

NOTA
Conference
Sponsors:



NOTA Nebraska Occupational
Therapy Association

Annual Fall Conference
September 23-24, 2011
Holiday Inn Downtown
141 N 9th Street
Lincoln, NE 68508

Featured Speakers

Pre-Institute - Stress, Sensory Processing and the Brain: Working and Learning with Ease, Fun, and Efficiency

Shoshana Shamberg, MS, OTR/L



Keynote Address: Moving Through Rehabilitation

Brandon and Tiffany Verzal,
parents of Alexis Verzal



Track 1: Fall Prevention: The Latest in Fall Prevention and Home Modifications

Joy Doll, OTD, OTR/L



Track 2: Fundamentals of Kinesio Taping for Occupational Therapists

Stacy Reichmuth OTR/L, C/NDT,



Amanda Cool
MS OTR/L



Track 3: Resolving Shoulder Impairments and Improving Function (A Neuro-IFRAH Course Originated by Waleed Al-Oboudi)

Brad Potts, PT, Neuro IFRAH
Instructor



Conference At-A-Glance Schedule

Friday, September 23rd

12:00-12:30 pm:

- Registration Opens

12:30-4:00 pm:

- Pre-Institute: Neuro IFRAH: Resolving Shoulder Impairments and Improving Function
OR
- Stress, Sensory Processing and the Brain (3.5 CEU)

4:00-5:00 pm:

- Registration
- Vendors
- Networking
- Posters (1 CEU for attending all posters)

5:00-6:00 pm:

- Keynote Speaker (1 CEU)

6:00-7:00 pm:

- Introduction of Board Members
- NOTA Awards
- Lobbyist Update

7:00-8:30 pm:

- Alumni & Friends Reception (Refreshments will be served)

Saturday, September 24th

7:30-8:00 am:

- Registration (Light breakfast will be served)

8:00-12:00 am:

- Sessions (4 CEUs)

12:00 pm-1:30 pm:

- Lunch will be served
- Posters (1 CEU for attending all posters)
- Vendors

1:30-5:00 pm:

- Sessions (3.5 CEUs)

Registration Fees

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

Online conference registration starts July 15th

	Full Conference (13 CEUs possible)	Friday Only (5.5 CEUs possible)	Saturday Only (8.5 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 September 10th, 2011, refunds will be given less a \$25 administration fee. **Online registration due by September 15th.**

*****NOTE: ADDITIONAL MATERIAL FEES BASED ON TRACK*****

Track 2: Materials Fee- \$10 for tape fees

Track 3: Materials Fee- \$50 for bound instruction manual and \$25 for certificate (recognized as NeuroIFRAH certified for 3 years)

Continuing Education Sessions

Participants have two choices for the Pre-Conference Institute: Stress, Sensory Processing and the Brain or Neuro IFRAH. Neuro IFRAH is a day and a half course taking place BOTH on Friday AND Saturday. The Keynote Address is an unopposed educational session. Participants may choose 1 of 3 continuing education session tracks for Saturday, September 24th (with the exception of Neuro IFRAH which is both Friday and Saturday). Participants cannot move between tracks and will not receive partial credit for attendance of a portion of a course. 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: Moving Through Rehabilitation

Keynote Abstract: Over three years ago, Alexis Verzal was the victim of Shaken Baby Syndrome at the hands of her daycare provider, leaving her with severe brain damage and very little hope. Her parents, Brandon and Tiffany Verzal will share the story of Alexis' journey through rehabilitation.

Pre-Institute - Stress, Sensory Processing and the Brain: Working and Learning with Ease, Fun, and Efficiency

Shoshana Shamberg OTR/L, MS, Special Educator, Certified Brain Gym Consultant and Irlen Diagnostician

Speaker qualifications: Shoshana Shamberg, MS, OTR/L has over 30 years experience in program management, private practice, and consultation services to educational institutions, businesses, private and public agencies, and housing agencies. Shoshana is founder and President of Abilities OT Services and Seminars, Inc. (AOTSS) a consulting firm that specializes in accessibility, health and wellness, pediatric school based interventions, and professional trainings. Shoshana is co-owner of the Visual Learning Center of MD at Azman Eyecare and Ruscombe Community Health Center where she provides Brain Gym and Irlen Method Services and Trainings for pediatric through geriatric clients with stress, sensory processing, chronic migraines, autism, and learning problems at home, work, or school. She has presented hundreds of international trainings and published extensively in textbooks and journals. She is AOTA representative to the ANSI 117.2 Accessible Design Committee. IDEA Partnership, Irlen International Advisory Board, and MOTA legislative committee liaison for 3rd Party Reimbursement Issues. Shoshana has a masters degree in special education and assistive technology.

Course Description: Visual perceptual and sensory processing problems impact reading, writing, math, and many other cognitive functions. The sensory systems interact with one another for skill acquisition while retaining previous learned ones. Stress and trauma can impact development or cause decline. Intensity and type of lighting can affect caused stress overload. Helen Irlen, educational psychologist and reading specialist, discovered that by placing specifically, calibrated color overlays for each person over a page of reading, or use of spectral filters worn as glasses or contact lenses, immediately improved the performance, accuracy, and endurance of learning disabled adult and childhood readers. Benefits include decreased stress and improvements in memory, attention, behavior/self regulation, anxieties, neurological ticks, auditory processing and communication.

Over 25 years of international, evidence-based research and case studies will provide data from neuropsychiatry, vision, psychology, and education specialists. Participants will use a simple, quick pre-screening process, called PASS, to target which clients would benefit and which strategies would best serve the individual. Scotopic sensitivity, or Irlen Syndrome, is a sensory processing problem affecting many with dyslexia, ADD/ADHD, chronic migraines, light sensitivity, stroke, TBI, autism, anxieties, and stress related neurological conditions. Dr. Paul and Gail Dennison, reading specialists, invented Brain Gym Exercises by providing specific exercises combined with movement, sensory input, and fun learning activities enabling the mind and body to interact and perform with greater ease and enjoyment during challenging mental and physical activities. By combining Brain Gym Exercises and Irlen Color Overlays or Spectral Filters, profound relief from adverse symptoms can be immediate and enable optimal functioning and learning, This sometimes minimizes the need for more extensive and expensive interventions, while maximizing the effectiveness of those presently used.

Course Objectives:

- Demonstrate how to assess for stress and sensory overload symptoms including the understanding the neurobiology of various disabling conditions and learning challenges. . Administer the PASS prescreening process to target symptoms of visual stress and determine if children and adults may benefit from specific interventions.
- Provide an experiential opportunity for participants to use Brain Gym sensory motor exercises, Irlen Color Overlays, stress management techniques. Actual case studies and international evidence-based research will be presented.
- Discuss various visual distortions and how to detect them by using PASS in individual and group

settings and address environmental modifications to enhance learning, behavior management and stress reduction..

- Discuss neurobiological theories about brain functioning and the diagnostic criteria

Track 1: Fall Prevention: The Latest in Fall Prevention and Home Modification

Speaker Qualifications: Joy Doll graduated from the University of South Alabama in 2002 with a Bachelor's of Science in Occupational Therapy (BSOT). After working briefly in long-term care, Dr. Doll attended Creighton University graduating with her Doctorate of Occupational Therapy (OTD) in 2003. During her doctoral studies, Dr. Doll developed a program on fall prevention for older adults to be implemented in faith communities and explored the role of occupational therapy in health ministry. Currently, Dr. Doll is an Assistant Professor in the Department of Occupational Therapy at Creighton University. Dr. Doll has written over 20 grants and is author of the text *Grant Writing and Program Development in Occupational Therapy: Making the Connection* by Jones and Bartlett. Dr. Doll teaches courses in culture, neuro-occupation and clinical education for post-professional OTD students. In her spare time, Dr. Doll likes to read, go to concerts, write, walk, play Boggle, photograph, and relax.

Course Description: The purpose of this course is to provide occupational therapy practitioners with the skills needed to effectively evaluate the home environment of an older adult focused on fall prevention. The emphasis of this course is how to promote an environment for healthy living for the prevention of future falls. Experiential learning is emphasized to provide each participant with a clear understanding of all material while providing ample time to practice hands on skills.

Course Objectives:

- Participant will be able to correctly articulate the issues surrounding the older adult population regarding falls.
- Participant will be able to correctly identify at least one cause of a fall that negatively affects an older adult's life.
- Participant will correctly identify appropriate equipment options for seniors for their home (i.e. handheld shower).
- Participant will correctly articulate locations for purchase of equipment or community resources that assist in attaining needed equipment.

Track 2: Fundamentals of Kinesio Taping for Occupational Therapists

Speaker Qualifications: Amanda Cool is a practicing occupational therapist at Madonna Rehabilitation Hospital in Lincoln, NE, where she has been working for the last five years. She provides inpatient rehabilitation services to patients with complex medical conditions, stroke, brain injury, spinal cord injury, and respiratory issues. Amanda has received a BS in Human Biology from Chadron State College, MS in Occupational Therapy from Colorado State University, and training in Fundamental and Advanced Kinesio Taping from the Kinesio Taping® Association. She is widely incorporating this modality into the plan of care for her patients

Stacy Reichmuth is an occupational therapist at The Nebraska Medical Center in Omaha, Nebraska. Stacy has over 11 years of experience working with the neurologic population. She currently works in out-patient therapy in the Department of Neurological Sciences and is a team member of the multidisciplinary ALS Clinic. Stacy received a BA in Psychology from the University of Nebraska-Lincoln and a BS in Occupational Therapy from Creighton University. She is certified in Neuro-Developmental Treatment for Adult Hemiplegia and is trained in Fundamental and Advanced Kinesio Taping from the

Kinesio Taping © Association.

Course Description: This course will use a combination of lecture and lab to provide OTRs and COTAs the basic knowledge and skill to apply Kinesio tape. Kinesio tex tape is used to re-educate the neuromuscular system, reduce pain, support performance, prevent injury, promote improved circulation and healing, and improve functional movement and positioning. This technique can supplement treatment and enhance occupational performance in all areas of practice. Attendees should wear lab attire to access the upper back, shoulders and hands as well as bring in scissors for the lab portion of the course.

Course Objectives:

- Describe concept, theory and clinical application of kinesio taping method.
- Demonstrate knowledge of kinesio taping application and principals.
- Demonstrate at least 5 kinesio tape applications for various pathologies/conditions.
- Discuss documentation and goal setting strategies for using kinesio taping method

Track 3: Resolving Shoulder Impairments and Improving Function (A Neuro-IFRAH Course Originated by Waleed Al-Oboudi) **Please note, this is a Friday/Saturday course. Participants MUST attend both sessions to be eligible for CEUs. NO half credits will be issued.

Condensed 1.5 day track with typical course 2-3 days and \$400 cost!!!

This is a GREAT value for the materials and instruction—Space is limited!! Please wear lab clothing and bring a yoga mat if you have one available.

Speaker Qualifications: Brad Potts, PT, and Neuro-IFRAH Instructor® received his degree in Physical Therapy from the University of Oklahoma in 1996. Brad has over ten years of experience most often treating patients with hemiplegia due to stroke or traumatic brain injury. He has worked in inpatient rehab, but most of his experience is in the outpatient department as the senior neuro therapist. Brad works at St. John Medical Center, in Tulsa, OK serving as a staff therapist for over ten years and as Education Coordinator for five years. He is a certified Neuro-IFRAH Instructor® and has been mentored since 2007 by Waleed Al-Oboudi, MOT, OTR, the author of the Neuro-IFRAH® approach

Course Description: This day and a half course is specifically designed for occupational and physical therapists who work with adult stroke and brain injury patients. This course will cover topics related to upper extremity management with emphasis on resolving shoulder impairments and recovering function. Information will be shared by lecture, lab and possibly using video & other visual aids.

Course Objectives:

- Identify principles of management handling guidelines and concepts related to the challenge of maximizing functional outcomes as related to upper extremity function.
- Identify basic components of normal movements as related to upper extremity function.
- Identify characteristics of upper extremity use and upper extremity components of normal movement.
- Differentiate between normal and abnormal upper extremity movement in functional activities.
- Identify the missing components of movement that are interfering with the patient's ability to function at a higher level.
- Identify handling techniques to help patients attain the missing upper extremity components of movement that are interfering with functioning at a higher level.
- Identify handling techniques to resolve mobility problems and pain.
- Integrate concepts related to normal movement, principles of management, general areas of function and handling techniques as related to the upper extremity in ADLs.

Conference Location

Location

Holiday Inn Downtown Lincoln
141 N 9th Street
Lincoln, NE 68508

Hotel Information: Rooms have been reserved for the NOTA conference for a conference rate of **\$89 per night**. Please make reservations by **September 2nd** and mention the NOTA Conference Rate. More information about the hotel as well as reservation information can be found at

<http://www.holidayinn.com/hotels/us/en/lincoln/lmkdt/hoteldetail>.

Conference Directions:

Transportation To and From Hotel

Lincoln Airport (LNK)

- Distance: 5.0 MI/8.05 KM NORTH to Hotel
- Complimentary Shuttle Available
- I-80: Take exit 401A I-180(9th Street) South three miles. The hotel is located on the right side of 9th street between P and Q streets.

Omaha Airport/Eppley Airfield (OMA)

- Distance: 55.0 MI/88.51 KM WEST to Hotel
- I-480 West to I-80 West take exit 401A I-180(9th Street) South three miles. The hotel is located on the right side of 9th street between P and Q streets..

Questions about conference? Contact Lindsay Tuxhorn
(ltuxhorn@madonna.org) or Lauren Sheehan
(lauren.sheehan@alegent.org).

NOTA Voicemail: [\(402\) 370-6520](tel:4023706520)

(If leaving a message, your call will be returned in no later than 3 business days)