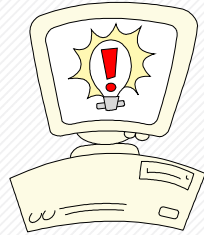


**Region 7 South EXECUTIVE BOARD**



**Join Our Forum Email List  
Don't Miss Out on Any OT Events**

Email HLipshutzOT@aol.com

Type "Join Forum Email" in subject line of your email.

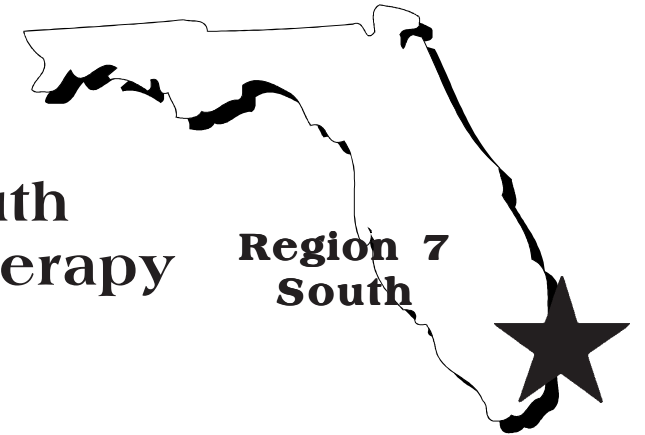
- Executive Officer.....Elise M. Bloch (W) 305-348-3106
- Financial Officer.....Heidi Lipshutz (H) 954-290-7559
- Recorder.....Nicole Quint (W) 954-262-1526
- Membership Chair .....Pamela Kasyan Itzkowitz (W) 954-262-1233
- Geri SIS Chair .....Colleen Ferren (W) 954-732-5188
- Peds SIS Chair.....Kristi Ricks (W) 954-262-7100
- Immediate Past Executive Office.....Sean Kerr (W) 954-454-7575
- Member-at-large.....Cathy Peirce (W) 954-262-1223

*If you are interested in joining our exciting new board, contact any of the board members listed above.*

**Check our website at [www.floridaotforum.org](http://www.floridaotforum.org)**

**Heidi Lipshutz  
1101 Fairfield Meadows Drive  
Weston, FL 33327**

# Newsletter Region 7 South Occupational Therapy Forum



**Region 7 South NEWSLETTER**

**February 2011**

## UPCOMING EVENTS

**Sensory Issues and Reactions That Impact Occupations in the Preschool Environment  
February 16, 2011**

**RA Resolutions  
March 24, 2011**

**Low Vision Workshop  
April 2, 2011**

**Research Symposium  
April 6, 2011**

**Intro to Kinesiotaping  
May 7, 2011**

**For All Events & Issues  
<http://www.floridaotforum.org/region7.htm>**

Dear Therapists:

Happy New Year! We hope you holidays were full of joy and blessings and you are excited to begin the New Year. Your Region 7 OT Forum has been busy planning events for the upcoming months. We were delighted to offer 2 required



courses for licensure this January: Laws and Rules and Medical Errors. In February, you can attend our state OT conference to be held in Sarasota the weekend of Feb. 11 and 12. AOTA elections are open now till Feb. 23- to vote log onto the AOTA website and cast your ballot. Our national conference is held during OT month in April – this year it will be in Philadelphia April 13 - 17.

It is important that we are actively involved in our local, state and national professional organizations. Your membership dollars provide funds for lobbyists to protect our Practice Act and advocate and

*Continued on page 2*

Cont'd from page 1

educate politicians about the value and need for OT services. This is critical for our profession especially in the uncertain health care climate. The 112 Congress was sworn in on January and AOTA was on hand to educate new legislators about the value and need for OT. As health care reform battles continue to be fought in Congress it is incumbent upon us to keep informed and speak to, call or email your legislatures. AOTA has an informative website that provides you with user friendly information on health care reform and other bills impacting occupational therapy, our clients and their families. Go to [www.aota.org](http://www.aota.org) and then click on their AOTA Legislative Action Center – where you will find podcasts, position papers on information on healthcare issues.

In the upcoming month we are offering a variety of courses- please see inside the brochure for information on our upcoming courses: SI course in Feb., Representative Assembly Social in March, Low-Vision course in April, Kinesiotaping in May. We are very excited about our upcoming Research Symposium on Wednesday night April 6. Occupational Therapy students from the 3 South East Florida OT schools will be presenting research findings from their respective research projects. There will be approximately 30 posters. This will be an opportunity for clinicians to see what exciting work students are engaging in under the mentorship of faculty. We hope to stimulate conversation and discussion of clinic- academic collaborations. This will be a free CEU event open to the OT community and an opportunity for students to network and connect with professionals and OT students from other local OT programs. Please peruse our newsletter and enjoy. We hope to see you at one or more of our courses.

Sincerely,  
Elise



The AOTA/NBCOT National Student Conclave was held at the Galt House Hotel in Louisville, KY from November 5-6, 2010. The 2010 Student Conclave was a fun and

interactive environment where occupational therapy and occupational therapy assistant students could meet one another in a professional setting. The 2010 Conclave gave students the opportunity to meet various sponsors and exhibitors from the field of occupational therapy. Students were able to participate in Mock Interviews and gained feedback on resume writing and interview skills. An entire session devoted to the realities and myths of the OTR® and the COTA® Examination helped students better understand the process and types of questions that would appear on the exam. Other various informative sessions were available to all students and included programs such as; entry-level school based therapy, OT in a specialized school, how to land your first job, level 2 fieldwork, private practice, health and wellness, embracing diversity and transitional living for persons with AIDS. We want to encourage supporting your national organization because they are the ones striving to keep you employed and to receive the maximum benefits when working.

Amber Budhwani BS, MOT/S, SOTA,  
Jason Mahilo BS, MOT/S, SOTA



## Map Directions to Nova Southeastern University

Sensory Issues, Low Vision, RA Resolutions, Research Symposium, Intro to Kinesiotaping



**Directions:** From either the Turnpike, I-95 or I-75, Take I-595 to University Drive Exit. Head south approximately 1 mile on the left on University Drive.

**Parking:** in parking garage on the east side of the building.

**Nova Southeastern University**  
Health Professions Division  
3200 S. University Drive  
Fort Lauderdale, FL 33328



### Notice of Nondiscrimination

Nova Southeastern University admits students of any race, color, and national or ethnic origin

## Low Vision Workshop: Practical Skills for OTs

### REGISTRATION FORM

April 2, 2011

Register by March 28

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Employer or School (with address) \_\_\_\_\_

Telephone: (H) \_\_\_\_\_  
(W) \_\_\_\_\_  
FOTA Membership Number \_\_\_\_\_ E-mail \_\_\_\_\_

Please Check:  OTR/COTA \$240.00  Students \$ 100.00

Amount of check: \_\_\_\_\_ Checks non-refundable after March 21

Please mail form and corresponding check amount payable to "BOTF" to our financial chair:

**Heidi Lipshutz, 1101 Fairfield Meadows Drive, Weston, FL 33327**

If you need a reasonable accommodation, please contact **Heidi Lipshutz** 954-290-7559.

## Legislative and Social Forum Review

The annual Social and Legislative Forum, sponsored by Region 7 South of the Florida Occupational Therapy Association and Nova Southeastern's Occupational Therapy Department, was held on September 21<sup>st</sup> 2010 at Nova Southeastern University. The event provided an opportunity for occupational therapy practitioners, students, and other professionals to learn more about current state and national legislation, policies, as well as other issues that may impact the field of occupational therapy. All who attended networked with one another while enjoying a delicious Italian meal. Florida OT licensees were awarded continuing education units for their participation.

The evening was a rare opportunity for attendees to interact with Larry Gonzalez, Attorney at Law, FOTA Lobbyist and a panel of occupational therapists with policy and reimbursement expertise in their respective practice settings: Kathryn Bobe, Regional Director Select Medical Rehabilitation; Colleen Ferren, Regional Director Nurse On Call, and Leni Ulrich, OT Director Pediatric Therapy Associates. The panel presented current legislative and reimbursement initiatives that are of interest to occupational therapy practitioners. Also, a discussion was held on the potential impact of these initiatives on the delivery of occupational therapy services.

The panel reiterated to attendees the necessity of maintaining membership in OT state and national associations. These associations are important both to keep up-to-date on policies impacting the profession and to support the efforts of OT lobbyists who work to ensure that the OT profession is 'at the table' when important legislative decisions are made.

*Ashley Taylor, NSU MOT Student, Amy Von Edwins, NSU MOT Student, Cathy Peirce, NSU OT Faculty*



## NSU Jamaica Medical Mission 2010

Earlier this year, the annual medical mission to Jamaica was cancelled due to civil unrest in the capital city of Kingston, Jamaica. Due to strong interest and a desire to set up a mission in the eastern part of the island, the NSU medical mission team organized a trip in December, with a multidisciplinary team including medicine, pharmacy, optometry, and occupational therapy. Dr. Adrienne Lauer and Dr. Nicole Quint served as attending OTs to MOT II students Nicole Maestri, Mayte Perez, and Anju Pulick. They served the communities outside of Montego Bay and Westmoreland, providing health care to those who do not have access to services.

Highlights of the trip included working in a school with children with learning disabilities, creating canes out of local supplies to aid those who were having trouble walking, and providing education on proper body mechanics to prevent pain to the local farmers and laborers in the community. The team also provided the children and families with developmental screens to better educate the families on their child's developmental progress. Overall the trip was a success and the NSU medical mission team plans to make it an annual event. The annual trip to the western part of the island will continue each June as well. Thanks to everyone who donated supplies: Benik splints, Biofreeze, Dynamic Orthopedics, Bip Grip, Chewytubes, AMDi, AbleNet, Handwriting without Tears, Ability Medical Supply, and Clinicare Medical.

Nicole Quint, Dr OT, OTR/L

### April is OT Month

Preparation is underway nationally and locally for celebrating the profession of Occupational Therapy during the month of April. The AOTA website has lots of great information and resources to assist everyone in getting the word out to their communities. You'll find a catalog of goodies embellished with OT logos, practical information on ways to advertise OT in your professional setting, local community, public service announcements and press releases. Be sure to visit [aota.org](http://aota.org) to get your information and spread the word!

Colleen Ferren, OT

## Low Vision Workshop: Practical Skills for OTs

**Date:** Saturday, April 2, 2011

**Place:** Nova Southeastern University  
Terry Building, 1<sup>st</sup> floor, Terry Auditorium

**Time:** 8:00 registration

**8:30 - 5 pm lunch on your own**

### Our Speaker

#### Colleen Ferren, OT

Colleen has been a practicing OT since 1984. As a graduate from the University of Puget Sound in Tacoma, Washington, Colleen has a wide range of experience with adult physical disabilities in home health, hospital rehabilitation and outpatient clinics. Colleen is an experienced OT educator. She has worked for the past five years as an OT Clinical Specialist and Program Manager for regional homecare companies. In these positions she has developed, trained and implemented Low Vision Specialty Programs, training staff in management of vision deficits for effective and safe patient ADL participation. She is the Regional OT Director for Nurse On Call.

### Program Description and Goals

This all day workshop provides occupational therapists and certified occupational therapy assistants with introductory knowledge of visual impairments associated with inoperable cataracts, diabetic retinopathy, glaucoma, macular degeneration, retinal tears and detachments, CVA, brain injury and multiple sclerosis. Course will emphasize evaluations to determine the extent of vision impairment, and treatment strategies to improve safety and independence with activities of daily living in the home environment. The course is taught lecture style with power point presentation, written and pictorial learning materials, and demonstration with use of low vision equipment, including: magnifiers, adaptive aids, lamps and lighting tools, and testing materials.

### Objectives

At the end of the workshop, the occupational therapists and/or assistants will:

1. Understand and apply basic eye anatomy to normal and low vision disease process.
2. Have a basic knowledge of visual functions and measurement.
3. Differentiate between normal aging vision changes and diseases causing low vision.
4. Define low vision and legal blindness. Understand history of blindness education and low vision treatment in the US.
5. Describe changes that occur in visual function from low vision conditions and their affect on occupational performance.
6. Gain basic knowledge of functional low vision evaluations.
7. Design intervention strategies to maximize use of optical devices.
8. Provide treatment strategies to improve lighting and illumination in the home.
9. Provide treatment to maximize performance and safety with ADL's and IADL's in the home.
10. Provide treatment interventions to maximize reading and writing skills.
11. Provide treatment in sensory compensation using tactile, auditory and olfactory systems.
12. Provide patient education in methods to preserve remaining sight.
13. Effectively collaborate with ophthalmologists, optometrists and other rehab specialists

This Course is accredited for 8 contact hours by the Occupational Therapy Department of NSU which is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), located at 4720 Montgomery Lane, P.O. Box 31220, Bethesda, MD 20824-1220. Telephone 301-652-AOTA

Registration form Page 11

## RA Resolutions What's the Latest Buzz from AOTA

Moderator: Cathy Peirce, PhD, OTR/L



### Guest: Emily Pugh, Florida RA Representative

Emily Pugh, the Florida representative to the AOTA Representative Assembly (RA), is coming to discuss and obtain your input on the motions that have been submitted to the RA as well as the extensive changes to the structure of AOTA that have been recommended by the ad hoc Participation Task Force. Part of the rationale for these proposed changes is to provide members greater opportunities with more flexibility to participate in guiding the profession. Your feedback will allow Emily to represent our state during these critical discussions that will impact the future of occupational therapy.

#### Objectives:

- 1- Familiarize yourself with the new resolutions
- 2- Understand the impact these changes will have on OT practice
- 3- Learn about AOTA's latest activities related to the OT/ Centennial vision.

Thursday, March 24, 2011  
6 pm registration  
6:30 - 8:30 pm

**Nova Southeastern University**  
3200 S. University Drive  
Fort Lauderdale, FL 33328

2 CE Awarded by Nova

RSVP hlipshutzot@aol.com  
(*rsvp preferred*)

## Region 7 South OT Research Symposium Wednesday, April 6, 2011

**Place:** Nova Southeastern University  
Terry Building, 1<sup>st</sup> floor, Terry Aud  
**Time:** 6:00 pm registration  
6:30 - 8:30 pm

**Course Moderators:** Elise M. Bloch, Ed.D.,  
OT/L and Cathy Peirce, PhD, OTR/L



This will be a 2 hour poster presentation highlighting student-faculty research projects from the 3 local OT schools. Research topics span across practice areas.

Clinicians will have the opportunity to ask questions and share their clinical experience related to research. This is a free CE event open to the OT community and an opportunity for students to network and connect with professionals and OT students from other local OT programs.

#### Objectives:

1. To become familiar with current practice research areas of interest.
2. To describe the research process.
3. To learn about the different types of research designs.
4. To learn about the benefits of clinic-academic research collaborations.
5. To learn about entry-level OT students' engagement in research

#### RSVP Preferred

email E Bloch bloche@fiu.edu

*Type RSVP Research Symposium in Subject Line*

This Course is accredited for 2 contact hours by the Occupational Therapy Department of NSU which is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), located at 4720 Montgomery Lane, P.O. Box 31220, Bethesda, MD 20824-1220. Telephone 301-652-AOTA

## Announcing- Region 7 Hand Therapy Forum

Since there are so many hand therapists in the area I wanted to get to meet some I did not already know and connect with those I already knew to share ideas, issues etc. So I asked Region 7 South OT Forum if we could start a hand forum. I am pleased to announce that we had our first meeting on Nov 4th at HealthSouth in Sunrise. It was really very exciting and we had 16 hand therapists from Broward and Miami-Dade at our first meeting. It was an informal get-together for hand therapists to talk about issues in hand therapy.

**Our goal is to meet every few months to keep that energy going. To learn from each other about any issues, new ideas, problem solving or to share an interesting case or research.** We are in the infant stages and we hopefully will evolve over time. For now we are calling ourselves Region 7 Hand Therapy Forum. Look for us under our Face Book Group Region 7 Hand Therapy Forum to learn more about our next meeting. We also had a very nice dinner provided by EMPI and we want to say Thank You to Mathew Costello the territory manager for his support.

Heidi Lipshutz

## Clinical Research Challenges

Nicole Quint, Dr. OT, OTR/L

As all of you know, cost containment, decreasing budgets, and increasing insurance co-pays and premiums are making the healthcare arena more and more challenging. As a result, it is becoming increasingly important for health care professions to provide scientifically proven service outcomes<sup>2</sup>. Unfortunately, within occupational therapy these service outcomes are limited. This has to change if we are going to remain competitive for those healthcare dollars.

The research domain has primarily been left to those working within academia without much collaboration with clinical practitioners. This is understandable since occupational therapists working in academia have the resources, skills, and job requirements related to research. However, it is the clinical practitioner who has access to the clients, experience and expertise in the clinical setting, and a direct interest in remaining competitive within the healthcare arena. So, why aren't the clinical practitioners more involved in research? One word: Time.

So, if research is vital to making sure we remain competitive for healthcare dollars, we have to find a way to solve this problem. First, practitioners need to have a motivation to want to engage in research. Fortunately, many hospitals and other settings provide clinical ladders that provide monetary benefits to those who do engage in professional development activities such as research. Second, researchers need to appreciate the importance of collaborating with clinicians in the clinical setting. This benefits both parties as researchers become more entrenched in the clinical environment and practitioners are supported in their task of data collection, thus reducing the time constraints. Finally, equipment vendors, hospitals, community settings, and schools need to support staff with research development, data collection, and publishing of outcomes. It is just as vital that they educate consumers on the effectiveness of their products and services, and this requires objective outcome measures.

If these are some of the possible solutions, where do we start? According to Dr. Carolyn Clancy, Director of Agency for Healthcare Research and Quality (AHRQ) underscored the need to "focus on patients with multiple chronic illnesses, a group of people for whom we spend the most money and provide the worst care"<sup>1</sup>. Autism, stroke, and dementia are chronic illnesses that are typically treated within occupational therapy, so these diagnoses have been highlighted as areas to focus on. For autism, it is recommended that outcomes focus on the effectiveness of behavioral interventions with and without occupational therapy<sup>3</sup>. Recommendations related to stroke studies are related to focusing on cognitive rehabilitation and the effects on participation in community, greater productivity, and improved performance in functional tasks, thus reducing overall costs related to care<sup>3</sup>. Finally, with respect to dementia, studies should look at comparing treatment using environmental cueing and routines effectiveness in occupational therapy vs. treatments focusing at standard care related to improving function in daily tasks<sup>3</sup>.

While these suggestions and proposed research topics don't necessarily provide clinicians more time to work on research, I hope that it breaks down some of hurdles related to conducting research in occupational therapy.

1. Clancy, C. (2008). New hope for chronic disease management. Retrieved from <http://www.ahrq.gov/consumer/cc/cc012109.htm>.
2. Kielhofner, G., Hammel, J., Finlayson, M., Helfrich, C., & Taylor, R. R. (2004). Documenting outcomes of occupational therapy: The center for outcomes research and education. *American Journal of Occupational Journal*, 58, 15-23.
3. Lin, S.H. (2009). 2009 statements on comparative effectiveness research. Retrieved from <http://www.aota.org/Educate/Research-Advocacy/2009-Statements/The-Federal-Coordinating-Council-on-Comparative-Effectiveness-Research-Comments.aspx>.

## Intro to Kinesiotaping

### Course Description

This introductory course to kinesiotaping will provide a hands-on experience to learning how to add this adjunct therapy into your everyday practice to improve outcomes.

### Objectives

1. Describe the typical treatment protocols used in kinesiotaping.
2. Describe the benefits of kinesiotaping for particular patient populations
3. Learn how to apply kinesiotaping taping
4. Delineate indications for use and contraindications

This Course is accredited for 4 contact hours by the Occupational Therapy Department of NSU which is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), located at 4720 Montgomery Lane, P.O. Box 31220, Bethesda, MD 20824-1220. Telephone 301-652-AOTA

**Date:** Saturday, May 7, 2011  
**Place:** Nova Southeastern University  
 Terry Building, 1<sup>st</sup> floor, Terry Auditorium  
**Time:** 8:30 am registration  
 9 am - 1 pm

### Our Speaker



Nicole Quint, Dr. OT, OTR/L is an occupational therapist specializing in adult rehabilitation and pediatrics. She is currently clinical faculty at Nova Southeastern University, teaching in the occupational therapy department and treating pediatric clients. She is experienced in using kinesiotaping in both adult and pediatric populations for a variety of treatment indications, including orthopedic and neuromuscular conditions.



### REGISTRATION FORM Intro to Kinesiotaping

May 7, 2011

Register by May 1

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Employer or School (with address) \_\_\_\_\_  
 Telephone: (H) \_\_\_\_\_  
 (W) \_\_\_\_\_  
 FOTA Membership Number \_\_\_\_\_ E-mail \_\_\_\_\_  
 Please Check: \_\_\_\_\_ OTR/COTA \$ 130.00\*inc. lab fee \_\_\_\_\_ Students \$ 70.00\*inc. lab fee  
 Amount of check: \_\_\_\_\_ Checks non-refundable after May 1

Please mail form and corresponding check amount payable to "BOTF" to our financial chair:  
**Heidi Lipshutz, 1101 Fairfield Meadows Drive, Weston, FL 33327**

If you need a reasonable accommodation, please contact **Heidi Lipshutz** 954-290-7559.

## Volunteering with Region 7 South Occupational Therapy Forum

### TIME FOR ELECTIONS

Volunteers play a critical role at our Forum, and it is only through the work of volunteers like you that we are able to meet our mission of providing educational and networking opportunities for the South Florida area.

Region 7 South has a range of positions including serving on the Board in the elected positions of Executive officer, Treasurer and Recorder. Benefits of volunteering include professional and personal growth gained through networking opportunities and working with other OT's in the area. According to our bylaws, in 2011 we need to nominate/elect our Executive Officer and Recorder. To nominate someone, please contact Heidi Lipshutz 954-290-755. **Our present Officers, Elise Bloch and Nicole Quint, have agreed to serve for two more years.**

If you are interested in serving in appointed positions such as program co-chair, sponsor chair, or as SIS chair please contact Elise Bloch [bloche@fiu.edu](mailto:bloche@fiu.edu).

#### Roles of the **Executive Officer** include:

- The executive officer shall be elected for a two-year term in the odd numbered years.
- Preside at ALL business meetings of the district and of the executive board.
- Shall have the power to co-sign all written obligations of the district.
- Shall appoint heads of Standing committees and other officials.
- Shall represent the District within and outside the profession and the state.

#### Roles of the **Recorder** include:

- Shall exercise all duties incident to the office of recorder as assigned by the Board.
- Record minutes of all Region 7 South Board Meetings.
- Work with the Executive Officer and the Region 7 South Board to maintain copies of newsletters, resources, minutes, and other important data in order to maintain regional history.
- Assist with Region 7 South election process.
- Prepare and coordinate information for our newsletter.
- Perform other duties as assigned by the Executive Officer.

## Region 7 South OT Forum BOARD BALLOT

### Executive Officer:

\_\_\_\_\_ Elise M Bloch Ed D,OT/L

\_\_\_\_\_ Write in candidate

### Recorder:

\_\_\_\_\_ Nicole Quint, MOTR/L

\_\_\_\_\_ Write in candidate

Must Provide Name \_\_\_\_\_ & FOTA Membership # \_\_\_\_\_

The Deadline for Ballots is **June 17th, 2011**

Mail Ballots to: **Heidi Lipshutz, 1101 Fairfield Meadows Drive, Weston, FL 33327**  
or email your nomination to [hlipshutzot@aol.com](mailto:hlipshutzot@aol.com)



### Nominated for Re-election as Executive Officer



Elise M. Bloch, Ed.D., OT/L

Elise, an occupational therapist with an advanced degree in Adult Education and Human Resource, is well known to the local region community as a professor at Florida International University's occupational therapy program for 17 years. She received her Bachelor of Science in Occupational Therapy from New York University in 1980 and has worked at facilities in New York such as the Schneider Children Hospital – Long Island Jewish Medical Center and the. First Step Early Childhood Center. Locally, she has worked at HealthSouth Sunrise and Broward General Medical center in the area of pediatrics. She has supported Region 7 South in the past through the provision of courses in Evidence Based Practice.

Elise's goals for becoming the executive officer for the Region 7 South Occupational Therapy forum are to lead the organizations efforts to meet the mission of providing quality continuing education courses, opportunities for leadership, links to state and national organizations, and networking opportunities.

### Nominated for Re-election as Recorder



Nicole Quint, Dr.OT, OTR/L is an occupational therapist specializing in adult rehabilitation and pediatrics. She is currently clinical faculty at Nova Southeastern University, teaching in the occupational therapy department and treating pediatric clients.

She has been involved in staff education program, clinical ladder, and interdisciplinary programming, and received the HealthSouth Sunrise Rehab Hospital "OT of the Year" award in 2007.

Nicole is a creative, outgoing person with a passion for working with both the pediatric and adult neuro population. Her professional experience crosses the lifespan. Nicole's goals for the recorder for the Region 7 South Occupational Therapy forum are to maintain the organizations files, plan the newsletter and assist in providing quality continuing education courses and networking opportunities in Dade, Broward and Palm Beach counties.