



Occupational Therapy Alumni News

Large Lakes Observatory
University of Minnesota Duluth

Fall 2019

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Credits OT for Success

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From the Director *A message from Peggy M. Martin, PhD, Program Director*

Occupational therapy at the University of Minnesota is always growing, but this year perhaps more than usual! We are proud to announce our transition to an entry-level doctoral degree beginning fall 2019.



We have contemplated this decision for several years based on health care delivery projections, increasing accreditation required content, and the compressed MOT curriculum. We decided to move forward with the OTD when the Accreditation Council for Occupational Therapy Education (ACOTE) mandated that all entry level OTR education be at the doctoral degree level by 2027 (August, 2017). ACOTE later held this mandate in abeyance (August, 2018) until dual entry (masters and doctorate) was approved by the AOTA representative assembly (April, 2019).

Throughout this time of national debate, UMN OT faculty decided to forge ahead and offer the first publicly funded entry-level OTD degree in Minnesota. After three years designing the OTD curriculum, faculty believe this curriculum will prepare graduates for future health care practice. We know that the future of health care depends upon the health of everyday occupations that, strung together, build lifestyles that thrive in places of everyday living. We join the wide range of doctoral level health professions already educated at the University of Minnesota, all linked together in practice through the new University/ Fairview partnership called 'M Health' and the innovative team-based research occurring every day within our 'very high intensive research institution' (Carnegie classification). The OTD curriculum will be delivered using our signature hybrid delivery format that pairs

online core content with active assignments, labs, simulations, and case-based learning.

The OTD curriculum consists of 116 credits across 37 full time months. The OTD curriculum expands MOT content by 39 credits in areas that include leadership, health care systems, program development, assistive technology, more research and a 14 week full-time Capstone experience in an area of advanced practice. The purpose of the doctoral capstone is to provide in-depth exposure to one area of advanced practice. Students will select from one or more of the following: clinical practice skills, research skills, administration, leadership, program and policy development, advocacy, education, and theory development. Please consider partnering with us to provide students rich experiences while meeting some of your future needs!

Practitioners who already have been initially NBCOT certified may also be interested in our OTD degree. Practitioners can receive credit for past credits obtained while achieving an OTD degree. Although our curriculum is delivered in hybrid format, the majority of the required OTD credits for practicing occupational therapists will be offered online. Watch our webpage (<https://www.alliedhealth.umn.edu/occupational-therapy-ot>) for more information.

Although we are excited about this transition to a doctoral degree in Occupational Therapy, we couldn't be prouder of our MOT, MS, and BS graduates. Our 2000 + graduates have been leaders in academia, research, and practice, not just in Minnesota, but nationally and internationally. Check out the highlights of our alumni on pages 3-5 in this issue. We could not do this important work without the support of our alumni and friends. Thank you to the more than 100 occupational therapists who have supervised our OT students in the past year! Thank you, too, to those who have served as instructional support personnel, making our courses relevant and timely. And thank you to the many supporters of our program who have donated funds that enable us to subsidize student professional memberships, fund student travel, and support the many research projects conducted by our students. We couldn't do this without you.

Sincerely Yours,

Peggy M. Martin ■

PROGRAM IN OCCUPATIONAL THERAPY ANNUAL REPORT

Demographics of Incoming Class, Fall Semester	2015	2016	2017	2018
Age (mean)	23.5	24.4	24.3	26
Cum GPA	3.62	3.47	3.61	3.62
Minnesota Resident	67%	62%	73%	79%
Gender (% female)	98%	91%	91.8%	91.4%
Number of Qualified Applicants	651	584	499	428
Graduation	2015	2016	2017	2018
Number of Graduates	49	47	48	45
NBCOT Pass Rate	100%	100%	98%	98%
Fieldwork	2015	2016	2017	2018
Fieldwork Rotations	92	101	94	100
Number of rotations in MN	85	92	2	100
Number of rotations outside MN	7	9	2	0
Percent completing 1+ non-metro rotations*	100%	92%	96%	99%
Level II fieldwork in non-metro rotations	45.65%	48%	42.5%	53%

*either a level I or level II rotation; Information as of 12/31/2018

FOCUS ON ALUMNI

Alumni Look Back on Varied Careers

From OT to CEO, OT Was Bedrock of Success for this Alum

OT alum William (Bill) Pedersen was encouraged by some classmates that his career success and good fortune might be of interest to his fellow alumni. This inspired him to write to and share his story.

William is a 1964 graduate of the OT program. He remembers fondly the names Marv Lepley, Marian Eliason, Dortha Esch, Dr. Frederic Kottke, Head of Physical Medicine and Rehabilitation, and Borghild Hanson, Director of the Occupational Therapy Program. They were all a big part of his training and the good memories he has of his time in the OT program. Bill notes that "I was treated so well; being the only male in a class of 26 made me somewhat unique, but my classmates were special and so supportive."

Just after his junior year of OT school, Bill married his wife Marilyn in 1963. After graduating, he worked for one year at the Hastings State Hospital. He had been awarded a State of Minnesota stipend which required that he give a year to the State. He completed his Psychiatric Affiliation at Hastings in the summer of 1963 and they wanted him back when he graduated. This was a very important life experience and one that he considers highly significant, particularly in light of his future career.

After one year at the Hastings State Hospital, he was recruited to establish the OT program at North Memorial Hospital. This was a big leap for a young man but it proved to be another excellent experience in his professional development. Bill's long-term professional goal had been to continue his education with the thought of hospital administration in mind. But his experience as an OT was the foundation for all that was to come.

Good fortune smiled on him and an OT friend who was the director of the program at Rochester State Hospital was recruited to develop an OT department within the Connecticut Mental Health Center in New Haven, CT. His friend encouraged him to consider this opportunity, so, off to the East coast he and Marilyn went. There, he was accepted into the graduate program at the school of Epidemiology and Public Health (EPH) at Yale University in New Haven, CT, in 1968. He graduated with a Master's of Public Health (MPH) in 1970, thus beginning a shift in his career to hospital administration.

After graduating from EPH, he was offered a dual appointment as Lecturer in Psychiatry within the Yale Department of Psychiatry and as Assistant Administrator at the Connecticut Mental Health Center in New Haven. The Mental Health Center was established as a

collaborative effort between the Yale School of Medicine and the State of Connecticut. He felt very fortunate to have been accepted into the Yale University community.



Bill and his wife had always intended to move back to Minnesota, however, when it came time to decide whether to return, it wasn't an easy decision. They had settled very nicely in Connecticut, established friends and established a budding career. But, they decided that their children should grow up knowing their extended family, grandparents etc., so they moved back to Minnesota in 1972.

Bill's career in Minnesota was a continuation of the luck and good fortune he had throughout his life. He worked as the administrator of a mental health program in Grand Rapids, MN, and in July 1987, he was tapped to be the Chief Executive Officer of the St Peter Regional Treatment Center in St Peter, MN. This was the largest public treatment facility in the state at that time dealing with Forensic, Mentally Ill and Developmentally Disabled patients. He was responsible for over 1,200 employees and 500+ patients. While the job was a significant challenge, things went well for the fourteen years he headed the facility. He retired in 2001 after his wife of 42 years, Marilyn, was diagnosed with ovarian cancer. He took care of her for the next 4 1/2 years until she passed in 2004.

After his wife's passing, Bill re-connected with an old girlfriend, Durene, at a 2005 high school reunion. Durene had lost her husband in 1999 and after getting to know each other again, they clicked and married in 2007.



Bill and Durene at the building re-naming event in July 2019

After 18 years in retirement, Bill received a call from the State of Minnesota in 2019 to ask him if he would accept the honor of having the Treatment Center's Administration Building re-named in his honor. This was a significant honor and he humbly

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FOCUS ON ALUMNI

Alumni Look Back on Varied Careers *(continued from page 3)*



said that would be OK. The re-naming event on July 9, 2019 was well attended and included his lifetime friend Garrison Keillor, a name you may, or may not, be familiar with. Gary (his real name) and Bill started grade school together in 1948, and Gary asked if he could be included on Bill's guest list. Bill said, "Well Gary, I'll have to think that over...we'll see." Just a little kidding between two old friends.

Looking back, Bill feels that it was because of his clinical OT experience, good grades at the U, and being a graduate of a "Big Ten School" that he was accepted into Yale, which launched his career path as a hospital administrator. Bill states that "I truly believe my clinical experience as an OT was a major asset in my future career. The experience in the OT program at the University of Minnesota was a significant time in my life with so many good memories, of classmates and instructors." ■



Pedersen Building

The re-naming of the Administration Building to Pedersen Building is dedicated to William "Bill" Pedersen, CEO from 1982 to 2001. Bill's tenure encompassed many events and developments as he continues to be a great contributor. After retirement, he served the Volunteer Council as a member, a Vice President, a President and a Treasurer until May of 2019.

Bill's legacy will be recognized and honored into the future of the St. Peter Regional Treatment Center.

Q&A with OT Teaching Specialist Cindy Jacobs



What does being an OT mean to you?

As an OT, I feel blessed to be able to use a holistic lens to analyze and address the barriers that stand in the way of clients achieving optimal participation/performance in occupations within their life. Currently

I enjoy applying that holistic lens in

my full time position within a school district, working with a variety of students from toddler to transition age, who attend a wide variety of specialized special education programs. This work includes teaming closely with the other educational team members, including other licensed staff, many support personnel, and parents/guardians. It is great to learn from and contribute to the team on behalf of each student!

Why did you become an OT?

Originally I looked for a career that would provide a unique, creative workday each day, ever-changing challenges, life-long learning and growth, and the ability to team with clients of all ages to achieve their goals. I found that career in occupational therapy!

Why did you develop and continue to teach the OT 1003 Introduction to OT Course?

When I was searching for that fitting career, I was temporarily living on the east coast, but with a plan to return to Minnesota. I stumbled upon occupational therapy

as a possible career choice and decided to learn more by registering for the Introduction to Occupational Therapy course through the University of Minnesota which was offered as a distance learning course at the time. That was a long time ago; I recall being excited to receive course materials from the instructor via United States mail!

Fast forward to graduating from the U of M Program in Occupational Therapy in 2004 and now working within the program. It only made sense to me that the course continue as a distance learning option for potential interested students, but with an updated online option. So, I developed that version of the course, and aside from a brief interval, have taught the course ever since. I continue to enjoy making revisions to the course and teaching students interested in the field of occupational therapy.

What do you enjoy most about teaching?

I enjoy the students' enthusiasm and perspectives about the field of OT! It continues to amaze me all the different contributions that the students are making in our society while gaining health and education experience. I also enjoy the students who do not plan to enter the field of occupational therapy or healthcare, but want to learn more about the profession. They always have valuable perspectives to share and enrich the learning experience, and what a great way to introduce future co-workers, clients, and the general voting public about the difference that occupational therapy can make in our society! ■

FOCUS ON ALUMNI

Alumni Look Back on Varied Careers

Alum Enjoys Sharing Passion for OT as a Fieldwork Educator

Nicole “Nikki” Huelsman is a 2016 graduate of the U of M Twin Cities OT cohort. Prior to attending OT school Nikki worked as an occupational therapy assistant for 10 years. This experience in a therapy setting helped guide her decision about which areas of practice she was interested in. Her career as an OT began working for Prairie River Homecare and Benedictine Health System on-call in the Fall of 2016. She then accepted my position at Rice Memorial Hospital in Wilmar May 2017.

Nikki works on a 12 bed inpatient mental health unit at Rice Memorial Hospital for patients with a variety of mental health conditions including anxiety, depression, substance use disorders, cluster B personality disorders, schizophrenia, schizoaffective, bipolar I and II and various other conditions that disrupt their ability to participate in their typical day to day activities. Nikki stated that they provide a balanced, holistic approach to wellness on the unit and she attributes interdisciplinary communication and collaboration to the overall patient care experience.

Nikki was somewhat concerned about taking students within the first year of beginning

my position at Rice Memorial Hospital. However, once she took in her first student, it ended up going very well and this helped allay any concerns she had about taking future students. Nikki enjoys sharing her passion and excitement with the next generation of OTs. She also enjoys the fresh perspectives that students come with and their ambitious attitudes. The advice she would give anyone interested in taking students would be to consider their own fieldwork experiences and how those experiences helped them along their paths to becoming OTs. “As a fieldwork supervisor you have the opportunity to help shape and guide the next generation of OTs as well as make a difference within our field. The benefits easily outweigh the added work that you may encounter!”

In her time outside of work Nikki enjoys being active with her three children. As a family they enjoy occupations such as travelling, going to the lake, hiking, rock climbing, as well as finding new adventures as often as they can. Other leisure occupations for Nikki include writing poetry and short stories, listening to audiobooks, attending concerts, button poetry events and adult summer camp.

Nikki exemplifies the role of OT in mental health and continues to support the U of M OT Program through student education as a fieldwork educator. If you would like to support the program through fieldwork education please contact Traci Kruse, Director of Experiential Learning at otfieldwork@umn.edu. ■



In Memoriam – Remembering Alumni



ANN CAROL (TORVICK) HOLLAND passed away on October 31st, 2018. Ann was born March 20th, 1946, in Spring Grove, MN and married her husband David in 1966. Ann graduated from the University of Minnesota's Occupational Therapy program in 1981. She went on to serve as Director of Rehabilitation Services for University of

Minnesota, Shriners, and Allina hospitals. She was President of the Minnesota Occupational Therapy Association (MOTA), serving as Representative to the Assembly, chairwoman of several committees and subcommittees and Fieldwork Representative to AOTA National Committee on Education. Ann was honored with the first MOTA Lifetime Achievement Award in 2012, and also belonged to several community and church organizations.

Ann was a dear, valued friend and a proud alumna and valiant supporter of our program. Ann was a mainstay on the student progress committee and always brought her pragmatic experience in administration as well as her innate kindness to the task. She encouraged our students to ALWAYS appeal any denials. And then appeal again and again until they won. Ann had an amazing sense of humor and will be remembered for her bright blue eyes, smile, laughter, Scandinavian hospitality, strength, determination, and strong faith. She was a friend and mentor to many and will be missed by family and friends. A memorial Service was held Saturday, November 10th, 2018.



A. JOY HUSS died peacefully on Tuesday, September 25, 2018. Joy was a longtime faculty member (1972-1992) with the University of Minnesota Program in Occupational Therapy. Joy is remembered for her skill in teaching difficult concepts to OT and PT students, her master clinician skills to improve practice for children and adults, and her deep commitment to occupational therapy. She was appointed a charter member of the OT National Roster of

Fellows, and awarded the Eleanor Clarke Slagle Lectureship in OT in 1976. She received a degree in PT from the University of Michigan,

a degree in OT from the University of Southern California, and a master's degree in Education from Butler University. She was a gifted lecturer, providing many international and national presentations on working with patients with brain injuries. We will miss her spirit, her smile, and her joy. A memorial service was held on Saturday, October 20, 2018.

CASEY R. MYERS - We are saddened to

share the tragic news that 2016 OT graduate Casey (Gunderson) Myers, age 30, passed away on Monday, December 17, 2018 from injuries sustained in a motor vehicle accident. Casey grew up in Avon, MN and was



a 2006 graduate of Albany High School. She completed her undergrad from St. Cloud State University and went on to complete her Master's in Occupational Therapy at the University of Minnesota. Casey married Matthew Myers in 2014 and together they had a son, Tyson, and were expecting another son, Simon. Casey was employed as an Occupational Therapist for the CentraCare Pediatric and Adult Rehab. She cared deeply for everyone in her life, with her true passion being a wife and mother.

GRETCHEN PROHOFSKY passed away August 20, 2018 after a valiant fight with brain cancer. Gretchen was a proud 1992



graduate of the UMN Occupational Therapy Program. She had fond memories of friends and faculty from OT School, including Judith Reisman and Joy Huss. Judith was her advisor

and was a great source of support, especially when she discovered that she had sensory defensiveness while in OT School. Gretchen felt fortunate to get a job immediately after graduating at Regions Hospital in St. Paul.

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In Memoriam – Remembering Alumni *(continued)*

Initially, she started out as on call in the Rehab Department and then applied for a position in Behavioral Health to get more hours, which ended up turning into a full time position. She fell in love with Psych and worked at Regions for 25 years. There, she was promoted to Lead OT; followed by OT supervisor, and then Manager of Allied Health. She returned to school to obtain her Master's in OT through the online MOT program through UND which allowed her the opportunity to obtain a leadership position at Regions.

GRACIA BERGSTROM STUESSY was born in Duluth, Minnesota in 1924. She passed away on April 23, 2018 at home in Batavia, Illinois at the age of 93. She was named Grace, but was called Gracia since she was a teen. Gracia was a remarkable



woman who served in the U.S. Navy's WAVES during WWII as a pharmacist's mate 3rd class (stationed at the San Diego Naval Hospital), helped her husband Milton Stuessy build his medical practice, worked as an Occupational Therapist until her retirement, was an artist and had her work shown in the Fox Valley (Illinois) with other Yellow House and Fine Line artists.

Gracia was a 1951 graduate of the University of Minnesota Occupational Therapy Program. Her friends and family recently established the Gracia Bergstrom Stuessy Fund to provide general support for the Occupational Therapy Program at the U of M.

Please let us know of the passing of an alumna or alumnus of the UM OT Program, so that we can share that information. Contact Linda Maleitzke, Alumni Coordinator, Center for Allied Health Programs, at lmaleitz@umn.edu or by calling 612-625-8936. ■

Alumni Collaborate On Scientific Research

Two University of Minnesota alumni from the Program in Occupational Therapy collaborated in a scientific research panel at the American Occupational Therapy Association's annual conference in New Orleans in April 2019. Ginger Carroll, MS, OT/L (Edwards-Carroll; Class of 2002) and Romina Takimoto, MS, OTR/L (Class of 2013) from Courage Kenny Rehabilitation Institute (CKRI) in Minneapolis presented "Front Desk Duty (FDD): Validation of a Novel Multitasking Performance-based Test on Adults with Mild Stroke."



The Front Desk Duty test is a civilian version of the Charge of Quarters Duty Test, which was first developed as a part of a larger battery of performance-based assessments for mild TBI by a team of military and civilian OT researchers, including Dr. Mary Radomski and the CKRI research team. The presentation was well received and highlighted the capacity of occupational therapy practitioners to pursue clinical research throughout their career. Congratulations Ginger and Romina! ■

Rehabilitation Science Program Continues to Grow

The Division of Rehabilitation Science continues to grow and celebrate its successes. This past year, Rehab Science graduated six PhD students, one MS student and welcomed one new member to its faculty ranks, Dr. Justin Staker. Four new students have matriculated in the past year, all pursuing the PhD. New and current students represent a wide breadth of interdisciplinary backgrounds, including music therapy, developmental disabilities, pediatric physical therapy, exercise physiology, occupational therapy, engineering and nursing.

The Division continues to expand its curriculum with development of a dedicated biomechanics shoulder certificate program and new course content in neuromodulation, data acquisition and expanded anatomy content. Students and faculty continue to represent the Division and University in research partnerships locally and nationally, as well as in sharing expertise at the local, national and international level via guest lectures and conference participation. It is a rewarding and productive time, positioning Rehabilitation Science to be a leader in rehab medicine in the years and decades to come. For more information about pursuing a PhD in Rehabilitation Science, please contact Patricia Schaber, PhD, OTR/L, FAOTA at schab002@umn.edu. ■

Education in Interpersonal Skills Helps Meet a Changing Health Care Environment

Occupational Therapy students on both the Twin Cities and the Rochester campus strive to enhance their learning by participating in a specific curriculum focused on building a culture of interprofessional collaboration. To prepare OT students for the changing health care landscape, successful engagement with others, families, and communities is critically



important. This collaborative ability helps to support optimal health care for Minnesotans. It is helping to improve the patient experience when receiving care (including quality and satisfaction); to improve the health of populations, and to reduce per capita cost of health care.

Students in the Occupational Therapy program each year participate in Phase I Orientation centered on Foundations of Interprofessional Communication & Collaboration (also known as FIPCC), coordinated by 1Health. Each year, more than 1,000 students participate from degree programs across the Academic Health Center, as well as some additional health-related programs that participate in this experience. Topics

include Teamwork, Roles and Responsibilities, Communication, Leadership, Wellbeing and Resilience, Ethics and Professionalism and Social Determinants of Health.

Students in the OT program utilize the skills they have learned to participate in the next step in this process, Phase II Necessary Skills. Occupational Therapy students continue to focus and develop interprofessional skills by engagement in focused experiences using interprofessional communication skills and an Escape Room learning experience on campus. Their participation in the small group Escape Room learning activity builds on efficient teamwork and communication skills to provide client-centered care. It also helps students understand how and when to consult with other healthcare professionals, how to include the patient and their family in identifying next steps and developing a care plan, and practice implementing a care plan as an interprofessional team.

A final piece in the Phase II Necessary Skills process the OT students can participate in is the Community Teacher Program. This program enables OT students, along with students from other health care programs, to participate with patient volunteers in the community to further develop and refine their interprofessional communication and teamwork skills. They engage with these “Community Teachers” in

their environment to learn how they navigate the health-care system, manage chronic health conditions and how they try to participate in the coordination of their own care needs.

As Occupational Therapy faculty and students participate in these varied learning opportunities, we are also helping to promote our value as a profession for individuals with complex needs, our communities and the population. ■



FOCUS ON CLINICAL EDUCATION

OT Students Develop Solutions to Improve Employee Well-Being and Safety

As part of their Level II Fieldwork, OT students Kyle Buck and Samuel Cuya worked with UReturn, the employee unit of the Disability Resource Center (DRC). During their assignment which began in April and concluded in June, 2019, they conducted job analyses of various positions at the U of M, a process that includes evaluating and quantifying physical demands, essential functions, and cognitive and environmental factors of the job. Through this process, students work on identifying ergonomic risk factors, and generating practical solutions to minimize risk and increase employee wellbeing. Solutions recommended by OT students may include ergonomic equipment recommendations, assistive technologies, ergonomic education, and body mechanics training with employees.

Sam and Kyle's work with the DRC included several projects and locations. In one project, they worked with the U of M Department of Environmental Health and Safety (DEHS) in the Ergonomic Solutions Center, providing assistance to employees by identifying ergonomic equipment such as chairs, keyboards, mice, and other ergonomic office equipment. In a research laboratory on the St. Paul campus, they worked with their OT supervisor, Jessica Ogren, and research staff who deal with microscopic specimens under microscopes. Their recommendations included articulating arm rests, micro-manipulators and building up handles on equipment and writing utensils.

In addition, they spent two days at UMD, working with both Facilities Management (FM) and the Large Lakes Observatory. They reviewed custodial areas where there are frequent work-related injuries and made recommendations for improved practices. They also trained seventeen staff on Body Mechanics and taught them workplace exercises and gave FM educational materials to continue these practices and to train new employees.

Sam and Kyle also conducted an evaluation of The Blue Heron, which is the research boat for the Large Lakes Observatory. Expeditions, which take place on all the Great Lakes, can last up to three weeks. The boat houses 10-12 scientists along with a crew and presents some challenging ergonomics in a fast-paced, ever-changing environment with shared work areas.

Equipment that is used by the scientists (conductivity, temperature and depth apparatus) can weigh up to 500

pounds and needs to be lifted via an onboard crane and transferred into and out of the water, often contending with waves and motion. There are four computer monitors utilized at any given time by one employee in a tight space. Despite the challenges of this environment, Kyle and Sam were able to come up with good recommendations for improvements in both ergonomic equipment and body mechanics.



Kyle Buck (left) and Samuel Cuya (right) in front of the Blue Heron. It was a nice morning to be on the lake doing a JA and Ergo Assessment!

In another project, Sam and Kyle did an assessment of a Dentistry lab, for a full-time position that does set-up for Dentistry Resident practicums. The position involves moving heavy packages and ordering supplies. Sam and Kyle made suggestions for a computer station that has greatly benefited the employee, along with stretching suggestions to be completed throughout the day that have also been beneficial. Sam and Kyle also completed research on lightweight, easy-to-move carts for moving heavy objects. This will decrease lifting, and limit push and pull weights in order to create less strain and flare-up of the employee's medical condition.

"U Return and the DRC greatly appreciate the assistance that Sam and Kyle brought to the employees and departments that we serve," commented DRC Access Consultant, Staci Samson. "We look forward to continuing our partnership with the OT Program and OT students who are completing their Level II Fieldwork assignments." ■

Student Research Covers Broad Spectrum of OT Practice

Students in the MOT class of 2020 are engaged in a variety of vital & challenging projects under the direction of faculty whose research interests cover a broad range of topics. These projects include:

Aggression in OT workplaces. Much is known about the risks of aggression faced by nurses in the workplace, but much less is known about the situation facing OTs. Two groups of TC students working with **Mike Potegal** are conducting an online survey of OTs' experience with face-to-face and electronic aggression in the workplace. The survey assesses the why and how of the most recent aggressive event respondents witnessed or experienced. One student group is contacting AOTA-provided OT addresses in northeastern states, which have the lowest US homicide rates, the other group is contacting OTs in southeastern states, which have the highest US homicide rates, to see if regional subcultures affect what happens in the clinic.

Functional cognition. It is important but difficult to assess executive function in highly functioning adolescents with social communication impairments. **Tracy Morrison** is advising students in TC and in Rochester in a project to adapt the Multiple

Errands Test-Revised, which was originally developed for adults with mild to moderate neurological impairments, for this purpose. This performance-based MET-R AV test asks subjects to organize

and carry out a series of goal-directed actions in a real-life environment. Study objectives may include establishing MET-R AV inter-rater reliability, content and discriminant validity.

OT attitudes toward addressing mental health in practice. What are the attitudes of MN occupational therapy practitioners about addressing mental health needs in their clients? What are the facilitators and barriers to addressing mental health in practice? **Terriane Jones** is advising Rochester students in a mixed methods study consisting of a focus group and a survey to determine if there are differences between OTRs and COTAs, practice settings, and between

urban and rural settings in attitudes about mental health needs. Final results will be formally presented to the Occupational Therapy for the Advancement for MN Mental Health Services group.

Quality of Life Indicators for Clients with Moderate Neurocognitive Disorders. Quality of life (QoL) is a concern in adult day services for individuals with Alzheimer's disease and related disorders. TC students advised by **Patricia Schaber** will continue using the Older Adult Recreational System (OARS) Model to measure QoL activities in the Open Circle Adult Day Service in Hopkins Minnesota and to recommend changes to improve QoL for adult day service participants.

Resilience in siblings of children with developmental disabilities. Siblings of children with developmental disabilities may receive less parental attention and experience jealousy and they may also have mild or subclinical conditions themselves. How well do they cope? Rochester students advised by **Sharyl Samargia** will analyze and interpret results from 3 subscales of the Resiliency Scales for Children and Adolescents (RSCA) completed by 82 siblings to determine: 1) If there are differences in resiliency between siblings of neurotypical children and those with developmental disabilities, 2) what are the resiliency traits in siblings with developmental disabilities and 3) what factors influence resiliency in siblings of children with developmental disabilities. Results from this study will be used to create a Sibling Support Group for siblings of children with developmental disabilities in the metro region; it may provide a model for additional support groups in other areas of Minnesota.

Skin care in wheelchair athletes. Wheelchair users with spinal cord injury who engage in sports or athletic activities can develop life-threatening pressure injuries due to impaired ability to sense pressure or discomfort. Rochester students under the direction of **Tamara Vos-Draper** are surveying wheelchair athletes about their experience with pressure-related injuries while participating in sports or fitness activities and their self-efficacy (health beliefs) around preventing pressure injuries during these activities.

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Student Research Covers Broad Spectrum of OT Practice *(continued)*

Thumb function. Thumb function is affected in common diseases such as osteoarthritis, e.g., among post-menopausal women. The Thumb Disability Index (TDX) is a new 20 Item PRO to measure impairment and activity limitations in persons with conditions of the thumb. At this point, it has minimal psychometric testing. TC students advised by **Corey McGee and Leah Johnson** will assess its concurrent validity by comparing it to 3 validated measures of hand function in persons with First Carpometacarpal Osteoarthritis. These students will also assess TDX test-retest reliability over a 1 -2 week period in this clinical population. Diseases affecting the thumb can impair



proprioception around its joints. Another group of students working with Dr. McGee will assess a new and potentially better way to measure

thumb position sense, intermetacarpal distance (IMD), in the patients being seen in the TDX study.

Activity monitoring in wheelchair users.

Measuring activity through counting steps or wheelchair pushes may not capture the unique movements that occur as one completes daily tasks such as laundry or putting groceries away, both of which also require trunk and arm movements not related to ambulation or wheelchair propulsion.

Rochester students under the direction of **Tamara Vos-Draper** are using Actigraph sensors to study differences in sensor placement for detecting and measuring the activity of wheelchair users and those who ambulate as they complete routine daily activities. Thank you to SEMCIL in Rochester for sharing your beautiful independent living suite with our OT students!

Vestibular function. Gravitational insecurity (Grl), a condition of life-long balance problems, is recognized by OTs, but by no other health profession. TC students working with **Mike Potegal** are recruiting adults with Grl to test the hypothesis that dysfunction in the vestibular velocity storage circuit in the brainstem, which normally functions to amplify and prolong vestibular signals, may be a cause of Grl. Clinical testing includes measuring the time constant of per-rotary nystagmus elicited in a rotating chair. Confirmation of the hypothesis will not only provide the first real physiological explanation for Grl, but will also provide a basis for introducing this condition to other health professions, with OT receiving due credit for its contribution to medical diagnoses. ■



OT student demonstrating the laundry task in sitting with sensors attached.

Sensory Friendly Environment Included in New HSEC Health Sciences Library

The new Health Sciences Education Center (HSEC) on Delaware Street will house the new Health Sciences Library (currently the Biomedical Library located in Diehl Hall). This building, funded by a partnership with the State of Minnesota and University of Minnesota, is expected to open in the fall of 2020.



The librarians of the current Biomedical Library consulted with Dr. Leann Shore to invest in the concept of creating a “sensory friendly” environment at the construction phase of library development. They particularly were interested in creating universal access along with space to accommodate multi-sensory learners and multi-sensory needs.

Dr. Shore toured the construction site with the group, reviewed blue prints, and met with the team to discuss the concepts of sensory function, accommodation, adaptation, and to make suggestions for space usage. The librarians demonstrate fantastic forward thinking in pre-planning for people with all needs including sensory function. Dr. Shore has provided consultation at other sites in the Twin Cities including the Bell Museum and the Walker Art Center, each location sharing a passion for community inclusion. We look forward to seeing and using this new space soon! ■



The Power of Scholarships

The dollars our alumni and friends give to fellowships funds contribute greatly to the success of our programs and our students. Here is what some of our student fellowship awardees said about receiving your contributions to their education:



"I am from Rochester, MN, and attended Luther College in Decorah, IA, where I received my bachelor's degree in biology. Unsure of my calling, I decided to explore the field of molecular biology research. I have been a research technologist at Mayo Clinic for the past nine years where I have worked to better understand and

develop new treatments for prostate cancer, cardio-renal diseases, and diabetes. Throughout my work in research, I felt that something was missing, and I learned that I want a career where I can interact with people on a daily basis and have a more immediate impact on their health. The field of occupational therapy stood out to me because of the hands-on, teaching-centered work of occupational therapists. I want to help people develop or regain the skills to lead independent, meaningful lives. I have found fulfillment in my experiences involving direct patient care and am attracted to occupational therapy because I have a passion for teaching and encouraging others." **Claire Schreiber**

"I am originally from Burma (Myanmar) but have lived in Minnesota for the past 17 years. I completed my undergraduate degree in Human Biology and Psychology with a minor in Chemistry at Minnesota State University, Mankato. I was first introduced to occupational therapy a few years ago when a close family member was diagnosed with Guillain-Barre syndrome and begin to receive services. I quickly began my research of the field, along with shadowing occupational therapists in a variety of different settings which allowed me to expand my knowledge of the field. My passion for the field grew as I quickly discovered how client-centered the approach is along with being a diverse field that requires creativity yet emphasizes research-based practices. I strongly believe that occupational therapy will combine my love of science and learning along with my desire to make a positive impact on the lives of others. I am looking forward to learning from other occupational therapists in the field!" **Leah Htet**

"I am the youngest of three children and one of 56, first cousins, so family means a lot to me. I have many people to support and encourage me. Without the help of my family, I would not have been able to forge my career path. This new path is partly to help to my grandma who went from

living a life of being a strong and independent woman, to a life of dependency, fragility, and being wheelchair bound. Throughout her medical journey, nothing brought back more independence and happiness than occupational therapy. With that new-found independence, my grandma felt pride and happiness that had been absent for too long. The positive changes, both mentally and physically, that my grandma experienced are what created this path for me. Like occupational therapy did for my grandma, I wanted to facilitate those changes in others. Independence is one of the few remaining things that the elderly have left. As an occupational therapist, I hope to foster independence in my patients - something that we often take for granted." **Abbe Hendrickx**

"I graduated with my undergraduate degree in human development and family studies in 2011. Following graduation, I worked as an early childhood teacher for six years. I worked with many occupational therapists during that time who supported children in my classroom with special needs. For the past year and a half, I have been working as a children's mental health case manager. In this role I make many referrals for my client's to receive occupational therapy to help with their needs. Even with my awareness of the field and how it could help people, I had not thought of it as a career choice until spring 2017. That spring, my sister gave birth to twins at 24 weeks. As tiny as they were, I was amazed to hear they would receive occupational therapy before they were even two weeks old. Over the three months they were in the hospital, I had many chances to speak with their occupational therapist. She opened my eyes to how broad the field was. As I began to research the profession, it became clear that this was the career path I had been looking for. While my path to this field has not been a straight line, I have no doubt that the experiences I've had will benefit me in my career as an OT. Receiving this scholarship will be instrumental in making my dream to attend this program and become an occupational therapist a reality." **Alyssa Mason**



"I am a first generation college student and will also be the first in my family to go to graduate school. My interest in OT started from working with autistic children. I saw firsthand how transformative therapy was to their young lives. As a licensed occupational therapist, I hope to increase public awareness of the profession to underprivileged communities. Many immigrant families

(continued on page 14)

Rebecca Nelson Receives LEND Fellowship

Rebecca is a second-year occupational therapy student at the University of Minnesota. She is originally from Willmar, Minnesota and has a Bachelor of Science in Kinesiology. After graduating she worked at Lionsgate Academy, a high school for students with ASD, for two years. Her ultimate career



goals are to create more inclusive communities, facilitating the integration of individuals with ASD and other disorders or disabilities. In her free time, Rebecca enjoys doing yoga, making sourdough bread, as well as spending time with her friends, family, and pets!

As a LEND Fellow, Rebecca hopes to learn about creating community-based interventions and programs based on the needs of individuals with ASD and their families. Rebecca states that “LEND has impacted my occupational therapy practice in many ways.” A phrase she hears often in her weekly LEND meetings is “Nothing about us without us.” She thinks about this phrase often in her fieldwork experiences in Minneapolis Public Schools and University of Minnesota Medical Center – Fairview. She adds that “My license and education does not make me an expert in the wants and needs of my clients. Ensuring individuals and families feel heard is essential to ensuring people with disabilities are given opportunities for self-determination and given control over their lives.”

LEND also challenges the way she thinks about disability. “Many disability models focus on impairments, and I’m learning to frame my practice based on strengths and abilities. I’m also learning to think about and address barriers within physical and social environments limiting individuals’ ability to participate in daily life. Overall, LEND has been an excellent experience. Weekly collaboration and discussion with other health/allied health professionals, self-advocates, and community members has challenged my critical thinking and positively affected the ways I interact with people and families.” ■

Occupational Therapy Fellowship Awards for 2018/2019

Richard J. McCauley Graduate Fellowship in Occupational Therapy: supports fulltime graduate students in occupational therapy and promotes all types of diversity in the OT profession, including race, religion, sexual orientation and national origin.

Leah Htet, Alyssa Mason, Farhiya Mohamud

McCauley, Alumni & Friends Occupational Therapy Fieldwork Graduate Fellowship: provides financial assistance to students while they complete the fieldwork requirement for their degree in the Program in occupational therapy. **Paul Bjornen**

Level II Optional Fieldwork Scholarship: supports students completing additional fieldwork.

Erika Anderson, Amy Hall, Stefanie McKnight

Marie Louise Wales Fellowship: supports students planning to enhance the health of children.

Mackenzie Franke, Angelica Soppe

Marvin Lepley Memorial Graduate Fellowship in Occupational Therapy: provides financial assistance for occupational therapy students. **Ryan Karau**

Borghild Hansen Memorial Fellowship in Occupational Therapy: provides financial assistance to for occupational therapy students. **Kathryn Gust, Abbe Hendrickx, Ryan Karau, Claire Schreiber**

Neurocognitive Placement Award with the Minneapolis VAHCS

Nicole Koenke, Stefanie McKnight

NEW FELLOWSHIPS:

Gracia Bergstrom Stuessy Fund: provides general support for the Occupational Therapy Program.

Frances & Jack Eberlein OT Scholarship Fund: provides financial assistance to non-traditional students or students changing careers.

Annette Levey Graduate Fellowship: Annette Levey is a proud alumna of the University of Minnesota Occupational Therapy program (B.S., 1959). She credits her education at the University for her successful career as an Occupational Therapist and an entrepreneur. By establishing this fund, Ms. Levey wishes to support and encourage future Occupational Therapy students at the U of M. ■

Thank You for Your Generous Contributions to the Program in Occupational Therapy Fellowship Funds in 2018

\$10,000+

- Dr. William E. Berg
- Dianne L. Eberlein
- McCauley-Brown Endowment Fund

\$1,000 - \$10,000

- Sarah Kujawa
- Annette R. Levey

\$500 - \$999

- Scott A. & Stacey M. Campbell
- Lorri Eberlein
- Dorian D. Ford
- Megan L. Gangl
- Sonia M. & Mark J. Lager

\$101 - \$499

- Susan M. Becker
- Patricia A. Bugliosi
- Jeannette M. Deremer
- Eliason Foundation
- Linda J. Gaalaas
- John D. Holland
- Jacquelyn A. Karvas
- Vincent D. & Deborah A. Louwagie
- Virgil G. Mathiowetz
- Kathleen A. McMahon-Adler
- Thomas M. & Louise M. Montague
- Ruth A. & Douglas J. Nelson

- Nancy J. Newman
- Carolyn H. Oliver
- Randi R. Olsen
- Beverly R. Olson
- Karol M. & Udom S. Orr
- Gerald C. & Susan J. Peterson
- Michelle A. Radovich
- Jacqueline M. Royce
- Susan A. Scheefe
- Elaine M. Schermann
- Winifred A. Schultz-Krohn
- Jan E. Stube
- Anne M. Stuessy
- Margaret A. Stuessy
- Marcia J. Urseth
- Bonnie-Jo Walbruch
- Julienne A. Weighter & John P. Goggin

\$50 - \$99

- Marylynn H. & Kenneth J. Aalderks
- Marilyn V. Blom
- Annette Eberlein
- Bruce E. & Judith L. Eggleston
- Candyce H. Goschy
- Mark J. Holland
- Nancy E. Huntley
- Harold P. & Grace J. Kurtz
- Harold and Grace Kurtz Fund
- Jack L. & Carla L. Lewis

- Mary H. Loe
- Jane A. Nicholls
- William L. Pedersen
- James M. & Lynne M. Plasek
- Caroline L. Portoghese
- Kari J. Redin
- Judith E. Reisman
- Sara E. & Anthony E. Rohde
- Marlys G. Sand
- Carol M. Strom

Up to \$49

- Ethelmae N. Anderson*
- Margaret U. Berrisford
- Mark Burns
- Mary S. Clark
- Gail L. Dahl
- Kristin A. Dolby
- Kathryn N. Dole
- Eunice J. & Paul M. Dotter
- June E. Franklin
- Cynthia A. Gackle
- Marjorie N. Kellor
- Kathleen A. Kiefer
- Gretchen M. Schmalz
- Sandra D. Shumate
- Jane M. Wallentine
- Betty J. Weatherby
- Marcia L. Weber

Total Amount: \$288,603.46

Giving makes discovery happen!

If you wish to make a legacy gift, ongoing contribution or a one-time gift to the Occupational Therapy Program, please visit: <http://z.umn.edu/supporttot> or call: U of M Foundation at 800-775-2187

The Power of Scholarships *(continued)*

need someone to bridge the gap between language and access barriers to available services. I plan on using my fluency in Somali and background in occupational therapy to be a part of the solution. By awarding me the Richard J. McCauley Graduate Fellowship Award, you have lightened the financial burden so that I can focus on my education." **Farhiya M. Mohamud**

"As a recipient of the Marie Louise Wales Fellowship Award, I want to express my gratitude for this generous financial contribution to my education. I am honored and grateful to have been selected as a recipient of this fellowship award. I

was inspired to pursue a career in occupational therapy for several reasons, including its diverse nature and holistic, client-centered approach. Above all, occupational therapy has the power to change lives – giving people a renewed sense of purpose and opening up new horizons. I am grateful to be part of such a wonderful profession." **Angelica Soppe** ■



Community Partner Highlight - Open Circle

Open Circle Adult Day in Hopkins, Minnesota has been a wonderful partner to our program for the past several years. OT students have participated onsite for their Public and Professional Engagement course, where they have practiced interviewing, measuring range of motion, and hand strength of members during their Level I Fieldwork (FW) course.

Starting this year, we also began using Open Circle for an innovative Level II FW, developed in collaboration with the Anoka Technical College OTA program. OT supervision is provided by Marietta Saxon, retired former Anoka Tech OTA program director and Mark Rosen, Program Director of Open Circle Hopkins. U of M OT students have worked in collaboration with OTA students who are also completing level II FW at Open Circle.



OT students have been importing the “OT Perspective” by creating new programming, analyzing the environment, and assessing individuals who are experiencing difficulty participating in Open Circle. Students are administering the Cognitive Performance Test, feeding evaluations, and home safety evaluations in order to make meaningful

changes onsite and to give caregivers information to support their loved one at home.

One success story that resulted directly from student intervention was the ability to keep a member from walking

around ‘stealing’ staff members clip boards instead of participating in the activities. After conducting an occupation profile with the member and her spouse, students learned that she was an esteemed social worker, and that she had a big family and many grandchildren. Students wondered how the member would respond to a life-like baby doll created especially for persons

with dementia, and after doing some research and presenting the idea to the member’s spouse, they agreed it was worth a try. The result? No more clip boards going missing, and the member holds her baby carefully and can now stay with the group during most activities, participating as she is able.

Beginning this fall with the new OTD program, Open Circle will continue to partner with us as one of the sites for a faculty led Level I FW with older adults. Level II FW will also continue, and we hope to have students completing Capstone projects with Open Circle as well. Thank you Open Circle for your support! ■

Research Studies Seek Assistance

PATIENT-CENTERED OUTCOMES RESEARCH INSTITUTE (PCORI) STUDY

This four-year study, “Comparing the Effectiveness of Fatigue Management Programs for People with Multiple Sclerosis” has started data collection. Dr. Mathew Plow at Case Western Reserve University in Cleveland, OH is the Principal Investigator on the award. **Dr. Virgil Mathiowetz and Dr. Corey McGee** are serving as Co-Investigators and Minnesota site coordinators. The purpose of the study is to compare the effects of three modes of delivering the Managing Fatigue course: teleconference, internet/online, and one-to-one, in-person format, on outcomes important to people with MS (i.e., fatigue and its impact on physical, mental, and social function). The study will conduct a multi-centered randomized clinical trial using a pragmatic design among 610 participants with MS.

OTR INTERVENTIONISTS are being hired as non-academic, short-term, casual position to deliver one-to-one format. Work hours and locations are variable. **We are especially in need of OTRs located in the New Ulm,**

Willmar, St. Cloud, and NW metro areas to deliver the one-to-one format. To apply to be an OTR interventionist, email me (mathi003@umn.edu) with a copy of your resume and a cover letter of interest describing how you meet the hiring requirements etc. If you have questions, contact me by email or phone (651-895-7684). Job Requirements: Serve as a facilitator for a fatigue management course for adults with Multiple Sclerosis. Each 6-week course involves course delivery, treatment/SOAP notes, and completing course checklists. Qualifications include: NBCOT Certification, MN license, background screening, driver’s license, professional liability insurance, complete human subjects (CITI) course, and experience delivering OT services to adults with physical disabilities.

ADULTS WITH MS WHO HAVE MODERATE-SEVERE FATIGUE are being recruited for the next 2 years. If you know someone with this description who might be interested, have them check the study’s Facebook page: www.facebook.com/iwellpage, call (800) 631-3272, or contact Dr. Virgil Mathiowetz. ■

OT Faculty as Scholars

Occupational Therapy faculty enjoy sharing their expertise through consulting, public speaking, and collaborating in research. Here is a partial list of the invited lectures, presentations, and published papers from the 2018 academic year. Please contact our faculty directly regarding these topics at: <https://www.alliedhealth.umn.edu/occupational-therapy-ot/why-ot-program-um/faculty-directory>.



Terrienne Jones, PhD, OTR/L

- Hansen, N., **Jones, T.** (2019). The Window is Open: It's Time for the Profession to Reclaim Mental Health Practice. Conversations that Matter session at the American Occupational Therapy Association Annual conference. April 4, 2019. New Orleans, LA.
- Flemming, J., Hansen, D., **Jones, T.**, Naber, A. Warfel, R. (2018). Changing expectations for experiential learning in OT education: Implications for student learning during Level I fieldwork and practice/ education partnerships. Short course presentation at the Minnesota Occupational Therapy Association Annual conference, St. Paul, MN, October 27, 2018.
- Iyer, M., **Jones, T.** (2019). Building resilience in our clients and ourselves. Poster presentation at the American Occupational Therapy Association Annual conference. April 5, 2019. New Orleans, LA.
- **Jones, T.**, Sopeth, L., Rowan, M. (2018). Occupational Therapy (OT) and Nursing Student Collaboration in a Simulated Home Care Experience. Poster presentation at the National Center for Interprofessional Practice and Education Summit. July 30, Minneapolis MN.

Peggy Martin, PhD, OTR/L

- **Martin, P.**, Mahoney, W. & Peters, C. (2018). Willard and Spackman: The book that captured a profession. In Schell, Gillen (Eds) Willard & Spackman's occupational therapy (13th ed). Wolters Kluwer: Philadelphia.
- **Martin, P.**, Peters, C., & Mahoney, W. (2018, May 24). Beginnings of the Network for LGBTQAI+ Concerns in Occupational Therapy in the United States, 17th World Federation of Occupational Therapists Congress, Cape Town, South Africa.
- Peters, C. **Martin, P.**, & Mahoney, W. (2018, May). The World Federation of Occupational Therapists and the Pioneering Internationalists of the Philadelphia School of Occupational Therapy 1952-1970. 17th World Federation of Occupational Therapists Congress, Cape Town, South Africa.

Corey McGee, PhD, OTR/L, CHT

- Lead Author, World Federation of Occupational Therapists (WFOT) White Paper on the Role of "Occupational Therapy in Musculoskeletal Health in Older Adults" (2018).
- **McGee, C.**, Skye, J., O'Brien, V. (2018). Graded Motor Imagery for Women at Risk for Developing Type I CRPS Following Closed Treatment of Distal Radius Fractures: Protocol and Case Example, *Journal of Hand Therapy*, 31(1), 164-66.
- **McGee, C.**, Bakker, J., Bystedt, V. Duncan, K., Hinton, J., Hoehn, A., Hoenshell, C., Jaspersen, C., Keyser, R., McIlrath, S., McNearney, E., Sterling, H., Swan, H. (9/21/18). Age and Gender Stratified Adult Myometric Reference Values of Intrinsic Hand Strength. Annual Conference of the American Society of Hand Therapists.
- **McGee, C.**, Johnson, L., Skye, J., O'brien, V., Kobrin, A. (11/9/18). Active Thumb Carpometacarpal Abduction in Adolescents and Young Adults: Age and Gender Stratified Norms. International Thumb Osteoarthritis Workshop.

Michael Potegal, PhD, LP

- **Potegal, M.**, Pfaff, W.O., and Kroker E. (2018) Gravitational insecurity in children: A survey of occupational therapists' observations. *Indian Journal of Physiotherapy & Occupational Therapy*, 12, 30-37.
- **Potegal, M.**, Drewel, E.H., MacDonald, J.T. (2018) Tantrums, emotion reactions and their EEG correlates in childhood Benign Rolandic Epilepsy vs. Complex Partial Seizures: Exploratory observations. *Frontiers in Behavioral Neuroscience*, 12, 40.

Patricia Schaber, PhD, OTR/L, FAOTA

- **Schaber, P.** (2018). *Aligning Occupational Therapy and Special Olympics: Maximizing Global Participation for Individuals with Intellectual Disabilities*. WFOT Congress, Capetown South Africa, May 25, 2018.
- Boland, K., Herrick, C., Kozlicki, S., Plonka, K. & **Schaber, P.** (2017). *Evaluating Movementwise: A community dance-style movement program for older adults*. WFOT Congress, Capetown, South Africa, May 2018.

(continued on next page)

OT Faculty as Scholars *(continued)*

Leann Shore, OTD, MEd, OTR/L

- **Shore, L.** (November 2018). Self-Regulation: The Key to Managing Behavior in Children with ASD, ADHD, Mood Disorders and other Mental Health Conditions. 2018 Minnesota School Mental Health Conference, Brainerd, MN, 2018 MOTA Conference, St. Paul.
- **Shore, L.** (February 2018). Autism for General Education Teachers: Classroom Interventions & Adaptations. Presentation. Henderson Charter Schools, Henderson, MN.
- **Shore, L.** (February 2018). Autism: Understanding Associated Behaviors. Presentation. Northfield Charter Schools, Northfield, MN.

Erica Stern, PhD, OTR/L, FAOTA

- **Stern, EB**, Swanepoel, L., Rosenthal, TJ (2017). Chapter 4: Choosing, installing, and maintain a driving simulator. In s. Classen (Ed), *Driving simulation for assessment, intervention, and training a guide for occupational therapy and health care professionals*. Bethesda, MD; American Occupational Therapy Association, (pp 43-54).
- **Stern, EB**, Akinwuntan, AE, Hirsch, P (2017).

Chapter 10: Simulato Sickness: Strategies for mitigation and prevention. In S. Classen (Ed), *Driving simulation for assessment, intervention, and training a guide for occupational therapy and health care professionals*. Bethesda, MD; American Occupational Therapy Association, (pp 107-120).

- Dickerson AE, McGuire MJ, **Stern EB**, Schold ED (2017). Documentation for occupational therapy reimbursement. In S. Classen (Ed), *Driving simulation for assessment, intervention, and training a guide for occupational therapy and health care professionals*. Bethesda, MD; American Occupational Therapy Association, (pp 295-308).

Tamara Vos-Draper, PhD, OTR/L

- **Vos-Draper, TL**, Rindfleisch, A, Erickson, D, Dahlhauser, S. (October 2018). *Fit and function: A clinician's guide to wheelchair and seating prescription*. Mayo Clinic, Rochester, MN.
- **Vos-Draper, TL**, Morrow, M, Ferguson, J, **Mathiowetz, V.** (November 2018). *Self-efficacy for pressure reliefs improves with pressure mapping*. AOTA Specialty Conference: Adult Rehabilitation, Los Angeles, CA. ■

FOCUS ON FACULTY & STAFF

Staff Changes at the Center for Allied Health Programs (CAHP)

TODD GITZLAFF joined CAHP in 2018 as a Data Administrator. He brings over 25 years of private sector experience in a variety of fields. Outside of work, Todd enjoys running, music, sports and animals. He plays guitar in a band and is also training for his second half marathon.



and works with prospective and current students in Medical Laboratory Sciences and Occupational Therapy. Prior to joining CAHP, she was an academic advisor in the College of Education, Health and Human Sciences at the University of Tennessee Knoxville. Mallory is originally from Mankato, MN and graduated in 2018 with a master's degree from the Department of Counseling and Student Personnel, College Student Affairs track from Minnesota State University, Mankato. Outside of work, Mallory enjoys spending time with her eight nieces and nephews, traveling, reading, and running.



ROBIN PETERSON joined CAHP in November in 2018 as an Admissions and Academic Adviser. She works with students who are interested in entering the Medical Laboratory Science profession and to Occupational Therapy, Robin also advises current MLS and OT



students to help them be successful in the program. Robin previously worked at the University of Minnesota for eight years and recently returned to the U of M after living in Chicago. Robin is excited to be back in Minnesota and is

looking forward to working with students at CAHP. Robin received her BA from Bethel University and her MA in Intercultural Communications from DePaul University.

MALLORY SCHWEIM started at CAHP in August 2019

AMANDA "MATTIE" HAWLEY joined CAHP in September 2019 as the new Director of Student Services. Mattie comes to us from an educational technology company, where she worked with student services offices all over the country to develop processes. Mattie also has 15 years of experience working in student services at colleges and universities including Iowa State University, the University of Minnesota, and St. John's University. She earned her Bachelor's Degree from the College of St. Benedict, and her Masters Degree in College Student Personnel from Bowling Green State University. She has a passion for creating opportunities for student success, and is excited about working with our MLS and OT students. ■



FOCUS ON FACULTY & STAFF

Welcome to New OT Faculty

CAMILLE STERNER SAMPERS - Dr. Camille Sterner Sampers joined our faculty in summer 2019, transitioning from a school-based



occupational therapy practice. In that role, she served K-12+ students (e.g., elementary, middle, high, transition, setting IV separate site) in all special education areas. She also has practice experience in acute medical, cardiac rehabilitation, short-term rehabilitation, and long-term care.

Camille completed her doctorate in Education Administration from the Department of Organizational Leadership, Policy, and Development at the University of Minnesota. Her research focused on how a large suburban school district built capacity for program evaluation in special education. She earned her Master of Arts in Learning Technology from the University of St. Thomas with specialization in providing leadership in educational applications of technology and her BA in Occupational Therapy from St. Catherine University, with a concentration in pediatrics and child development studies.

Her occupational therapy practice, expertise, and passion include promoting and accessing literacy (i.e., early writing process), augmentative communication, and assistive therapy practices for individuals with unique needs and complex conditions.

JULIA STERMAN -

Dr. Julia Sterman joined our faculty in June 2019 from Sydney, Australia where she completed her PhD at Australian Catholic University, and was teaching part-time at the University of Sydney. Her dissertation explored how the decisions of families, schools, and local government's shape the outdoor play choices



of children with disabilities. Additionally, she led evaluative interviews of educators involved with the Sydney Playground Project, and has been involved in creating the first person-centered emergency preparedness tool, to support people with disabilities to be prepared for disasters.

She is interested in how occupation-focused tools and interventions that create a more supportive environment can support greater choice and control for people with disabilities. Her clinical practice includes experience in schools, clinic-based pediatrics, early intervention, and adult inpatient rehabilitation. She is passionate about strengths-based, family centered care in diverse populations.

TRACI KRUSE – Dr. Kruse joined the OT faculty in 2018 as Assistant

Professor and Director of Experiential Learning. Traci practiced clinically in home health care for over nine years with additional clinical experience in transitional care and long-term care settings. She



decided to return to academics and obtained her OTD in 2017 from St. Catherine University where she had previously received her bachelors in Occupational Science and master's degree in Occupational Therapy in 2008 and 2009 respectively. Her studies focused on the role of OT in reducing hospitalizations in the home health setting. Before attending OT school, Traci worked in the business world in project management and administrative roles.

As a student, Traci found value in hands-on learning experiences and as a clinician, she enjoyed supervising both Level I and Level II students. She is excited about this position since it is a mix of everything that she loves and allows her to work with faculty, students, and our clinical sites to develop valuable experiences that can be incorporated into our curriculum. ■

Retirement – A Time to Recognize Achievements and Look to the Future

Celebrating the Distinguished Career of Virgil Mathiowetz

On June 27, 2019, over 80 friends, family, colleagues, staff and students celebrated the distinguished career of longtime OT faculty member Virgil Mathiowetz. Virgil's retirement party was held in the Mayo Auditorium and included time for several guests to share their memories and well wishes as Virgil enters this exciting new phase of his life.

Among the guest speakers were Corey McGee, Assistant Professor, Peggy Martin, Program Director, Christine Mueller, Interim Associate Vice President-Education,



Academic Health Sciences, and James Carey, former head of the rehabilitation sciences department, as well as Virgil himself. Other colleagues, students and friends sent their well wishes

ahead of the event. At the event, Virgil was presented with a framed certificate for being honored as Associate Professor Emeritus.

Virgil received his bachelor's degree in occupational therapy (OT) from the University of Minnesota in 1974 followed by a master's degree in OT from Boston University in 1981. He later received his doctoral degree in Kinesiology from the University of Minnesota in 1991. Prior to joining the faculty at the University of Wisconsin-Milwaukee in 1981, he had six years of clinical experience in adult physical disabilities. He moved to become an OT faculty member at the College of St. Catherine in St. Paul, MN in 1985 and has been on faculty at the University of Minnesota since 1996.

In his OT teaching role, he taught courses on the evaluation and treatment of persons with physical disabilities, anatomy, kinesiology, and research/scholarly inquiry. In the Rehabilitation Science doctoral program, he taught the introduction to rehabilitation science seminar and mentored five doctoral students. In the OT Master's program, he mentored 27 Scholarly Project groups, 43 Plan B projects, and four Master's Thesis.

Dr. Mathiowetz is most known for his commitment to research and scholarly writing. To date, he has 53 peer-reviewed publications and 13 chapters in books. He also

has over 100 oral and poster presentations at state, national, and international conferences and workshops. His article on Reliability and Validity of Hand Strength Evaluations (Mathiowetz, V., Weber, K., Volland, G., & Kashman, N., 1984) was the #1 ranked, top-cited article in hand surgery journals internationally (Joyce, Kelly, & Carroll, 2013)!

Since 1991, he has co-authored articles and chapters on an OT Task-oriented Approach for persons with CNS Dysfunction. These writings have contributed to new improved interventions for persons with CNS Dysfunction. His current research is focused on the effectiveness of fatigue management strategies for persons with multiple sclerosis or other chronic health conditions. His current PCORI award, Comparing the Effectiveness of Fatigue Management Programs for People with MS will continue for 2.5 years. It is a small part of his retirement activities and ongoing commitment to OT.

In his distinguished career, Dr. Mathiowetz received a number of professional awards including several MOTA awards. He is most proud of being the 28th person inducted into the AOTF Academy of Research.



One of Virgil's former students, Khader Almhdawi, who is now an Associate Professor of Occupational Therapy & Rehabilitation and Chairman of the Rehabilitation Sciences Department at Jordan University of Science and Technology, stated: "On your retirement day, I want to acknowledge your scientific, professional, and personal amazing traits and capabilities. Your science will live long in the hearts and minds of your students and their students. Please enjoy this phase of your life; you have given a lot for the profession of occupational therapy. Your contributions will speak about you forever."

These sentiments are shared by everyone at his retirement event as well as anyone who ever had the privilege of working with him or taking one of his courses. Congratulations Virgil on making a and we wish you all the best in your retirement! ■



2017 CAHP Commencement

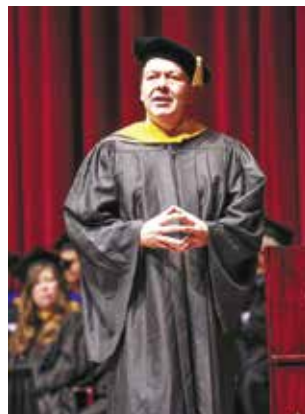
The Center for Allied Health Programs held its annual graduation ceremony for the Medical Laboratory Sciences and Occupational Therapy Programs on December 14, 2018, at Ted Mann Concert



Hall on the West Bank of the Twin Cities campus. Dr. Terrianne Jones, an assistant professor and director of professional continuing education in Occupational Therapy, led the

procession, carrying the ceremonial mace of the University of Minnesota.

Mr. Joe Schmit, delivered the commencement address. Mr. Schmit is an author, award-winning broadcaster, community leader and popular keynote speaker. In his remarks, Joe noted that “we make our biggest impressions when we are not trying to be impressive.” He



said “the words we say or don’t say, the things we do or don’t do, and the ways we react or don’t react can have a tremendous influence on those around us.” Weaving in stories of iconic Minnesota sports icons, he explained how these individuals made a profound influence on others by demonstrating purpose, passion and persistence in their everyday lives. He encouraged graduates to “recognize the opportunities they will have in their life and careers to make an intentional impact on the patients they will care for and others they will encounter.”



Rylie Klinski delivered the OT student address, encouraging her fellow classmates to focus on how they can change the lives of their clients every day. She stated “We have the privilege of knowing that we are enhancing participation and improving wellbeing throughout our



communities, one client at a time. To me, that is the best payoff because we can help them realize their goals or get back to the things that make their life meaningful.” She closed her speech encouraging her fellow graduates to “hold yourselves to the high standards we have for ourselves and that we had to complete this program. We will succeed because I know that each of you can and will live up to the high standards we have set for ourselves and for our patients.”



As students walked across the stage to receive their diplomas, they also received congratulatory handshakes from Dr. Christine Mueller, Associate



Vice President for Education in the Academic Health Center, Dr. Peggy Martin, Director, Occupational Therapy Program and Mr. Schmit.

A reception followed the ceremony for the graduates, guests, faculty and staff of the Center of Allied Health Programs. **Congratulations graduates!** ■

2018 Commencement MOT Participants



Lauryn E. Aanerud
Erika H. Anderson
Danielle C. Athmann
Julia F. Barbian
Paul Bjornen
Jillian M. Blount
Nicole Bredow
Kyle K. Buck
Cassandra E. Burklund
Christa M. Carpenter
Michael J. Curtis
Samuel C. Cuya
Raina J. DeMarais

Ryann K. Engholm
Mackenzie L. Franke
Cassandra L. Friemann
Amy R. Hall
Anne M. Harmann
Briana A. Hedge
Heather L. Hines
Krista L. Horn
Meghan M. Janssen
Rachel S. Johnson
Megan M. Kerber
Anne G. Kittok
Rylie M. Klinski

Nicole L. Koenke
Rachel M. Lohff
Olivia K. Marcussen
Rachel E. Martonik
Stefanie M. McKnight
Jenna R. Neis
Rebecca L. Nelson
Molly K. Pearcy
Kelcy M. Pollok
Alexandra M. Provost
Katie G. Rath-Nesvacil
Jing Yu Ries

Sarah L. Rinder
Courtney A. Schmidt
Samantha M. Slinger
Angelica K. Soppe
Alexandria R. Tress
Alexa J. Turgeon
Katherine A. Wall
Sophia M. Weidling
Rachel E. White
Marybeth L. Wilkes
Megan N. Zemien

First Place Awarded for Poster at Spinal Cord Injury Summit

A research poster co-authored by Dr. Tamara Vos-Draper and presented at the 2019 Spinal Cord Injury (SCI) Summit was awarded first place at the American Spinal Injury Association's (ASIA) Annual Scientific Meeting in Waikiki, Hawaii, April 2-5, 2019. Winning posters are selected based on subject matter and visual presentation. 181 posters were presented at the meeting, with 50 posters considered for an award.



Dr. Tamara Vos-Draper (left) and Dr. Melissa Morrow (right) present winning poster at Spinal Cord Injury Summit

The poster title "Utilizing a Mixed Methods Approach in the Development and Assessment of Mobile Technology for Seated Pressure Injury Prevention" presented results from a study funded by the Department of Defense (W81XWH-15-0484) and the Mayo Clinic Robert D. and Patricia E. Kern Center for the Science of Health Care Delivery. The study was conducted at the Minneapolis VA Health Care System (MVAHCS) in Minneapolis, MN. ■

Update Your Records and Share Your Story!

Graduates from the University of Minnesota Occupational Therapy Program influence the healthcare field every day and make a positive impact in our state and beyond.



We take great pride in your success and want to hear from you! Please take a few moments to update your contact information and share your professional and personal accomplishments here: <https://www.alliedhealth.umn.edu/occupational-therapy-ot/alumni>. We will include alumni stories and updates in upcoming issues of the annual OT Alumni Newsletter. ■

CONTINUING PROFESSIONAL EDUCATION

New Courses Added to CE Offerings

The OT Program continues to use the wide variety of expertise of the faculty as well as our extensive experience developing and delivering high quality hybrid and online education to bring Continuing Education (CE) courses to both a local and national community. Visit our CE website (<https://www.alliedhealth.umn.edu/occupational-therapy-ot/professional-development>) for a complete list of all of our continuing education courses.

NEW – ON-DEMAND COURSES COMING IN EARLY 2020:

Occupational Therapy Approaches for Neurocognitive Disorders Online Refresher Course

- This course is designed for occupational therapy practitioners who are interested in learning about the role and professional practice with clients with age-related Neurocognitive Disorders (NCD). The course will briefly summarize delivery of client-and family-centered care with this population and ethical considerations in practice. You will be able to describe practice settings that support occupational therapy services for older adults with NCD. In your learning activities, you will engage in interactive activities and case studies to apply occupational therapy processes of screening, evaluation, and intervention planning through discharge.

The Task-Oriented Approach and Constraint-Induced Movement Therapy (CIMT)

- Neurorehabilitative approaches are intervention strategies that promote occupational performance and participation with individuals who have neurological injury or neurological development that is altered and impacts day-to-day activities. The goal of this course is to prepare the student for professional practice by:

- Exploring sensory-perceptual, cognitive or communicative, and motor or praxis performance skill areas
- Applying and administering neurorehabilitative assessments and techniques
- Developing, implementing, and critically evaluating evidence-based interventions
- Comparing and contrasting theoretical approaches to intervention

OTHER UPDATED AND ONGOING ON-DEMAND COURSES:

NEWLY REVISED! Introduction to School-Based Practice Refresher Course (16 contact hours; online, on demand-continuous enrollment; available in late Fall 2019)

NEWLY REVISED! Introduction to Pediatric Medical-Based Practice Refresher Course (16 contact hours; online, on demand-continuous enrollment; available in late Fall 2019)

Upper Extremity Strength Evaluation and Intervention Refresher Course - This online course was created to review entry-level knowledge and skills necessary to evaluate and design interventions for remediation of upper extremity strength deficits. Topics include strength evaluation and manual muscle testing; evaluation of grip and pinch strength; and interventions to remediate muscle weakness. (3 week online course; 4 contact hours). Register <https://z.umn.edu/upperextremity>.

Hybrid Refresher Course for Occupational Therapists

Our popular OT Refresher Course for Occupational Therapists was updated and revised in 2018 and is now offered in a hybrid format. Designed for occupational therapists who are re-entering practice or changing practice areas, this course was created to provide maximum flexibility for learners.

We were pleased that 20 OTs from 15 states participated in the 2019 training. The online portion of the course began on April 29th and included weekly modules providing an overview of current OT practice topics. After completing eight of the nine modules, participants came to campus July 11-14 for four days of “face-to-face” learning. Participants then completed one additional online module to earn their CE certificate for 60 contact hours (6 CEUs).

The online portion of the 2020 Hybrid Refresher Course will begin May 4 with the face-to-face session Thursday, July 9 - Sunday July 12. The course fee is \$1229.95. Registration will open in January 2020. ■



OT PROGRAM CORE VALUES

The OT Program’s core values drive our work and shape our direction. Send us stories of how these values are expressed in clinical practice so we can highlight your work in our next issue.

- *Empathy* is modeling concern for others.
- *Expertise* is knowledge tempered by experience; demonstrable and credible.
- *Teamwork* is sharing a vision; friendly challenge of each other’s biases, assumptions and norms; and mutual support.
- *Results orientation* is better, faster and/or cheaper.
- *Leadership* is stepping up when skills meet needs; encouraging thought and initiating action. All can be leaders. ■

A Special Shout Out

50th Anniversary OT Class of 1968

Ruth A. Benjamin
David C. Elskamp
Nancy D. Enselein-Larkin
Susan S. Field
Nancy K. Hansen
Marit O. Hatfield

Merrilee P. Henderson
Margo B. Holm
Koren Y. Ihara
Linda M. Johnson*
Claudia M. McClannahan
Suzanne M. Mc Vey
Cheryl A. Meyers
Dyann M. Mills

Ruth A. Nelson
Koren Y. Nishida
Patricia A. Paskvan
Carol M. Rowe
Patricia P. Schnier
Mary S. Skruppy
Ann M. Sorenson
Jeanne M. Voight

25th Anniversary OT Class of 1993

Lynn R. Athman
Kathleen M. Baumhardt
Jennifer L. Bleakmore
Barbara E. Bowers
Sara K. Boyer
Carla J. Butenhoff
Melissa J. Fitzgerald
Andrea E. Forbes
Jill A. Fredrickson
Chris S. Harbaugh
Laura J. Houfek

Denise M. Ingram
Patricia M. Jech
Jonathan W. Jerdee
Melanie K. Kauma
Kymn M. Kierzek
Leann D. Kirby
Ruth E. Knutson
Michelle S. Korger
Donnamarie C. Krause
Stacy L. Lipp
Cheryl L. Matson
Gwendolyn I. Morales
Jessica J. Ogren

Colleen A. Ousdigian
Nathan B. Rickertsen
Angela M. Rider
Theresa B. Roscoe
Bonnie L. Sines
Deborah K. Solie
Lea E. Truchon
Kristeen L. Walberg*
Amy J. Wulf Elholm
Kyle P. Yetter
Susan A. Zappa

*deceased



Class of 2009 Celebrates 10 Year Reunion

The Class of 2009 celebrated their 10 year reunion in May 2019. Six classmates met at Betty Danger's Country Club in Minneapolis for a mimosa brunch and a chance to catch up and re-connect with old friends. Attendees included: Sally Nguyen, Melissa York-Livingston, Laura Riley-Chiabotti, Elizabeth Russell Guenther, Emily Kubes-Brovold, and Ellie Guentzel. ■

The OT Class of 1974 Celebrates 45 Years as OTs

On May 18, 2019, the U of M OT class that graduated in 1974 held their 45th anniversary reunion in the Children's Rehabilitation Center on the Twin Cities campus. The 11 classmates who attended shared many stories about the ups and downs of our professional and personal lives. 45 years after graduating, some are still working full-time and some part-time, but most are fully retired.

The group shared a delicious lunch catered by French Meadow Bakery while discussing their varied career choices and the transition to retirement. Dr. Peggy Martin, OT Program Director, stopped by to talk about the OT Program transitioning to the OTD degree beginning fall 2019. The group discussed the pros and cons of this change and the current hybrid format of curriculum delivery. The day concluded with a wonderful dinner at the Haiku Japanese Restaurant on Washington Avenue. Some of the spouses were able to join us for that part of the day. Overall, the group enjoyed a wonderful day together and look forward to their 50th anniversary reunion! ■



1974 OT Class Reunion photo (5-18-2019)
From left to right, Carol (Radford) McKay, Joan (Peterson) McDonough, Connie Bauer, Sue (Wong) Lepore, Virgil Mathiowetz, Rita (McNallan) Starz, Sarah Evert, Kathy Zawislak, Julie (Jepsen) Thomas, Kristin (Jensen) McWilliams, Sue (Baker) Koelmel

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