



## NOTA Annual Conference February 25-26, 2022

<p><b>Pre-Institute Session 1:</b> Returning Patients with Complex Medical Needs to their Rural Communities</p>	<p style="text-align: center;">Diane Ulmer, OTR/L Melissa Gulizia, RRT, BS</p>
<p><b>Pre-Institute Session 2:</b> OT in Rural Nebraska: Common Issues and NOTA Advocacy</p>	<p style="text-align: center;">Melissa Kimmerling, EdD, MOT, OTR/L Amanda Hegy, OTD, OTR/L</p>
<p><b>Keynote Address:</b> Disrupted Plans</p>	<p style="text-align: center;">Amber Becker</p>
<p><b>Track 1 (morning track):</b> Cancer Rehab: Utilization of Digital Screening to Improve Patient Outcomes</p>	<p style="text-align: center;">Anthony Flores, OTR/L, CLT</p>
<p><b>Track 2 (morning track):</b> When Fascia Meets Function: How the Emerging Research on Fascia will Change How We View Our Therapy and Our Patients</p>	<p style="text-align: center;">Amy E. Mayer, OTD, OTR/L, RYT</p>
<p><b>Track 3 (morning track):</b> The OT's Integral Role in Finger and Partial-Hand Prosthetic Intervention</p>	<p style="text-align: center;">Tania Garcia</p>
<p><b>Track 4 (afternoon track):</b> Collaboration in evidence-based education inquiry</p>	<p style="text-align: center;">Nancy E. Krusen, PhD, OTR/L Nicole Martino, PhD, OT/L</p>

<b>Track 5 (afternoon track):</b> Persisting in the Ever-Changing World of Pediatric OT	Samantha Olsen, OTD, OTR/L
<b>Track 6 (afternoon track):</b> Mind-Body interventions: Interoception and mindful attention supporting clients on the cancer care continuum	Rebekah Crisp, MAT, MS, MSOTR/L, CLT

*\*Masks are required at the NOTA 2022 Conference.*

*\*Continue to next page for registration information, conference schedule,  
and session information.*

## *Conference At-A-Glance Schedule*

### **Friday, February 25<sup>th</sup>**

12:30-1:30pm:

- Registration Open

1:30pm-3:00pm: (1.5 CEUs)

- Pre-Institute: Returning Patients with Complex Medical Needs to their Rural Communities

3:00pm-4:30pm: (1.5 CEUs)

- Pre-Institute: OT in Rural Nebraska: Common Issues and NOTA Advocacy

4:30pm-6:00pm:

- Registration Open
- Sponsor Booths Open
- Appetizers / “Mocktails”

6:00pm-6:30pm:

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

6:30pm -7:30pm: (1 CEU)

- Keynote Welcome
- Keynote Address: Disrupted Plans (1 CEU)

### **Saturday, February 26<sup>th</sup>**

7:30am-8:00am

- Registration

8:00am-11:00am

- Sessions (3 CEUs)

11:00 am-1:00pm

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

1:00-4:00 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 January 31<sup>st</sup>, 2022, 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.

## *Hotel Information*

A block of rooms has been reserved at the Hampton Inn & Suites Omaha-Downtown located at 1212 Cuming Street. [Click here](#) to reserve your room with the discounted rate. **Rooms must be reserved by Friday, February 11th to guarantee rate.**

## *Continuing Education Sessions*

The 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).

**Save money on your conference registration by becoming a member of the Nebraska OT Association when you register! Save 20% with EARLY BIRD pricing!**

**Early Bird Pricing valid until Monday, January 31<sup>st</sup>. Don't delay, register today!**

	<b>EARLY BIRD</b> Full Conference (11 CEU's possible)	Full Conference (11 CEU's possible)	<b>EARLY BIRD</b> Friday Only (4 CEUs possible)	Friday Only (4 CEUs possible)	<b>EARLY BIRD</b> Saturday Only (7 CEUs possible)	Saturday Only (7 CEUs possible)
OTR Member	<b>\$175</b>	\$210	<b>\$100</b>	\$120	<b>\$150</b>	\$180
OTR Non-Member	<b>\$275</b>	\$330	<b>\$200</b>	\$240	<b>\$250</b>	\$300
COTA Member	<b>\$150</b>	\$180	<b>\$75</b>	\$90	<b>\$125</b>	\$150
COTA Non-Member	<b>\$225</b>	\$270	<b>\$150</b>	\$180	<b>\$200</b>	\$240
Student Member	<b>\$100</b>	\$120	<b>\$50</b>	\$60	<b>\$75</b>	\$90
Student Non-Member	<b>\$150</b>	\$180	<b>\$100</b>	\$120	<b>\$125</b>	\$150

## **Pre-Institute Session 1: Returning Patients with Complex Medical Needs to their Rural Communities**

### **Speakers:**

#### **Diane Ulmer, OTR/L**

Diane Ulmer is an Occupational Therapist treating patients with SCI in a rehabilitation hospital setting for 20 years. In her role as the spinal cord injury program manager at Madonna Rehab Hospital she provides clinical leadership and program development for a continuum of care including long term acute care, acute rehab, transitional care, rehab day program, outpatient and follow up clinics. She provides continuing education courses regionally to help trauma hospitals prevent secondary complications and better prepare patients with SCI for rehabilitation. She has served as the coordinator for the diaphragm pacer program, was the site study coordinator for the Asubio drug trial study by DP Clinical and serves on the Nebraska AgrAbility Advisory Council.

#### **Melissa Gulizia, RRT, BS**

Melissa Gulizia is a Respiratory Therapist who is currently the Pulmonary Program Manager at Madonna Rehabilitation Hospitals. She has worked at Madonna Rehabilitation Hospital for 15 years in various roles across the continuum. Melissa works close with the respiratory therapists and interdisciplinary teams on pulmonary program development, education, training, and provides consultation and education to facilities across the region. She is the current site coordinator for the Synapse Biomedical Diaphragm Pacemaker Program and serves on the Nebraska Society of Respiratory Care board along with the Lincoln Public Schools Medical Advisory Board.

### **Course Description:**

This course will address overcoming barriers to returning patients to rural communities including access to services, caregivers, and transportation. We will also address aspects of emergency preparedness important to making community living sustainable including tools for transition planning, caregiver training and DME management. Case examples and problem solving included.

### **Course Objectives:**

- Understand the role of the interdisciplinary team in alleviating barriers to community integration.
- Describe 2 key aspects of emergency preparedness in order to sustain long term community living.

## **Pre-Institute Session 2: OT in Rural Nebraska: Common Issues and NOTA Advocacy**

### **Speakers:**

#### **Melissa Kimmerling, EdD, MOT, OTR/L**

Melissa Kimmerling, EdD, MOT, OTR/L is the Vice President of Policy and Advocacy for the Nebraska OT Association. Through this role, she participates in advocacy initiatives for OT in Nebraska. These include working with payer sources to address reimbursement issues and scope of practice concerns, supporting legislative initiatives, and connecting practitioners with local and national resources to support their practice. She provides expert testimony on behalf of NOTA at legislative hearings. Dr. Kimmerling is also the Founding Program Director and Associate Professor for the Master in Occupational Therapy Program at Nebraska Methodist College. She also works PRN for an Omaha-based contracting company, providing outpatient and home health occupational therapy services within the greater Omaha area.

#### **Amanda Hegy, OTD, OTR/L**

Amanda Hegy, OTD, OTR/L is the Vice President of Rural Health and Community for the Nebraska OT Association. Dr. Hegy received her education from Creighton University. She is employed with Franciscan Healthcare in West Point, Nebraska where she has 13 years of clinical experience. She has specialization and interest in pediatrics, orthopedics, neurological rehabilitation, hand therapy and early intervention. Dr. Hegy is

also an AOTA Certified Clinical Instructor, AOTA member, has her certification in SOS Feeding Approach for Feeding Therapy, and has a Level 1 certification in Handwriting Without Tears.

**Course Description:**

In this session, speakers will break down common issues facing practitioners in rural Nebraska including access to care and reimbursement for services. Past and current advocacy initiatives to address these issues will be discussed. Participants will be encouraged to share their current issues to inform future advocacy initiatives.

**Course Objectives:**

- Describe at least three issues that OTs in rural Nebraska are facing.
- Analyze the impact of these issues on recipients of OT services.
- Reflect upon the impact and potential impact of these issues on current and future occupational therapy practice in the state.
- Discuss advocacy initiatives that aim to make an impact on these identified issues.
- Demonstrate the ability to advocate for current legislative initiatives.
- Contribute to future initiatives in NE.

**Keynote: Disrupted Plans**

**Speaker qualifications:**

**Amber Becker**

Amber is a former elementary teacher who currently stays home with her three young children. She was a medical mystery two years ago with the onset of a rare form of MS.

**Course Description:**

The true life story of Amber (Tiefenthaler) Becker. Amber lives with Tumefactive Multiple Sclerosis, a rare form of MS, impacting less than 1% of those who have MS.

**Objectives:**

- Educate, inspire, and encourage those in the audience with my approach and outlook on life while living with my disease.

**Track 1 (morning track): Cancer Rehab: Utilization of Digital Screening to Improve Patient Outcomes**

**Speaker Qualifications:**

**Anthony Flores, OTR/L, CLT**

Bachelor in Psychology & Fitness studies from Concordia University Seward, NE 2012 Clinical doctorate in Occupational Therapy from Creighton University Omaha, Ne 2016 Certified Lymphedema Therapist Currently working in a multidisciplinary specialty cancer rehab clinic including OT, PT and SPL. Have experience collaboration with cancer specialist including radiation oncologist in implementing screening tool to identify impairment with individuals who have radiation and chemotherapy. Treatment experience includes; upper extremities rehab, cancer rehab, lymphedema of the lower legs, abdomen, head/neck, arms. I am working directly with a startup tech company in developing a digital clinic program to maximize all patient information intake, including functional outcomes measures and patient interaction. Have experience with MIPs recoding qualifications and the requirements for all providers. Experience and interest in future of qualify care metrics directing healthcare reimbursement. I have experience with the Merit-based Incentive Payment System and have

worked with a digital health platform that has a management and treatment software helping to deliver quality patient outcomes while adhering the requirements developed by Medicare.

**Course Description:**

Cancer rehabilitation require a multidisciplinary approach and can lead to multiple impairments impacting quality of life and are often overlooked, missed or not reported. A complex healthcare system and increasing cost have lead insurers to develop cost saving and outcome driven programs. Technology must be leveraged to direct patient outcomes.

**Course Objectives:**

- Be able to describe the variety of impairments associated with cancer treatment
- Understand the cancer rehab team and the importance of collaboration
- Develop a greater understanding of the role of OT on the cancer rehab team
- Describe the importance of identifying and addressing impairments
- Describe how the Quality Payment Program (QPP) models will impact healthcare
- Better understand how technology can impact patient outcomes

**Track 2 (morning track) : When Fascia Meets Function: How the Emerging Research on Fascia will Change How We View Our Therapy and Our Patients**

**Speaker Qualifications:**

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

Amy Mayer OTD, OTR/L, RYT has helped improve the lives of people with pain for three decades. She is an advanced myofascial release practitioner using the John F. Barnes technique. She combines this skill with her doctorate level training as an occupational therapist, and certifications in yoga, holistic stress management, Reiki and natural movement. During her career she has been recognized for her excellence in teaching, and leadership in wellness programming. Her passion is assisting people with breaking the pain cycle and empowering them to take control over their pain with practical strategies that easily mesh with everyday life.

**Course Description:**

Practitioners will develop a basic understanding of fascia and how it influences health and function. We will discuss how fascia may be hindering client outcomes, how to take a fascia informed approach to occupation-based practice across the lifespan, and how to apply basic fascia focused interventions.

**Course Objectives:**

- Describe the primary functions of the fascial system.
- Discover how the fascia interacts with and supports other body systems.
- Discuss how tight fascia creates pain, dysfunction and hinders healing.
- Describe how influencing the fascia affects movement and function across the lifespan.
- Analyze how daily occupations may influence the health and function of the fascia.
- Apply the basic principles of myofascial release.

**Track 3 (morning track): The OT's Integral Role in Finger and Partial-Hand Prosthetic Intervention**

**Speaker Qualifications:**

**Tania Garcia**

Tania joined the Naked Prosthetics team in 2019 as the South Central Education Outreach Specialist (EOS). She obtained her bachelor's degree at The University of Texas at Austin and quickly started her career in the Physical Medicine & Rehabilitation field. With a background in teaching and empowering the allied healthcare academic space, Tania has a knack for igniting and cultivating cross-functional clinical relationships within the healthcare community. Her passion for helping the underserved amputee community and empowering their care team led her to the EOS role and to her current role as North America Business Development Manager.

**Course Description:**

Did you know 75% of heavy manual laborers cannot return to the job they held when they experienced their amputation? This presentation reviews the prevalence and etiology of this patient population, current prosthetic options available, and the integral role that OT practitioners play in supporting positive patient outcomes using body-driven prostheses.

**Course Objectives:**

- Compare the percentage of finger amputations to that of other upper extremity amputations
- Recognize the impact of those amputations on heavy manual laborers
- Identify available prosthetic options
- Consider how therapists can help improve prosthetic function and raise awareness for prosthetic care.

**Track 4 (afternoon track): Collaboration in evidence-based education inquiry**

**Speaker Qualifications:**

**Nancy Krusen, PhD, OTR/L**

Dr. Krusen is founding director for the entry-level OTD at UNMC. Her interests include the scholarship of teaching and learning, and foundational concepts for Occupational Adaptation.

**Nicole Martino, PhD, OT/L**

Dr. Martino is a faculty member at UNMC teaching the Integrative Practice series. Her interests include knowledge translation and its inclusion in education and practice.

**Course Description:**

Through presentation and robust group conversations, the session explores evidence-based education inquiry as an attainable part of daily practice incorporating knowledge translation to improve outcomes.

**Course Objectives:**

- Find their place in the continuum of evidence-based education inquiry
- Apply knowledge translation in evidence-based education inquiry
- Network for collaboration in evidence-based education inquiry

**Track 5 (afternoon track): Persisting in the Ever-Changing World of Pediatric OT**

**Speaker Qualifications:**

**Samantha Olsen, OTD, OTR/L**

Looking for new ways to help families using occupational therapy. Outside the Box Thinker. I've known that I wanted to serve children and families with my skills as an occupational therapist. But, it was during the switch

to telehealth in the midst of the COVID pandemic that I got the idea of how to do more to make a difference and the idea behind Persist Therapy was born. The quest to invent and improve is not a new thing. From a very young age, I have had an entrepreneurial spirit. I explored different ways to do things – from selling crafts at the end of the driveway – to mixing up the traditional idea of a lemonade stand by offering snow cones. Throughout childhood, I was always creating, designing and modifying my toys – and that passion has never gone away. And finding the right profession to use this mix of talents took some time. I never quite knew what I wanted to do until I found Occupational Therapy. However, from the first day, I knew I was meant to be an OT. After completing my doctorate at Creighton University, I returned to my roots outside of Cleveland, MN. I started by working with adults in a neurology population and switched gears in 2017 to start working with kids. I love watching kids learn, discover and explore as I work with them; they teach me new things daily. While the pandemic has been an area of struggle for so many, it was a period of enlightenment and re-envisioning for me. Through a forced shift to telehealth, I solidified the idea that therapy is more effective when completed in the natural environments of kids and their families : in the home, daycare, or school. And the model of providing therapy in the home fit right in with my passion for sibling and family therapy services– addressing struggles in the home through activities, relationship and sensory based approaches. When not working, I enjoy spending time with my family on the lake – our little slice of heaven. I enjoy being outdoors at the lake, cabin or farm, traveling to new places and socializing with friends. I am also a volunteer firefighter for the local fire department. I am honored to be part of the Inaugural Minnesota Board of Occupational Therapy, working on the Compliance Committee to hold other occupational therapists to the highest standards.

### **Course Description:**

If you're a thinker, a creator, a do-er, a push beyond the boundaries kind of OT--this course is for you! The world around us is changing every day, and occupational therapists should be a leader in changing therapy services. Join presenter Sam Olsen as she discusses all of the aspects of creating a non-traditional occupational therapy practice in rural Minnesota. Learn about different ways to partner with our clients and families to provide best practice pediatric OT services.

### **Course Objectives:**

- Complete the session with 3 new ideas for working in non-traditional OT roles.
- Learn about 3 supports and resources for OTs.
- Develop an understanding of how to create and practice in a mobile OT business.
- Learn concepts for different ways to provide OT services to our clients and families.
- Collaborate with other members of the group to share ideas and goals.
- Leave the session with at least 1 action item to do within the next month.

### **Track 6 (afternoon track): Mind-Body interventions: Interoception and mindful attention supporting clients on the cancer care continuum**

### **Speaker Qualifications:**

#### **Rebekah Crisp, MAT, MS, MSOTR/L, CLT**

Rebekah Crisp works as a PORI-Certified Oncology Rehabilitation Therapist at her dream job with Oncology Rehab in Centennial CO, serving clients in an out-patient setting through her program called ADEPT. She has developed this client-centered program to address the biopsychosocial needs which include side-effect management and cancer related cognitive impairment. She brings her experience as a high school math teacher, yoga and meditation practitioner, yoga teacher trainer, musician, improv actor, and occupational therapist to serve her clients' experience of their best life. She is a graduate of University of North Carolina at Chapel Hill with both a Master of Arts in Teaching and a Master of Science in Occupational Therapy. She has a Master of Science in Mathematics from North Carolina State University and Bachelor of Arts in a double major of Math and Psychology from University of North Carolina at Charlotte. She has earned three 200-hr and one 500-hr

yoga teacher certifications (7 Centers Yoga Arts, 3HO, KYM, International Yoga College). Her dedication for life-long learning continues.

**Course Description:**

Science, experience, applied interventions in the oncology population: Define and experience interoception and mindful attention. Briefly review neuroscience of interoception and mindfulness providing evidence supporting mind-body practices. Through series of case studies, apply new model of intentional interoceptive awareness to manage biopsychosocial challenges, promote self-regulation and improve participation in occupation.

**Course Objectives:**

- Define and experience interoception and mindful attention.
- Briefly review neuroscience of interoception and mindfulness providing evidence supporting mind-body practices.
- Through series of case studies, apply new model of intentional interoceptive awareness to manage biopsychosocial challenges, promote self-regulation and improve participation in occupation.

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

**Thank you to our Gold Sponsor:**

