMEDIATE)**

Cathleen St. Dennis, OTD, OTR/L and Guin Bennet, DC

This presentation provides a background on sensory rooms with current uses through published literature as well as practical uses through a YouTube content analysis. Considerations on how to construct sensory rooms, commercially and DIY for a variety of populations and settings will be presented.

SUNDAY

October 7, 2018

7:00 to 7:30 am REGISTRATION

7:30 to 9:00 am BUSINESS MEETING and LEGISLATIVE UPDATE

9:00 to 12:00

1. **Informative Practices Addressing Trauma-Related Disorder in OT: Human Trafficking as an Emerging Area of Practice - Mental Health (INTERMEDIATE)**

Brittany Cobble, OTD, Aspen Poston, OTS, Angie Jones, OTAS, Kaitlyn Richesin, OTAS, Amber Napier, OTAS and Carly Harrison, MS, OTR/L

This course will focus on OT's role in addressing the occupational needs of human trafficking survivors, and will offer tools for implementing the occupational therapy process at various stages of recovery using a trauma-informed and occupation-based model specifically designed for survivors.

2. **Car Fit Technician Training - Productive Aging (INTRO)**

Debra Gibbs, EdD, MHS, OTR/L, CAPS, FAOTA and Donna Whitehouse, MHA, OTR

This session will prepare the occupational therapy practitioner to perform the Carfit technician duties. The educational program allows the occupational therapy practitioner an ability to assist older adults in proper fit, comfort, and safety in their personal vehicle.

3. **Three Keys for Overcoming Resistance to Change - General (ALL LEVELS)**

Peter Vajda, PhD

So much of what stands in the way of successful, sustainable change are the perception, rationalizations, justifications, excuses and stories we've created (as children) that keep us locked in old habits and patterns as adults. In this presentation/workshop, Dr. Peter Vajda shares his knowledge, experience, and training of how and why we resist change. Participants explore and share their experiences with resistance to change, and discuss what's holding them back. Together we look at the underlying cause of our resistance. Peter then provides valuable insights, practical exercises, and powerful tools to support participants to accept, engage and embrace change from a place of equanimity, serenity and inner peace in their lives at work, at home, at play and in relationship.

4. **Functional Cognition: Bringing Occupational Therapy's Distinct Value to Everyday Practice - Rehab (INTERMEDIATE)**

Jessica Crowe, OTD, OTR/L and Brooke Holland, OTD, OTR/L

Functional cognition directly impacts daily occupational performance. This presentation will help clinicians evaluate and address functional cognition, highlighting occupational therapy's distinct value in this area of practice.

9:00 to 10:30

1. **Hands-on treatment: An Ortho Manual Therapy Approach for Restoring Occupation After Injury to the Forearm Complex - Rehab (INTERMEDIATE)**

Jamie Bergner, OTD, OTR/L, CHT, COMT

“I want to give my kids a high-five,” your client states. Understanding forearm kinematics and anatomy is challenging. Using an orthopedic manual therapy approach, the learner will gain confidence to evaluate and treat the forearm complex. Your clients will give *you* a high-five!

2. **Home Modifications for Aging in Place: An Overview of Products, Evidence, and Funding - Productive Aging -- Productive Aging (INTRO)**

Deidre Roberson, OTD and Elicia Cruz, PhD, OTR/L

This course will introduce participants to home modification products and funding sources. Participants will evaluate common theories to guide occupational therapy in this area of practice and evidence for client utilization of home modifications recommended by therapists.

3. **Learning Strategies for People with Attention and Learning Disorders - Children & Youth (INTERMEDIATE)**

Lauren Beard, MOT, Rita Troxtel, OTD, OTR/L, Christine Watt, MS, OTR/L, Thaddeus Meyer, COTA

This presentation addresses the needs of children, youth, and adults with learning and attention difficulties. Occupational therapy practitioners will learn about best practices and strategies for interventions in grade school, high school, and college settings to maximize student learning.

10:30 to 10:45 **BREAK**

10:45 to 12:15

1. **Bridging Research and Practice: Developing a Pediatric Community of Practice through TNOTA - Children & Youth (INTERMEDIATE)**

Cindy Blackwell, OTD, OTR/L

TNOTA launched a pediatric Community of Practice to connect OTs with one another to identify and solve practice issues. This session discusses the process of developing a CoP at the state-association level. Participants will learn to use a CoP to solve practice issues across practice settings.

2. **Functional Adult Home Programs - Current Evidence for Using Occupation Based Programs Instead of Exercise Based - Rehab (INTERMEDIATE)**

Jerry Williams, OTD, OTR/L

The purpose of this presentation is to provide evidence for and demonstrate how to create a functional activity-based home exercise program for adults. These programs are intended to be a bridge between skilled occupational therapy and independent engagement in the home environment.

12:15 to 1:45 LUNCH ON OWN

1:45 to 4:00 Ethics and Jurisprudence