









NOTA Virtual Annual Conference April 23-24th, 2021

<p>Pre-Institute Session 1: AOTA Framework - 4th Edition</p>	<p>AOTA Commission on Practice</p>
<p>Pre-Institute Session 2: Mission: Lifeline Stroke - Addressing the Medical and Rehabilitation Needs of Nebraska Stroke Survivors</p>	<p>Beth Malina, RN, BSN, CNRN </p> <p> Kristy S.E. Weissling, SLP.D., CCC-SLP</p> <p>Lou Jensen, OTD, OTR/L, C/NDT, LSVT-BIG Certified </p> <p>Stacie Christensen, PT, DPT, NCS</p>
<p>Keynote Address: Helping Everyone Achieve Their True Potential</p>	<p>Alex Watters </p>

<p>Track 1 (morning track):</p> <p>Impact of Vision and Motor skills on Child Development and Learning</p>	<p>Kristen Pfeil, OTD, OTR/L </p> <p> Rachel Smith, OD</p>
<p>Track 2 (morning track):</p> <p>Courageous Compassion: Occupational Therapists' Discussion on the Emotional and Psychological Impact of COVID-19 and the New Normal</p>	<p>Colleen Spellman, OTD, OTR/L </p> <p> Andrea Thinnnes, OTD, OTR/L</p> <p>Hannah Wieger, OTR/L, CLT </p>
<p>Track 3 (morning track):</p> <p>Hippotherapy: It's Not Just a Pony Ride</p>	<p>Kaiti King, OTD, OTR/L</p>
<p>Track 4 (afternoon track):</p> <p>In the Driver's Seat: Adaptive Driving In and After the Rehabilitation Setting</p>	<p>Erin Young, OTD, OTR/L</p>
<p>Track 5 (afternoon track):</p> <p>Occupational Therapists and Pelvic Health: A General Practitioners Guide to Pelvic Floor Dysfunction Throughout the Lifespan</p>	<p>Ashley Sass, MOT, OTR/L, CPAM, LSVT-BIG, Pelvic Floor Rehab Specialist </p> <p> Brittney Gilligan, OTS</p>
<p>Track 6 (afternoon track):</p> <p>Justice, equity, diversity, and inclusion: Raising the bar in occupational therapy practice</p>	<p>Khalilah Johnson, PhD, MS, OTR/L</p> <p></p>

Conference At-A-Glance Schedule

Friday, April 23rd

1:30-2:30pm (1 CEU)

- AOTA Framework - 4th Edition

3:30-4:30pm (1 CEU)

- Nebraska Stroke Advisory Council

4:30-5:00pm

- Break

5:00-6:00pm:

- Welcome/Awards/Social Hour

6:00-7:00pm (1 CEU)

- Keynote Address: Helping Everyone Achieve Their True Potential

Saturday, April 24th

9:00-11:00am

- Sessions (2 CEUs)
 - Impact of Vision and Motor skills on Child Development and Learning
 - Courageous Compassion: Occupational Therapists' Discussion on the Emotional and Psychological Impact of COVID-19 and the New Normal
 - Hippotherapy: It's Not Just a Pony Ride

11:15am-12:15pm

- Posters (1 CEU)

12:15-2:30pm

- Break

2:30-4:30pm

- Sessions (2 CEUs)
 - In the Driver's Seat: Adaptive Driving In and After the Rehabilitation Setting
 - Occupational Therapists and Pelvic Health: A General Practitioners Guide to Pelvic Floor Dysfunction Throughout the Lifespan
 - Justice, equity, diversity, and inclusion: Raising the bar in occupational therapy practice

Continuing Education Sessions

The Pre-Institutes and Keynote Speaker are unopposed educational sessions. Participants may choose 1 of 3 continuing education session tracks Saturday morning and 1 of 3 continuing education session tracks Saturday afternoon during the live session. Participants cannot move between tracks and will not receive partial credit for attendance of a portion of a course. **Participants will have access to all continuing education classes for the bundle he/she purchases through our on-demand site, Aspire OT shortly after the live conference.**

Registration Fees

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

Receive a FREE conference t-shirt when you register for the Full Conference Bundle by Monday, April 5th!

Save money on your conference registration by becoming a member of NOTA today!

**Cancellation Policy: No refunds will be given if an attendee chooses not to attend the live conference since courses will be available on-demand shortly after conference weekend.

	Full Conference (17 CEU's possible)	Friday Only (3 CEUs possible)	Saturday Only (14 CEUs possible)
NOTA Member Price	\$210	\$100	\$180
Non Member Price	\$295	\$125	\$200
Student Price	NA	\$40	NA

Pre-Institute Session 1: AOTA Framework - 4th Edition

Speaker:

AOTA Commission on Practice

Course Description:

The Occupational Therapy Practice Framework 4th ed is a critical document to support and advance practice, education, research, and advocacy. The Commission on Practice will discuss the latest revision to help OT and OTAs to understand the revised and expanded content in order to apply to practice.

Course Objectives:

- Describe the major changes to the OTPF-4 and discuss the implications for practice, education, research, and advocacy.
- Apply the OTPF-4 to practice with a focus on supporting and advancing the profession.

Pre-Institute Session 2: Mission: Lifeline Stroke - Addressing the Medical and Rehabilitation Needs of Nebraska Stroke Survivors

Speakers:

Beth Malina, RN, BSN, CNRN

Kristy S.E. Weissling, SLP.D., CCC-SLP

Lou Jensen, OTD, OTR/L, C/NDT, LSVT-BIG Certified

Stacie Christensen, PT, DPT, NCS

Course Description:

Care choices are the key for the successful transition of a stroke patient from hospital to home, given their specific needs, while achieving the highest level of independent functioning possible. As part of the Mission: Lifeline Stroke grant, we will be presenting an interprofessional designed guide to help with rehabilitation decisions.

Course Objectives:

- Discuss how the Mission: Lifeline Stroke grant for Nebraska meets the needs of the patient throughout the continuum of stroke care.
- Compare and contrast various post-acute stroke rehabilitation settings based on characteristics and patient criteria.

Keynote: Helping Everyone Achieve Their True Potential

Speaker qualifications:

Alex Watters

After graduating from Okoboji High School in 2004, Alex Watters was excited to begin the next stage of his life by attending Morningside College. However, in September 2004 Watters had an accident that fractured his C5 vertebrae leaving him paralyzed from the chest down. After six months of rehabilitation at Craig Hospital, Alex returned to Morningside College where he studied political science and received his Masters in Negotiation and Dispute Resolution from Creighton University. Watters interned at the U.S Dept. of Education in conjunction with the American Association of People with Disabilities and has worked for multiple political and issue-based campaigns. Alex currently serves on the City Council for Sioux City and has worked at Morningside College since 2013. At Morningside, he taught an introductory course on negotiation and dispute resolution, coached a mediation

team, worked as a First Year Advisor, and currently serves as the Director of Talent Engagement. Relevant previous speaking engagements:- The NOW Morning Show– Trinidad and Tobago “Unique Not Different” Oct. 2020.- Business Record “90 ideas in 90 minutes” Oct. 2020.- Leadership Iowa University, Government Insight Panelist, August 2020.- Iowa Press Special: Americans with Disability Act, panelist, July 2020.- The Harkin Institute ADA Anniversary Speaker/Panelist, July 2020.- The Harkin Institute Leadership Lunch Series, Guest of Honor, March 2020.- Teen Mental Health Conference, Guest Speaker, Dec. 2019.- Iowa Vocational Rehabilitation 2019 Transition Conference, Keynote, Sept. 2019.- Iowa Dept. of Human Rights, et al, Bottom Dollar Screening, Panelist, April 2018.- Northwest Iowa AEA “Broadening Our Horizons” Keynote Speaker, Nov. 2016.

Course Description:

We make decisions every day that impacts those around us. Whether we are empowering our patients through skill development, or offering insight to a colleague, these interactions matter. When we collaborate with one another and use our collective power, our impact multiplies exponentially.

Course Objectives:

- Through my personal story and experiences I will impress upon the participants the impact they can make in the following areas:– their patients– their colleagues– state policy impacting occupational therapists

Track 1 (morning track) : Impact of Vision and Motor skills on Child Development and Learning

Speaker Qualifications:

M. Kristen Pfeil, OTD, OTR/L

Dr. Kristen Pfeil graduated from Creighton University in 2002 with a clinical doctorate in occupational therapy. Over the last 18 year she has practiced as a pediatric occupational therapist in outpatient, inpatient and school based settings. She owns a pediatric therapy practice Connect Pediatric Therapy in Lincoln, NE.

Rachel Smith, OD

Dr. Rachel Smith graduated from Indiana College of Optometry in 2013. She is currently an optometrist at Children's Hospital in Omaha, NE. Over the last 7 years she has also worked in private practice doing primary care and vision therapy. Both Kristen and Rachel have spent their professional careers in pediatrics and are passionate about the coordination of care in order to meet the best needs of the child.

Course Description:

Overview of development of vision and motor skills. Learn about the role of these skills on classroom performance, and the impact of deficits in these areas and practical ways to remediate.

Course Objectives:

- Overview of normal development of early motor skills, visual skills and their integration. Distinguish indicators and improve recognition of underlying delays in motor and vision skills
- Compare the link between visual motor skills and the often-hidden underlying deficits and how this affects learning. Learn strategies to implement in practice to assist in remediation of delays
- Examine how partnership between occupational therapist and optometrists are ideal match in promoting ideal learning

Track 2 (morning track) : Courageous Compassion: Occupational Therapists' Discussion on the Emotional and Psychological Impact of COVID-19 and the New Normal

Speaker Qualifications:

Colleen Spellman, OTD, OTR/L

Colleen Spellman is a Clinical Instructor of Occupational Therapy at Creighton University. She teaches courses on Older Adults, Mental Health and Physical Rehabilitation and experienced curriculum adjustments for the Spring & Fall 2020 semesters due to COVID-19. She also continues to work at Lincoln Surgical Hospital and has noted the impact of COVID due to changes in caseload, policies & procedures and use of PPE. As VP of Skilled Care, Long Term Care and Home Health, Colleen works to keep a pulse on these therapists and the changes that they have endured serving as a frontline worker during this pandemic.

Andrea Thinnes, OTD, OTR/L

Andrea Thinnes is an Assistant Professor of Occupational Therapy at Creighton University. She teaches courses focused on Older Adults and Mental Health and serves as core faculty in the Center for Interprofessional Practice, Education, and Research. She experienced adjustments in the teaching curriculum in the fall 2020 semester due to COVID constraints, which proved to be challenging and yield desired outcomes for OT students, older adults in the community, and course objectives. As NOTA's VP of Mental Health and Wellness, Andrea is committed to learn about the emotional and psychosocial impacts of fellow Nebraska OTs so that discussion, education, and support can be facilitated for reducing the impact and incidence of burnout.

Hannah Wieger, OTR/L, CLT

Hannah Wieger is an Occupational Therapist working in Acute Care and Inpatient Rehabilitation at Methodist Hospital in Omaha, NE. Hannah is also an Adjunct Professor of Occupational Therapy at Methodist College. Hannah has experienced the impact of COVID-19 with caseload fluctuations, use of PPE, policy changes and the psychosocial effects of family life outside of work hours. Hannah was also impacted in her adjunct professor role to engage MOT students in learning objectives via synchronous labs. As NOTA's VP of Acute Care, Hannah is working alongside our ICU acute care therapists and proud to support and represent her colleagues working with the COVID+ patient caseload.

Course Description:

This presentation will utilize a panel discussion format to focus on two timely topics. The first discussion will focus on Nebraska OTs who have provided therapy services to individuals with COVID-19. The second discussion will focus on the increased potential for therapist burnout and address the emotional and psychological toll of being an occupational therapist during the pandemic.

Course Objectives:

- Participants will increase awareness of OT's presence in the treatment and recovery of clients with COVID-19.
- Participants will identify 2-3 tools to address professional burnout in OT practice.
- Participants will actively engage in discussion with panelists.

Track 3 (morning track): Hippotherapy: It's Not Just a Pony Ride

Speaker Qualifications:

Kaiti King, OTD, OTR/L

Kaiti King is an occupational therapist and project coordinator for HETRA (Heartland Equine Therapeutic Riding Center). She is currently a clinical practitioner in hippotherapy, where she partners daily with 1200 lb horses to help her participants meet their therapy goals. Kaiti obtained her doctorate degree from Creighton University, completing her capstone research on “Animal Assisted Therapy’s Impact on Functional Participation”. She has a strong passion for spreading the word about the benefits of equine assisted activities, and strives to educate continuously through mentoring occupational therapy students, organizing and producing webinars and even hosting an equine-therapy podcast.

Course Description:

Meeting functional goals, one stride at a time! Expect to learn what hippotherapy is and why horses are such a valuable team member for occupational therapy. We will discuss the benefits, how we target skills as well as common diagnoses and contraindications related to using horses in therapy.

Course Objectives:

- What hippotherapy is / How to get started in hippotherapy.
- Horse biomechanics, variability in movement and how it impacts the rider.
- Common diagnoses and precautions and contraindications for hippotherapy.

Track 4 (afternoon track): In the Driver’s Seat: Adaptive Driving In and After the Rehabilitation Setting

Speaker Qualifications:

Erin Young, OTD, OTR/L

Following undergraduate degrees in Exercise Science and Psychology from St. Olaf College, Erin Young completed her doctorate in Occupational Therapy from Creighton University in 2014. Erin joined QLI’s nationally renowned program for brain injury and spinal cord injury rehabilitation as an occupational therapist and her passion for helping individuals who have suffered a catastrophic injury to overcome barriers made her a perfect fit to lead QLI’s Assistive Technology Lab. In this role, Erin also developed an on-site driving program, providing driving evaluations and a high-tech drivers training program – one of just a few in the Midwest. Erin partners with therapists across the organization and regardless of discipline to implement these tools in rehabilitation and is a sought-after resource in the fields of adaptive technology and developing driving programs.

Course Description:

This presentation seeks to provide guidance on the return to driving process following injury, as well as to highlight the seemingly never-ending list of adaptations that are now available to get individuals of all abilities back on the road and in to the driver’s seat.

Course Objectives:

- Attendees will be able to identify key members of the interdisciplinary team involved in assisting individuals in returning to driving.
- Attendees will be able to identify three common screening tools used as part of the in-clinic assessment to assist in determining readiness to return to driving.

- Attendees will be able to explain the benefits and drawbacks of various vehicle conversions and adapted driving equipment.

Track 5 (afternoon track): Occupational Therapists and Pelvic Health: A General Practitioners Guide to Pelvic Floor Dysfunction Throughout the Lifespan

Speaker Qualifications:

Ashley Sass, MOT, OTR/L, CPAM, LSVT-BIG, Pelvic Floor Rehab Specialist

Ashley Sass, MOT, OTR/L, CPAM, LSVT-BIG, is a Pelvic Floor Rehab Specialist at Fremont Therapy and Wellness. She has been a therapist for 10+ years, attending College of Saint Mary for undergraduate and graduate and completed her Masters in Occupational Therapy in 2009. The past 4 years in her career, she has focused her clinical expertise and specialization to pelvic floor muscle dysfunction of both bladder and bowel for both women and men and has completed several specialist courses in this area. Fremont Therapy & Wellness has developed a specialized, separate treatment area where she can privately treat and specialize in pelvic floor therapy, including treatment of urinary and fecal incontinence, pelvic and abdominal pain, constipation, urinary dysfunction, and pain during and after pregnancy.

Brittney Gilligan, OTS

Britt Gilligan is a Creighton student completing her capstone. She has taken 4 Herman & Wallace courses and many CEUs related to pelvic floor evaluation and intervention for pelvic floor dysfunction. Her overall goal is to earn the Pelvic Rehab Practitioner Certification (PRPC) through Herman & Wallace. She has a special interest in, and part of her capstone is dedicated to, prenatal and postnatal populations.

Course Description:

This presentation is designed to provide a basic knowledge of pelvic floor interventions for general practitioners that can be used in a variety of settings for clients throughout the lifespan.

Course Objectives:

- Discuss the role of occupational therapists in pelvic health as supported by the AOTA Occupational Therapy Practice Framework, 4th Edition
- Describe the impact a non-functioning pelvic floor has on an individual's quality of life
- Describe evidence-informed approaches occupational therapists can use to address pelvic floor dysfunction throughout the lifespan

Track 6 (afternoon track): Justice, equity, diversity, and inclusion: Raising the bar in occupational therapy practice

Speaker Qualifications:

Khalilah Johnson, PhD, MS, OTR/L

Dr. Khalilah R. Johnson is an Assistant Professor in the Division of Occupational Science and Occupational Therapy at the University of North Carolina School of Medicine in Chapel Hill, North Carolina. She also serves as an affiliate research faculty member at the Virginia Commonwealth University Center for Cultural Experiences in Prevention in Richmond, Virginia. Broadly, Dr. Johnson's research focuses on health services access and participation with racially minoritized adults with intellectual and developmental disabilities, as well as developing culturally affirming interventions that support their community engagement. Additionally, she is involved in research aimed to address pathways to occupational therapy education for African American students and racial

equity in occupational science and occupational therapy curricula. Her work is informed by 15 years of experience spanning the states of Georgia, North Carolina, and Virginia.

Dr. Johnson serves on the boards of the Society for the Study of Occupation: USA (SSO:USA) and the Coalition of Occupational Therapy Advocates for Diversity (COTAD), and is the immediate past Advocacy and Policy Coordinator for the Developmental Disabilities Special Interest Section of the American Occupational Therapy Association (AOTA). In addition to her memberships with SSO:USA, COTAD, and AOTA, Dr. Johnson is a member of the World Federation of Occupational Therapists, the National Black Occupational Therapy Caucus, the American Association on Intellectual and Developmental Disabilities, the Brenau University Heritage Society, the Carolina Black Caucus, and Delta Sigma Theta Sorority, Inc. She also serves on the Autism in Adulthood editorial board, and a host of other advisory boards and scholarly committees.

Course Description:

This session provides an overview of equity and inclusion as essential components to promoting and sustaining an occupational justice-oriented occupational therapy practice. The session includes a strategy-building workshop for attendees, followed by a facilitated discussion with Nebraska Occupational Therapy Association board members.

Course Objectives:

- Attendees will gain a deeper appreciation for justice, equity, diversity, and inclusion (JEDI) in relation occupational therapy practice.
- Attendees will be able to identify opportunities in their practice settings to connect principles of JEDI in their practice.
- Attendees will articulate how the occupational therapy code of ethics supports advocacy and other efforts to address occupational injustices.

Questions about conference? Contact the NOTA assistant at NOTAassistant@gmail.com.

Thank you to our Sponsors:

Gold Sponsors:



Silver Sponsor:

