



**Annual Conference**  
**March 1<sup>st</sup> & 2<sup>nd</sup>, 2019**  
**Nebraska Methodist College – Clark Building**  
**720 N 87<sup>th</sup> Street**  
**Omaha, NE 68114**

**Student Session:**

**Let's talk about the NBCOT® National Certification Exam!**

\*\* This presentation will provide information on preparing for the NBCOT national certification examination, as well as the examination application process, and the benefits of certification.

The mission of NBCOT is to serve the public interest by advancing client care and professional practice through evidence-based certification standards and the validation of knowledge essential for effective practice in occupational therapy. NBCOT demonstrates these practices by developing, administering, and continually reviewing the certification process based on current and valid standards that provide reliable indicators of competence of the practice of occupational therapy.

\*\*To register for this FREE student session, visit [notaonline.org](http://notaonline.org) or [click here](#).

**NBCOT Navigator Tools**

NBCOT has created a virtual platform, the Navigator®, for OTR® and COTA® certificants to engage in continuing competency assessment throughout their professional careers. Based upon a national practice analysis study, as well as current evidence, this innovative and dynamic virtual technology platform is designed to support OT certificants by providing feedback on current practice skills and introducing evidence-based resources. Nationally recognized and award winning, the Navigator tools are ground breaking within the OT profession as well as the national certification industry.

**Barbara Williams, DrOT, MS,  
 OTR, Associate Director,  
 External & Regulatory Affairs for  
 NBCOT**



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<p><b>Pre-Institute:</b></p> <p><b>Addressing and Advocating for Reasonable Accommodations to Support Student Success in Clinical Education Experiences</b></p>	<p><b>Michelle Massey, MS, OTR/L</b></p>  <p><b>Lisa Bagby, OT</b></p> <p><b>Jaime Garafalo-Peterson, OTD, OTR/L</b></p>
<p><b>Keynote Address:</b></p> <p><b>Compassion Fatigue</b></p>	<p><b>Donna Costa, DHS, OTR/L, FAOTA</b></p>
<p><b>Track 1 (morning track):</b></p> <p><b>Pain Management Across the Lifespan &amp; the Opioid Crisis</b></p>	<p><b>Donna Costa, DHS, OTR/L, FAOTA</b></p>
<p><b>Track 2 (morning track):</b></p> <p><b>A General Practitioners Guide to Lymphedema and Edema Management</b></p>	<p><b>Hannah Wieger, OTR/L, CLT</b></p> 
<p><b>Track 3 (morning track):</b></p> <p><b>The occupation of mothering: Perspectives on infant and maternal mental health</b></p>	<p><b>Marion Russell, OTD, MOTR/L, SCFES</b></p> 

**Track 4 (afternoon track):**

**Intimacy, Sexuality & Disability**



**Diane Ulmer,  
OTR/L**



**Brooke Murtaugh  
OTD, OTR/L,  
CBIST**

**Track 5 (afternoon track):**

**Ergonomics for Occupational Therapy Practitioners:  
Identifying and Minimizing Personal and Organizational  
Risk Factors**

**Amy Mayer, OTD, OTR/L, RYT**



**Track 6 (afternoon track):**

**Identifying and Addressing Mental Health Issues in the  
Elderly Throughout the Continuum of Care**

**Emily Goodwin, OTD, OTR/L**



## ***Conference At-A-Glance Schedule***

### **Friday, March 1<sup>st</sup>**

8:00-10:00am: **FREE STUDENT Session**

- Please register at [notaonline.org](http://notaonline.org) or [click here](#). First 30 minutes is open networking followed by the presentation at 8:30am.

10:15-11:15am: (1 CEU)

- NBCOT Navigator Tools

**NO Lunch will be served between the optional morning session and the start of registration/sessions. Please feel free to leave the conference site and return.**

12:30-1:30pm:

- Registration Opens – Clark Building

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

- Pre-Institute: Addressing and Advocating for Reasonable Accommodations to Support Student Success in Clinical Education Experiences

4:30-6:00 pm: Clark Building

- Registration Open
- Vendors
- Appetizers / “Mocktails”

6:00-6:30 pm: Clark Building

- Welcome/Awards/Recognition
- Introduction of NOTA Board Members
- Introduction of Gold Sponsor

6:30 -7:30pm: Clark Building

- Keynote Welcome
- Keynote Address (1 CEU)

### **Saturday, March 2<sup>nd</sup>**

7:30-8:30 am:

- Registration
- Networking Breakfast

8:30 am-11:30 pm: Clark Building

- Sessions (3 CEUs)

11:30 am-1:30 pm: Clark Building

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

1:30-4:30 pm: Clark Building

- Sessions (3 CEUs)

## *Registration Fees*

Registration for conference & membership are available online at [www.notaonline.org](http://www.notaonline.org)

\*\*Cancellation Policy: If notification of cancellation occurs prior to February 8<sup>th</sup>, 2019, refunds will be given less a \$20 administration fee.

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

\*\*WEATHER POLICY: Due to the complexity involved with planning conference, any major weather related issues that could result in a registrant being unable to attend will be evaluated on a case by case basis. A refund of *up to 50%* may be considered but is not guaranteed. The conference planning committee would review each individual case once conference is complete and any refund will be given within 30 days.

## *Continuing Education Sessions*

The NBCOT, 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](http://www.notaonline.org).

	Full Conference (10+ CEUs possible)	Full Conference Early Bird Pricing- Must register by 02/8/2019	Friday Only (4 CEUs possible)	Friday Only Early Bird Pricing- Must register by 02/8/2019	Saturday Only (6+ CEUs possible)	Saturday Only Early Bird Pricing- Must register by 02/8/2019
<b>NOTA Member OTR</b>	\$175	\$160.00	\$100	\$90.00	\$150	\$135.00
<b>Non-member OTR</b>	\$255	\$240.00	\$190	\$180.00	\$230	\$215.00
<b>NOTA Member COTA</b>	\$150	\$135.00	\$85	\$75.00	\$125	\$110.00
<b>Non-member COTA</b>	\$210	\$195.00	\$145	\$135.00	\$185	\$170.00
<b>NOTA Member Student</b>	\$100	\$90.00	\$50	\$40.00	\$85	\$75.00
<b>Non-member Student</b>	\$135	\$125.00	\$85	\$75.00	\$120	\$110.00

## **Keynote Address: Compassion Fatigue**

### **Keynote Speaker Qualifications:**

Donna Costa has been an occupational therapist for 45 years with expertise in the practice areas of mental health and academic education. She is a fellow of the American Occupational Therapy Association and is currently a Director on the AOTA Board of Directors, as well as a member of the AOTA Representative Assembly's Opioid Drug Abuse Ad Hoc Committee. Donna has authored three books on fieldwork education and has also written numerous articles for OT Practice. At the present time she is the Founding Program Director and Associate Professor of the Occupational Therapy Program at the University of Nevada, Las Vegas. Donna has formal training in several mindfulness-based interventions and has been involved in several research projects involving their use, including the use of mindfulness with urinary urge incontinence and for the management of chronic pain with spinal cord injury.

## **Pre-Institute: Addressing and Advocating for Reasonable Accommodations to Support Student Success in Clinical Education Experiences**

### **Speakers:**

#### **Michelle Massey, MS, OTR/L**

Michelle Massey, MS, OTR/L Michelle is Associate Professor and Academic Fieldwork Coordinator at Nebraska Methodist College. Her Occupational therapy career has spanned over 25 years and has included a variety of treatment settings such as acute care, inpatient rehabilitation, Pediatric out-patient, NICU, and home based early intervention. She moved to Omaha 15 years ago after working at Children's Hospital of Los Angeles where she developed a specialization in feeding and swallowing in infants and young children. She continued this specialization as part of the Feeding and Swallowing team at Children's Hospital and Medical Center. Michelle is currently in pursuit of her EdD in Healthcare Education and Leadership and will graduate in December 2019.

#### **Lisa Bagby, OT**

Lisa Bagby is the Director of Clinical Education and Assistant Professor for the Occupational Therapy Program at Creighton University. Her primary areas of research and scholarship are related to exploring mental health impact on stroke recovery, clinical education trends and issues, and topics related to provision of occupational therapy in non-traditional settings.

#### **Jaime Garafalo-Peterson, OTD, OTR/L**

Jaime Garafalo-Peterson OTD, OTR/L is faculty and the Academic Fieldwork Coordinator at College of Saint Mary. In this role she participates in all things fieldwork for both level I and II rotations. Jaime collaborates with the ADA Coordinator, the student and the fieldwork site to determine if reasonable accommodations can be met for students with disabilities. Prior to joining the College of Saint Mary faculty, Jaime has many years of clinical experience working in a level I trauma center as a therapist, education coordinator and supervisor. Jaime also has experience in home health and skilled nursing. With the recent increase in students receiving accommodations upon college entry, it is imperative to have a collaborative approach in defining "reasonable accommodation" when entering fieldwork.

### **Course Description:**

This interactive panel discussion will focus on the American Disabilities Act and the occupational therapy student. The panel will review the regulations regarding Family Educational Rights and Privacy Act (FERPA) and how implementation occurs within the academic setting. The panel will also discuss the transition of a student with accommodations from an academic setting to fieldwork and finally an entry level practitioner. Case studies will be presented and discussed for additional experiential learning.

**Course Objectives:**

- Learner will understand what accommodation looks like for a college student and how colleges support learning needs of the student.
- Learner will understand the transition from a student role to a worker role and how they can support individual learning needs.
- Learner will be able to apply knowledge through facilitated case studies.

**Track 1 (morning track): Pain Management Across the Lifespan and the Opioid Crisis****Speaker qualifications:**

Donna Costa has been an occupational therapist for 45 years with expertise in the practice areas of mental health and academic education. She is a fellow of the American Occupational Therapy Association and is currently a Director on the AOTA Board of Directors, as well as a member of the AOTA Representative Assembly's Opioid Drug Abuse Ad Hoc Committee. Donna has authored three books on fieldwork education and has also written numerous articles for OT Practice. At the present time she is the Founding Program Director and Associate Professor of the Occupational Therapy Program at the University of Nevada, Las Vegas. Donna has formal training in several mindfulness-based interventions and has been involved in several research projects involving their use, including the use of mindfulness with urinary urge incontinence and for the management of chronic pain with spinal cord injury.

**Course Description:**

The opioid public health crisis is unlike any that has been seen before, affecting individuals across the lifespan. An important role for occupational therapy is addressing pain management so clients have alternatives to using opioids. This workshop will review pain concepts, discuss pain evaluations, and describe non-pharmacological pain management approaches.

**Course Objectives:**

- Understand how pain management relates to the opioid crisis
- Review biopsychosocial concepts behind pain
- List numerous pain evaluations to use with clients across the lifespan
- Describe non-pharmacological approaches to working with pain

**Track 2 (morning track) : A General Practitioners Guide to Lymphedema and Edema Management****Speaker Qualifications:**

Hannah Wieger is a Certified Lymphedema Therapist working in both Acute, Inpatient Rehab and Outpatient treating patients with various levels of lymphedema severity, including acute edema secondary to injury or illness to chronic lymphedema with wounds. She has developed a guide for nursing to improve edema management within the hospital, appropriately measuring and fitting patient for gradient compression stockings. Hannah received her lymphedema therapy certification with the Academy of Lymphatic Studies and continuing education courses in Head and Neck Lymphedema with Norton School of Lymphatic Therapy. She has a passion for educating patients, patient's family members and colleagues to simplify the lymphatic system and manage edema for improved treatment outcomes.

**Course Description:**

This seminar trains clinicians to develop clinical decision-making skills related to lymphedema and edema management from a Certified Lymphedema Therapist. Learn ways to better educate your colleagues and patients to manage edema and wounds that are affecting their treatment outcomes. We will review how lymphatic drainage pathways can be affected by chronic conditions many of your patients may be experiencing, as well as give you the skills to treat edematous limbs in your current treatment sessions. Lastly, you will be given the tools to decide appropriate compression for your patients with edema and learn to accurately measure limbs.

**Course Objectives:**

- Differentiate between a variety of chronic health conditions and their effect on peripheral edemas
- Describe using proper terminology anatomical features of the lymphatic system relevant to general patient caseload
- Identify importance of treatment of edematous limbs and prevention of wounds/infection
- Identify and describe a best fit for compression therapy and select compression garments appropriate for various diagnosis
- Accurately measure and prescribe off the shelf compression garments
- Identify the indications or contraindications for a patient referral to a Certified Lymphedema Therapist
- Teach a homecare program for proper skin hygiene, garment wear and care, and signs/symptoms that could lead to further evaluation
- Describe most appropriate course of treatment for edematous limbs in a variety of care settings, including skilled nursing, outpatient, end of life/hospice, inpatient hospital and acute rehab

**Track 3 (morning track) : The occupation of mothering: Perspectives on infant and maternal mental health****Speaker Qualifications:**

Dr. Russell is a graduate of the Post-Professional Doctor of Occupational Therapy program at Creighton University. She is originally from Berlin, Germany and has experience working in private practice and clinical settings in the United States, Germany, and Austria. Since 2016, Dr. Russell has been a member of a specialized feeding and eating therapy team at the NoTube Interdisciplinary Therapy Center in Graz, Austria. As part of her work in this team, she is collaborating with Prof. Dr. Dunitz-Scheer, a child psychologist, in addressing infant and maternal mental health concerns as part of feeding therapy and evaluation. Prior to that, she worked with medically fragile children at a special purpose private school in Scarborough, Maine. She has taught pediatrics and theory courses at her alma mater, the University of Southern Maine, where she earned her Master of Occupational Therapy after finishing a bachelor of arts in English Literature at Concordia University in Montreal, Canada. Dr. Russell's scholarly work focuses on the impact of enteral feeding on family mealtime routine, pediatric feeding and eating behavior disorders, occupation of mothering, health disparities experienced by transgender clients, and curriculum development. She is an American Occupational Therapy Association certified Eating, Feeding and Swallowing Therapist and continues to specialize in enteral tube weaning and telemedical services.

**Course Description:**

This course will provide perspectives on infant mental health, maternal mental health, and the role of occupational therapy. Particular emphasis will be placed on how the occupation of mothering might be impacted by mothering a child with a disability. Case studies and video materials will be used to exemplify these concepts. The course will review current research and theoretical underpinnings and provide tools for occupational therapists to implement in their practice.

**Course Objectives:**

- Demonstrate an increased awareness of the concept of infant mental health
- Identify aspects of how maternal mental health impacts the child-parent dyad
- Consider implications of mothering a child with a disability on maternal mental health
- Apply current research in infant and maternal mental health to current occupational therapy practice

**Track 4 (afternoon track): Intimacy, Sexuality & Disability****Speaker Qualifications:****Diane Ulmer, OTR/L**

Diane Ulmer is an Occupational Therapist treating patients with SCI in a rehabilitation hospital setting for 18 years. As Program manager for SCI program, she provides clinical leadership and program development for the spinal cord program. Diane addresses program expansion, quality improvement, outcome management and referral development. She also provides direct patient care, patient and caregiver education and training and develops educational materials. She provides staff training and continuing education regionally regarding training in the care individuals with SCI and preparing patients with SCI for rehabilitation. Diane has served as the coordinator for the diaphragm pacer program as well as the study coordinator for a drug trial study for individuals with SCI by DP Clinical. She also serves on the Agrability Advisory Council.

**Brooke Murtaugh, OTD, OTR/L, CBIST**

Brooke Murtaugh, OTD, OTR/L, CBIST Brooke is a graduate of Wayne State College in Wayne, NE where she received her bachelor's in Health Science. She then received her Clinical Doctorate in Occupational Therapy from Creighton University in 2004. She began working as an occupational therapist at Madonna Rehabilitation Hospitals in 2006. She has practiced in brain injury rehabilitation for twelve years and has previously managed the neurological vision rehabilitation program. Brooke currently is Madonna's brain injury program manager and burn program leader. She received her national certification as a Brain Injury Specialist in 2009 and Brain Injury Specialist Trainer in 2016. Brooke is responsible for coordinating the care and rehabilitation programs serving Madonna's brain injury and burn populations on both Lincoln and Omaha campuses. She has presented numerous presentations on brain injury and burn rehabilitation throughout the region and nationally.

**Course Description:**

Attendees will learn about intimacy and sexuality across the lifespan for individuals with disabilities. Content will cover the impact of physical changes, risks associated with social media, and helping individuals establish safe boundaries. Pediatric considerations, risk for sexual abuse and resources for patient education will be covered. Emphasis will be placed on our responsibility as Occupational Therapists to address these issues with our clients. A panel discussion with professionals and individuals living with a disability will share their personal experiences.

**Course Objectives:**

- Identify impact of disability on self image.
- Describe impact of disability on relationships.
- Identify how physical changes after disability impact intimacy.
- Define risk factors associated with reestablishing intimacy after disability.
- Demonstrate importance of clinical engagement addressing intimacy and sexuality in rehabilitation.

**Track 5 (afternoon track) : Ergonomics for Occupational Therapy Practitioners: Identifying and Minimizing Personal and Organizational Risk Factors**

**Speaker Qualifications:**

Amy Mayer OTD, OTR/L, RYT is an occupational therapist who specializes in improving the health and wellness of people experiencing physical pain. She is an advanced myofascial release practitioner with over 200 hours of training in the J.F. Barnes method and a certified yoga instructor. Amy also specializes in body alignment, ergonomics, and holistic stress management. She has been recognized for her excellent teaching skills, as well as her leadership in wellness programming. Amy is the owner of Mayer Wellness, LLC which offers individual appointments, weekly classes and workshops focusing on reducing pain and improving wellness.

**Course Description:**

The goal of this session is to support the health and wellness of occupational therapy practitioners. Participants will explore the application of ergonomic principles to a variety of practice settings. Through the identification of personal and organizational risk factors, participants will gain a greater understanding of their risk for injury. Participants will begin creating a plan for minimizing risk factors at the personal and organizational level including how to build a business case for change.

**Course Objectives:**

- Identify risk factors for occupational therapy practitioners in various practice settings.
- Determine personal risk through a body alignment assessment.
- Create strategies for minimizing personal and organizational risk.

**Track 6 (afternoon track):**

**Identifying and Addressing Mental Health Issues in the Elderly Throughout the Continuum of Care**

**Speaker Qualifications:**

Emily Goodwin OTD, OTR/L, ERYT is an occupational therapist who currently works with clients in the skilled nursing setting. As an experienced yoga instructor and Reiki practitioner, she believes in implementing a truly holistic plan of care for her clients. Emily has practiced occupational therapy in a variety of mental health settings and throughout the continuum of care for the elderly. She is devoted to empowering her clients, their support systems, and other practitioners to address mental health issues. Emily believes in a stigma-free mental health future.

**Course Description:**

Mental health issues are prevalent in the elderly population throughout all practice settings including: acute care, skilled nursing (SNF), outpatient therapy, home health therapy, the Program of All-Inclusive Care for the Elderly (PACE), and others. Occupational therapists are provided a unique opportunity to address mental health needs of their clients; however, many practitioners are not wholly familiar with the available tools of the profession. Enhance your practice through learning how to implement customized mental health focused interventions and finessing the principle of therapeutic use of self.

**Course Objectives:**

- Discuss how occupational therapy practitioners can address mental health issues in the elderly
- Identify the interdisciplinary role of occupational therapy in addressing mental health throughout the

continuum of care

- Compare and contrast interventions that address mental health in the elderly throughout various practice settings
- Evaluate a case study and create a plan of care that addresses mental health needs of the elderly client

### *Conference Location/Hotel Information*

#### **Hotel Information:**

Rooms have been reserved for the NOTA conference at the Staybridge Suites, 7825 Davenport St in Omaha. Reservations can be made by calling 402-933-8901 and referencing NOTA for group pricing, or by [clicking here](#) for online registration - \$99 Studio Queen/ \$119 One Bedroom 2 Queen beds. **The deadline for this guaranteed rate is February 4<sup>th</sup>, 2019.**

#### **Conference Location:**

Nebraska Methodist College – Clark Building  
720 N 87<sup>th</sup> Street  
Omaha, NE 68114

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

Questions about conference? Contact the NOTA assistant at [NOTAassistant@gmail.com](mailto:NOTAassistant@gmail.com).

**Thank you to our Gold Sponsor:**

