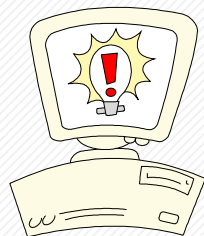


**Region 7 South EXECUTIVE BOARD**



**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 (C) 954-290-7559
- Recorder.....Nicole Quint (W) 954-262-1526
- Membership Chair .....Pamela Kasyan (W) 954-262-1233
- Geri SIS Chair .....Colleen Ferren (W) 954-732-5188
- Peds SIS Chair.....Kristi Ricks (W) 954-262-7100
- Neuro SIS.....Beatriz Howell (W) 305-978-8940
- 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**

**September 2011**

## UPCOMING EVENTS

**Social and Legislative Forum**  
Sept 21, 2011

**Management of Common  
Hand and Upper Limb  
Problems in the Office**  
Oct 26, 2011

**Physical Agent Modalities  
Certification Course**  
Nov 12-13, 2011

**Sensory Processing Disorder  
Foundation 13th  
International Institute and  
Symposium** Oct 20 - 22, 2011

*For All Events & Issues*  
[http://www.floridaotforum.org/  
region7.htm](http://www.floridaotforum.org/region7.htm)

## Dear OT Colleagues

We hope you had a wonderful summer enjoying time with family and friends. Your Region 7 Board has been busy planning exciting events for the upcoming year. Our first event will be our annual legislative social to be held on September 21 at Nova University. The topic will be reimbursement issues across practice settings. This is a wonderful opportunity to learn, network and catch up with local therapists. We hope to see you all there!



On a national level- members of Congress need to address and continue extensions to therapy caps for Medicare clients. Call, write or email your representatives to let them know how important this issue is for the clients we serve. If we do not advocate for our clients- Medicare patients will be denied needed rehabilitation services. AOTA sponsors an annual Hill Day (Sept. 21) for therapists to speak with our representatives to advocate for the need for OT services. We need to

*Continued on page 2*

Cont'd from page 1

keep abreast of the Patient Protection and Affordable Care Act and advocate for issues that are important to OT's and the clients we serve. If we do not advocate for our profession, who will? You can check on a regular basis the Legislative Center on the AOTA website and get 1-minute updates sent to your email. Speak to your representatives and let them know what you do in your clinic, hospital or homecare, how OT is vital to the wellbeing of your patients and their families.

Our state conference this year will be held in St. Augustine on Nov. 4 and 5<sup>th</sup>. Please check the FOTA website for updates and registration. This year Region 7 plans to host workshops covering: modalities, low vision, CVA- neuro update and pediatrics, graduate student research – just to name a few. We are pleased to have Beatriz Howell join the board, she brings expertise in neurology and we are delighted to have her come aboard.

Please peruse our newsletter for information on upcoming events for the fall. We look forward to seeing you in September.

Elise



**ANNUAL CONFERENCE**

November 4 & 5, 2011

University of St. Augustine School of Health Sciences

**Expanded schedule with a potential 15.5 CEUs over 2 days!**

**KEYNOTE SPEAKER**

Keynote speaker is Ben Vereen, famous actor, singer and dancer.

**See you at conference!**

Cathy Peirce, Regional Representative  
Coordinator, FOTA

**Region 7 Research Symposium**

On April 6, Region 7 hosted the first annual Region 7 Research Symposium at Nova University. Over 25 posters were displayed by OT graduate students from Barry, FIU and Nova. Clinicians had the opportunity to learn about research projects our students are involved with and the chance to add their clinical expertise to research discussions.



FIU OT students



Dr. Peirce with Nova OT students

The students did a wonderful job on sharing their research experiences and this forum provided them with the opportunity to develop presentation skills and network with fellow students and clinicians. Discussions of future academic-clinic research partnerships were introduced to local clinicians. Our profession recognizes the need to demonstrate efficacy of treatment- we hope through these endeavors to add to this mission. We plan on making this an annual event each spring!

**Map Directions to Nova Southeastern University**

Social and Legislative Forum, Management of Common Hand and Upper Limb Problems in the Office, Physical Agents Modalities Certification

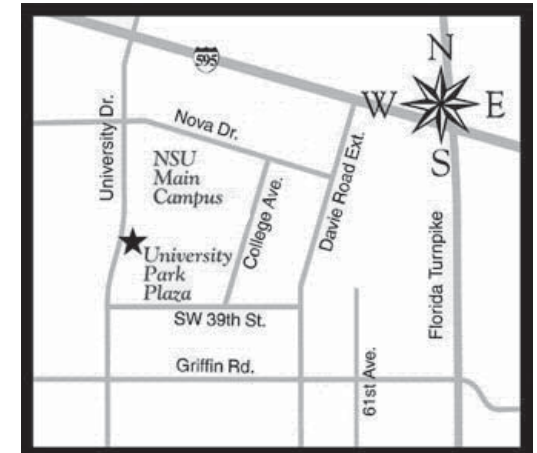


**Directions:** From either the Turnpike, I-95 or I-75, Take I-595 to University Drive Exit. Head south approximately 1 mile on the left on University Drive.

**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

**Physical Agents Modalities Certification**

**REGISTRATION FORM**

Nov 12-13, 2011



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.

## News from FIU - cont'd from page 8

Dr. Alma-Abdel-Moty has returned to the department after serving as Interim Associate Dean for the College of Nursing Health Sciences. Dr. Moty is now serving as the fieldwork coordinator. We were sad to say goodbye to Dr. Agnes Sheffey (former fieldwork coordinator). She has relocated to Campache, Mexico where she will be teaching at a local university.

This year we are delighted to welcome our new Chair, Dr. Kinsuk Maitra who comes to us from Rush University in Chicago where he served as Associate Professor and Associate Chair. Dr. Maitra received his Ph.D. in Neuroscience/Motor Control from Jadavpur University in Calcutta, India and completed Post-Doctoral work at the University of Western Ontario in Canada. We also welcomed Dr. Hector Huerta, Clinical Assistant Professor. Dr. Huerta is an FIU alumnus who received his OTD from Chatham University. He will be teaching courses in physical disabilities. We are looking forward to an exciting academic year.

The FIU-OT Department is planning to enhance its research wings with more community involvement. The department is talking to other departments for collaborative efforts in research, scholarship, and grants that would enhance evidence based practice in Occupational Therapy locally and globally along with other health professions. If you are in the community and would like to partner with us in our research endeavors and would like to become a community site, we would like to welcome you to dialogue with us.

Elise Bloch

## News from NSU



It is graduation time for our MOT, Dr.OT, and Ph.D graduates! The students will be attending graduation this year at the Bank Atlantic Center on Sunday, August, 28. **Congratulations!**

We also want to welcome our two new faculty members, Jacqueline Reese Walter, PhD, CHT,OTR/L and Kristin Winston, PhD, OTR/L. Dr. Reese Walter joins us from South Florida, where she has been practicing as a certified hand therapist for many years. Dr. Winston comes to us from Maine, where she served on the faculty at University of Southern Maine. We are very excited to have them join our faculty at NSU!



**The NSU MOT class of 2013 after their Induction Ceremony on June 18, 2011**

On June 18, 2011, the NSU OT Department held their annual Occupational Therapy Induction Ceremony for the entering MOT class of 2013. This provides an opportunity for the students to receive their lab coats, complete their OT pledge with the faculty, and officially become members of the OT profession. Welcome class of 2013!

Finally, we would like to thank all the OTs and facilities in the community who serve as fieldwork educators to our Level I and Level II MOT students and as residency supervisors to our Dr.OT (clinical doctorate) and Ph.D students. You are integral to the success of our students and we greatly appreciate your efforts. Thank you!

## Management of Common Hand and Upper Limb Problems in the Office

**Date:** Oct 26, 2011

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

**Time:** 5:30 registration  
6:00 - 8 pm

### Our Speaker



Alejandro Badia, MD, FACS is a hand and upper extremity surgeon, chief of hand surgery at Baptist Hospital in Miami and a member of the ASSH, AAHS, AAOS as well as honorary member of many foreign hand surgery societies. Dr. Badia studied physiology at Cornell University and obtained his medical degree at NYU, where he also trained in orthopedics. A hand fellowship at Allegheny General Hospital in Pittsburgh was followed by an AO trauma fellowship in Freiburg, Germany. He runs an active international hand fellowship, serves on the editorial board of two hand journals, and organizes a yearly Miami meeting for surgeons /therapists that is devoted to upper limb arthroscopy and arthroplasty. This international meeting is held at the world renowned Miami Anatomical Research Center (MARC), the world's largest surgical cadaveric training lab which Dr. Badia co-founded in 2005. In 2008, he completed the Badia Hand to Shoulder Center, a fully integrated clinical facility for the upper limb encompassing digital radiography, MRI extremity imaging, Integra rehabilitation facility and the Surgery Center at Doral. More recently, Dr. Badia inaugurated OrthoNOW, the first immediate orthopedic care center in south Florida which is staffed by surgeons from the International Orthopedic Group (IOG), a group of surgeons from lower extremity, upper limb and spine subspecialties who also treat elective orthopedic problems in international patients.

### Course objectives

1. Discuss common clinical presentations of common hand and upper limb pathology
2. Present conservative mgmt. and rehab protocols for hand, wrist, elbow and shoulder problems
3. Brief synopsis of surgical approaches to commonly encountered hand and upper limb issues such as CTS, trigger finger, basal joint arthritis, wrist pain, elbow epicondylitis, and shoulder problems.

### Course description:

Dr. Badia will speak on the management of common hand and upper limb problems often seen in the hand doctor's office as well as the diagnosis and rehabilitation in each entity. He will address such topics as non-invasive RF for tennis/golfers elbow, percutaneous trigger releases, treatment of simple fractures, Dupuytren's fasciotomy, shoulder impingement, endoscopic carpal and cubital tunnel releases and the concept of walk in orthopedic clinic. Following we are planning a round table discussion by some of the hand therapists in the tri-county area to discuss their treatment options. The audience will have an opportunity to ask questions and learn more about the treatment from the therapist's perspective

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

Registration form Page 9

## Social and Legislative Forum

September 21, 2011  
 NSU, HPD Terry Bld. Chancellor Dining Room  
 Time: 6 - 8:30 pm  
 Free Food and Networking Fun  
 Bring a Friend!  
 2 CE's

**Title:** *Current Legislative and Reimbursement Issues in Occupational Therapy Practice*

**Speakers:** Debora Oliveira, Florida Occupational Therapy Association Coordinator of Government Affairs and a panel of local OT experts in various occupational therapy reimbursement streams

**Moderator:** Cathy Peirce, Ph.D, OTR/L, Assistant Professor Nova Southeastern University

**Description:** This program will present information on current legislative and reimbursement initiatives that are of interest to occupational therapy practitioners. There will be time for discussion on the potential impact of these initiatives on the delivery of OT services

**Objectives:**

- ◆ Be able to identify current national and state healthcare policy initiatives relevant to OT practice in Florida
- ◆ Learn how they can advocate for and protect both consumers of OT service and OT practice in Florida
- ◆ Identify potential affects of the national healthcare agenda on OT reimbursement, particularly through Medicare and Medicaid

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

**Attendance is FREE!**  
 RSVP appreciated but not required  
 Heidi Lipshutz (C) 954-290-7559

## Sensory Processing Disorder Foundation's 13th International Institute and Symposium

October 20 – 22, 2011

October 20, 2011

**Pre Symposium Institute for Professionals:**  
 Designing Spaces to Maximize Therapeutic Benefits

**Parent Workshop:** Introduction to Sensory Processing Disorder

October 21-22, 2011

**Symposium:** Advanced Research and Innovative Practice: Understanding the Role of Sensation in Daily Life

**Where:** The Westin Fort Lauderdale 400 Corporate Drive Fort Lauderdale, FL 33334

The Symposium will include presentations from prominent leaders in SPD research and intervention, networking opportunities with local colleagues and others from around the world, and exhibitors showcasing the newest and most advanced sensory solutions for professionals and parents

FOR SYMPOSIUM REGISTRATION AND INFORMATION VISIT:

[www.SPDFoundation.net/Florida2011](http://www.SPDFoundation.net/Florida2011) or call 303-794-1182

## News from FIU:



We held our OT alumni reunion last year and were delighted to show off our state of the art new building. Wonderful fun and networking was had by all. The Gail Ann Hills Award was given to Jennifer Gober, MSOT, Director of Kinetic Kids, Inc. for her commitment to OT and serving children and families with autism. FIU OT students participated in the 2<sup>nd</sup> annual Inter-professional Workshop with other FIU allied health students (PT, SLP, nursing) and medical students at FIU. On the inter-professional panel we were represented by Antonette Fernandez, OTR from Health South (an FIU alum) who did a superb job of clarifying the unique role of OT for students and faculty.



Jennifer Gober, Gail Ann Hills and Alma Abdel Moty at FIU Reunion

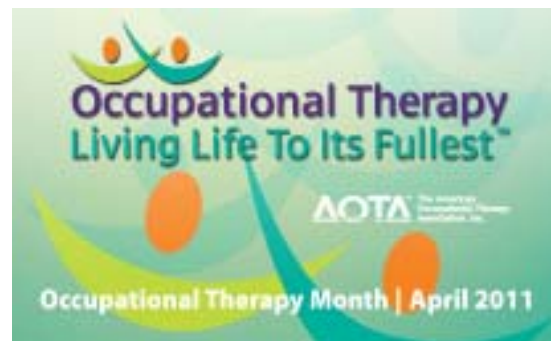
## Region 7 Hand Therapy Forum

The Region 7 Hand Forum met on April 6<sup>th</sup> for a presentation by Dr. Gary Schwartz on Elbow Contractures, at Memorial Hospital South. It was a wonderful informative session and we so very much thank Dr. Schwartz for his time and great presentation. We also want to thank Gabriel Macias of Lantz Medical for the wonderful meal and the introduction to their new CPM and static progressive splints. In addition we need to thank Cheryl Mandel for arranging everything at Memorial and for the total support of her supervisors and the Memorial team for allowing us to have our meeting there.

The hand forum will be meeting on Sept. 15 at Coral Springs Medical Center.

We will have a presentation on proprioception for the hand patient with a panel discussion following. RSVP required. Check us out on face book under groups; Region 7 Hand Forum or contact [hlipshutzot@aol.com](mailto:hlipshutzot@aol.com).

Heidi Lipshutz



### REGISTRATION FORM

Oct 26, 2011 Management of Common Hand and Upper Limb Problems in the Office

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Employer or School (with address) \_\_\_\_\_

Telephone: (H) \_\_\_\_\_

(W) \_\_\_\_\_

FOTA Membership Number \_\_\_\_\_ or if Student, which school \_\_\_\_\_

This course is sponsored by YOUR Region 7 Forum, There is no charge.

Either mail in the Registration Form or go to our web page and click on the link to let us know you're attending. <http://www.floridaotforum.org/region7.htm>

Please mail form 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.

Register by Oct 20

## Using cookie cutters vs. cookie cutter therapy: Which are you doing?

By Nicole Quint, Dr.OT, OTR/L



On September 21, 2011, the Broward OT Forum Region 7 will be hosting its annual "Legislative Social" to provide a chance for local OTs and COTAs to learn more about current legislation that affects OT and reimbursement issues specific to different specialties within occupational therapy. These are important issues now that the entire landscape of health care is about to change.

The AOTA's Centennial Vision, designed to advocate for the profession, states, "We envision that occupational therapy is a powerful, widely recognized, science-driven, and evidence-based profession with a globally connected and diverse workforce meeting society's occupational needs". In a previous writing, I highlighted

the need to focus on occupation to meet this goal; we also need to focus on the evidence-based portion of that statement to solidify our role within health care reform.

I often hear stories of OTs doing wonderful things for their patients and over the years have had many opportunities to witness how imperative occupational therapy is for those who need it. On the flip side, I still hear accounts of OTs in our community who are doing "cookie cutter" therapy. This is what concerns me as we all know that the weak links in our chain are what can break us. In this competitive world of healthcare, we have to prove our worth and make sure that we are ethically providing sound interventions that are client centered and utilize research to justify what treatment methods we are using. Doing the same intervention everyday is not occupational therapy. It is not ethical and it is not going to enable our profession to keep up in this competitive market. So, if this is something you have witnessed or you are doing, now is the time to make the change.

First, take the challenge and focus on the client-centered approach. Incorporate your activity analysis to really incorporate occupations into your treatment. Analyze the research to establish best practice and help your colleagues do this as well. We are all in this together!

So, how do you integrate evidence based practice into practice? Here are some resources to help:

- ◆ Go to Google Scholar and try to find articles that are available for free
- ◆ Many universities will provide access to their journals and databases if you are a fieldwork educator
- ◆ There are free trial offers with some journals
- ◆ JOIN AOTA and you will have access to AJOT and other valuable information
- ◆ Learn from your fieldwork students-they have a ton of articles
- ◆ Attend courses that emphasize evidence based practice within the objectives
- ◆ Use AOTA best practice resources (CVA, SPD, etc)
- ◆ Create journal club inservices at your site

If you focus on the client's specific needs, use occupation-centered practice supported by the evidence, not only will you lead our profession to the next level, you will change your client's life for the better. ***Isn't that why we became OTs in the first place?***

**Resources:** 1. AOTA, (2006). AOTA's Centennial Vision. Retrieved from <http://www.aota.org/News/Centennial/Background/36516.aspx>.

## Physical Agent Modalities Certification Course

**Date:** Nov 12 -13, 2011

**Time:** Registration 7:45 am  
8 am-5 pm  
8am - noon Sunday

**Lunch on your own**

**Place:** Nova Southeastern University  
Terry Auditorium

### About Our Speaker



**Jose Rafols, MS, OTR/L, CEAS, OTD**, is a licensed Occupational Therapist with more than 24 years experience in clinical orthopedics and 16 years experience in upper extremity rehabilitation, hand injuries, neurological injuries, dia-

betic foot care, geriatrics and adult rehabilitation. President and owner of Therapeutic Home-Bound Services Corporation (THS-Corp), which provides tailored and personalized private occupational therapy services to the greater Miami area. Dr. Rafols holds the rank of Major in the U.S. Army Reserves and has served more than 25 years combined active and reserve duty in the U.S Navy, Marine Corps and Army. He currently serves as Executive Officer (XO) to the 7217th Medical Support Unit (MSU) at the Martinez Reserve Center in Perrine, FL. Currently holding the rank Major in the Medical Specialty Corps.. Lecturer and Faculty with Cross Country Education, Inc. June 2006 to Present: Provide basic and advanced CEU/CME seminars throughout the United States to OT's, PT's, COTA's, PTA's and Nurses and LPN's. Primary areas of instruction include Activity of Daily Living Assessments and Intervention Strategies.

## Workshop Course Objectives

Upon completion of the course, participants will be able to:

1. Describe how physical agent modalities fit within the Occupational Therapy Framework and identify the certification responsibilities within the state of Florida.
2. Describe the physical principles of temperature, sound and electricity and its biological effects on the human body.
3. Describe the relationship between the stages of wound healing, pain theories and modality selection.
4. Identify indications for the use of electrotherapy and ultrasound modalities within the Occupational Therapy Framework.
5. Demonstrate appropriate selection and application of electrotherapy and ultrasound modalities as it relates to occupational therapy treatment.
6. Identify instrumentation of the modalities presented and demonstrate appropriate selection of settings.
7. Identify components of appropriate documentation for ultrasound and electrotherapy devices.
8. Identify precautions and contraindications for ultrasound and electrotherapy devices.
9. Immediately integrate the information presented into their clinical practice within the **SCOPE OF THE FLORIDA STATE LICENSURE LAW FOR OCCUPATIONAL THERAPIST.**

## Workshop Course Description

Physical Agent Modalities (PAM's) for Occupational Therapists and Occupational Therapy Assistants is designed as an introductory course to educate occupational therapy practitioners in the use of physical agents in the areas of electrotherapy and ultrasound.

The physical principles and biophysical effects of cryotherapy, heat, ultrasound and electrical currents are presented as they are related to the treatment for indicated pathological conditions. Emphasis is placed on principles of differential diagnosis in the selection and application of appropriate physical agents.

The course will prepare the participant in the theory and clinical application of ultrasound, iontophoresis, transcutaneous electrical nerve stimulation (TENS) and neuromuscular electrical nerve stimulation (NMES). Additional topics included are: the use of PAM's within the Occupational Therapy Framework with review of AOTA's 2003 position paper on PAM's and the Florida statute requirements for occupational therapist. This physical agents modalities course was designed by an occupational therapist for occupational therapists. Course presentation will include lectures, laboratory sessions and problem based learning via case studies.

## Physical Agent Modalities Certification Course Outline

- I. Introduction to Physical Agent Modalities (PAMS)
  - a. PAM's and Occupational Therapy
  - b. Florida Practice Act – Statutes
- II. Review
  - a. Pain – theories, types
  - b. Wound Healing Stages
- III Thermal Agents
  - a. Heat versus Cryotherapy
  - b. Superficial verses Deep Heat
- IV Ultrasound
  - a. Lab/ Case Studies
- V. Basics of Electrotherapy
  - a. Iontophoresis
  - b. Lab/ Case studies
- VI. Electrotherapy – cont
  - a. TENS
  - b. NMES
  - c. Lab/ Case studies

**To receive CE contact hours you must stay for the full program. You must sign in as well as sign out in the registration area both days.**

Registration and Directions  
are on page 11

This Course is accredited for **16** 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