Welcome MOT Class of 2016 !!!

The letters “OT” project in the program’s ADL suite one evening as the sun sets.

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From the Director:
Roger Ideishi, J.D., OT/L, FAOTA

Dear Temple OT Community,

Temple University Occupational Therapy has a rich legacy influencing practitioners and the profession for over 45 years. Each person who has stepped through Temple OT has left a distinct mark. Dr. Lazzarini has left a distinct mark. To quote President Bill Clinton, “the price of doing the same old thing is far higher than the price of change”. Dr. Lazzarini set change in motion at Temple OT. She steered the faculty and students to reflect on the contemporary issues facing healthcare, education, and society. With these ideas, she formed a solid foundation for the Temple OT graduate as a progressive innovator, a creative problem solver, and a critical thinker who is making an impact on the clinical AND societal challenges of the future.

We are already seeing the results of the change. Our first year OT students and faculty collaborated with our community partners at KenCrest Services, ARC of Camden County, CORA Services, and Inglis House to create an innovative fieldwork and community education model. The first year students actively applied the entire OT process rather than mere passive observation during their level I experiences. Under the supervision of our community partners, all students completed standardized assessments with children and adults, created intervention plans, implemented those intervention plans, and re-assessed the outcomes of their reasoning and actions; essentially, the students had a “mini-level II” during their level I. Additionally, the students applied meaningful occupational and social justice principles in their level I experiences assessing community needs and collaborating with their site stakeholders to create a project that served a vital interest of the community.

Our faculty and students accomplished this due to Dr. Lazzarini’s guidance. Additionally, we say farewell to Professor Caroline Welch who contributed to the changes at Temple over the past year and leadership of the Temple University Student Occupational Therapy Association (TUSOTA). We wish her well as she pursues her doctorate in occupational therapy. We, at Temple OT, are grateful to Dr. Lazzarini for her vision and leadership, and Professor Welch’s mentoring of TUSOTA.

To quote another contemporary figure, Steve Jobs, “make a dent in the universe”. The students and faculty are making dents! As a stakeholder in Temple OT look for more Temple Made dents in the universe! On behalf of the faculty and students at Temple OT, we invite you to join us in creating the future of occupational therapy!

Sincerely,
Roger I. Ideishi, JD, OT/L, FAOTA
Program Director & Associate Professor
Department of Rehabilitation Sciences
Program in Occupational Therapy
AOTA’s Annual Conference of 2014

The 2014 AOTA Conference in Baltimore, Maryland was a wonderful experience for all! This year’s conference broke records, as it was the largest and most social conference in the 94 years of its history, seeing more than 8,000 attendees, and more than 9,000 tweets.

Temple University was proud to have more than 40 students and numerous faculty members attend the conference. Temple students volunteered, attended various education sessions, and networked with several vendors and employers at the expo. Faculty members Dr. Ivelisse Lazzarini and Dr. Rochelle Mendonca presented at the conference, and several groups of students had poster presentations as well. Overall the event was a great success, not only for Temple University students and faculty, but also for AOTA and the entire OT profession. Next year’s conference will be held in Nashville, Tennessee. We hope to see you there!

Other News:
- May is mental health month! AOTA is asking for your help in supporting HR 1037/S 1815 “Occupation therapy in mental health act.” Contact your congressman to let him/her know how important OT can be in mental health!
- AOTA’s Board of Directors has issued a position statement on the future education requirements for entry level OTRs. The Board has decided that entry-level practitioners should have an education at the doctorate level by 2025. Ultimately, the decisions of education requirements will be made by ACOTE.
- Check out the new AJOT website at http://ajot.aota.org/. AJOT has created a more user friendly website, streamlined the process of searching for articles and updated a new platform for use on mobile devices. – Written by Ricky Bassett
Faculty Spotlight: Dr. Rochelle Mendonca, PhD, OTR/L

Dr. Rochelle Mendonca, PhD, OTR/L has dedicated her career to education in occupational therapy and research for people with disabilities. She is currently involved in several research projects, often including students in data collection and working with educators to advocate for occupational therapy and advance its evidence base.

Dr. Mendonca has been involved in a long-standing project that focuses on methods of reliably and validly measuring accessibility of medical devices. She was part of a national expert group that developed accessibility standards for medical devices through the U.S. Access Board. The intent is that medical device manufacturers will use these standard to develop devices that are accessible for people with disabilities in the future. This project is actually one of the first projects Dr. Mendonca conceived and worked on as a student, and later formed the basis of her PhD. She envisions that developing these standards will reduce the disparities in healthcare access for people with disabilities, especially due to inaccessible medical devices. In addition to these projects, Dr. Mendonca is involved in several projects to promote wellness and quality of life for people with chronic diagnoses.

Another project in which Dr. Mendonca is currently involved is a student exchange/cultural immersion program with students of South Korea at Far East University. This program will promote exchange of students between Temple and Far East University for a few weeks in the summer. The program is intended to be a cultural immersion experience, focused on understanding the cross-cultural differences in healthcare and occupational therapy. Details of this program are still under review, but she hopes to begin this program in July 2014 with students visiting from Korea.

Research studies and programs like those mentioned above are just a few reasons that Dr. Mendonca is an incredibly valuable faculty at Temple. Her history with research and the mentorship she provides to students will help shape the pathway for Temple’s program in the years to come, as well as for the profession as a whole. – Written by Andrew Bettlach
Fieldwork Highlights

Spring 2014 was another exciting semester for first year students, or “M1s”. M1s worked hands-on with students and consumers in their Level 1 fieldwork placements, unlike most traditional Level 1 placements.

The “Assessment and Intervention with Adults” course gave M1s an opportunity to work closely with residents of the Inglis House to administer, score, and interpret various sensory, motor, and cognitive assessments. M1s Elizabeth Kubis and Alessandra Sandberg had an especially moving experience. Upon arrival at Inglis House, they were assigned a consumer who, at first glance, appeared to be very low functioning. Liz and Alessandra realized that they would need to adapt their assessments to account for limitations. Their focus was always on strengths as they interacted and created rapport with their consumer. Being client centered and using therapeutic use of self, Liz and Alessandra discovered that the consumer had very strong identification skills. Using this small discovery, they not only adjusted their assessments appropriately, but they also embedded this strength into activities that allowed the client to count money, do simple arithmetic, and faintly verbally communicate with them – tasks that previously were thought to be impossible. Liz and Alessandra were equally as grateful as the consumer for the experience: “We took away a series of important lessons from this experience, including to never assume a client’s level of function, an understanding of the importance of strength-based intervention, and the value of therapeutic use of self. We will carry these lessons with us for the rest of our careers.”

The Assessment and Intervention with Children course was equally as engaging, as students traveled to numerous schools settings across Philadelphia. One group of students had the opportunity to work with a unique group of youth students at Simon Gratz Mastery Charter School. M1s were not only responsible for observation and administering assessments, but also developed and implemented evidence-based intervention plans with the Gratz students. The semester concluded with a project designed to meet the needs of the stakeholders, where M1s created a drum and parachute group protocol for teachers to implement once the semester ended. They also created a brochure for the parents that included activity ideas and places around Philadelphia that promoted sensory learning for children with disabilities. It was an incredible experience for all parties involved, both M1s and Gratz students, alike. – Written by Stan Fomin

M1s say goodbye to their students at Simon Gratz Charter School on the last day of fieldwork following a farewell party.
Spring Highlight: Intercollegiate OT Night

Temple students played an integral part in organizing this year’s Philadelphia Intercollegiate OT Night. Over 300 local OT students attended the event, which served as a great networking opportunity with many local and national occupational therapy businesses and universities, as well as a fun night to relax from the stressful semester.

Welcome MOT Class of 2016

The MOT Class of 2015 and Temple faculty would like to welcome Temple’s MOT Class of 2016! Congratulations on your acceptance and best of luck to all in the beginning of your education as future occupational therapists! Welcome to the family!
Student Spotlight: A Letter from second-year student Jessica Anderson

“I entered OT school wanting to work in outpatient pediatrics. Therefore, my first Level II fieldwork placement in an oncology hospital for adults was emotionally challenging, but I realized that emotions have a good home within the scope of occupational therapy. What I learned from a 54-year-old patient with terminal cancer at this site made all of OT school worth it, and made it all make sense.

Mr. G was diagnosed with metastatic cancer in 2013. He is a teacher, a basketball coach and a father. When I evaluated him he was extremely deconditioned, jaundiced and emaciated. Supine to sit was min assistance, sitting balance poor, and action tremors observed. His main goal was to return to work. In acute care, most patients were not thrilled to see me at 8 a.m. to do ADLs. However, every morning Mr. G greeted me with “Hey Jess!”, albeit in increasingly weakening voice. Each day I was impressed at the strength he summoned to don his socks, fighting gravity and a spreading cancer. The physical therapists and I worked with Mr. G for weeks and he progressed from being in bed 24 hours a day to bathing, dressing, and grooming seated at the edge of the bed with supervision and also increased how far he could ambulate.

On several occasions, he opened up to me and shared his sadness over his loss of function and disconnectedness with friends and family due to the long hospital stay. As weeks passed, his goals changed to just reading the newspaper at home with a cup of coffee and seeing the ocean this summer. For Mr. G, these were simple occupations that gave meaning to life. I, too, shifted my focus, taking him to a sunlit hall for a change of scenery and encouraging his wife to bring his laptop so he can stay connected via email/Facebook. Reclaiming the task of washing oneself is empowering but it’s meaningless in isolation. I love that OT is just as concerned with the psychological aspect of a person.

Along with Mr. G and his family, the physical therapist and I advocated for a rehab placement (as opposed to hospice). “Not a rehab candidate” said the oncologist, but the rehab team continued to document his good motivation and increasing endurance and independence with ADLs. Even though his prognosis is poor, we thought it was important to progress him to a level in which he can go home and appreciate the quality of life he desires, even if it's only for months or a year. The physical therapists and I discussed the power of engagement. If he was sent home with a hospital bed, he would likely decline further and faster.

When I got word he was being discharged to a rehab facility, I rushed to say goodbye. When he saw me he smiled bigger than I’d seen, gave me a tight hug with strength that surprised me, kissed my cheek and thanked me for believing in him. I really hope he gets to the beach this summer but at the very least, I believe that the therapy team helped him feel human again rather than a diagnosis. Which makes me proud to be a part of this profession.” – Written by Jessica Anderson
POTA and SOTA News

POTA: Spring was a busy semester for Temple MOT Students in their involvement with Pennsylvania Occupational Therapy Association (POTA) District V. The semester started off with POTA’s Project Linus event in February. Several MOT students helped make blankets for needy children and their families in the Philadelphia area. The event was a huge success and everyone in attendance had a great time.

Later in the semester, students attended a POTA dinner at Magee Rehabilitation Hospital that discussed assistive technology and how to best set up clients for success. The presentation was led by Dina Mastrogiavanni, OTR/L, ATP, a Temple OT Class of 1991 Alum.

The last POTA dinner of the semester was held at Temple University’s Center City campus. MOT students learned about what will need to be done regarding continued competency upon graduation and successful completion of the NBCOT exam.

Temple MOT students continue to make a big impact in their POTA District V community. Several students plan on attending the upcoming District V Annual Banquet. This year’s banquet is being held at Seasons 52 in King of Prussia, PA on June 10. For more information about the banquet, POTA and how to join the District V community, please visit www.pota.org or contact Temple’s POTA Representatives Jessica DeMaria at Jessica.Demaria@temple.edu or Kirsten Edling at Kirsten.Edling@temple.edu.

SOTA: The Temple MOT Student Occupational Therapy Association (SOTA) continued being very active this semester. SOTA set up several ‘lunch-and-learn’ presentations in which students ordered lunch and enjoyed guest presentations about their field experiences. For example, Dr. Roger Ideishi discussed his trip to Korea to explore Occupational Therapy practice overseas. Two therapists from Elwyn also discussed their experiences in the field. In addition, SOTA held several successful fundraisers, such as Temple Tee-shirts for the OT Night at the Phillies game and a March Madness fundraiser.

Throughout the semester, SOTA and many members of the first-year class were very engaged in Philadelphia’s OT community. Large groups of students attended various events such as POTA dinners, OT Night at the Phillies, Philadelphia’s Intercollegiate OT Night and much more. SOTA is excited for the upcoming fall semester and is looking forward to welcoming in the incoming MOT Class of 2016! For more information regarding SOTA events, please visit www.tusota.org. – Written by Kirsten Edling
Owlumni Tale:
Rebecca Wagner, OTR/L

Rebecca Wagner, OTR/L is a 2013 graduate of Temple’s MOT program. She graduated from Penn State in 2011 with a degree in Rehabilitation and Human Services and a minor in Psychology. She currently works for Magee Rehabilitation on the Spinal Cord Injury Unit.

Rebecca was quite a busy Temple Owl during her time in the MOT program. She served on the Student Occupational Therapy Association (SOTA) board as the Temple representative for POTA’s District V. Not only did she help run events within SOTA, she made sure that Temple was well represented within the District V and greater Philadelphia community. She was also able to gain even more experience working as an OT Aide at Temple Hospital.

One of Rebecca’s best memories as a student was a class trip to the Franklin Institute to evaluate the building’s accessibility. She and her classmates were assigned varying diagnoses, such as impaired eyesight, hearing, hand-functioning, and were required to look through an occupational therapy lens in order to make suggestions to improve the Franklin Institute’s universal design and accessibility.

In addition to doing class assignments, Rebecca recommends that students network. She feels that networking is key to success and advises, “Take every opportunity you can to learn about the profession. Everyone brings a unique skill and insight to their area of practice.” She also added, “There will be multiple occasions where you can reflect on that advice or experience to help you through. Learning goes beyond the classroom and sites you will be working at. Seek out new opportunities constantly.”

Rebecca enjoys working on Magee Rehabilitation’s Spinal Cord Injury Unit. She mentioned that one of the best parts of her job is the feeling she gets when she sees all of her hard work and efforts pay off as her client begins to see results in the recovery process. “Knowing you are making a difference in someone's life every day is very rewarding.”

Her future OT goals include growing as an OT at Magee. Her position will allow her to rotate in different departments, and allow her the opportunity to transition onto other floors such as Neurology, General Rehabilitation, and outpatient facilities. She is also looking forward to mentoring Level I and Level II students, as well as new employees.

When asked about the most difficult part of adjusting from a student to a practicing occupational therapist, Rebecca said, “As a new grad, it can be difficult at times to have confidence in your abilities. I felt scared when I was first on my own, but I had to trust that I had what it takes to be a good OT. You also have to accept that you’re not going to know everything and that some things will only come with time and experience.” One final tip, she advises, “Never hesitate to ask for help.” – Written by Kirsten Edling
Quick Tips from the O.T. Owl

Energy Conservation

Everyone can benefit from energy conservation. Best stated in the Canadian Association of Occupational Therapists web article on *Energy for Everyday Living*, “In today's high pressure work and home environment, energy conservation is as important as time management” (2014). Some strategies are as follows:

**Use good posture**
- Avoid excessive bending, reaching, carrying and lifting. Avoid extra trips by using a cart or trolley to carry items. A small basket keeps cleaning supplies handy. A carpenter's apron works well for small home repairs.
- Consider your own body proportions to determine comfortable work heights.
- Elbows should form a 90-degree angle, shoulders relaxed and spine straight for a proper work height.
- When carrying, divide the load; e.g. carry two smaller bags of groceries in each arm instead of one large heavy bag.
- Prevent bending and stooping by using long or adjustable handles on dustpans, brushes, shower mops - even paint rollers.

**Reduce fatigue**
- Sit rather than stand for chores if possible, i.e. with chopping vegetables, ironing, etc. Sitting reduces energy use by 25%.
- Alternate postures and take frequent stretch breaks throughout the day.
- Incorporate a system of work and rest into activities. Short rest breaks of five minutes during daily activities can help increase overall endurance.

**Modify activities**
- Air-dry dishes and use freezer-to-microwave dishes.
- If your laundry room is located downstairs toss dirty linen down in a pillowcase rather than making an extra trip.
- To lift items out of the oven, kneel alongside the oven, rather than bending over.

**Create a comfortable environment**
- If environmental conditions are pleasant, the job will be less tiring and more enjoyable.
- Listen to your favorite music when doing chores.
- Good lighting, comfortable clothing and pleasing colors set the stage for work with less strain.

**Organize your work**
- Assemble necessary supplies and equipment prior to doing the job. For example, arrange garden supplies and tools prior to planting.
- Plan the most strenuous activities at the beginning of the day when energy is highest.
- Alternate between tasks that are difficult and those that are easy.
- Place the items that you use most frequently between waist and shoulder level to avoid excess bending or stretching, thus conserving energy.
- Keep all items in the area that you use them to avoid extra walking to find them.

*Written by Gina Rodriguez*
Congratulations to Temple’s DOT Class of 2014!

Temple’s Occupational Therapy students and faculty would like to congratulate the 2014 graduates of Temple’s Clinical Doctorate of Occupational Therapy program!

As we embark on our educational journey in occupational therapy, it is vital to keep up-to-date on the future of all aspects of our profession, including the possible future changes to education requirements. AOTA recently released a position statement that supports requiring a doctoral level education by 2025. While the decision is ultimately made by ACOTE, OT’s accreditation agency in the US, students should this follow closely as it will have a great impact on the future of OT. – Written by Jen Sponburgh

Congratulations to Temple’s MOT Class of 2014!

We would also like to congratulate the MOT Class of 2014! Students will finish their second Level 2 fieldwork placement this June and will be graduates of the program. We wish them the best of luck in their preparations for the NBCOT Board Exam.

Social Calendar 2014

- Temple Football Homecoming, Fall 2014
- Bowling Night at Pep Bowl, Fall 2014
- Temple OT Prom, Fall 2014

* Social events are currently being planned. Therefore, some dates are tentative. For more information or suggestions, please contact Social Chair Stan Fomin at stan.fomin@temple.edu or Morgan Oxley at morgan.oxley@temple.edu.

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