



**Annual Conference
February 24th & 25th, 2017
Creighton University- Skutt Student Center
2500 California Plaza
Omaha, NE 68178**

Pre-Institute:

Parenting with Physical Impairments



Angela Lampe, OTD,
OTR/L

Linda Gabriel, PhD,
OTR/L,



Jena Munson, CTRS,
CBIS

Gina Springhower



Keynote Address:

OT Soaring into the Future



Amy J. Lamb OTD,
OT/L, FAOTA

<p>Track 1 (morning track):</p> <p>Expanding Occupational Therapy by using Telehealth</p>	<p>Kristen Ganfield OTR/L, MBA</p> 
<p>Track 2 (morning track):</p> <p>Outpatient Interdisciplinary Approach to Feeding, Eating, and Swallowing in the Complex Pediatric Patient.</p>	<p>Lisa Jordan, OTR/L</p>  <p>Marisa Welch, OTD, OTR/L</p> 
<p>Track 3 (morning track):</p> <p>Therapeutic Exercise Prescription</p>	<p>Mark S Kaipust Jr, OTD, OTR/L</p> 
<p>Track 4 (afternoon track):</p> <p>Integrating Themes of Hope and Evidence-based Practice in Alzheimer's Care</p>	<p>Lou Jensen OTD, OTR/L</p> 
<p>Track 5 (afternoon track):</p> <p>Mindfulness & Zentangle: Science, Health & Happiness....even when you think you don't have time!</p>	<p>Christine K. Urish PhD, OTR/L, BCMH, FAOTA</p> 
<p>Track 6 (afternoon track):</p> <p>What Does it Take For a Woman to Regain Her Independence? It Takes Occupational Therapy: A Look at Women's Health and Occupational Therapy</p>	<p>Lauren Robins OTD, OTR/L, CLT</p> 

Conference At-A-Glance Schedule

Friday, February 24th

12:15-12:45pm:

- Registration Opens – Skutt Student Center

1:00-4:00 pm:

- Pre-Institute: Parenting with Physical Impairments (3 CEUs) – Skutt Student Center

4:00-5:45 pm: Skutt Student Center

- Vendors
- Appetizers
- Cash Bar

5:45-6:15 pm: Skutt Student Center

- Awards
- Introduction of Board Members
- Introduction of Keynote Speaker
- Gold Sponsor Recognition

6:15 -7:30pm: Skutt Student Center

- Keynote Address: Amy Lamb, OTD, OT/L, FAOTA (1 CEU)

Saturday, February 25th

7:30-8:30 am: Hixon Lied Science Building

- Registration
- Breakfast with the NOTA Lobbyist and RA

8:30 am-11:30 pm: Hixon Lied Science Building

- Sessions (3 CEUs)

11:30 am-1:30 pm: Skutt Student Center

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

1:30-4:30 pm: Skutt Student Center

- 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 February 3rd, 2017, refunds will be given less a \$20 administration fee.

**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 is available online at www.notaonline.org.

	Full Conference (10+ CEUs possible)	Full Conference Early Bird Pricing- Must register by 01/20/2017	Friday Only (4 CEUs possible)	Friday Only Early Bird Pricing- Must register by 01/20/2017	Saturday Only (6+ CEUs possible)	Saturday Only Early Bird Pricing- Must register by 01/20/2017
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: OT Soaring into the Future

Keynote Speaker Qualifications:

Amy Lamb, OTD, OT/L, FAOTA is the President of the American Occupational Therapy Association, Associate Professor of Occupational Therapy at Eastern Michigan University, and owner of AJLamb Consulting. She is the immediate past-vice-president and past chair of the American Occupational Therapy Political Action Committee (AOTPAC). She has a valuable combination of clinical practice as a registered occupational therapist and health care policy experience at the state and federal levels. Dr. Lamb's expertise includes health care policy, health care reform, prevention and wellness, and occupational therapy as a career.

Dr. Lamb received both her BS in Occupational Therapy and her post professional doctor of occupational therapy (OTD) from Creighton University in Omaha, NE. Dr. Lamb got her policy start in the Minnesota House of Representatives working with the Health Policy committee. She was the paid lobbyist for the Nebraska Occupational Therapy Association from 2000 to 2008. Her private practice focuses on program development, and intervention in prevention and wellness. Dr. Lamb's clinical practice spans from school-based pediatrics, acute care, and geriatrics. She has served as an Outpatient Coordinator with Brookdale Senior Living, managing the outpatient therapy clinics and home health rehabilitation services in assisted living and independent living communities in the Denver, CO area.

In 2012, Dr. Lamb was selected to join the AOTA Roster of Fellows, an award recognizing occupational therapists who, with their knowledge and expertise, have made a significant contribution to the continuing education and professional development of members of the Association. In 2011, she received the Lindy Boggs advocacy award from AOTA for her leadership in advocacy and political action in support of the profession of occupational therapy. Therapy Times included her on their Most Influential list of 2007 for her contributions at the state and federal levels in advocacy and health policy development.

Dr. Lamb volunteers to help occupational therapy professionals understand the policy agenda of the Association and the role health care professionals play in advocacy. She works with AOTA staff to organize grassroots, educate Association members on policy, and spends time on Capitol Hill with members of Congress to meet the needs of the Association.

Dr. Lamb speaks regularly to groups on health care policy issues affecting occupational therapy practice and provides participants with practical ways to get involved in the process and make their voices heard. She currently resides outside of Dexter, MI, with her husband Nathan and their two children, Gabby and Josh.

Pre-Institute: Parenting with Physical Impairments

Speaker Qualifications:

The presenters have professional backgrounds in occupational and recreational therapy. They have experience in physical rehabilitation, health, wellness, academia, and/or parenting with a physical disability. As an interprofessional team, they are describing the scope of the problem and raising awareness of the joys and challenges of parenting with a physical disability.

Course Description:

The National Council on Disability estimates 4 million persons are parenting with a physical disability. Lived experiences will be shared to demonstrate the scope of the problem and introduce strategies and resources healthcare providers can use to help parents with physical disabilities thrive.

Course Objectives:

Upon completing this course, participants will Describe the scope of the problems and unmet needs facing parents with physical disabilities through a review of literature and discussion of lived experiences.

Track 1 (morning track): Expanding Occupational Therapy by using Telehealth

Speaker qualifications:

Kristen Ganfield, OTR/L, MBA

Kristen Ganfield, OTR/L, MBA is an Occupational Therapist at the VA Central Iowa Health Care System in Des Moines, Iowa. Kristen has worked at the VA for eight years in a variety of different settings with her current position being the Occupational Therapy Telehealth Specialist. Kristen has spoken nationally and co-authored articles centered around Occupational Therapy conducted through Telehealth. Kristen can be reached at kristen.ganfield@va.gov.

Course Description:

As improved access to timely health care continues to be a concern for patients and providers, telehealth continues to emerge as a viable option. Telerehabilitation has been used as a standalone means to deliver therapy services or as part of a "mixed method". Occupational therapy has utilized this approach for home safety evaluation in determining proper home safety equipment and also for wheelchair assessments. Using telerehabilitation as a means to conduct occupational therapy services has improved patient outcomes but it also has unique barriers and considerations for use.

Course Objectives:

- Participants will be able to provide an overview for the use of Telerehabilitation including the advantages, barriers, and identifying appropriate patients.
- Participants will be able to identify evidence to support the use of Telerehabilitation.
- Participants will be able to identify ways the field of Telerehabilitation continues to evolve.

Track 2 (morning track) : Outpatient Interdisciplinary Approach to Feeding, Eating, and Swallowing in the Complex Pediatric Patient.

Speaker Qualifications:

Lisa Jordan, OTR/L

Lisa is an occupational therapist with 19 years of experience specializing in pediatric feeding and swallowing diagnostics and intervention. She has worked in pediatric inpatient units treating medically fragile infants; in outpatient programs; and with multidisciplinary physicians to treat the child effectively. She has advanced clinical training and extensive experience with instrumental evaluations including videofluoroscopic swallow studies and flexible endoscopic evaluations. She is also certified in pediatric VitalStim Therapy.

Marisa Welch, OTD, OTR/L

Marisa is a graduate from Washington University's Doctor of Occupational Therapy program in December of 2013. She has worked for the past 3-years in a pediatric outpatient therapy clinic and teaching in the Occupational Therapy program at Creighton University. During her first year of practice, she participated in a 1-year residency program focused on feeding and swallowing along with sensory integration therapy. This led her to increased focus and desire to learn about feeding and swallowing in the pediatric patient. Marisa continues to grow and expand her skills in this specialty area; specifically related to the more complex patients.

Course Description:

This short course will focus on best practices in feeding, eating, and swallowing evaluation, clinical decision making and treatment planning in the complex pediatric patient. A special emphasis on the interdisciplinary approach through all these steps in therapy provision. Participants will engage in clinical problem solving through group case analysis.

Course Objectives:

- Identify and describe phase of the swallow; including impairment that can occur at each phase.
- Understand the interdisciplinary approach to maximize the performance in feeding, eating, and swallowing for pediatric patients
- Apply knowledge to case studies of complex feeding patients

Track 3 (morning track) : Therapeutic Exercise Prescription

Speaker Qualifications:

Mark S Kaipust Jr, OTD, OTR/L

Mark graduated from Creighton University in December 2014. He works at CHI - Immanuel Rehabilitation Institute as an Occupational Therapist with Outpatient Rehab Services specializing in upper extremity orthopedics, neurologic conditions, movement disorders and driving rehabilitation. He is a Clinical Instructor for Level I and II fieldwork students.

Course Description:

The focus of this short course is exploring the why behind exercise prescription works. Attendees will delve into how exercise and physical activity promotion fits into OT practice. During this short course an overview of exercise physiology, identification of neuromuscular principle related to exercise prescription, and guidelines for exercise prescription will be provided. This course is suited for the Occupational therapy student all the way to the most seasoned practitioner.

Course Objectives:

- Define therapeutic exercise and its role in occupational therapy practice.
- Exploration of age-related changes in muscle and muscle performance throughout the life span
- Identify neuromuscular principles related to exercise prescription
- Demonstrate training variables for cardiorespiratory and resistance training modalities

Track 4 (afternoon track): Integrating Themes of Hope and Evidence-based Practice in Alzheimer's Care

Speaker Qualifications:

Lou Jensen, OTD, OTR/L

Lou Jensen, OTD, OTR/L is an occupational therapist who is both an academician and clinician. She is active in clinical work in neurorehabilitation and is an assistant professor in the Occupational Therapy Department at Creighton University where she teaches courses related to neurology and rehabilitation. She has served as a content expert to rehabilitation

professionals in Shijiazhuang, China. Dr. Jensen is involved in scholarship related to clinical education, evidence-based practices in occupational therapy for persons with Alzheimer's disease, and stroke systems of care in Nebraska.

Course Description:

This session will explore the construct and themes of hope found in healthcare literature. These findings, along with results of systematic reviews of evidence-based occupational therapy interventions for people with Alzheimer's disease and other major neurocognitive disorders, will be discussed. Participants will develop strategies for clients in own practice settings.

Course Objectives:

- Reflect on definitions and themes of hope in relation to persons with Alzheimer's disease, their caregivers and health professionals.
- Describe a process to systematically gather and appraise evidence related to effectiveness of occupational therapy intervention.
- Summarize evidence-based intervention used in occupational therapy with people who have Alzheimer's disease and related dementias.
- Make a plan to apply hopeful and evidence-based interventions for people with Alzheimer's disease in own practice setting.

Track 5 (afternoon track) : Mindfulness & Zentangle: Science, Health & Happiness....even when you think you don't have time!

Speaker Qualifications:

Christine K. Urish PhD, OTR/L, BCMH, FAOTA

Christine Urish, an occupational therapist, is board certified in mental health (AOTA) has worked in inpatient, partial hospitalization, and community based mental health programs in addition to her academic position as a professor of occupational therapy at St. Ambrose University. Christine is a Certified Zentangle Teacher (CZT) and is in the process of completing her Koru Mindfulness Teacher Certification. Ever mindful of changing needs of the populations she serves (students & behavioral health clients), Dr. Urish searches for evidence based practices which are clinically relevant and applicable for both populations.

Course Description:

Do you or your clients experience increased anxiety, tension, & stress. Curious about interventions to assist you & your clients to be able to relax and stop worrying, to enjoy life more, & to sleep better? Koru Mindfulness and Zentangle can offer assistance. Success assured as there are no mistakes!

Course Objectives:

- Recognizing concerning rates of anxiety and depression among university students and emerging adult clients.
- Identify how Mindfulness, the skill of learning to pay attention, without judgment, to one's present-moment experience, can improve well-being in diverse populations.
- Introduction to evidence-based Koru Mindfulness techniques to assist emerging adults in improving sleep and concentration while reducing stress.
- Understand Zentangle theory, through creating a mindful focus of "art" using one stroke at a time, in a context where there are "no mistakes". Anything is possible, one stroke at a time.
- Explore the direct mindful benefits which can be obtained through engagement in Zentangle "art" including: relaxation, increased self compassion, exploration of creativity, inspiration, relieve stress, increased attention & concentration among many others.
- Demonstrate 2-4 breathing techniques/meditation & 4 Zentangle patterns through active engagement during the session.

Track 6 (afternoon track): What Does it Take For a Woman to Regain Her Independence? It Takes Occupational Therapy: A Look at Women's Health and Occupational Therapy

Speaker Qualifications:

Lauren Robins, OTD, OTR/L, CLT

Lauren received her BA in Psychology from Hastings College (Hastings, NE), MS in Healthcare Operations Management (Nebraska Methodist College) and Doctorate in Occupational Therapy from Creighton University in Omaha, NE. She has practiced in acute care and outpatient rehabilitation seeing a variety of diagnoses. However, Lauren has an affinity for Women's Health and specializes in Oncology. She is currently the Director of Integrated Oncology at Nebraska Cancer Specialists in Omaha, NE.

Course Description:

This presentation focuses on the distinct role of an Occupational Therapist within Women's Health. From preparing and regaining core strength following the birth of a child to female cancer rehabilitation to providing women with tools and strategies to address the changes that accompany the aging process. An Occupational Therapist has the knowledge and skill set to meet the needs for women throughout their lifespan.

Course Objectives:

- Recognize the unique role of occupational therapy within Women's Health.
- Identify at least 3 areas of occupation within Women's Health that may require occupational therapy intervention.
- Learn how an occupational therapist can assist a woman throughout the lifespan.
- Describe emerging or niche practice areas within Women's Health

Conference Location/Hotel Information

Hotel Information: Rooms have been reserved for the NOTA conference at the Element located at 3253 Dodge Street in Omaha. Reservations can be made online by [clicking here](#) or by calling 402-884-3307 and asking for the Nebraska Occupational Therapy Association group rate. The Element does have a shuttle service available to Creighton.

Conference Location:

Creighton University- Skutt Student Center
2500 California Plaza
Omaha, NE 68178

Location Maps and Parking Information: Visit notaonline.org or [click here](#).

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

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