

NCTA Nebraska Occupational Therapy Association

Annual Conference

April 25th and 26th, 2014

**Immanuel Hospital Conference Center
(Located just Northeast of the Hospital)**

6901 N 72nd Street

Omaha, NE 68122

Featured Speakers

Pre-Institute: Track 1

**Acute Care to Community Re-entry:
Enhancing Stroke Rehabilitation across Nebraska**

**Lou Jensen, OTD, OTR/L; Teresa Cochran, PT,
DPT; & Kathleen Volkman, PT, MS**



Pre-Institute: Track 2

Return to Work Part of Recovery

Virginia Schweitzer COTA/L



Keynote Address:

Quality, Efficiency, and the Affordable Care Act

**Chris Lee, PT, M.S.P.T.
Amy Lamb, OTD, OTRL, FAOTA**



Track 1:

Move, Jive, Flourish, & Thrive: A Look at Occupational Therapy in the Oncology Setting

Lauren Robins, OTD, OTR/L, CLT



Track 2:

Managing Bowel and Bladder Incontinence, Returning Dignity to Your Clients

Cali Carlson PT, DPT



Courtney Kossow OTD, OTR/L, C/ NDT



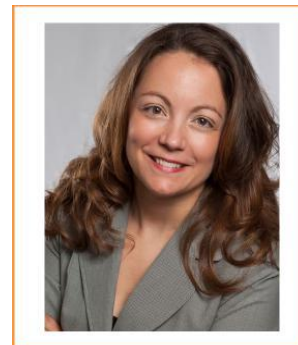
Lindsay Tuxhorn, OTD, OTR/L



Track 3:

The *Ready Approach* Across the Lifespan- Practical Sensory Processing Strategies

**Theresa Parish, OTR/L, CEES,
*Ready Associate***



Conference At-A-Glance Schedule

Friday, April 25th

1:00-2:00 pm:

- Registration Opens

2:00-5:00 pm:

- Pre-Institute: **Acute Care to Community Re-entry: Enhancing Stroke Rehabilitation across Nebraska**
- Pre-Institute: **Return to Work Part of Recovery**

5:00-6:00 pm:

- Registration
- Vendors
- Networking
- Posters

6:00 -7:30pm:

- Keynote Address: **Quality, Efficiency, and the Affordable Care Act**
- Introduction of Board Members
- Gold Sponsor Recognition
- NOTA Awards

7:30-8:30 pm:

- Networking Reception (Refreshments will be served, cash bar)

Saturday, April 26th

7:30-8:30 am:

- Registration (Light breakfast will be served)

8:30 am-12:00 pm:

- Sessions (3.5 CEUs)

12:00 pm-1:30 pm:

- Lunch will be served
- Posters
- Vendors
- Lobbyist Update
- Prize drawings

1:30-5:00 pm:

- Sessions (3.5 CEUs)

Registration Fees

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

	Full Conference (10 CEUs possible)	Friday Only (3 CEUs possible)	Saturday Only (7 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	\$100	\$50	\$80
Non-member Student	\$125	\$75	\$100

Cancellation Policy: If notification of cancellation occurs prior to April 11th, 2014, refunds will be given less a \$20 administration fee. **Online registration due by April 18th.**

Continuing Education Sessions

The Pre-Institutes and Keynote Speakers are unopposed educational sessions. Participants may choose 1 of 3 continuing education session tracks for Saturday, April 26th. 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 one track. Seating is limited for each track, so register early! (Day of conference registration will be available as seating allows.)

Registration for conference will be available online at www.notaonline.org.

Keynote Address: "Quality, Efficiency, and the Affordable Care Act"

Keynote Speaker Qualifications:

Dr. Amy Lamb is the Vice President of the American Occupational Therapy Association, Assistant Professor of Occupational Therapy at Eastern Michigan University, and owner of AJLamb Consulting. She is the immediate past chair of the American Occupational Therapy Political Action Committee (AOTPAC). She brings with her the valuable combination of clinical practice as a registered occupational therapist combined together with health care policy experience at the state and federal levels. Dr. Lamb's expertise includes health policy, prevention and wellness, and occupational therapy as a career.

Dr. Lamb received both her Bachelors of Science in Occupational Therapy and her post professional Doctor of Occupational Therapy from Creighton University in Omaha, Nebraska.

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 2000-2008.

Dr. Lamb's clinical practice spans from private practice, school based pediatrics, acute care, and elders. Prior to her current position she was an Outpatient Director with Brookdale Senior Living managing the outpatient therapy clinics and home health rehabilitation services in assisted living and independent living communities in the Denver Colorado area.

In 2012, Dr. Lamb was selected to join the AOTA Roster of Fellows. In 2011, she received the Lindy Boggs advocacy award from the American Occupational Therapy Association for her leadership in advocacy and political action in the profession of occupational therapy. Therapy Times included her on their Most Influential list for 2007 for her contributions at the state and federal level in advocacy and health policy development.

In her volunteer leadership positions, Dr. Lamb is part of the team that helps occupational therapy professionals understand the policy agenda of the association and the role they as health care professionals play in advocacy, she organizes the grassroots, educates others on issues, and spends time on the hill with members of Congress to meet the needs of the Association.

Dr. Lamb speaks regularly to groups on health policy issues impacting practice and benefits of consumers and provides participants with practical ways to get involved in the process and make their voices heard. She currently resides outside of Dexter, Michigan with her husband Nathan and their two children Gabby (11) and Josh (9).

Chris Lee is a physical therapist by background that has accumulated over 19 years of clinical and administrative experience in Inpatient Rehabilitation Facility, Long Term Acute Care Hospital, and Skilled Nursing Facility post-acute care settings. As a member of the American Physical Therapy Association, Mr. Lee served in numerous roles within the state organization, including Eastern District Chair, Ethics Committee, Practice Act Task Force, and two terms elected to the Executive Board. Chris has provided consultation to rehabilitation facilities across the U.S. and in the U.K. as a surveyor for the Commission on the Accreditation of Rehabilitation Facilities (CARF). He has served on multiple committees for the American Medical Rehabilitation Providers Association (AMRPA) including a subcommittee reviewing the Post Acute Care Tool, the Legislative/Regulatory Committee, the Outcomes Committee, and the Data Committee. He is currently the chair of the Medical Necessity Committee. Chris is also a member of the American College of Healthcare Executives and is working towards a Fellowship designation. In 2012, Chris was selected to serve on the national expert review panel on bundling proposals for CMS's Center for Medicare and Medicaid Innovation. IN 2013, Chris was selected to represent AMRPA at a summit of professional organizations convened by the American Association of Physical Medicine and Rehabilitation for the purpose of drafting recommendations to CMS on rehab regulations. He is currently the Vice President for Rehabilitation at Madonna Rehabilitation Hospital, a 308 bed free-standing rehabilitation hospital in Lincoln, NE that employs over 130 therapists.

Keynote Description: The ACA has a wide ranging impact on the delivery of healthcare. Healthcare workers at every level will need to focus on quality and efficiency in order to be successful. Learn how Value Based Purchasing, Accountable Care Organizations, and bundling models will incentivize quality and efficiency.

Pre-Institute Track 1: Acute Care to Community Re-entry: Enhancing Stroke Rehabilitation across Nebraska

Speaker Qualifications: Course presenters are members of the Stroke Rehabilitation Task Force of the Nebraska Stroke Advisory Council. Presenters are academicians and practitioners with expertise in evidence-based stroke care. They have conducted and published research on stroke rehabilitation in Nebraska, and are compiling resources such as a specialized services database and a stroke rehabilitation "tool kit" for use by practitioners around the region.

Course Description: Stroke rehabilitation is evolving and practitioners need resources to provide care that insures the best outcomes, based on current evidence. Participants will discover the state of stroke rehabilitation in

Nebraska and resources available to enhance patient care. Video cases and collaborative problem-solving will be used to design intervention plans.

Course Objectives:

- Discuss what is known about current structure and process of stroke rehabilitation in Nebraska hospitals, as well as provider perceptions on barriers and supports to stroke rehabilitation.
- Explore resources to improve team processes, use of meaningful assessments, and timely access to specialized services in stroke rehab.
- Use resources to design comprehensive, evidence-based assessment and intervention plans using video case examples

Pre- Institute Track 2: Return to Work Part of Recovery

Speaker qualifications: Virginia Schweitzer has 25 years of experience as a certified Occupational Therapy assistant; she currently has worked at Madonna Rehab Hospital for the past 15 years. She was instrumental in developing the Work Reentry Program at Madonna and is the Program leader for the past 2 years.

Course Description: Our mission as Occupational Therapist is helping people return to as normal a lifestyle as possible, for many individuals this includes returning to the workforce. Work plays a major role in the lives of most individuals, provides a sense of accomplishment and meaning to most lives. Work Reentry Programs are a collaborative effort of multidisciplinary rehabilitation professionals who support individuals in resuming their careers.

Course Objectives:

- How return to work is part of recovery
- Understanding the statistics on disabled people in today's work.
- Education of Work Reentry Programs
- Education on Workplace flexibility and accommodations.
- Return to Work Successfully and Work Myths

Track 1: Move, Jive, Flourish, & Thrive: A Look at Occupational Therapy in the Oncology Setting

Speaker Qualifications: Lauren Robins received her Doctorate in Occupational Therapy from Creighton University in Omaha, NE. She studied the management of lymphedema at the Norton School of Lymphatic Therapy and is a Certified Lymphedema Therapist. Lauren developed and currently facilitates the Lymphedema and Breast Cancer program at the Methodist Estabrook Cancer Center in Omaha, NE. She also facilitates wellness classes as part of the survivorship program.

Course Description:

This presentation will discuss the potential role of occupational therapy within the oncology setting. Basic knowledge of oncology including staging, implications for therapy, treatment parameters and treatment ideas will be presented. We will discuss occupational therapy as a treatment medium throughout the oncology journey and examine case studies as well as program development.

Course Objectives:

- Discuss cancer, treatment, and post-treatment issues related to cancer
- Identify the role of occupational therapy with those who have cancer

- Describe lymphedema and management of this condition
- Highlight the goals and objectives of client-focused treatment_
- Discuss the potential future opportunities for occupational therapy within the oncology setting

Track 2: Managing Bowel and Bladder Incontinence, Returning Dignity to Your Clients

Speaker Qualifications:

Dr. Kossow graduated from Creighton University in 2003. She has worked at Madonna Rehabilitation Hospital as lead OT on the CVA unit for 11 years. She has been a pioneer at Madonna in developing and implementing their Incontinence Rehabilitation program for patients post neurological injury. Dr. Kossow is also a member of NDTA and NDT certified. Dr. Kossow has given many presentations on NDT interventions post CVA.

Dr. Carlson graduated from Creighton University in 2009. She has been practicing at Madonna Rehabilitation Hospital on the CVA team since 2009. She is an active member Rehabilitation Task Force committee as part of the Nebraska Stroke Advocacy Council. She is also part of the Stroke camp Planning committee for the Lincoln Stroke Partnership. She also is co-leader of Madonna's Stroke Support Group. She is part of the Incontinence Rehabilitation program.

Dr. Tuxhorn graduation from Creighton University in 2008. She has been practicing at Madonna as primary OT on the Spinal Cord Injury unit. Lindsay is a lead therapist and educator on compensatory strategies for bladder and bowel care for individuals with neurogenic bowel and bladder.

Course Description: Incontinence is a hidden and underserved symptom that many people deal with everyday. The stigma associated with bowel and bladder dysfunction can force a person to limit their physical activity, social interaction, and their personal relationships can suffer. Techniques and rehabilitation options exist to treat these disorders, however many people choose to hide their dysfunction. When other medical problems arise, these symptoms are often manifested and it seems impossible to manage. This presentation will help provide a better understanding of simple strategies and techniques that can improve your patients' quality of life.

Course Objectives:

- Review anatomy and physiology of the pelvic floor, bladder, and bowel to better understand dysfunction.
- Discuss the different types of bowel and bladder dysfunction including symptoms and etiology.
- Understand basic management techniques for bowel and bladder dysfunction.
- Review advanced treatment options for bowel and bladder dysfunction.
- Attendees will demonstrate knowledge of compensatory strategies for neurogenic bowel and bladder care post neurologic injury.

Track 3: The Ready Approach Across the Lifespan- Practical Sensory Processing Strategies

Speaker Qualifications:

Theresa began her career as an occupational therapist in 1996 in a hospital setting. Throughout her career she has gained experience in acute care, inpatient rehabilitation, burn care, outreach, outpatient therapy, hand therapy, work hardening and behavioral pain management. She has been working with individuals with sensory processing disorders since 1999.

Theresa 's current focus with RAS involves working with businesses on decreasing losses due to challenging behaviors through sensory processing education and training as well as ergonomics and proper body mechanics. She also does case file work relating to workstation modifications and risk analysis. She is trained in various methods of job function analysis. Theresa has received the honor of being named a *Ready* Associate for the *Ready Approach* by the late Bonnie Hanschu OTR/L and Laura Barker, MS, OTR/L. The Ready Approach is a sensory frame of reference used to evaluate and treat sensory processing disorders.

She is a member of the American Occupational Therapy Association and is a member of the South Dakota Occupational Therapy Association, serving as a committee chairperson for two years. She is also a member of the Human Factors and Ergonomics Society.

Theresa attended Augustana College and St. Catherine University and obtained a BA Degree in Occupational Therapy in December of 1995. She has attended continuing education courses in the areas of industrial and office ergonomics, managing challenging geriatric behaviors, work conditioning, job function analysis, evaluation and treatment of sensory processing disorders, neurological and orthopedic disorders, wound care and hand therapy. She has taken the OSHA 10 hour course in general industry and health. She is certified in the use of modalities and holds OT licenses in Iowa, South Dakota, Minnesota and Nebraska. She has a CEES (Certified Ergonomic Evaluation Specialist) designation from the Roy Matheson group and is a PGAP (Progressive Goal Attainment Program) certified provider received from the University Center for Research on Pain and Disability.

Course Description: This course will review the components of The Ready Approach, a sensory processing frame of reference used to enhance the brain's chemistry and wiring to get to Ready State. Getting to Ready State enables improved behavior, memory, and learning. This approach can be utilized across the lifespan in a variety of settings and patient populations. All brains can benefit, even yours!

Course Objectives:

Describe the components of the Ready Approach.

- List the three Power Sensations and provide several examples of each.
- Complete a Ready Approach Screen.
- Learn and Practice Ready Approach Strategies.
- Understand the how to incorporate Ready Approach Strategies into a variety of patient populations.

Conference Location/Hotel Information

Hotel Information: Rooms have been reserved for the NOTA conference at the Holiday Inn Express located at 6939 N 102nd Circle for a conference rate of \$99 or \$109 per night depending on type of room. To make a reservation, please call 402-505-8181 by **March 21st, 2014** and mention the Nebraska Occupational Therapy Association Conference Rate.

Location

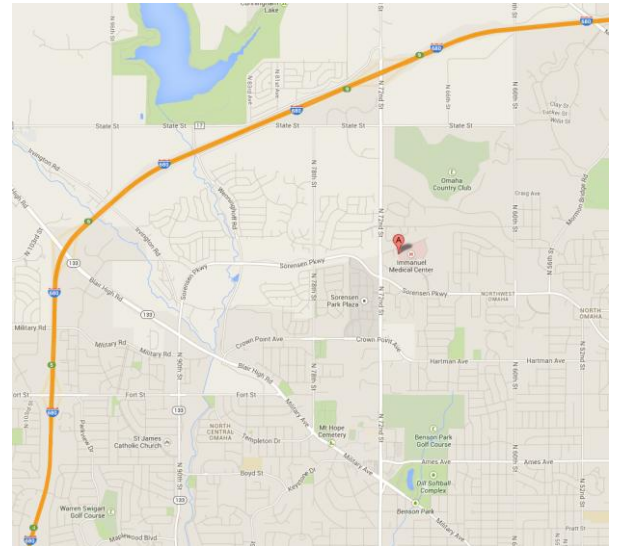
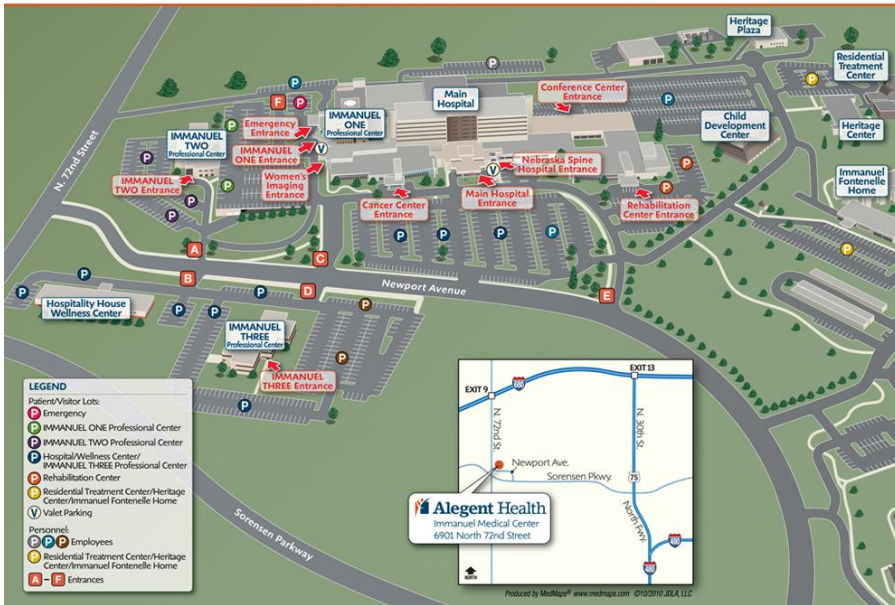
Alegent Health- Immanuel Hospital Conference Center
(Located just Northeast of the Hospital)
6901 N 72nd Street
Omaha, NE 68122

Parking: Parking is readily available in the parking lots surrounding the hotel.

Location Maps:

Immanuel Medical Center

6901 North 72nd Street, Omaha, Nebraska 68122
1-800-ALEAGENT (253-4368) · 402-572-2121 · Alegent.com



Questions about conference? Contact the NOTA assistant (NOTAassistant@gmail.com) or Brooke Murtaugh (bmurtaugh@madonna.org).

Thank you to our Gold Sponsor:



MOBILITY MOTORING