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OT Department News- Issue #1

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OT Department News

Issue # 1 | December 2016

Occupational Therapy

About this newsletter

The newsletter is produced by the Department of Occupational Therapy of Thomas Jefferson University and is distributed twice a year.

We look forward to using this channel to share information about our alumni, students and faculty, as well as news about our programs.

Please tell us what you have been up to! Have you been in the news? Started your own business? Published? Taken a leadership position? Something else of interest?

Please contact Caryn Johnson with your news at caryn.johnson@jefferson.edu



OT student Marissa Heller, 3rd from the left, with the winning Health Hack team.

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OT Student's Team Takes 1st Place in Health Hack

EMOT student Marissa Heller was part of team Intact Birth, which won the Patient Engagement track of the Independence/Jefferson Health Hack, an event held November 4-6 that brought together individuals from disparate professions to conceptualize and create solutions for pressing needs in healthcare.

Marissa's interest in innovation and entrepreneurship began when she started OT school. She wanted to participate in the hack to create something to address real healthcare issues, and to engage with other professionals while doing so. Marissa's team, which included a nurse, a medical engineering student and a medical student, addressed the issue of perineal tearing, which is experienced by women in 85% of vaginal births. Marissa explained that perineal tearing is "a health care issue that gets very little attention, but can often lead to problems in a woman's everyday functioning such as incontinence, trouble caring for a newborn, and pain during ADLs and IADLs."

In less than 48 hours Marissa and her team conceptualized a device that prevents perineal tearing by providing warmth and massage during the second stage of labor. Marissa used her OT perspective to help keep the device client-centered, and she applied her knowledge of how to optimize muscle performance, which she felt was a unique skill that she brought to her team. Team Intact Birth won the grand prize after pitching their idea to an audience of 200 people. Congratulations, Marissa!

Hotspotting to improve patient outcomes

In the United States, over 25% of patients who are discharged from hospitals are re-admitted within 30 days. Some patients become overwhelmed upon discharge, and when they are unable to manage their conditions, they end up right back where they started. So how do we, as healthcare providers, remedy this situation? One answer is hotspotting, a method for reducing healthcare costs and improving quality of life by identifying and engaging with patients who overuse healthcare services and targeting them for intervention.

Patients who overuse emergency medical services, also called 'super utilizers,' are identified by joint efforts between hospitals, attending physicians, social workers, and other healthcare professionals within hospitals and emergency departments. This team of 'hotspotters' works with patients to help them manage their health conditions by directing them to resources, making sure they understand their conditions and helping them strategize ways to manage their health. Hotspotters help patients identify and address social and environmental barriers to care, and provide patients with tools to navigate the healthcare system.

Hotspotting aims to improve long-term health, which closely aligns with primary care delivery models. AOTA has identified primary care as an emerging practice area for OT, and occupational therapists play important roles on hotspotting teams by identifying performance habits, roles, and routines that impact health and well-being, as well as assessing cognition. OTs have the skillset to address the complex occupational and health profiles of patients addressed by hotspotting efforts.

When a spot opened up on Jefferson's inaugural hotspotting team in 2014, the Department of Family Medicine reached out to Tracey Vause-Earland, PhD, OTR/L to request an OT student to fill it. David Goldstein and Jillian Fader, now alumni of the OT department, were members of the first Jefferson teams, and they are both still involved in hotspotting efforts as practicing clinicians. David, who sits on the National Advisory Board for the Camden Coalition, says that he and Jillian both plan to "stay involved either through supporting the growth of a larger hotspotting presence at Jefferson, or at the respective healthcare systems where we work."

Currently, Jefferson has two OT students on their hotspotting team, which is composed of six students from different Jefferson healthcare programs. Nuriya Neumann (2nd year BS/MS) and Michaela Scotten (2nd year EMOT) are the only two OT students working on a hotspotting team through the Camden Coalition, which has 57 teams across the US and Puerto Rico. They both became involved through an elective course offered by Dr. Vause-Earland. Michaela recently served on a panel for the Jefferson Center for Interprofessional Education (JCIPE) conference, Interprofessional Care for the 21st Century: Redefining Education and Practice, to discuss her hotspotting experience, which she describes as both exciting and career-changing.

"We all bring a unique perspective to the client," says Michaela. While Jefferson currently has only one hotspotting team, the MD/MPH students who advise the team hope to increase that number to ten by the next academic year. For more information about how you can get involved, email tracey.vause-earland@jefferson.edu.

Community Service SpOTlight

On October 22nd, a group of students participated in the **Autism Speaks Walk** at Citizens Bank Park. The SOTA team raised more than \$500 for **Autism Speaks**.

On Sunday, October 30th, SOTA members worked with **Grace Cafe**. Students prepared and served hot meals to approximately 250 members of the Philadelphia community who are currently experiencing homelessness and food insecurity.

On Saturday, November 12th, Student Occupational Therapy Association (SOTA) members participated in the **Walk to End Alzheimer's**. The Jefferson Eldercare/SOTA team raised over \$1,700 for the **Alzheimer's Association**. Second year EMOT student **Jennifer Arnold** personally raised over \$1,100!

2nd year BS/MS student **Nuriya Neumann** organized a clothing drive to benefit **Morris Home**, a local recovery facility serving transgender and non-gender conforming individuals. Men's and women's clothing and shoes (size 8+) were collected in the lobbies of Hamilton, Edison, and JAH.



Former Dean Janice P. Burke

Announcing the Janice P. Burke Scholarship Fund

Janice P. Burke, PhD, OTR/L, FAOTA, nationally renowned educator and leader in the field of occupational therapy, retired from her position as Dean of the Jefferson College of Health Professions in 2016. As sad as we are to lose Janice's leadership, we are equally grateful for her many accomplishments during her tenure as faculty member, Chair and Dean here at TJU. Occupational therapy at local, state and national levels would not be where it is today without the innovative and dedicated efforts of Janice during her four decades as an OT.

Janice is beloved by the alumni community. You may personally know her from your time here as a student, when she was a faculty member, Chair of the Occupational Therapy Department and/or Dean of the College of Health Professions. You may know her reputation as the leader of a department that grew to be highly ranked nationally, or you may know of her as a developer of the Model of Human Occupation. While guiding this department to distinction, she kept us laughing and loving what we do. How fortunate we were to have her here at TJU!

Janice's legendary guidance and mentorship of our faculty and students has helped many of today's OT leaders during their most formative years of education. The OT department continues to be a highly sought after academic program, now ranking 6th in the country according to *USNews and World Report*.

In honor of Janice's longevity and her enormous impact on the profession, we are establishing a scholarship in her name. The Janice P. Burke Scholarship Fund will help jump-start the next generation of occupational therapy practitioners and leaders. This fund will support occupational therapy students who, according to Janice's longstanding commitment to education, *"demonstrate financial need, are the first in their family to be enrolled in a Master's degree level education, and demonstrate success in confronting adversity."*

You can make a tax-deductible donation online, by clicking the following link: advancement.jefferson.edu/burkescholarship. Gregory Schmidt, our liaison in the Office of Institutional Advancement, is available should you have any questions.

Alumni SpOTlight

Jefferson alumna **Sarah Peduzzi's** exciting new venture, Therapist Sea-E Cruise, LLC provides an innovative and fun way to earn CE credits: do it on vacation! The program is offered on a relaxing 5-night cruise to Nassau and Cozumel. The inaugural cruise will leave from Miami on March 12, 2017. For more information, <http://bit.ly/2fCwhJN>

Alumna **Shanna Corbin** was featured in an *OT Advance* article about the Philadelphia Hand Center. The article focuses on the Hand Center's recent expansion, fellowships and international efforts. Read more: <http://bit.ly/2eKnZSh>

Need a Lyft?

Lyft ridesharing app users can help support TJU SOTA by entering the code "SOTA2016" when they request a ride. \$10 will be donated to SOTA.



From left: OT students Karly Brown, Amanda Broom and Alyssa Armstrong. Read about them in "Unique Perspective" on page 5. Photo by David Lunt.



Left: Alumnus Mikael Avery ('16) and center: Gina Cooke ('01) interview Lariq Byrd, a young man partnering in the Design for Disability course at the Comcast Collaboration Studio with SKMC students.

Alumnus Highlight Mikael Avery, MSOT, M.Arch

Mikael Avery, class of 2016, entered the field of occupational therapy through a path built on design, technology, making and teaching. A recent graduate of Thomas Jefferson University, he is currently co-instructor (along with Robert Pugliese, Pharm.D) of the Design for Disability course offered by Sidney Kimmel Medical College (formerly Jefferson Medical College)'s College within the College Design Track, JeffDESIGN.

In this course, medical students and industrial design students from Philadelphia University work together with clients to develop custom solutions for individuals. Students utilize 3D printing to explore the technology's impact on the field of health care, including the ability to rapidly test and iterate physical prototypes and build custom solutions to meet a user's needs. Design for Disability is the first course offered to engage students from both universities as members of collaborative teams.

Prior to earning his Master of Science in Occupational Therapy degree, Mikael ran draft works, llc., a design and fabrication firm focused on using digital fabrication technology to build custom solutions for individuals and professionals. Mikael decided to earn his degree in Occupational Therapy because he felt that his background in design and fabrication could directly meet healthcare needs on both the individual and population level. Mikael has developed and taught graduate level design courses at several Philadelphia academic institutions. As a member of Philadelphia University's faculty, Mikael is dedicated to bringing together the fields of design and health care in order to enhance the patient experience, promote design focused on wellness, benefit both individuals and populations, and reimagine the health care system.

OT Celebrates 100 Years at Annual AOTA Conference in Philadelphia

Occupational therapy will mark its centennial year at the 2017 [AOTA Annual Conference & Expo](#) at the Philadelphia Convention Center, March 30 to April 2. We are very excited to welcome 12,000+ occupational therapy professionals to our neighborhood in Center City Philadelphia!

During the Centennial Celebration we will be highlighting alumni, students, faculty and programs. Jefferson Occupational Therapy faculty and students will present numerous posters and presentations, including four pre-conference institutes.

Be sure to stop by our booth where we will showcase the work of faculty and students and promote the [Advanced Practice Certificates](#) and [Post Professional Occupational Therapy Doctorate](#) programs.

To further celebrate this professional landmark, the Department of Occupational Therapy is planning an alumni event the evening of Saturday, April 1, which will include reflections on the department's history, contributions to the profession and vision for the future.

We look forward to seeing you in Philadelphia!

Unique Perspective:

OT students tap into personal experiences to become better clinicians

(Photo on page 3)

BS/MS students Karly Brown ('17), Alyssa Armstrong ('16) and Amanda Breem ('17) all know what it's like to see the medical world through the eyes of a patient. They are bringing that insight to fellow students through speaking engagements that reveal their stories and experiences in therapy.

Brown had a stroke three years ago, Armstrong experienced a spinal cord injury in high school, and Breem has undergone multiple surgeries to treat her hydrocephalus. Each of these experiences has informed the students' roles as clinicians.

"Our personal experiences make us better clinicians," Breem says. "We want to share what we've learned with other students."

Brown explains that clinicians see dozens of patients per week, but each patient will only see one OT. "They will forever remember the interactions that they have had with their healthcare provider," she says, noting that therapists should bear in mind that they are an ambassador for their profession, and that each OT "has the opportunity to truly positively impact a life."

We Heard You! Access to TJU Library

We know that our clinical community and alumni are invested in providing the best evidence-based occupational therapy services and the best fieldwork education programs possible. We are happy to announce that we can now offer access to tools to support you. Fieldwork Educators can now gain online access to the Thomas Jefferson University Library resources. Imagine - CINAHL, Ovid, Cochrane, MedlinePlus, PubMed - all at your fingertips!

In order to take advantage of this opportunity, there are eligibility guidelines in place. You must be appointed as an Adjunct Clinical Instructor by the Jefferson College of Health Professions and you must complete a short application. The process takes about 2-3 months, and appointments are in effect for one year.

The following eligibility requirements must be satisfied:

- Provide level I or level II fieldwork experience to at least one Thomas Jefferson University occupational therapy student within the past 12 months
- Complete the application
- Send electronic images of the following:
 - State license
 - Resume/curriculum vitae
 - Student evaluation of the level I or level II experience within the past 12 months (Student Evaluation of Level II Fieldwork Experience or Student Evaluation of Level I Fieldwork form)
 - Evidence of completion of highest degree in occupational therapy
 - Evidence of initial NBCOT certification

Contact Caryn Johnson at caryn.johnson@jefferson.edu for an application or additional information. We look forward to providing you with this wonderful new opportunity!





The OTD entry level inaugural class of 2019.

Jefferson Enrolls First Cohort in New Occupational Therapy Doctorate (OTDe) Entry Level Program

TJU is proud to announce the start of a new Occupational Therapy Doctorate (OTDe) entry level program. The inaugural cohort of 17 students, pictured above, is a dynamic group of individuals eager to embrace the opportunity to change practice. They are slated to graduate in May 2019.

Tina DeAngelis, EdD, OTR/L, is the OTDe entry level program director and Lydia Navarro-Walker, OTD, OTR/L is the Doctoral Residency Coordinator (DRC). The OT department is actively collaborating with talented, doctorally prepared faculty mentors in order to provide a rich doctoral experiential (residency) that occurs during the third year of the curriculum. Experiences are crafted to take place in areas of: clinical practice, research, education, leadership, advocacy, program development, theory and more in order to develop autonomous practitioners who are equipped to meet society's changing needs at the individual, group or population level.

If you have any questions about the OTDe entry level program, please contact tina.deangelis@jefferson.edu.

*The Occupational Therapy
Department
at Thomas Jefferson University
wishes you a Happy Holiday!
All the best for 2017!*

Post-professional OTD Update

In 2007 Jefferson launched the post-professional doctorate in occupational therapy (PP-OTD) program, designed for practicing therapists with a BS or MS degree. Now in its 10th year, the program has 55 students from 13 states and five countries, including the US.

In this online program, students regularly interact. Online Learning Community sessions at the beginning and end of the Fall and Spring semesters are special get-togethers for all students in the program. Graduates present their final projects at these events, and students and faculty discuss issues in the field such as current trends in evidence-based practice and leadership in current practice environments.

Another unique feature is the seamless integration with the Advanced Practice Certificate program. Jefferson has four certificates: Teaching, Autism, Neuroscience and Sensory Integration (coming soon). Each consists of four 3-credit courses leading to a 12-credit certificate. The courses can also be used as electives for the PP-OTD.

The 59 graduates of the PP-OTD have done capstone projects on a variety of topics including academic and fieldwork education; mental health in children and adults; training for caregivers of persons with stroke, dementia, and TBI; developmentally supportive care for infants in US and Indian NICUs; protocols for Ayres SI; environmental adaptation for older adults; OT preparation for the hand therapy certification exam; and consumer management of chronic disease.

Save the Date!

As an OT you know that continuing education is a key component to best practice. Connecting with peers is important too!

You are invited to attend these upcoming events on the Thomas Jefferson University campus:

**January 27-28 &
March 3-4:** Fieldwork Educator
Certificate Course

April 1: Alumni Bash at AOTA
Conference in Philly

May 2: CREATE Day

To learn more about these events or to register to attend, please contact

caryn.johnson@jefferson.edu.

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Faculty Accomplishment Highlights

Thomas Jefferson University occupational therapy faculty members have been busy winning awards, conducting research and delivering presentations. Some highlights of the past year are listed below.

Awards and honors

- Adel Herge, Recipient: "President's Award" Pennsylvania Occupational Therapy Association, October, 2016.
- Arlene Lorch, Recipient: 2015-2016 Dean's Faculty Achievement Award.
- Roseann Schaaf, Inducted into the American Occupational Therapy Foundation's Academy of Research in April 2016.

Funded research

- MJ Mulcahey, The Pediatric Measure of Participation: A Staging and Replenishment Study, Shriners Hospitals for Children, Principal Investigator, \$289,000.
- MJ Mulcahey, Metal Artifact Characterization in Spinal Cord injury, Craig H. Nelsen Foundation, Collaborator, \$300,000.
- Cathy Piersol, Program Administrator, Jefferson Elder Care Family Caregiver Workshop Series: Teaching the Skills Necessary to Care for Someone with Dementia, July 2016 to June 2018, \$37,000.
- Roseann Schaaf, Amy Carroll and MJ Mulcahey collaborated with Drs. Elizabeth Ridgway and Sophie Molholm of Albert Einstein Medical College in New York on a grant funded by the American Occupational Therapy Foundation entitled: Testing outcomes of a child-centered, occupation-based, theory-driven, manualized intervention for children with Autism Spectrum Disorders. This study identified and evaluated sensitive outcome measures for use in intervention studies for children with autism.
- Roseann Schaaf's NIH grant (also in collaboration with Einstein) studying the effectiveness of OT using sensory integration for children with autism is now in year two. This comparative effectiveness study compares occupational therapy using the principles of sensory integration to behavioral intervention for children with autism. It also measures change in multisensory integration via evoked related potentials (EEG).