



NOTA Annual Conference February 24th-25th, 2023

<p>Pre-Institute Session 1: Application of the RMS in everyday practice</p>	<p>Nancy E. Krusen, PhD, OTR/L</p>
<p>Pre-Institute Session 2: The Role of Posture in Health and Occupational Therapy Practice Across the Lifespan</p>	<p>Amy E. Mayer, OTD, OTR/L, RYT</p>
<p>Keynote Address: Guillain Barre Syndrome - My Story</p>	<p>Bob Gardiner</p>
<p>Track 1 (morning track): Seeing and Finding a Way: Screening and Simple Treatments for Visual Dysfunction in the Acute and Rehab Settings</p>	<p>Rebecca Kinnison, OTD, OTR/L</p>
<p>Track 2 (morning track): Occupational Therapy's Improved Role in Mental Health</p>	<p>Kylie Widhelm, OTD, OTR/L Samuel Troia, OTD, OTR/L Michael Tambone, OTD, OTR/L</p>
<p>Track 3 (morning track): Move Better, Age Better: How moving with your fascia in mind improves your quality of life at every age.</p>	<p>Amy E. Mayer, OTD, OTR/L, RYT</p>
<p>Track 4 (afternoon track): Occupational Therapy Practitioner Self-Care and Wellness</p>	<p>Kylie Widhelm, OTD, OTR/L Amanda C. Wise, OTD, MS, OTR/L, NBC-HWC, CPAM Ashley Fecht, OTD, OTR/L, BCP</p>

Track 5 (afternoon track): Mother Nurture: Occupational Therapy's Role in Maternal Health	Miranda Little, OTD, OTR/L
Track 6 (afternoon track): Occupation Across the Lifespan: Doing, Being, Becoming	Christine Urish, PhD, OTR/L, BCMH, FAOTA

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

Conference At-A-Glance Schedule

Friday, February 24th

12:30-1:30pm:

- Registration Open

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

- Pre-Institute: Application of the RMS in everyday practice

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

- Pre-Institute: The Role of Posture in Health and Occupational Therapy Practice Across the Lifespan

4:30pm-6:00pm:

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

6:00pm-6:30pm:

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

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

- Keynote Welcome
- Keynote Address: Guillain Barre Syndrome - My Story (1 CEU)

Saturday, February 25th

7:30am-8:00am

- Registration

8:00am-11:00am

- Sessions (3 CEUs)

11:00 am-1:00pm

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

1:00-4:00 pm: Clark Building

- Sessions (3 CEUs)

Registration Fees

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

**Cancellation Policy: If notification of cancellation occurs prior to January 31st, 2023, refunds will be given less a \$20 administration fee.

**There will be an additional fee of \$20 when registering the day of conference.

**WEATHER POLICY: Due to the complexity involved with planning conference, any major weather related issues that could result in a registrant being unable to attend will be evaluated on a case by case basis. A refund of *up to 50%* may be considered but is not guaranteed. The conference planning committee would review each individual case once conference is complete and any refund will be given within 30 days.

Hotel Information

A block of rooms has been reserved at the Hampton Inn & Suites Omaha-Downtown located at 1212 Cuming Street.

[Click here](#) to reserve your room with the discounted rate. **Rooms must be reserved by Friday, February 2nd to guarantee rate.**

Continuing Education Sessions

The Pre-Institute, and Keynote Speakers are unopposed educational sessions. Participants may choose 1 of 3 continuing education session tracks Saturday morning and 1 of 3 continuing education session tracks Saturday afternoon. Participants cannot move between tracks and will not receive partial credit for attendance of a portion of a course. When you register, you will be required to choose your tracks. Seating is limited for each track, so register early! (Day of conference registration will be available as seating allows.)

Registration for conference is available online at www.notaonline.org.

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

Early Bird Pricing valid until Tuesday, January 31st. Don't delay, register today!

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

Pre-Institute Session 1: Application of the RMS in Everyday Practice

Speaker:

Nancy E. Krusen, PhD, OTR/L

Nancy E. Krusen is founding director for an entry-level clinical occupational therapy doctorate at University of Nebraska Medical Center. Her primary interests surround Occupational Adaptation, the ways in which people adapt to life challenges and the ways in which the environment contributes to adaptation. A primary focus throughout her career has been the application of this model for education and professional development. Krusen also enjoys practicing occupational adaptation on a personal level, seeking dynamic balance in a busy life filled with human connection.

Course Description:

The session will explore use of the Relative Mastery Scale for everyday practice. Relative mastery addresses effectiveness, efficiency, and satisfaction, reflecting a person's perception of their internal occupational adaptation. The 6-item instrument is psychometrically sound and is currently being applied across age ranges, practice, and educational settings.

Course Objectives:

- contrast relative mastery with competence and skill mastery
- practice RMS administration and scoring
- propose collaborative Occupational Adaptation-related inquiry

Pre-Institute Session 2: The Role of Posture in Health & Occupational Therapy Practice Across the Lifespan

Speaker:

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

Amy Mayer OTD, OTR/L, RYT is the owner of Mayer Wellness & Myofascial Release and an advanced myofascial release practitioner using the Barnes technique. She combines thirty years of treating clients with her doctorate level training as an occupational therapist, and certifications in yoga, holistic stress management, and natural movement. During her twenty-year career in higher education Amy has been recognized by her peers for excellence in teaching, and leadership in wellness programming. Her passion is educating the health practitioners and the public about the role of fascia in health and how keeping your fascia healthy creates a resilient and functional body. You can learn more about Amy at MayerWellness.com.

Course Description:

Good posture is part of creating a healthy body. Practitioners must develop competence in the details and health benefits of good posture, and the consequences of poor posture. Participants will discuss the science of posture relevant to practice across the lifespan and apply an objective posture assessment to support documentation.

Course Objectives:

- Discuss the evidence related to posture, health, and function relevant to occupational therapy practice
- Apply an objective process to assessing posture to support documentation

Keynote: Guillain Barre Syndrome- My Story

Speaker qualifications:

Bob Gardiner

Bob Gardiner is a loving husband and father to four children. Prior to contracting Guillain Barre Syndrome, Bob sold commercial HVAC equipment for Daikin Applied. He is a Board member of FAC, a local organization for architectural, engineering and contracting businesses. Bob is passionate about staying fit and attends GRIT CrossFit (Adaptive Functional Fitness Training) twice a week. In his free time, Bob loves spending time at his lake house boating and entertaining friends and family.

Course Description:

Imagine waking up one day completely paralyzed from the neck down. I was in my prime and 'winning' at life when my world was turned upside down. This is my story of Guillain Barre Syndrome (GBS) and my experiences through this life altering disease.

Objectives:

- Education about Guillain Barre Syndrome

Track 1 (morning track): Seeing and Finding a Way: Screening & Simple Treatments for Visual Dysfunction in the Acute & Rehab Settings

Speaker Qualifications:

Rebecca Kinnison, OTD, OTR/L

Becky Kinnison, OTD, OTR/L joined the Department of Occupational Therapy as an Assistant Professor and Academic Clinical Education Coordinator at Creighton University in February of 2021. Dr. Kinnison is originally from Central Nebraska and received her Bachelor of Life Science from Wayne State College prior to completing her Entry Level OTD at Creighton University in 2009. She spent 12 years at CHI's Immanuel Rehabilitation Institute. The majority of her years were spent in inpatient rehabilitation supporting individuals with a variety of neuro diagnoses. She also served as a float therapist for all 3 care areas: acute care, inpatient rehabilitation, and outpatient rehabilitation. Becky Kinnison has always had a strong interest in neurological vision rehabilitation. She completed her Professional Rotation focusing on advanced practice skills in vision rehabilitation while creating programming for both an inpatient and outpatient rehabilitation department. She continued supporting these programs during her clinical practice while advancing her skills through, mentoring Creighton's Neurology Fellowship, creating vision modules and education, in addition to pursuing CEUs, courses, and a Visual Rehabilitation Certificate.

Course Description:

Healthcare moves at the speed of light. Length of stay is rapidly decreasing for both the acute care and inpatient rehabilitation settings. Practitioners are stressed to find ways to gather all the needed information in a quick and concise matter in order to create the most comprehensive plan of care. With the high rate of visual defects and their impact on function noted for individuals post-stroke, ABI, TBI and other neurological conditions; it is imperative that clinicians can screen and treat individuals with neurological visual deficits despite time crunches. This presentation will address realistic screening and treatments in a fast-paced environment while staying true to functional performance and independence-focused outcomes. Time will be allotted for hands-on practice of screening techniques as well as the chance to participate in vision-based treatment interventions.

Course Objectives:

- Explore the impact of visual defects on functional performance
- Analyze common visual disorders seen in the acute and rehabilitation settings
- Apply appropriate screening and simple treatment tools for common visual diagnosis.

Track 2 (morning track): Occupational Therapy's Improved Role in Mental Health**Speaker Qualifications:****Kylie Widhelm OTD, OTR/L**

She graduated from Creighton University with her OTD in 2009. For 10 years, she specialized in the ICU and inpatient mental health. She then took the position of Education Coordinator in which she coordinated OT, PT, SLP, and athletic training students for the CHI Health sites in the metro Omaha area. After serving in that position, she took the supervisor position over inpatient rehab at Creighton University Medical Center Bergan Mercy campus. She made the transition to academia in fall 2020, teaching various classes in the occupational therapy program at College of St. Mary. Recently, Dr. Widhelm started a community pro bono clinic at the Stephen Center, a homeless shelter and inpatient recovery program for those addicted to drugs and alcohol. She currently serves as the Nebraska Occupational Therapy Association Vice President of Mental Health and Wellness. Research interests include complex medical clients, mental health, addiction recovery, community health, program development, and clinical supervision. Dr. Widhelm is married with three small girls who enjoy camping and boating together. They also spend time at the Widhelm family farm outside of Valley, NE. She enjoys all sports and working out.

Samuel Troia, OTD, OTR/L

Samuel received his degree from Creighton in 2018 and then worked in Washington, DC on an inpatient rehabilitation for 4 years on a spinal cord injury unit primarily but moved throughout the hospital working with everything inpatient rehabilitation had to offer! He moved back to Omaha in 2021 and began working at Bergan in the ICU and ortho floor before transitioning to inpatient psychiatric care. Samuel has been full time working at Lasting Hope Recovery Center building occupational therapy's presence on the floor and beyond.

Michael Tambone, OTD, OTR/L

Michael graduated from Creighton University School of Pharmacy and Health Professions with an OTD in 2021. His doctoral capstone focused on mental health research as well as the creation and implementation of a mental health screener for outpatient care. Michael has experience working in behavioral health at Lasting Hope Recovery Center since August 2022.

Course Description:

Currently, there is a mental health crisis raging throughout the state that has been amplified by the pandemic. The need for mental health services is growing. Still, the number of qualified practitioners has not risen to meet the need both within the psychiatric and traditional medical practice fields, especially in rural areas. Current Nebraska and federal legislation is addressing the lack of practitioners by clarifying OT's scope of practice to meet mental health needs across the lifespan. In order to meet this need, our goal is to train and develop occupational therapy practitioners who can implement mental health evaluations and interventions in all practice settings.

Course Objectives:

- Describe the mental health crisis
- Analyze current legislation and its impact on OT practice
- Demonstrate how mental illness affects the brain and cognition

- Identify and implement best practice strategies for evaluation, interventions, and discharge planning in all practice settings

Track 3 (morning track): Move Better, Age Better: How moving with your fascia in mind improves your quality of life at every age

Speaker Qualifications:

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

Amy Mayer OTD, OTR/L, RYT is the owner of Mayer Wellness & Myofascial Release and an advanced myofascial release practitioner using the Barnes technique. She combines thirty years of treating clients with her doctorate level training as an occupational therapist, and certifications in yoga, holistic stress management, and natural movement. During her twenty-year career in higher education Amy has been recognized by her peers for excellence in teaching, and leadership in wellness programming. Her passion is educating the health practitioners and the public about the role of fascia in health and how keeping your fascia healthy creates a resilient and functional body. You can learn more about Amy at MayerWellness.com. Tania Garcia - North America Business Development Manager With a background in teaching and empowering the allied healthcare academic space, Tania has a knack for igniting and cultivating cross-functional clinical relationships within the healthcare community. Tania earned her bachelor's degree from the University of Texas at Austin and started her career in the Physical Medicine & Rehabilitation field, giving her a differing viewpoint in the O&P realm since 2013.

Course Description:

Moving is part of creating a healthy and functional body. Practitioners must possess competence in the details and health benefits of movement, and the consequences of unhealthy or lack of movement. Participants will discuss the science of functional movement relevant to occupational therapy practice across the lifespan and apply an objective movement assessments to support documentation.

Course Objectives:

- Describe the basic anatomy and primary functions of the fascia system.
- Explain how fascia can be responsible for pain, dysfunction and hinder healing.
- Discuss and experience movements that are critical for maintaining healthy fascia and optimal function.
- Integrate movement into occupation based activities to increase engagement and promote compliance.

Track 4 (afternoon track): Occupational Therapy Practitioner Self Care & Wellness

Speaker Qualifications:

Kylie Widhelm OTD, OTR/L

She graduated from Creighton University with her OTD in 2009. For 10 years, she specialized in the ICU and inpatient mental health. She then took the position of Education Coordinator in which she coordinated OT, PT, SLP, and athletic training students for the CHI Health sites in the metro Omaha area. After serving in that position, she took the supervisor position over inpatient rehab at Creighton University Medical Center Bergan Mercy campus. She made the transition to academia in fall 2020, teaching various classes in the occupational therapy program at College of St. Mary. Recently, Dr. Widhelm started a community pro bono clinic at the Stephen Center, a homeless shelter and inpatient recovery program for those addicted to drugs and alcohol. She currently serves as the Nebraska Occupational Therapy Association Vice President of Mental Health and Wellness. Research interests include complex medical clients, mental health, addiction recovery, community health, program development, and clinical supervision. Dr. Widhelm is married with three small girls who enjoy camping and boating together. They also spend time at the Widhelm family farm outside of Valley, NE. She enjoys all sports and working out.

Amanda C. Wise, OTD, MS, OTR/L, NBC-HWC, CPAM

Dr. Amanda C. Wise graduated from University of Omaha in 1995 with a Bachelors in Biology, and from Creighton University in 1998 with her Bachelors in OT, in 2019 with her Masters in Integrated Health and Wellness, and in 2021 with her Post Professional OTD. She worked full-time in outpatient, mental health, pediatric, home health, community, and administrative positions in Eastern Nebraska and Western Iowa before entering higher education in 2021. Her research and scholarship interests are in wholistic health and wellbeing, community-based services, and preventive care. Optimizing others' wellbeing is her passion, striving to achieve this through scholarship, mentoring, volunteering, program development, and leadership. When she is not teaching, she enjoys spending time hosting family and friend gatherings, golfing, camping, reading, travelling, and baking.

Ashley Fecht, OTD, OTR/L, BCP

Ashley graduated from Creighton University in 2004 with her entry-level occupational therapy doctorate. She worked full time as a school-based, early intervention, and pediatric outpatient therapist in Omaha and later in Las, Vegas, Nevada before entering into Academia in 2011. She received her board certification in pediatrics from the American Occupational Therapy Association in 2020. Ashley is a current member of the occupational therapy faculty at Creighton University and serves as the Director of Academic Clinical Education. Her current scholarship and research focus include best practices in clinical education, the impact of standardized patient experiences on student learning/performance, interprofessional education/learning, mental health, and various pediatric topics.

Course Description:

In the post-pandemic health care world, occupational therapy practitioners are feeling overwhelmed with the demands placed on them at work and at home (Søvold et al., 2021). According to the National Institute for Occupational Safety and Health (2022), the healthcare workforce is reporting very high levels of stress that are negatively impacting practitioner physical and mental health. This presentation will provide the attendee with tools to recognize the personal impact of stress and implement strategies to increase life satisfaction and reduce practice burnout.

Course Objectives:

- Discuss the psychological impact of practicing occupational therapy
- Explore the physiological effects of stress
- Apply the “Eight Dimensions of Wellness” to improve occupational therapy practitioner self-care and wellness.

Track 5 (afternoon track): Mother Nurture: Occupational Therapy's Role in Maternal Health

Speaker Qualifications:

Miranda Little, OTD, OTR/L

Miranda Little is an occupational therapist with experience working in acute care, outpatient, pediatrics, and the NICU. She is currently an Assistant Professor at Creighton University and teaches courses in orthopedics, neuroscience, and an elective on maternal health and NICU practice.

Course Description:

This presentation will provide an overview of the role of occupational therapy in both physical and mental health and well-being during the transition to motherhood, including the pre-pregnancy, pregnancy, and postpartum stages.

Course Objectives:

- Articulate the definition of maternal health and OT's role in maternal health care
- Apply the OT Practice Framework to maternal health
- Demonstrate an understanding of the current challenges and opportunities in maternal health care in the US and locally in Nebraska
- Increase understanding of physical and emotional changes that occur during pregnancy with impact on occupational performance
- Increase awareness of matresence and challenges in the postpartum phase
Utilize the OT Practice Framework and knowledge of brain health to identify opportunities for OT to assist in the transition to motherhood

Track 6 (afternoon track): Occupation Across the Lifespan: Doing, Being, Becoming**Speaker Qualifications:**

Christine Urish, PhD, OTR/L, BCMH, FAOTA and Jenna Gregoire, Morgan Tegtmeier, Zayla Jyawook, Leah Spears, Sarah Nguyen, Sarah Voss - OTD Students from Drake University

Christine Urish is a Professor & Doctoral Capstone Coordinator at Drake University. During the Fall 2022 semester she collaborated with Drake OTD students enrolled in the Special Topics course "Creative Occupations" to examine a variety of different occupations, examined a multitude of potential barriers to use of occupations and how to overcome potential barriers. Dr. Urish practices PRN at the University of Iowa Hospitals & Clinics and has been an OT for 33 years. The student presenters are in the second year of the 3 year OTD program at Drake University and will begin their Level II FW in May 2023.

Course Description:

Could you use an occupational boost and some new ideas for OT intervention? Would you like to have a break and engage in some new and different occupations that you can implement in your clinic on Monday? Plan to attend this "doing" session where we will explore a variety of occupations you can incorporate into your clinic right away! Make and take is the name of the game at this interactive session.

Course Objectives:

- Examine Doing, Being, and Becoming as related to engagement in occupation based intervention with clients in a variety of practice areas across the lifespan.
- Engage in various occupations (doing them) and examine how they could be incorporated into individual clinical environments
- Identify how potential barriers to the use of occupations can be overcome to foster increased use of occupations with clients in the clinical environment.

Questions about conference? Contact the NOTA assistant at NOTAassistant@gmail.com.

Thank you to our Gold Sponsor:



S a R A H E A L T H