



Occupational Therapy Newsletter

The Ohio State University, School of Health and Rehabilitation Sciences

Spring /Summer 2013

**Our Mission:
Excellence in
scholarly
research,
leadership and
clinical.**

Special points of interest:

- Letter from the Director
- Technology in Stroke Rehabilitation
- HITE Symposium and Awards
- Alumni Updates
- Student and Faculty Awards and Updates

Scholarship

To make a donation to our scholarship fund (#666718) or general development fund (#307892) visit the OSU web page <http://giveto.osu.edu/>

Letter From The Director

Curriculum news

Ohio State University has successfully transitioned to semesters and we were pleased have added new components to The Masters of Occupational Therapy program. The faculty have added content in the areas of pediatrics (more emphasis on older children and those with social-emotional difficulties), more on geriatrics (an advanced geriatrics course), and more on neuro/orthopedics (an orthopedics course, revised neuromotor course, an occupation focus, and new cognition content). The new curriculum also has built-in additional clinical opportunities and we thank our practitioners for supporting student learning at all levels. We believe the revisions will better prepare our students for fieldwork and practice.

The students' response to the new curriculum seems to be positive, although they report feeling overworked!



The faculty and students are troopers for piloting our first year of semesters and are still standing and smiling.

Our Students

The class of 2012 graduated in December. This group of students was very bonded and promised to have reunions in the future. They are working and have done very well on the NBCOT exam (95% first time pass rate to date). We are pleased that the students have jobs and promise to stay connected to us.

The class of 2013 has excelled in many ways. They were good sports about living through the semester transition, kindly giving us recommendations on how to improve our coordination. They have excelled in service: They planned a number of events including regular NAMI events and fund raising for Creative Living and for the New Albany Olympics. A number of the second year students completed a research specialization: 6 in rehab engineering: Jessica Hunter, Michele Prushing, Kaitlyn Fieseler, Michelle DeBrosse, Lindsay Molnar, and Brooke Schmelzer, 3 students completed a research specialization: Lauren Justice in neurorehabilitation; Brittany Hand in pediatrics, and Ashley Clegg in pediatrics; 5 students completed a pediatric specialization: Kim Forehand, Kaitlyn Fieseler, Lauren Schmitt, Ashlee Haydocy, Stephanie Meehl, and Bethany Bates. These students presented at the Hite Symposium and at the Rehab Engineering showcase. Two of the class of 2013 were Albert Schweitzer Fellows, Brittany Cottman and Kasey Vogel. They completed year long service projects and attended meetings and conferences with other Albert Schweitzer Fellows.

The students will begin fieldwork in May; they seem well prepared. They will all return to campus in December for graduation. We look forward to their return as OT professionals!

The class of 2014 have diverse interests and seem to enjoy hanging out together. They have taken on additional responsibility and service in their first year. They also take on additional learning opportunities and look for additional experiences with practitioners....some of them may be coming your way!

Faculty Recognition

We are especially proud of Dr. Amy Darragh who became a fellow and received her FAOTA award at the Annual AOTA Conference and Dr. Stephen Page who was invited to become a member of the AOTF Academy of Research. These awards are among the highest awards given by AOTA and AOTF, Amy and Steve are very deserving. Congratulations to them. We also congratulate Meg Teaford for receiving The Ohio State University's Distinguished Service-Learning Award at this year's Outreach, Engagement and Service Awards. Please review some of the accomplishments of our faculty listed on the last page!

STUDENT AWARDS AND RECOGNITION

The OT faculty are pleased to announce Alexandra DeBusk won the School's MOT Student award for her service to her class as President of SOTA and to the OT profession. Congratulations Alexandra! (add pic)

Congratulation to the following students for receiving the Association of Schools of Allied Health Professions Scholarship: Heather Tanksley, Adam Snyder, Megan McKim and Katie Keslar. Each year, the Association sponsors a scholarship program for allied health students enrolled in its member schools. The purpose is to recognize outstanding students in the allied health professions who are achieving excellence in their academic programs and have significant potential to assume future leadership roles in the allied health professions. Each student chosen for an award will receive a \$1,000 scholarship.

OHIO STATE TESTS SMART PHONE TECHNOLOGY IN STROKE REHABILITATION

While many of us take the technology packed into smart phones and tablets for granted, researchers that specialize in rehabilitation are inspired by it, using it to evaluate the progress of stroke survivors who are learning to walk again.



DOCTORAL CANDIDATES

Congratulations Andy Persch, Lindy Weaver and Kelly Tanner for meeting all the Ohio State University requirements to achieve Doctoral Candidacy. We are very proud of you and your hard work to reach this milestone!

A team at The Ohio State University Wexner Medical Center is applying two well-tested applications in brand new ways in an attempt to improve mobility in people who have suffered a stroke.

"In our study, we're measuring how well people walk before and after intervention with a new system of wireless sensors that use the same technology found in cell phones and tablets," said Stephen Page, PhD, an associate professor of occupational therapy at Ohio State's School of Health and Rehabilitation Sciences. "This is the first time this approach has been used."

The team is using wireless sensors that contain tiny accelerometers, which measure the force of acceleration and are used in smart phones and tablets to sense movement and help adjust the image on the screen. Six sensors are placed on the study participant's arms, legs and chest. As the person walks, or performs other functional activities, the sensors relate information to each other and back to a computer that charts how and where the person is moving.

"The nice thing about this technology is we can measure their balance and walking anywhere," said Page. "We can have someone go up steps or perform household tasks, such as in a kitchen. Anywhere that walking or balance is important is a place we can capture how well the person is moving."

Page is using this technology to evaluate progress in a study that is testing a new type of rehabilitation intervention for stroke survivors. For the first time, Page's team is combining electrical muscle stimulation, which has been used to improve muscle function for decades, with active stepping motion on a recumbent bicycle. The goal of the study is to determine whether the combination of active motion and electrical stimulation provides added benefit for the patient through neuroplasticity, or retraining the brain.

"The stepping motion on a recumbent bike uses similar parts of the brain as when a person is actually walking," said Page. "We are trying to recruit new areas of the brain, around the stroke-damaged areas, which is called 'neuroplasticity,' and get those areas to hopefully control walking again."

The first part of this study will examine 10 people who experienced a stroke within a year to 18 months prior to study enrollment and have limited ability to walk. Over the course of 10 weeks, half of the study participants will receive electrical stimulation on their legs while biking, while the other half receives placebo treatment while biking.

Page says this study challenges the notion among many physicians and rehabilitation experts that stroke survivors reach a recovery plateau within a year after their stroke.

"We have shown in more than a decade of studies that this belief is not true, and we expect to show that with this intervention. Stroke survivors can continue to get better and see meaningful gains years after their stroke," said Page.

For more information about this and other stroke rehabilitation studies, call 614-292-5490 or email Stephen.Page@osumc.edu.

- See more at: <http://medicalcenter.osu.edu/mediaroom/releases/Pages/Ohio-State-Tests-Smart-Phone-Technology-in-Stroke-Rehabilitation.aspx#sthash.BkdtNpCU.dpuf>



Dr. Stephen Page

HITE SYMPOSIUM:


NEUROPLASTICITY AND INTEGRATIVE THERAPIES TO STROKE REHABILITATION

The 2013 Hite Symposium, April 5th, was a resounding success with three outstanding speakers and over 100 attendees. Our speakers were Dr. Stephen Page, Arlene Schmid, and Christine Griffin. Dr. Page is an Associate Professor in the Division and is the Director of the Motor Recovery Laboratory at the Wexner Medical Center. His work focuses on restoring movement and functional performance after stroke, most often in persons with chronic stroke. Dr. Arlene Schmid is an Assistant Professor in the Department of Occupational Therapy at Indiana University and faculty in the Veterans Administration Stroke QUERI Center of Excellence at the Indianapolis VA Medical Center. Christine Griffin is an occupational therapist at Dodd Rehabilitation Center and also works as a researcher in the Neuro Recovery Laboratory. Ms. Griffin presents nationally on occupational therapy interventions in for patients with neurologic trauma or disease.



The attendees gained new skills and full appreciation for using outcome measures and intervention strategies that can improve function and quality of life in individuals with chronic stroke. Dr. Meg Teaford with the assistance of Ms. Maureen Braughton orchestrated the conference. Thank you Meg and Maureen! We also thank the Hite family for making possible this annual event!

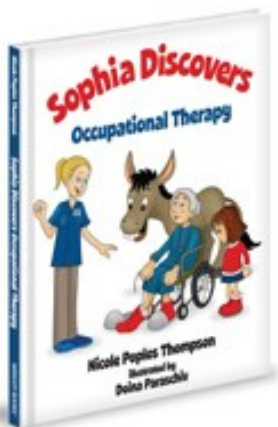
ALUMNUS WRITES A CHILDREN'S BOOK



Please let us know if you have news to share. Contact Robinson.171@osu.edu

An alumnus of the Occupational Therapy program, Nicole Poplos Thompson, has written a children's book about OT! Nicole Poplos Thompson graduated from The Ohio State University in 1994 and practices occupational therapy in Columbus, Ohio. She has worked in a variety of settings including intensive in-patient rehab, skilled nursing facilities, out-patient, home health and management. Nicole understands that OT is a rewarding career with many opportunities and wants kids to learn about the field of OT. She often writes funny, heart-warming poems for her patients going through rehab. Nicole was inspired to write a children's book by all the visiting and very curious grandchildren of her patients.

Sophia Discovers Occupational Therapy is a book about a young girl thinking about what she wants to be when she grows up. When her grandparents visit from Greece, Sophia watches them recover from a silly mishap and learns how two occupational therapists are instrumental in their recovery. Explained in a light-hearted manner, kids and even adults are enjoying this story and gaining a better understanding about OT. Follow Sophia Discovers Occupational Therapy on facebook at www.facebook.com/sophiadiscovers where you will find updates of future events and links to order the book. The book may also be ordered on-line at mascotbooks.com.



AWARDS CEREMONY AT THE HITE SYMPOSIUM



At this year's HITE Symposium we were honored to award two very deserving practitioners this year, Barb Homlar and David Rupp.

Barb Homlar ('67) received the Hite Distinguished Alumnus Award. The distinguished alumnus award recognizes an individual who has demonstrated outstanding qualities of leadership within the profession and has contributed to occupational therapy through service and education. Barb has exhibited the highest standards of professionalism and service through her outstanding career at Cincinnati

Children's Hospital and her collaboration with Ohio State in establishing fieldwork at Cincinnati Children's that has enabled many students to benefit from their wonderful programs. We all wish that we had the energy, passion, joy, and dedication that Barb has exhibited in her forty-six years of practice. Ohio State is most grateful to be a partner with Cincinnati Children's given the excellent and long standing OT services and programs. We thank Barb and Becky Reder, the director of Cincinnati's Children OT and PT Department, for being willing to partner and to share the expertise of their world class OT staff with our students. On behalf of all of those students and the OT faculty, thank you Barb.

Award recipients Barb Holmar and Davis Rupp pictured with Jane Case-Smith



Dave was joined by the Ohio Health leadership and some of his staff members to receive this award.

David Rupp was the recipient of the HITE Award. The Hite Award recognizes an individual who has demonstrated continued involvement and support of the Ohio State University Occupational Therapy Program. Dave has contributed to occupational therapy education and the Ohio State program in literally hundreds of kind acts, sharing his expertise and wisdom with faculty and students. Dave has been an adjunct instructor for the division for over a decade contributing to many different classes, from teaching motor control to administration and management. Dave is also on our OT advisory board where he has provided very important advice and input to our program, sharing his understanding of practice trends and critical issues in the field. In his full-time job, Dave is directly responsible for leading the largest outpatient rehabilitation department in central Ohio, caring for over 900 patients every day. His team consistently exceeds national benchmarks for clinical outcomes and delivers an exceptional patient experience. When his team was asked to describe Dave they said he was humble, compassionate, respectful, flexible, hard working, creative and always willing to help. The OT faculty would agree with this praise and would add that we greatly appreciate that he has generously given of his time and talents to the division and has made an important difference in Ohio State's program, to the benefit of hundreds of students who are now OT practitioners. Thank you Dave!

OT STUDENTS ACCEPTED AS ALBERT SCHWEITZER FELLOWS

The Albert Schweitzer Prize for Humanitarianism recognizes an individual whose life example has significantly mitigated the social determinants of health in the U.S. and/or abroad, and whose commitment to service influences and inspires others. Samantha Lavach and Samantha Sanderson are addressing community integration, social participation, and health and wellness for adults living with chronic mental illness in Columbus, OH. They are implementing an adaptive yoga program to enhance these key aspects of mental health recovery. Samantha and Samantha are partnering with Southeast Inc., a community mental health agency, and Yoga on High, a community yoga venue; developing a sustainable yoga program which includes aspects of self awareness and physical health, social participation among group members; and encourages individuals to become active members of their community by giving them a sense of purpose and belonging.

ALUMNUS AWARDED A PATENT!



Alumnus Theresa Schmotzer is awarded a patent! We congratulate our alumnus, Theresa Schmotzer, CEO of Remedy Pacific LLC, 1994 graduate, for her success as an entrepreneur! Theresa started Remedy Pacific in 2004 after she was contracted to assist with return to work cases. While treating employees who had filed workmen's compensation claims, she noticed that a large number of fellow employees experienced pain and discomfort but not to the point of themselves filing claims. Theresa developed an Early Intervention Program to assist those individuals on reducing their pain before costly workmen's compensation claims developed. The demand for Early Intervention became so high that she started a prevention pilot program for workgroups. She found that many employees performed the same type of repetitive job tasks, and introduced these workers to an injury and illness preventative program. The program has proven results in improving employee morale and comfort levels, while decreasing or eliminating OSHA Reportable injuries and Illnesses, thereby significantly reducing the organization's injury compensation



costs. Theresa's innovative methodology was recognized by the United States Patent and Trade Office in May 2012 with a patent of her Occupational Therapy and Ergonomic System.. Occupational therapists in Theresa's company, Remedy Pacific LLC, have completed hundreds of work place hazard assessments and developed and implemented ergonomic programs and injury prevention regimens for about 5000 employees in over 40 sites in California, Nevada, and Hawaii. Remedy Pacific's focus is providing companies with a tailored injury prevention and ergonomics program. Her company provides services to a wide range of clients from small businesses to large corporations, in industries as diverse as retail, warehousing, transportation, facility maintenance, office environments, and courier services. The focus is on creating a healthy, positive work environment. The company has a high reputation for reducing workplace injuries,

promoting safe work methods, and creating a cultural awareness for behavioral based safety. We congratulate Theresa on her patent and successful work injury prevention company! See www.remedy-pacific.com for additional information.

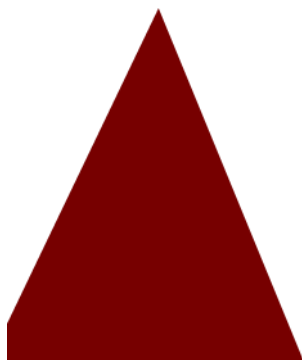
Fifteen Occupational Therapy Students and Occupational Therapists from the Wexner Medical Center will be working with Rebuilding Together Central Ohio this spring. RTCO is part of a national program to help renovate and repair homes of low-income families and older adults. This spring 29 homes in the Hilltop area of Columbus have been selected for renovation. The students will work with the occupational therapists to assess the homes for safety, accessibility and lighting as well as identifying homeowners' personal needs before plans are made for each home. Repairs and renovations are scheduled to be done by volunteers in June.

This is part of a joint program between AOTA and Rebuilding Together on the national level.

OSU OT PROGRAM SEEKS TO CHANGE TO NEW ENTRY-LEVEL DOCTORAL DEGREE

The Division of Occupational Therapy faculty members are seeking approval for a new entry-level doctoral degree, the Occupational Therapy Doctorate (OTD), that will replace our current program that awards a Masters of Occupational Therapy degree. The professional OTD based on the increasing complexity of the healthcare environment, increasing needs of our clients, and advances in technology and interventions that call for a more advanced degree for occupational therapists. It follows a broad national discussion of entry level occupational therapy doctoral programs and the development of accreditation standards for professional OTD programs. The OTD degree will increase our program by two semesters, add 10 courses, and add or replace course content with more advanced, higher level content. The OTD degree will include an additional specialty practicum of full-time practice in an area of specialization during which the students complete a capstone project. The program will require that students pass a comprehensive examination and a written and oral final document (the capstone project). This change increases the program objectives, rigor, breadth and depth to prepare students for the future practice of occupational therapy. The approval process for this endeavor will take a couple more year.

Scholarly Research



Leadership

Clinical Practice

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Contact us: <http://medicine.osu.edu/hrs/ot/contact/pages/index.aspx>

Visit our website:
<http://medicine.osu.edu/hrs/ot/Pages/index.aspx>

Faculty Update

We are sad to announce our friend and colleague, Alison Lane, PhD, OTR/L, has accepted a faculty position in Newcastle, Australia. Both Alison and her husband, are originally from Australia and both have been offered positions at the University of Newcastle. Dr. Lane's research has contributed to the understanding of sensory processing difficulties to the emergence and behavioral characteristics of autism. To date, this work has revealed the existence of several sensory processing subtypes within autism that are associated with communication and adaptive behavior impairment. These sensory profiles in autism can contribute to eating behaviors and motor delays. We will miss Alison and wish her the best of luck with her new position and home.



Amy Darragh with OSU colleagues at the AOTA Awards Ceremony. Pictured Dennis Cleary, Amy Darragh, Andy Persch and Melinda Rybski.

Faculty Awards and Recognition

This has been an impressive year of having our faculty recognized for their service and work in the profession.

Dr. Stephen Page was recognized by the American Occupational Therapy Foundation for his renowned work in neuroplasticity and stroke recovery and was inducted into the Academy of Research at this year's AOTA Annual Conference. Congratulations Dr. Page!

Also this year at the AOTA Annual Conference, Dr. Amy Darragh was inducted into the AOTA Roster of Fellows for "*Advancing Occupational Therapy Through Research*". Congratulations Dr. Darragh!

Congratulations to Dr. Meg Teaforod for receiving The Ohio State University's Distinguished Service-Learning Award at this year's Outreach, Engagement and Service Awards. These awards are presented by the Office of Outreach and Engagement, the Service-Learning Initiative in

partnership with the Office of Undergraduate Education, and the Office of International Affairs. Dr. Meg Teaforod was chosen because of her outstanding achievement in connecting learning with service through her work with Universal Design and Farming with Arthritis.

Monica Robinson received a Service Award at the Annual AOTA Conference for her work on the Affiliated State Association Presidents while she was the President of the Ohio Occupational Therapy Association from 2009 – 2013. Congratulations.