

NCTA Nebraska Occupational
Therapy Association

Annual Fall Conference

October 12-13, 2012

Regency Lodge

909 S. 107 Ave

Omaha, NE

Featured Speakers

Pre-Institute: Setting Your Sites on Low Vision: Helping Clients with Vision Loss Reach Their Functional Goals

Evelyn Katz, BSOT,
OTR/L



Keynote Address: Pushing the Limits



Gina Giaffaglione

Track 1: Integrating Pediatric NDT Principles into OT Practice

Holly Schifsky, OTR/L,
CBIS



Track 2: Tone Management: Assessment, treatment, and use of Focused Rigidity Casting (FRC) to maximize function

Lynn Dolezal, OTR/L



Track 3: Introduction to Myofascial Release Therapy

Jan Kelly, OTR/L, LMT



Conference At-A-Glance Schedule

Friday, October 12

12:00-1:00 pm:

- Registration Opens

1:00-4:00 pm:

- Pre-Institute:

4:00-5:00 pm:

- Registration
- Vendors
- Networking
- Posters

5:00 pm:

- Keynote Speaker
- Introduction of Board Members
- NOTA Awards
- Lobbyist Update

7:00-8:30 pm:

- Networking Reception (Refreshments will be served)

Saturday, October 13th

7:30-8:30 am:

- Registration (Light breakfast will be served)

8:30 am-12:00 pm:

- Sessions (3.5 CEUs)

12:00 pm-1:30 pm:

- Lunch will be served
- Posters
- Vendors
- Prize drawings

1:30-5:00 pm:

- Sessions (3.5 CEUs)

Registration Fees

Registration for conference & membership are available online at www.notaonline.org

	Full Conference (11 CEUs possible)	Friday Only (3 CEUs possible)	Saturday Only (8 CEUs possible)
NOTA Member OTR	\$175	\$100	\$150
Non-member OTR	\$225	\$150	\$200
NOTA Member COTA	\$150	\$75	\$125
Non-member COTA	\$200	\$125	\$175
NOTA Member Student	\$75	\$50	\$50
Non-member Student	\$125	\$75	\$100

Cancellation Policy: If notification of cancellation occurs prior to October 10th, 2012, refunds will be given less a \$20 administration fee. **Online registration due by October 5th.**

Continuing Education Sessions

The Pre-Institute and Keynote Speaker are unopposed educational sessions. Participants may choose 1 of 3 continuing education session tracks for Saturday, October 13th. Participants cannot move between tracks and will not receive partial credit for attendance of a portion of a course. When you register, you will be asked to rank your preference for your track. You will be placed in your top choice according to registration. Seating is limited for each track, so register early! (Day of conference registration by check will be available as seating allows.)

Registration for conference will be available online at www.notaonline.org.

Keynote Address: Pushing the Limits
Keynote Speaker Qualifications: Gina Giaffaglione has been paralyzed for 4 years due to a car accident. She has been speaking with Jena Munson, the Recreation Therapist at Immanuel Hospital, for two years to high school students around the Nebraska area about making smart decisions. She has also spoken independently to high schools and colleges in the Nebraska and Iowa areas about making smart decisions as well.
Keynote Description: The goal of Gina's keynote session is to inspire and encourage people, both walking and rolling, to live life to the fullest no matter what obstacles may be thrown in their path. Everyday someone faces a new challenge; it's up to the individual to create new paths in life to overcome those challenges, and Gina hopes to help inspire some of those creative thoughts.
Pre-Institute: Setting Your Sites on Low Vision: Helping Clients with Vision Loss Reach Their Functional Goals

Speaker qualifications: Evelyn Katz, BSOT, OTR/L has been the full time occupational therapist at the Weigel Williamson Center for Rehabilitation, affiliated with UNMC since it opened its doors in April, 2008. She has worked with addressing the needs of clients with low vision for 10 years. Evy, as she prefers to be called, has presented on low vision rehabilitation locally and regionally to rehab professionals and community groups. She has been a guest lecturer for College of Saint Mary and Creighton OT students. She also presents to ophthalmology residents at UNMC on the topic of low vision rehabilitation. She has co-authored a column "Low Vision Alert," in *Momentum*, the magazine of the National MS Society with her sister, Joyce Cohen for 3 years. She recently co-authored the chapter "Working with Elders Who Have Vision Impairments", in the third edition of *Occupational Therapy with Elders, Strategies for the COTA*. Evy facilitates a low vision support group at the Weigel Williamson Center once a month.

Course Description: Participants will learn to recognize how vision loss may limit a client's participation and safety at home and in the community. We will focus on strategies to help OT practitioners utilize client centered adaptations for functional activity and provide guidelines for referral to low vision specialists and community resources

Course Objectives:

- Describe basic eye anatomy, function and common eye conditions resulting in vision loss
- Identify activities of daily living most often affected by vision loss
- Learn visual and non-visual adaptations to help clients maximize their vision, safety and participation
- Identify community and national resources available for clients with low vision
- Understand criteria for referral to low vision specialists
- Be informed about education resources and programs for OTs to increase their knowledge & competency in the area of Low Vision Rehabilitation

Track 1: Integrating Pediatric NDT Principles into OT Practice

Speaker Qualifications: Holly Schifsky, OTR/L, CBIS is a 1997 graduate of the University of North Dakota Occupational Therapy Program. She has been practicing for over 16 years within a variety of pediatric settings. She was the former Pediatric Program Manager at Madonna Rehabilitation Hospital in Lincoln, Nebraska with over 14 years experience working with pediatric brain injury, spinal cord injury, burn injuries, major multiple trauma, and developmental delay. She has been the guest speaker at many pediatric regional and national conferences. She received the 2004 GeorgeAnn Clausen Award for exceptional patient care, the 2005 Nebraska OT Practitioner of the year, and the 2010 BryanLGH Trauma Champion Award. Currently she is the senior pediatric specialist in the NICU at the University of Minnesota Amplatz Children's Hospital, working full-time with the focus on feeding/swallowing, developmental interventions, and long-term follow-up for premature and developmentally delayed infants. She resides in Andover, MN with her husband and three sons.

Course Description: This course will focus on the development of motor skills for children 0-5 years of age and the integration of NDT clinical techniques to facilitate normal development. This will be a course with lecture and lab, so participants will get hands-on skills of motor facilitation. Participants are asked to bring a doll to use for facilitation techniques.

Course Objectives:

- Understand neurological infant development of synergistic movement patterns
- Demonstrate NDT techniques to facilitate rolling, sit to stand, and transitional movements
- Apply advanced clinical skills for KT, feeding, and joint mobilization.

Track 2: Tone Management: Assessment, treatment, and use of Focused Rigidity Casting (FRC) to maximize function.

Speaker Qualifications: Lynn Dolezal, OTR/L is currently an inpatient occupational therapist at Madonna

Rehabilitation Hospital in Lincoln, NE on the Alexis Verzal Children's Rehabilitation Hospital. She has 7 years of experience working with pediatric and adult brain injury, spinal cord injury, CVA, burns, and other neurological injuries. Lynn is certified as a Brain Injury Specialist (ACBIS), Child Passenger Safety Technician, and with physical agent modalities. She also has experience with serial and inhibitory casting, splinting, Ness H200, and vision therapy.

Course Description: Abnormal muscle tone is a battle that occupational therapists are always fighting in an effort to maximize UE function and independence. This course will help you understand how to best manage abnormal muscle tone and give you an in depth look, including lab time, at Focused Rigidity Casting (FRC), which is being widely used as a splinting treatment intervention.

Course Objectives:

- Provide an overview of central nervous system injury to muscle tone.
- Discuss the various types of muscle tone and movement patterns.
- Understand how to assess muscle tone.
- Discuss treatment of abnormal muscle tone including pharmacological management, botox, serial and inhibitory casting, and other interventions.
- Discuss what Focused Rigidity Casting (FRC) is and how it is used as a splinting intervention for positioning with abnormal muscle tone.
- Lab time: Fabricate elbow extension FRC and resting hand or thumb spica FRC.

Track 3: Introduction to Myofascial Release Therapy

Speaker Qualifications: Jan Kelly, OTR/L, LMT received her bachelor's of science, major in occupational therapy and minor in psychology from Texas Women's University in 1988 and has been licensed as a massage therapist since completing the massage therapy certificate program in 2000 from Texas Massage Institute. Jan Kelly has trained extensively with John F. Barnes, PT, founder of the Myofascial Release Approach and has been utilizing **Myofascial Release** since 1998 and has been an assistant instructor with John F. Barnes at Myofascial Release Seminars nationwide. Jan's ability to blend traditional occupational therapy with Myofascial Release and other holistic approaches allows her to treat each individual in a manner that is nurturing, safe and highly effective.

Course Description: Symptoms are the tip of the iceberg of a much deeper problem – Myofascial restrictions! Trauma and the resultant inflammatory response create myofascial restrictions that ultimately create the symptoms. MFR addresses the chronic inflammatory response of fascial restrictions to alleviate symptoms and allow the body's natural healing capacity to function properly. Participants are asked to wear loose fitting clothing (shorts and t-shirt) and they may bring a blanket or yoga mat to pad the tables that will be used when practicing techniques.

Course Objectives:

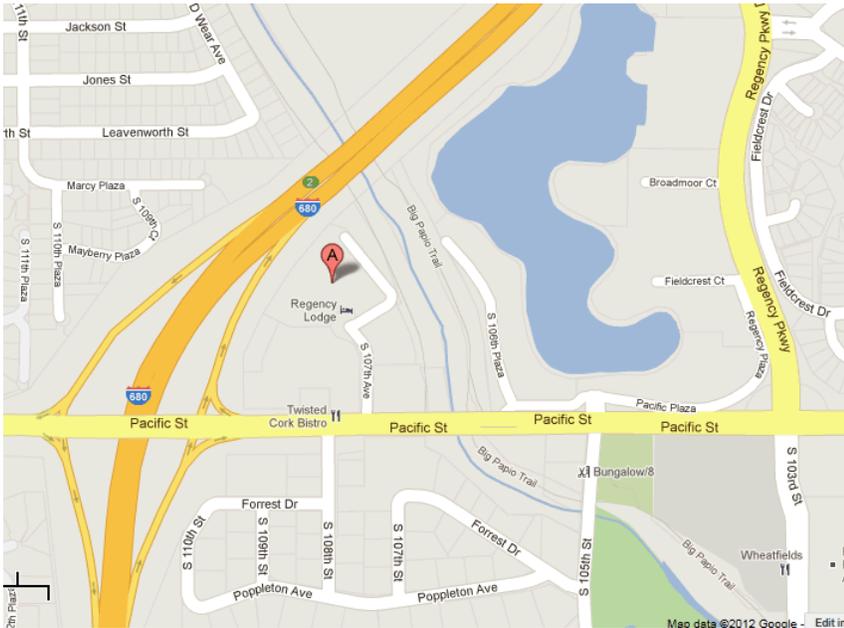
- Provide an introduction to Myofascial Release Therapy, John Barnes' Approach.
- Participants will learn MFR Theory, Anatomy of Fascia and Related Structures, Whole Body Inter-Relationships, Development of Palpations Skills, and Evaluation Procedures.
- Specific Techniques covered during workshop portion of the class include Cross-Hand Technique, Psoas Release and Occipital Condyle Release.

Conference Location

Location

Regency Lodge
909 S. 107th Ave
Omaha, NE 68114
402-397-8000

Location Map:



Hotel Information: Rooms have been reserved for the NOTA conference for a conference rate of \$89 per night. Please make reservations by **September 25th, 2012** and mention the NOTA Conference Rate. More information about the hotel as well as reservation information can be found at www.regencylodge.com

Parking: Parking is readily available in the parking lots surrounding the hotel.

Questions about conference? Contact the NOTA assistant (NOTAassistant@gmail.com), Lindsay Tuxhorn (ltuxhorn@madonna.org) or Brooke Murtaugh (bmurtaugh@madonna.org).