

# MARK YOUR CALENDAR FOR THE CONFERENCE OCTOBER 19TH & 20TH

Conference is a unique opportunity to take part in continuing education that you can immediately put to use in your area of practice. Get together with friends and practitioners you haven't seen for a while. This year we are delighted to welcome **Christine Metzler, public affairs director at AOTA** as she shares the AOTA Centennial Vision during her Keynote address. We are pleased to bring you a variety of topics including: Sensory Integration, Assistive Technology, Pain Management, Home Health, Ergonomics, Long Term Care and much more.



Keep current on issues affecting Occupational Therapy Practice



Network and visit with practitioners and friends



See the latest equipment trends and meet potential employers during the exhibitor time



Earn CCCs, continuing competency credits



Missouri Occupational Therapy Association  
Cindy Kempf OTR/L  
1030 Remington Oaks Ct.  
Fenton, MO 63026

PRSR STD  
U.S. POSTAGE  
**PAID**  
S.T. PETERS, MO  
PERMIT NO. 562

**Enrichment, Experience  
& Education!!!**

**Missouri Occupational  
Therapy Association  
Fall Conference  
October 19 & 20, 2007  
Maryville University  
St. Louis, Missouri**

**Need another brochure?  
Go to [www.motamo.net](http://www.motamo.net)**

CALENDAR OF EVENTS

**October 19**

- Board Meeting .....12:00-2:30pm
- Registration .....2:30-5:00pm
- Educational Sessions .....3:00-6:00pm
- Exhibit Hall Opens .....5:30pm
- Happy Hour Reception .....6:00-7:00pm

**October 20**

- Continental Breakfast .....8:00-9:00 am
- Registration .....7:30-11:00am
- MOTA Business/Members Meeting.....8:00-9:00am
- Educational Sessions .....9:00am-11:00am
- Keynote Speaker.....11:15am-12:15pm
- Networking Lunch/ Exhibit Hall.....12:15-1:45pm
- Exhibit Hall Closes.....1:55pm
- Educational Sessions .....1:50-5:00pm

**Friday, October 19th**

**Session 1 3:00-5:00pm**

When the Going Gets Tough: Communicating Effectively in Challenging Situations

**Debora Davidson, PhD, OTR/L, Sherry Muir, MOT, OTR/L, St. Louis University Department of Occupational Science & Occupational Therapy.** Occupational therapists traditionally work with people during times of trouble and loss. Research indicates that therapists with superior communication skills have better clinical outcomes and increased career satisfaction. Despite its importance, few therapists have received formal preparation for interacting with others during times of conflict or distress. Participants in the course will gain confidence and skills in interacting with clients and colleagues when: giving and receiving corrective feedback, sharing bad news, and setting limits. A combination of lecture, discussion, reflection, and guided small group exercise will be included. **(2 CCCs)**

**Session 2 3:00-4:30pm**

ADA Requirements for Paratransit Eligibility and Follow-up Interventions

**Don Kallembach, MS,OTR/L, Maryville University, Mike McDermott M.Ed, Metro Bi-State Development Corporation-Saint Louis.** Paratransit eligibility and mass-transit travel training are emerging areas of community based practice. Title II of the ADA guarantees paratransit services for people with disabilities in areas served by mass-transit systems. To determine eligibility, some transit systems are using OTs to perform in-person functional assessment of applicant transit abilities. This workshop overviews the OT role in assessment and discusses methods of travel training used by St. Louis mass-transit. **(1.5 CCCs)**

**Session 3 4:30-5:30pm**

Preventing Injuries at Work: An Introduction to Ergonomics

**Lisa Jeagers, OTR/L, Interventions LLC,** Preventing musculoskeletal injuries is a major concern in most workplaces. OTs can use their knowledge of the human body and occupations to assist with injury prevention. This introductory session will provide an overview of injury prevention in the workplace, including ergonomics. Topics include the basic principles of ergonomics and how to integrate them into your daily practice. **(1 CCC)**

**Session 4 5:00-6:00pm**

Safe At Home

**William C. Gielow, MS/OTR/L, Sandford Brown.** An overview of the Senior Wellness/ Exercise program for the Well Elderly that are in Adult Day Care or Assisted Living Facilities. **(1 CCC)**

**Poster Sessions**

**5:30pm-6:30pm**

**Earn Up to 1 CCC for Poster Sessions**

Poster: Utilizing a Multidisciplinary Approach of Compression Therapy and Wound Care to Enhance Participation in Occupation

**Jacqueline Voss OTR/L,CLT, Barnes Jewish Hospital.** Many people have chronic lower extremity edema; every eighth person has severe edema requiring treatment. Occupational therapists and specialized wound care nurses manage chronic edema and wounds, and remediate the effects of edema and wounds on the participation in occupation. This poster aims to demonstrate the impact of compression therapy in healing chronic wounds, and exhibit the unique perspective of occupational therapy in the treatment of edema and ulcers.

Poster: Washington University Community Practice: Contemporary Service Provision

**Matthew Dodson, OTD,OTR/L, Lisa Martin, MSOT,OTR/L, Katy Hess, MSOT, OTR/L, Washington University Program in Occupational Therapy.** Community practice at Washington University's Occupational Therapy Program (WUSTL-CP) engages clients in their homes and in the clinic. WUSTL-CP addresses mobility device education and training, performance-based cognitive retraining for return to work after brain injury, dynamic & evidenced-based in-home occupational therapy assessment and intervention, independent living interventions for veterans and self-management training for staff at Assisted Living facilities.

Poster: Predicting Acute Hospitalization Discharge Disposition Utilizing the Barthel ADL Index

**Jacqueline Voss, OTR/L,CLT, Cassandra Ward, ANP-C, Barnes Jewish Hospital.** Appropriate early determination of discharge and rehabilitation needs is crucial in today's health care system. However, to date, no assessment guidelines are specifically aimed at discharge planning. This poster, through the use of the Barthel ADL index, will aim to identify key objective indicators to support standard clinical reasoning skills: recognize parameters, including a visual clinical pathway to enhance accurate and efficient care planning; and facilitate communication of recommendations.

**ANY QUESTIONS CONTACT**  
**Cindy Kempf**  
**Phone: 636-225-2535**  
**Email: cmkempf@rehabcare.com**

**Poster: Examining Methods of Recruiting Older Adults to an 'Active Living Every Day' course in a Naturally Occurring Retirement Community**

**Mary Hildebrand, Washington University School of Medicine.** Using the transtheoretical Model (TTM), strategies were designed and implemented to recruit older adults from the St. Louis NORC to participate in a 12-week physical activity promotion program. By targeting those in the precontemplative and contemplative stages, 26 older adults enrolled along with a control group of 29. As predicted by the TTM, proactive methods using stage matched processes of change were more effective.

**Poster: Possible Effects of Formal Personal Attendant Training**

**Joy Cadelina, OTD student, Washington University School of Medicine.** With rising numbers in the aging population and people with disabilities living in the community, there is an increased need for personal attendant services. For most Medicaid consumer Directed Personal Attendant Service (CDPAS programs), attendants are trained solely by the consumer. Recent research has shown that personal attendants would like to receive a more formal training. Considering the broad spectrum of people who become personal attendants, how does one design and implement an effective PAS training with an existing CDPAS program? What are the outcomes of training? These topics will be the sources of discussion will be presented.

**Exhibit Hall Opens  
Happy Hour**

**5:30-7:00pm**

Take advantage of this time to walk around and visit the vendor booths. Sign up at vendor tables to win gifts. Visit with friends you haven't seen in a while. Be sure to get your door prize ticket as you enter the exhibit hall Friday night. **One lucky attendee will be the recipient of a complimentary conference registration for 2008!** Must be at happy hour to win.

**NOT A MEMBER OF MOTA??  
We have over 4000 Occupational Therapists  
and Occupational Therapy Assistants in our  
State.**


**We Could Make a difference in our  
profession if we all would get involved.  
Conference is a great place to meet up with  
friends you haven't seen in a while and  
make new friends that have  
your same interests.**

**Saturday, October 20th**

**7:45-9:00am**  
**Complimentary Continental Breakfast in the  
Exhibit Hall.**

**MOTA Business Meeting**

Come and get involved in your organization. Come find out what our state association is currently working on and what the future of MOTA holds. **(1 CCC)**


 **Session 5** **9:00-10:00am**  
**Taking the Ouch Out Of Pain In The Long Term Care  
Setting**

**Lea Doyel, National Health Care Corporation.** This session will include such topics as: using an interdisciplinary approach to pain management and how occupational therapists can play a role in the team. The information will allow clinicians working in the long term care setting to understand what can be done to reduce pain and discomfort and they will be able to implement this model in the LTC setting where they work or consult. **(1 CCC)**


 **Session 6** **9:00-11:00am**  
**Understanding Alternatives to Computer Access**

**Bob Cunningham, MS,OT/L, Maryville University.** This hands-on, introductory workshop will provide the participants with an introduction to alternatives to computer access. Alternatives and adaptations to standard keyboards and mice will be explored including computer access with switches. This workshop will be of interest to therapists who work with any individuals who have difficulty accessing the computer. Attendance will be limited to 10 participants. **(2 CCCs)**


**Limit 10**

 **Session 7** **9:00-11:00am**  
**Assistive Technology in School Based Practice**

**Christy Ostrosky,MS,OTR/L,CSIPT,BCP,ATP, Private Practice.** This session will provide information on the use of assistive technology to help children participate in educational activities. A brief overview of legal issues will be provided. Content will focus on assistive technology frequently used in the school setting, and available resources. **(2 CCC)**

 **Session 8** **10:10-11:00am**  
**Level II Fieldwork Basics... Everything You Wanted to Know  
But Haven't Asked**

**Cindy Matlock, OTR/L Assistant Professor, Academic Fieldwork Coordinator and Administrator of Student Development at St. Louis University, Cindy Kempf, OTR/L St. Anthony's Medical Center and Delmar Gardens.** Are you a student anticipating your Level II Fieldwork Experiences? Are you a clinician who would like to be a Clinical Instructor but aren't sure if are ready to take a student? Bring your questions to this session and learn helpful hints from a recent graduate, a clinical instructor and an Academic Fieldwork Coordinator. **(1 CCC)**

 **Session 9** **10:10-11:00am**  
**Rebuilding Lives After Stroke: An Occupational Performance  
Model for Family Caregivers**

**Kathy Kniepmann, MPH,EdM, OTR/L. Washington University School of Medicine.** Family caregivers for survivors of stroke reduce expenses for health social services. They may find fulfillment, but often jeopardize their own health. Nearly one third of strokes occur among people who are age 65 or under. Rebuilding Lives after Stroke is a model for caregiver health promotion, with spirituality and occupation at its core, to address needs of younger and middle-aged people. It supports self-managment for caregivers, who often neglect their spouses or partners who survived a stroke. **(1 CCC)**

 **Keynote Presentation: 11:15am-12:15pm**

### **AOTA Centennial Vision**

**Christine Metzler, Public Affairs Director at AOTA.** Occupational therapy is well positioned to play a central role in meeting health, participation and quality of life needs in the 21st century. As we approach the 100th anniversary of the profession in 2017, AOTA has just concluded an historic initiative to craft a Centennial Vision to unite the profession around common goals and new directions. This keynote will discuss the broad imperatives for occupational therapy that emerged from the Centennial Vision process and the new strategic directions the Association has embarked upon to build the profession's future. **(1 CCC)**

 **Session 10 1:50-3:50pm**

### **Introduction to Motivational Interviewing and Application to OT Practice**

**Jeanenne Dallas, MA, OTR/L CPRP, Washington University School of Medicine. Stephanie Schmidt, OTR/L, Peter & Paul Community Services-Lebre Center.** Motivational Interviewing is a communication technique used to assist clients moving through the Stages of change. Clinicians can use these strategies with clients in various settings, mental health and physical rehabilitation, to empower clients to take an active role in their recovery. **(2 CCCs)**

 **Session 11 1:50-3:50pm**

### **Understanding Alternatives to Computer Access**

**Bob Cunningham, MS, OT/L, Maryville University.** This hands-on, introductory workshop will provide the participants with an introduction to alternatives to computer access. Alternatives and adaptations to standard keyboards and mice will be explored including computer access with switches. This workshop will be of interest to therapists who work with any individuals who have difficulty accessing the computer. Attendance will be limited to 10 participants. **(2 CCCs)**

 **Session 12 1:50-2:50pm**

### **Brachial Plexus Injury**

**Nicole Blankenship, MS, OTR/L, Katie Shaffer, OTR/L. St. Louis Childrens Hospital.** A review of brachial plexus palsy including the classification of injury, risk factors, symptoms, indications for surgical repair and therapeutic implications. The therapists presenting work at St. Louis Children's Hospital in the Brachial Plexus Palsy clinic and will explain the role of occupational therapy in this specialized clinic. **(1 CCC)**

 **Session 13 1:50-3:20pm**

### **S.T.O.M.P. Sensory Techniques to Organize with Mega Proprioception**

**Lauri Stringer, OTR/L, Emmaus Homes.** S.T.O.M.P.! is an interactive workshop that provides education and fun (because all therapists know that you comprehend and retain more when you are having a good time). The educational aspect includes the basic neurophysiology as to why proprioceptive input is organizing to the sensory system. Proprioceptive sensory "snacks" are provided throughout this session in order to regulate attendants' sensory systems for better learning. The "fun" aspect includes participation in several activities and provide proprioception. S.T.O.M.P. incorporates activities for all ages, skill, cognition, and mobility level. **(1.5 CCCs)**

 **Session 14 3:30-5:00pm**

### **Changes in Dynamic Trunk / Head Stability and Function after Hippotherapy**

**Tim Shurtleff, OTD, OTR/L, Staff Scientist Human Performance Laboratory, Program in Occupational Therapy, Washington University School of Medicine,** This presentation will review therapeutic riding (TR) and Hippotherapy (HPOT) and will differentiate between them. Evidence for efficacy of TR and HPOT will provide a context for the presenter's current research. The current research project includes use of objective and very precise video motion capture measurement tool to understand the changes in dynamic stability of the trunk and head as well as changes in upper extremity function resulting from hippotherapy. Children with cerebral palsy were tested on a simulator in the laboratory before and after a 12 week session of weekly hippotherapy sessions and compared to children with no disability. Dr. Shurtleff will report pilot results as well as preliminary results from the current study. He will also describe a grant application currently at NIH for a study, that if funded, will likely be the first randomized clinical trial of hippotherapy. **(1.5 CCCs)**

 **Session 15 3:30-5:00pm**

### **Feeding Concerns of Young Children**

**Teresa Boyer, OTR/L. Rockwood Early Childhood.** Can't tell the difference between a "picky eater" and a "problem feeder?" Are his refusals to eat carrots a behavior or sensory concern? In this session you will learn about how feeding concerns can affect young children and their families and how it can be treated. You, as an OT, can help children begin eating healthy again! **(1.5 CCCs)**

 **Session 16 4:00-5:00pm**

### **OT in the St. Louis Naturally Occurring Retirement Community (NORC)**

**Peggy Neufeld, Ph.D, OTR/L, FAOTA, Washington University School of Medicine.** OT can provide a unique role in a NORC in community-building and promoting healthy aging of adults 65+ years old. This paper will highlight challenges, strategies, and lessons learned in a NORC. The St. Louis NORC is a non-denominational Demonstration Project in a 3-square mile suburban area, administered by the Jewish Federation and initially funded by the Administration on Aging. The NORC mission is to support older adults to live in their own homes as long as they wish. **(1 CCC)**

 **Session 17 4:00-5:00pm**

### **Being an Evidence Based Practitioner: Supports, Strategies and Resources**

**Ashlyn Cunningham MA, OTR/L, Maryville University. Elizabeth Burton, Lindsey Caruso, Kate Ebert, Lindsay Nelson, Maridith Thompson, Veronica Vaughn, Erin Warren.** Practitioners today are called upon to implement "best practice" as evidence through research and scholarly activities. This session will focus on strategies to incorporate into practice immediately, providing a direction for evidence based practice (i.e. practical literature search strategies, AOTA resources and public resources). Additionally, the last part of the session will focus on developing evidence support groups as a networking and educational strategy. **(1 CCC)**

## **2007 ANNUAL AWARDS**

Nominate! Celebrate!

Nominating someone for a MOTA Award is a great way to recognize skillful clinicians, creative thinkers, and change agents in the field of occupational therapy. Awards are announced and presented during the fall conference.

Nominations for the 2007 awards will be due in September 2007.

Contact:

Chris Gonzalez at [cgsinmo@aol.com](mailto:cgsinmo@aol.com)

Or go to website: [www.motamo.net](http://www.motamo.net)

**Note:** All nominees must be members of MOTA.

### **Award of Merit**

This is the highest honor given to the OT or COTA who actively promotes OT in a variety of areas and has affected the work of many through clinical practice, teaching, management or research.

### **Outstanding Clinician**

Recognizes the therapist who is a "master clinician," provides exceptional service, and is respected for their skill and clinical reasoning and goes above and beyond the call of duty.

### **COTA Award of Excellence**

Honors a COTA who serves as a mentor for others with strong clinical skills and has developed exceptional relationships with other therapists, clients, staff, and family members.

### **Outstanding Administrator/Supervisor**

Recognizes the administrator, supervisor, or educator who promotes professionalism, quality care, and development of the profession and serves as a positive role model for staff.

### **Outstanding Service to the Organization**

Recognizes exceptional Occupational Therapy practitioners who volunteer time, energy and skills to the Missouri Occupational Therapy Association and the community. These practitioners are dedicated to serving the members and the community by promoting the mission of MOTA.

**Refund Policy:** A refund, less \$25 administrative fee will be given if written notice of full conference cancellation is received by MOTA postmarked on or before October 1, 2007. No refunds after that date. In the event a program is cancelled for any reason, MOTA will not be responsible for any cancellation changes or charges assessed by airline or travel agencies. Please note that if you do not cancel and do not attend the conference you are still responsible for payment.

**Discounts:** A \$50 reduction in conference registration is available for **one** representative per exhibitor booth. Also, a \$50 reduction in conference registration is available to speakers of our educational sessions & members of the conference committee. Poster presenters are eligible for a \$25 discount. All discounts are subject to conference committee approval.

Want to use CREDIT to pay?  
Register online  
[www.motamo.net](http://www.motamo.net)  
and use your credit card

### **DIRECTIONS TO CONFERENCE LOCATION:**

***Maryville University-13550 Conway Road-St. Louis, Missouri, 63141***

**From the North:** Take Interstate 70 to Interstate 270 south to US 40 west. Take US 40 west to the Maryville Centre exit (approximately 1 1/2 miles). Proceed straight to the third street on your right, Maryville University drive. Turn right and follow the signs on campus to Monsanto Auditorium in the same building as the Library.

**From the South:** Take I-55 north or I-44 to I-270 to I-64/US-40 west. Take US-40 west to the Maryville Centre exit (exit 23). Proceed straight along North Outer Rd. for approximately six-tenths of a mile to Maryville University Drive. Turn right onto Maryville University drive and proceed straight into the campus. Follow the signs on campus to Monsanto Auditorium in the same building as the library.

**From the West:** Take I-64/US-40 east to the MO-141 exit (exit 22). Turn left on Woods Mill Rd. Turn right on Conway Rd. Proceed for approximately two-tenths of a mile. Turn right on Maryville University Drive to enter the campus. Follow the signs on campus to Monsanto Auditorium in the same building as the library.

### **Hotel Reservations**

Marriott Courtyard – Maryville

511 Maryville University Dr.

St. Louis, MO 63141

1-800-321-2211

MOTA Rate: \$89 ~ Due by Sept. 28th



# Enrichment, Experience & Education

Registration Form  
October 19th & 20th

**Pre-Registration Deadline: October 1st**

PLEASE PRINT OR TYPE LEGIBLY

Name as it will appear on badge: \_\_\_\_\_

Home Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone: (            )                      Business Phone: (            )

Email: \_\_\_\_\_

Employed By/ or OT School: \_\_\_\_\_

OTR    OTA    Student    **I will attend:**   Full Conference   Fri.   Sat.

**Price is the same if you attend 1 day or both**

Prefer a Vegetarian meal  YES    NO   Other: \_\_\_\_\_

PLEASE MARK THE SESSIONS YOU WANT TO ATTEND

### Friday

- 3:00pm-5:00pm        Session 1
- 3:00pm-4:30pm        Session 2
- 4:30pm-5:30pm        Session 3
- 5:00pm-6:00pm        Session 4

### Saturday

- 8:00am-8:50am        Business/Members Meeting
- 9:00am-10:00am        Session 5
- 9:00am-11:00am        Session 6 (Limit 10)
- Session 7
- 10:10am-11:00am        Session 8
- Session 9
- 11:15am-12:15pm        Keynote Speaker
- 1:50pm-3:50pm        Session 10
- Session 11 (Limit 10)
- 1:50pm-2:50pm        Session 12
- 1:50pm-3:20pm        Session 13
- 3:30pm-5:00pm        Session 14
- Session 15
- 4:00pm-5:00pm        Session 16
- Session 17

**DOOR PRIZE DONATIONS:**  
MOTA is looking for organizations, schools & groups of therapists to donate a basket of goodies that will be raffled off during the conference. Call for details: Sheila Richardson 314-605-4553 or email sheilakayot@yahoo.com.  
**All proceeds go to student scholarships!**

### CONFERENCE REGISTRATION FEE

Postmarked:	Oct. 1	Oct. 2 OR After
OTR Member	\$125 ○	\$150 ○
OTR Non-Member	\$195 ○	\$220 ○
COTA Member	\$ 85 ○	\$110 ○
COTA Non-Member	\$135 ○	\$160 ○
OT Student Member	\$ 40 ○	\$ 65 ○
OT Student Non-Member	\$ 65 ○	\$ 90 ○
Member of Other State Association	\$125 ○	\$150 ○

**Subtotal** \_\_\_\_\_

Vendor discount (-\$50) \_\_\_\_\_

Committee or Speaker discount (-\$50) \_\_\_\_\_

Poster Presentation Discount (-25) \_\_\_\_\_

**Your Total** \_\_\_\_\_

Pay with Credit Card: Go online and register  
[www.motamo.net](http://www.motamo.net)

**Send registration form & check with full payment to the following address:**

Missouri Occupational Therapy Association • C/O Cindy Kempf  
1030 Remington Oaks Ct. • Fenton, MO,63026  
Phone: 636-225-2535 • Email: cmkempf@rahabcare.com