



Annual Conference
March 18th and 19th, 2016
College of Saint Mary
7000 Mercy Road
Omaha, NE 68106

<p>Pre-Institute: Vision, Progress, and Issues Facing Occupational Therapy in Nebraska</p>	<p>AOTA's Chief Public Affairs Officer, representative assembly member of AOTA, NOTA representative, NOTA lobbyist, Nebraska state board member, current practitioner/educator, and new practitioner.</p>
<p>Keynote Address: All Hands Make the Future</p>	<p>Christina Metzler, AOTA Chief Public Affairs Officer</p> 

Track 1 (morning track):

Vision Rehabilitation after TBI or CVA

Raegan Hain, M.S., OTR/L



Track 2 (morning track):

The Power of the Interactive Metronome™ in Outpatient Pediatric Therapy

Candice Mullendore, MS, OTR/L



Stephanie Adam, OTD, OTR/L



Kristi Pilakowski, OTD, OTR/L



Track 3 (morning track):

Lymphedema and Cancer Rehabilitation: Closing the Gap in Patient Care

Tracy Bender, OTD, OTR/L, CLT



Track 4 (afternoon track):

Rural Health OT: Bringing Our Services to Rural Nebraska

Madison Nitsch, MOT, OTR/L,
LAT, ATC



Track 5 (afternoon track):

Handwriting! It's a big deal.

Megan Paben, MOT, OTR/L



Christie Albers, OTR/L



Track 6 (afternoon track):

Everyday Ergonomics: Integrating Ergonomics into Your Practice for Yourself, Your Clients and Your Organization

Amy Mayer, OTD, OTR/L



On Pins and Needles: OT interventions for neuropathic conditions of the upper extremity, including orthosis fabrication and manual treatment.

Tara Ruppert, OTR/L, CHT



Conference At-A-Glance Schedule

Friday, March 18th

12:15-12:45pm:

- Registration Opens

1:00-5:00 pm:

- Pre-Institute: NOTA Call to Action: All Hands on Deck (3 CEUs)

5:00-6:00 pm:

- Registration
- Vendors
- Networking
- Posters
- Alumni and Friends Reception

6:00 -7:30pm:

- Introduction of Board Members
- Gold Sponsor Recognition
- Keynote Address: Christina Metzler (1 CEU)

Saturday, March 19th

7:45-8:30 am:

- Registration
- Breakfast with the NOTA Lobbyist, Dr. Steven Bowen

8:30 am-11:30 pm:

- Sessions (3 CEUs)

12:00 pm-1:30 pm:

- Lunch will be served
- Posters (CEU's given based on # of posters viewed)
- Vendors
- NOTA Awards
- Prize drawings

1:00-4:00 pm:

- Sessions (3 CEUs)

Registration Fees

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

Cancellation Policy: If notification of cancellation occurs prior to March 4th, 2016, refunds will be given less a \$20 administration fee. **Online registration due by March 11th, 2016.

**There will be an additional fee of \$20 when registering the day of conference.

Continuing Education Sessions

The Pre-Institute and Keynote Speakers 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. 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 required to choose your tracks. Seating is limited for each track, so register early! (Day of conference registration will be available as seating allows.

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

	Full Conference (10+ CEUs possible)	Full Conference Early Bird Pricing- Must register by 02/15/2016	Friday Only (4 CEUs possible)	Friday Only Early Bird Pricing- Must register by 02/15/2016	Saturday Only (6+ CEUs possible)	Saturday Only Early Bird Pricing- Must register by 02/15/2016
NOTA Member OTR	\$175	\$160.00	\$100	\$90.00	\$150	\$135.00
Non-member OTR	\$255	\$240.00	\$190	\$180.00	\$230	\$215.00
NOTA Member COTA	\$150	\$135.00	\$85	\$75.00	\$125	\$110.00
Non-member COTA	\$210	\$195.00	\$145	\$135.00	\$185	\$170.00
NOTA Member Student	\$100	\$90.00	\$50	\$40.00	\$85	\$75.00
Non-member Student	\$135	\$125.00	\$85	\$75.00	\$120	\$110.00

Keynote Address: All Hands Make the Future

Keynote Speaker Qualifications:

Christina Metzler is the Chief Public Affairs Officer for AOTA. In this position she directs the Federal, State and Regulatory Policy Departments. Ms Metzler has been at AOTA for twenty-one years. She has worked for national associations in Washington in health care, disability policy and long term services issues for 30 years.

In her current position, she is the chief lobbyist for AOTA and also runs the other government and external activities including reimbursement, state policy, health care reform and coding. Ms. Metzler directs these activities and the grassroots program which supports advocacy on the part of occupational therapy practitioners. She is the editor of the Health Policy Perspectives column in the American Journal of Occupational Therapy. She is also responsible for the AOTPAC, the political arm of the profession, raising funds and disbursing them to candidates for the House and the Senate who support occupational therapy.

Pre-Institute: Vision, Progress and Issues Facing Occupational Therapy in Nebraska

Speaker Qualifications:

AOTA Chief Public Affairs Officer – Christina Metzler

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State Board Member - Mary Walsh-Sterup

Mary obtained her BS in OT from Creighton University in 1988. From there she began her career in west Texas treating inpatient rehab as well as general outpatient until venturing into a long career in hand therapy. Mary became a CHT in 1998 and developed the Grand Island Physical Therapy hand clinic. She was instrumental in the development of both the Grand Island and Hastings outpatient pediatric clinics. Currently, Mary is one of the owners/partners of GIPT and continues to provide patient care as well provides oversight to all of their pediatric operations and compliance. She is well trained in Medicare compliance and documentation and provides educational lectures on the subject.

Mary is Board Chair for the Great Plains Safety and Wellness organization and for the Nebraska Department of Health and Human Services Board of Occupational Therapy. She is a member of AOTA, NOTA, and ASHT.

Outside of her professional life Mary has served on the board of directors of the YMCA and the Hastings Catholic Schools Council of Administration. She currently lives in Hastings, NE with her husband Doug. Doug and Mary have 2 grown children – Matthew and Zachary and spend most of their spare time enjoying sporting events, lake activities or traveling with family and friends.

New practitioner, Dr. Kylie Wildhelm

Kylie Wildhelm received a Bachelor's in Health Sciences from Wayne State College and graduated from Creighton University with a doctorate in occupational therapy in 2009. Kylie has worked at Bergan Mercy Hospital since graduating where she has specialized in the ICU. She participates in program development of integrating OT in the ICU and started

an early mobility program for patients who are intubated. She also assists in the outpatient department at Bergan Mercy and completes evaluations at Lasting Hope when needed. Kylie has been the lab teacher's assistant for Physical Rehabilitation at Creighton University for the past four years. She has also presented at various hospitals in the area, CEUs, and at various conferences about integrating OT in the ICU and initiating an early mobility program for intubated patients. She is married, has a two-year old daughter and is expecting another baby in April 2016.

Course Description:

Leaders want to meet with you in a Town Hall Meeting to share progress we are making and the challenges we are facing moving our profession forward. We want to hear what current obstacles you might be facing and what is working or not working for you in your practice. Throughout this interactive panel, attendees will have the opportunity to hear from key players in occupational therapy in the state of Nebraska regarding their roles and responsibilities and how they affect occupational therapy practice in our state. Attendees will have the opportunity to pose questions in a town-hall type format for specific panelists or for the panel in general. Following the interactive session, participants will have the opportunity to engage in small groups with members of the panel of their choosing, based upon interest area. This session is a great opportunity to learn more about the state of occupational therapy in Nebraska and how we can ensure we are all working toward a vibrant, secure, and optimistic future. Participants will leave the session with concrete, tangible ideas to put into practice immediately.

Course Objectives:

1. Participants will be able to identify two strategies for advocating on a state level.
2. Participants will engage in interactive tables and leave with three action plan items of choice.
3. Participants will be able to describe the benefits of being involved in a state occupational therapy organization.
4. Participants will be able to describe the roles and responsibilities each panelist member holds for the profession of occupational therapy.
5. Participants will be able to describe the impact that active state associations have on meeting the national occupational therapy association's goals.

Track 1 (morning track): Vision Rehabilitation after TBI or CVA

Speaker qualifications:

Raegan Hain, M.S., OTR/L, CBIS, Vision Program Leader

Raegan is a 2008 graduate of San Jose State University, California and holds a bachelor of science degree & masters of science degree in occupational therapy. Raegan is a Certified Brain Injury Specialist (CBIS), who is trained to assess and treat visual impairments following neurological insult. She is a licensed therapist in Nebraska and a member of the American Occupational Therapy Association.

Course Description:

Vision rehabilitation is an emerging area dedicated to treating individuals who have vision deficits related to a neurological injury such as a TBI or CVA. This presentation will focus on common visual diagnosis associated with TBI & CVA, screening procedures, referral criteria & interventions to increase participation in ADLs & IADLs.

Course Objectives:

1. The participant will list 6 common visual diagnosis post Brain Injury or CVA
2. The participant will be able to list referral criteria based on vision screen findings
3. The participant will be able to list 5 treatment activities for associated vision deficits

Track 2 (morning track) : The Power of the Interactive Metronome™ in Outpatient Pediatric Therapy**Speaker Qualifications:**

Kristi Pilakowski received a dual Bachelor's degree in Psychology and Spanish Language from the University of Saint Thomas in Saint Paul, Minnesota. She continued her education at Creighton University in Omaha, Nebraska where she graduated with her Doctorate Degree in Occupational Therapy. Kristi has been a proud member of the Pediatric Therapy Center team since 2010 and now holds the position of Lead Occupational Therapist. Kristi has experience working with infants and children from birth to age 21 with a variety of diagnoses, including developmental delay, sensory processing differences, autism spectrum disorders, and motor impairments. Kristi is trained in the Handwriting Without Tears® program, Sequential Oral Sensory Feeding Program, Beckman Oral Motor Interventions, and holds her Level 1 CranioSacral Therapy certification. Kristi is a Therapeutic Listening®, Advanced Therapeutic Listening®, Interactive Metronome, and NDT for the Infant and Young Child trained provider. She has received training in aquatic therapy and has helped to bring aquatic occupational therapy to Pediatric Therapy Center. Kristi has recently taken over the position as Clinical Education Director at PTC.

Stephanie Adam graduated with a clinical Doctorate in Occupational Therapy from Creighton University in Omaha, Nebraska. Since that time she has worked in a variety of pediatric settings including early intervention, school-based, inpatient, and outpatient clinics. In the 10+ years she has been in practice she has gained specialized training and knowledge in the areas of sensory processing disorder and sensory-based feeding, and also has extensive experience treating a wide range of diagnoses including autism spectrum disorders, developmental and motor delays, Down syndrome, and many others. Stephanie is trained in the Sequential Oral Sensory feeding program, Interactive Metronome, Astronaut Training®, Handwriting Without Tears®, and Advanced Therapeutic Listening®. She is passionate about education and is always seeking additional training and experiences to advance her skills. In addition, Stephanie provides guest lectures at College of Saint Mary and the University of Nebraska at Omaha, and for various organizations and conferences in the Omaha area.

Candice Mullendore holds a Master's Degree in Occupational Therapy from the University of Indianapolis. She has worked in a variety of pediatric settings including acute care, NICU, early intervention, outpatient, and school-based therapy for the past 16+ years. Candice taught in the Creighton University Occupational Therapy Doctoral program for 6 years. She taught a variety of courses including pediatrics, neuroscience, assistive technology, clinical assessment and skills, and served as the clinical coordinator during her tenure. Candice was also an adjunct professor at the College of Saint Mary where she taught assistive technology. Candice continues to fuel her love for teaching by doing guest lectures at Creighton University, College of Saint Mary, presenting in the local community, and teaching students during clinical rotations at PTC. She has extensive experience in treating sensory processing disorders, feeding delays, and oral motor therapy. She is trained in the Sequential Oral Sensory feeding program, Interactive Metronome, and is a Therapeutic Listening® trained provider. Candice has considerable experience with Astronaut Training®, Neuro-Developmental Treatment (NDT), Beckman Oral Motor program, and is a Level I certified provider for Handwriting Without Tears®.

Course Description:

This presentation will explain the use of the Interactive Metronome, as well as explore its interdisciplinary use in a pediatric outpatient setting to improve attention, auditory processing and UE/LE movements.

Course Objectives:

By the end of the presentation, participants will be able to:

1. Articulate the purpose of the Interactive Metronome.
2. Discuss the interdisciplinary use of the Interactive Metronome in the outpatient pediatric setting.
3. Identify ways in which therapists can use the Interactive Metronome across disciplines during individual treatment sessions.
4. Discuss a provided case study, including how IM was used to improve UE/ LE contralateral integration and auditory processing.

Track 3 (morning track) : Lymphedema and Cancer Rehabilitation: Closing the Gap in Patient Care.**Speaker Qualifications:**

Tracy received her Doctorate in Occupational Therapy from Creighton University in Omaha, Nebraska. She is trained in the Vodder Method of lymphatic therapy, and completed her certification as a Lymphedema Therapist through the Norton School of Lymphatics. Tracy completed a certification in breast cancer rehabilitation through Klose Training. Tracy has experience in oncology rehabilitation, lymphedema, scar management, women's health, Neonatal Intensive Care, feeding and swallowing, geriatric care, seating and positioning, and home safety and modifications. She has served in the areas of Fremont, Omaha, Waverly and Lincoln for the past 9 years. Tracy enjoys working in oncology rehabilitation, lymphedema, women's health and creating clients centered and occupation based treatment programs for her patients. She is also a certified restorative yoga instructor, and has developed a meditation tool for use with patients with chronic illness which she enjoys incorporating into her practice.

Course Description:

This course is designed as a beginning level course, as an introduction to lymphedema and cancer rehabilitation. This course will provide an introduction to the lymphatic system, define the condition of lymphedema, and provide education on how to properly screen for lymphedema in current patients. This course is not designed to educate practitioners on how to treat lymphedema, rather to provide an introduction to the specialty, and allow practitioners to properly identify the condition. Proper identification of the condition will allow practitioners to assess the effects of lymphedema on ADLs, quality of life, reduction of chronic infections, and allow practitioners to provide patients with a proper referral to needed treatment. Education will also be provided on the correlation between cancer treatment and lymphedema.

Cancer rehabilitation is an emerging area of practice, and education on the role of a therapist is vital as survivorship from cancer continues to increase. Information will be provided on the effects from chemotherapy, radiation, surgery, and reconstruction. Participants will also be able to provide their patients with education regarding the risk factors, prevention, and self-assessment of lymphedema as it relates to cancer treatment.

Course Objectives:

1. Gain a basic knowledge of the lymphatic system.
2. Determine the difference between primary and secondary lymphedema.
3. Develop a screening tool to identify lymphedema in any treatment setting.
4. Evaluate how a patient's edema may be affecting their ADLs, and quality of life.
5. Identify ongoing effects of cancer treatment.
6. Assess of a patient who has experienced cancer treatment for residual effects of chemo-therapy, radiation, surgery, or reconstruction.
7. Educate patients on risk factors, prevention, and self-assessment of lymphedema in relation to cancer treatment.

Track 4 (afternoon track): Rural Health OT: Bringing Our Services to Rural Nebraska

Speaker Qualifications:

Maddie received her Master of Occupational Therapy from College of Saint Mary in 2013. Prior to attending graduate school for occupational therapy, Maddie graduated from Fort Hays State University in 2010 with her Bachelor of Science in Athletic Training. Currently, Maddie is licensed in Nebraska as an occupational therapist and athletic trainer and provides these services to Chadron Community Hospital and Health Services (CCH & HS) in Chadron, NE since August 2013. As the only occupational therapist providing this accumulation of services in a 60 mile radius and serving three counties, she has re-established the occupational therapy program as well as provided occupational therapy services to two skilled nursing facilities, home health and hospice, inpatient acute and skilled, and outpatient serving patients across the lifespan for CCH & HS. Her special interests include upper extremity orthopedics, geriatrics, home safety evaluations and modifications, cognitive impairments, and women's health.

Course Description:

This course is designed as an introduction of rural health occupational therapy. During this course, we will breakdown various settings that are served by rural health occupational therapists as well as specifics in regards to reimbursement, documentation, and providing services to patients throughout their rehabilitation process in different settings.

Course Objectives:

1. Understand the services a rural health OT can provide in underserved areas.
2. Develop strategies to provide meaningful/functional treatment sessions with limited resources.
3. Understand the importance of educating providers on services provided and how you can be utilized across the spectrum.
4. Identify techniques to utilize with patients across various settings as well as provide appropriate documentation.

Track 5 (afternoon track) : Handwriting! It's a big deal.

Speaker Qualifications:

Christie Albers, OTR/L graduated from Creighton University and has been an occupational therapist with Grand Island Physical Therapy for 22 years. Her practice has been primarily in the school system and serves birth to 21. She has received additional training in sensory integration, fine motor, handwriting, vision, Autism, feeding, assistive technology, and Brain Gym. She serves on the Hastings Autism Resource Team.

Megan Paben, MOT, OTR/L graduated from College of Saint Mary and has worked for Grand Island Physical Therapy for 8 years. She has worked in the school system serving birth to 21 and works for the Children's Rehab Center in Hastings for the last 6 years. She is certified in the Interactive Metronome and has received training in Brain Gym, SOS Feeding Approach, Masgutova Method of Tactile Integration Program, autism, sensory processing, visual and vestibular processing.

Course Description:

This presentation is designed for the participant to gain an understanding the foundation of upper extremity development necessary for handwriting. A review of anatomy and systems that are an integral part to have effective and efficient handwriting. Intervention strategies will be provided as well as resources for incorporation for your own practice. You will leave with take home materials.

Course Objectives:

1. Participant will understand the foundation of upper extremity development use in handwriting.
2. Participant will understand the pyramid for learning and strategies used for promoting skills used in handwriting.
3. Participant will gather resources necessary to build treatment sessions and for furthering fine motor acquisition.

Track 6 (afternoon track):

On Pins and Needles: OT interventions for neuropathic conditions of the upper extremity, including orthosis fabrication and manual treatment.

AND

Everyday Ergonomics: Integrating Ergonomics into Your Practice for Yourself, Your Clients and Your Organization

Speaker Qualifications:

On Pins & Needles... Speaker Qualifications

Tara graduated from Creighton University in 2000 and started working for QLI that same year. She started in school-based services through QLI in the Bellevue Public Schools, and started QLI's outpatient therapy clinic in 2001. She moved to Nebraska Orthopedic Hospital in 2007 and began to pursue the Hand Therapy credential that year by completing the Upper Quarter Rehabilitation graduate certification at Drexel University. She earned the CHT credential in 2008 and moved to Jennie Edmundson hospital to work as the primary OT in the outpatient therapy clinic. She transferred to Hillcrest Physical Therapy in 2011 where she continued to be the primary OT in the outpatient clinic as well as back up the skilled nursing rehab branch of Hillcrest. She joined the College of Saint Mary OT program as an adjunct instructor in the fall of 2014, and started as full-time Assistant Instructor in January 2015.

Everyday Ergonomics...Speaker Qualifications

Amy Mayer OTD, OTR/L holds a BS in Psychology and an MS and OTD in Occupational Therapy. Since 1992 Dr. Mayer has worked in a variety of clinical settings including acute rehabilitation, acute care hospital, rural home health, SNF, outpatient private practice and mental health. She served in a management capacity for 18 years in private practice, hospital and academic settings. She has been involved in the development and implementation of ergonomic related programs since 1994. She provides ergonomic consultations and presentations at Creighton University where she is an Assistant Professor in the Department of Occupational Therapy.

Course Description:

On Pins & Needles...

This course will provide hands-on learning opportunities to develop manual skills associated with the evaluation and treatment of peripheral neuropathic conditions that result from repetitive trauma, such as carpal tunnel syndrome, cubital tunnel syndrome, and radial tunnel syndrome. We will perform manual nerve mobilizations, Upper Limb Tension Test procedures for all three nerve biases, and share fabrication tips for a custom resting

wrist orthosis that each practitioner should be able to complete in less than two billing units. The purpose of this course is to re-familiarize OTs with the benefits of manual interventions for peripheral neuropathic conditions and to teach "short cut" procedures to improve the efficiency and productivity of custom orthosis fabrication.

Everyday Ergonomics...

This short course focuses implementing ergonomic principles to decrease risk factors at the personal, client and organizational level. Participants will use a structured occupation based approach to analyzing work practices in order to identify and minimize risk. Discussions will center on the development of solutions for injury prevention.

Course Objectives:

On Pins & Needles...

1. Demonstrate knowledge of the peripheral nerve anatomy associated with repetitive trauma neuropathic conditions
2. Demonstrate the ability to perform provocative tests for UE neuropathy, including the three ULTT procedures
3. Demonstrate ability to perform manual interventions to improve neural glide and to decrease neural tension of the peripheral UE nerves.
4. Create a custom thermoplastic resting wrist orthosis that can assist with treatment of carpal tunnel syndrome in less than 2 billing units of time.
5. Apply orthosis fabrication "short cuts" to improve efficiency and productivity when providing custom orthoses in clinical settings

Everyday Ergonomics...

1. Create an ergonomic self-check to reduce personal risk factors.
2. Integrate ergonomic principles into daily practice with clients.
3. Develop a checklist for promoting ergonomics in an organization.

Conference Location/Hotel Information

Hotel Information: Rooms have been reserved for the NOTA conference at the Courtyard by Marriott Aksarben Village located at 1625 South 67th Street in Omaha. Rooms are reserved at a special conference rate of \$99 plus tax per night. Reservations may be made by calling the hotel direct at 402-951-4300 or 888-236-2427 and asking for the Nebraska Occupational Therapy Association group rate. You can also make reservations online by following this link: [Book your group rate for Nebraska Occupational Therapy Association](#)

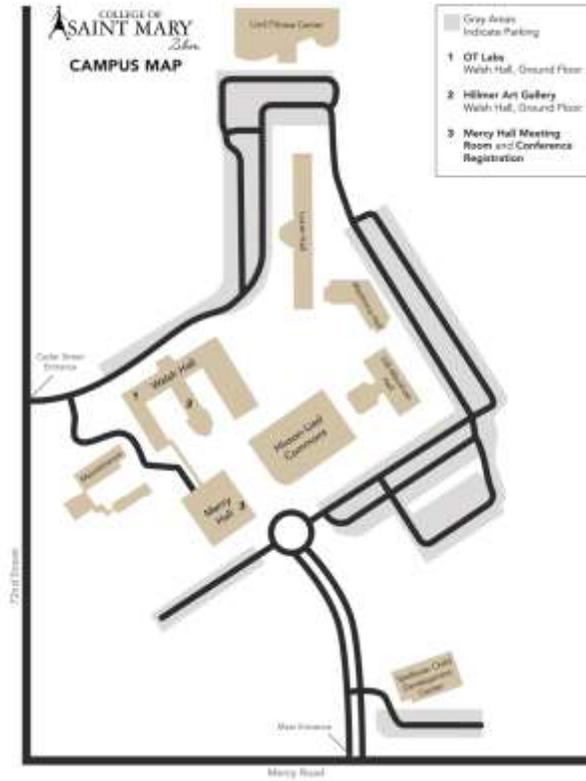
Conference Location:

College of Saint Mary

7000 Mercy Road

Omaha, NE 68106

Location Maps and Parking Information:



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

Thank you to our Gold Sponsors:

