



Spring 2023

School of Occupational Therapy

Update from Co-Chairs

By Yvonne Swinth & Renee Watling, Department Co-Chairs

In the past newsletter, we spoke about change — and while not all the dust has settled yet, it feels like we are beginning to find a new rhythm after navigating the Pandemic as well as many changes on campus and within our School. We have said good-bye to some faculty as they retired and moved on to new occupations. We have welcomed some new faculty and are pleased to introduce Drs. Maggie Hayes and Jessica Nakos to you in this newsletter. We hosted two ACOTE site visits with our MSOT Program re-accredited for 10 years and the entry-level OTD Program for 7 years, the longest accreditation period a new program can receive. Our first class of OTD students is currently working on their capstone projects; some here on campus, others spread across the country. We continue to teach full cohorts of first and second-year OT students in our classrooms and in the community-based and onsite clinical teaching experiences. Another change this year is the School being directed by co-chairs while Dr. Swinth prepares for her transition out of the Program Director/Chair role.

Despite all the change, we have continued to work hard to build a connected community of learners here in the School of Occupational Therapy and the collegiality we've experienced with our third year doctoral students, adjunct instructors, visiting faculty members, and current student cohorts is testimony to this work. We are looking forward to this next season where we can refine the work we have been doing. As you read through all that is happening and the various opportunities for you to engage with us, we hope you will celebrate with us the good work that is happening with our faculty and students.

As always, we continue to welcome our alumni and community partners to collaborate with us. There are so many opportunities - from hosting a student for an experiential learning opportunity to submitting an evidence project, serving as a capstone mentor, giving a guest lecture, joining our team of wonderful clinical instructors, and more. Many of these opportunities to connect are described in this newsletter. If something catches your interest as you read and you would like more information or would like to be involved in some way, please reach out! We'd be happy to hear from you and share more about how you can partner with us in preparing the next generation of Puget Sound OTs. *(cont. pg. 2)*



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Retired Faculty Awards

Drs. George Tomlin and Kirsten Wilbur will be honored at the 2023 AOTA Inspire Conference with the Retired Educators Commendation. This recognition acknowledges exceptional leadership by retired occupational therapy and occupational therapy assistant educators who have demonstrated commitment to the advancement of occupational therapy education. Congratulations Dr. Tomlin and Dr. Wilbur! We have been honored by your commitment to excellence in teaching, leadership and advocacy as part of the UPS School of OT Faculty. Your research, mentoring and passion for all things OT continue to be an inspiration to students, faculty and alumni. We look forward to celebrating with you in Kansas City!

UPDATE FROM THE CO-CHAIRS (CONTINUED FROM PAGE 1)

In this issue you'll also read about upcoming faculty and student presentations at the AOTA Inspire 2023 in Kansas City. If you're planning to attend, reach out and let us know. We'd love for you to stop by one of our presentations as well as join us for the University of Puget Sound Reception on Thursday night (details TBA). Additionally, please consider supporting our Student Occupational Therapy Association and spread the word about our Program by purchasing and wearing UPS School of OT apparel (see SOTA fundraiser on pg. 6).

As we close, we celebrate each of you. Many applicants to our program this past admission cycle commented that one of the reasons they chose to apply to Puget Sound is because of an interaction they had with one of our alum. Thank you for spreading the word and sharing your experiences. It is true that "Once a Logger, always a Logger" (or should we say "Once an OT Logger, always an OT Logger"). Thank you for continuing to be a part of our community.

We hope to see you in Kansas City at AOTA conference in April and/or at the Evidence Symposium here on campus in May.

Best wishes for a wonderful 2023!

Yvonne and Renee

FACULTY AND STUDENT PRESENTATIONS

OT faculty and students have been highly productive and active in sharing their scholarship with audiences near and far! In fall 2022, faculty presented at WOTA, the AOTA Mental Health Specialty Conference, the WFOT Congress, and the AOTA Education Summit. Both faculty and students as well as emeriti faculty(!) will be presenting at AO-TA Inspire in April 2023 – if you attend the conference, please stop by and say hello!

- The Role of Occupational Therapy in Aging in Place Initiatives (student poster) Colleen O'Hagan, Danielle Beck, Lauren Chan, Seira Plouviez & Amy Kashiwa
- Enhancing Grief Awareness: Supporting Students Through Loss (poster) Amy Kashiwa
- Current Practices in Occupational Therapy for Autistic Clients: Alignment with EBP and Practice Guidelines (poster) – Renee Watling
- Support School Participation for All Students: A Systematic Approach to Program Evaluation and Development (pre-conference session) Yvonne Swinth
- Turning Obstacles into Opportunity: Developing an Advocacy Stance for Your School District (poster) - Yvonne Swinth
- Translating and Producing Case Study Research in OT Practice (presentation) -George Tomlin
- Development of a 3-Axis Complexity Model to Establish Value in Case Study Research (poster) - George Tomlin

Introducing New Faculty Member Maggie Hayes



Maggie Hayes joined the School of OT, as a Clinical Assistant Professor, with 13 years of experience serving both pediatric and adult client populations. Her expertise is in pediatrics with experience in outpatient clinics, home health settings, and school districts as well as pediatric in-patient rehabilitation. Maggie enjoys traveling for work and leisure, and combined her love for travel and occupational therapy as a traveling therapist with contracts in Texas, Alaska, Colorado, and Washington. She recently graduated with her post-professional Doctor of Occupational Therapy degree. She collaborated with Dr. Lynn Gitlow on a research project investigating the role of occupational therapy on higher education campuses and she presented on the topic at the 2022 AOTA Inspire conference. Her research interests include the use of reflective practice, exploring the effectiveness of teaching strategies, and continuing research on the role of occupational therapy with students with disabilities in higher education. In addition to traveling, Maggie enjoys reading, paddle boarding, and hiking. She is an animal lover and cherished the time spent with her dog who recently passed, Ophelia. She is also a certified yoga instructor and has a regular meditation and yoga practice.

EXPERIENTIAL LEARNING OPPORTUNITIES

Students participate in experiential learning opportunities throughout the summer and fall as a way of enhancing their classroombased learning.

This year students engaged in a wide range of exciting volunteer opportunities including:

- Tacoma Area Coalition for Individuals with Disabilities (TACID) activity room
- Climbing & kayaking with Outdoors for All
- PALS Program summer camp
- Urban farming with Share the Wealth Organics
- Seattle Children's Theatre sensory friendly performances
- Meal preparation and tutoring with Tacoma Rescue Mission
- Encompass Northwest social skills camps for kids
- Hospice House volunteer

As a recent volunteer coordinator commented:

"She is an amazing person with compassion and a heart for service." OT students are amazing!

FACULTY UPDATE

Sheryl Zylstra

During her sabbatical in the spring of 2022, Sheryl Zylstra completed her pediatric NDT certification and found herself in the class alongside several recent UPS OT graduates. She is happy to be back in the classroom this year teaching OT Process in Pediatrics I with Yvonne Swinth and OT Intervention Across the Lifespan. In addition, Sheryl has taken on the role of Academic Fieldwork Coordinator. She will work closely with Associate Academic Fieldwork Coordinator, Andee Spehar, to ensure that all students have fieldwork placements secured. In addition, Sheryl is working with Yvonne and Aimee Sidhu to complete a manuscript related to social skills research conducted in our OT teaching clinic.

Introducing New Faculty Member Jessica Nakos

Jess Nakos has joined the University of Puget Sound as a full-time Clinical Assistant Professor. Professor Nakos began her academic journey as an Academic Fieldwork Coordinator then gained instructional experience following a transition to full-time core faculty. Jess has experience with fieldwork education, community advocacy and service delivery, and graduate student advising and mentorship. She has clinical experience in inpatient



rehabilitation of people with spinal cord injuries, skilled nursing settings, and VA inpatient psych. Professor Nakos is an active member of AOTA, SSO, WFOT, and WOTA. Jess is also currently a PhD candidate in the PhD in OT program via Nova Southeastern University. Her dissertation work centers around exploring OT program culture and the role it plays in shaping graduate student professional identity development and practice postgraduation. Jess' research interests include qualitative and Mixed Methods inquiry related to OT education, teaching/learning experiences and processes, and OT student professional identity development. She is also passionate about evidence and research surrounding nature-based occupations and occupational engagement. When she has free time, Jess enjoys all nature-based occupations, particularly nature walks, bird watching, hiking, camping, gardening/horticulture, stand-up paddle boarding and kayaking. Other interests include travel, (non-scholarly) reading, yoga, nature-based material arts and crafts, and painting with acrylic paints.

Dr. Wilbur Retires... or Does She?

This past June Kirsten Wilbur said farewell to colleagues and students after 13 years as full-time faculty for the School of Occupational Therapy. Kirsten is a 1985 alum of the Puget Sound OT program and joined the faculty as the Academic Fieldwork Coordinator in June 2009. She later moved into full-time teaching in 2017. Of course Dr. Wilbur's involvement with the School of OT goes way back to 1987 when she was invited to be a Clinical Instructor in the adult on-site teaching clinic. Kirsten served in the CI role for many years while also returning to school to earn her Post-Professional Masters in OT degree (Puget Sound) and later her Doctorate in Educational Leadership (University of Washington-Tacoma). Over the years Dr. Wilbur taught in the adult neuro course, first year foundational courses, mental health, OT and older adults, and coordinated the community behavioral health clinic.

Kirsten's passion for marginalized and underrepresented minorities in higher education and healthcare has always been at the forefront of her teaching. During her time with our department she supervised several Experiential Learning in Context student projects that served low-income seniors, incarcerated women, and students of color, and ultimately increased the visibility of OT. Dr. Wilbur is also known for the relationships and collaborations she built with colleagues across campus. She was honored to serve as an affinity group leader for the African American Studies Ghana Trip Abroad in 2020; developed and coordinated a collaboration with the Theater Arts Department and the OT mental health course; and served on the Race and Pedagogy Institute's 2018 National Conference planning committee. Dr. Wilbur's scholarship centered on increasing the racial diversity of the OT profession and she presented at many state, national and international conferences.

Try as she might, Kirsten can't quite seem to leave UPS! This past fall semester she led a group of 5 students in their Community Behavioral Health clinic experience and spring semester she is teaching OT for Older Adults. She is also chairing several doctoral capstone projects and a translational research project. Other than some part-time teaching she is enjoying the time she now has to do more biking, traveling, gardening, reading and learning new weaving patterns! She appreciates all the student communications from past and present students and cherishes the time she has spent with colleagues over the years.



HALLOWEEN FUN!



Assistant Professor Cecille Corsilles-Sy dressed up as a Covid-19 molecule.



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SOTA FUNDRAISER

SOTA has teamed up with the Logger Store to sell OT apparel! Now you can sport UPS OT gear while supporting our OT students, as a percentage of each item you purchase will go to SOTA. Both new and classic designs are available at the Logger Store and online. This fundraiser goes until March 31st, or until stock runs out. If you have any additional questions, suggestions, or interest in purchasing OT apparel, please feel free to contact us at upssota@pugetsound.edu or follow us on Facebook and Instagram @sotaups for updates!

QR code for online ordering:



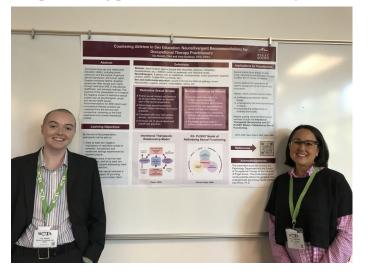
EVIDENCE SYMPOSIUM IS NAMED FOR DR. GEORGE TOMLIN

In spring 2022 we were pleased to return back to our in-person, on-campus Evidence Symposium. The event highlighted more than a dozen evidence projects completed by our students in collaboration with practitioners from local practices, as well as some who zoomed into meetings from other states. Projects crossed populations and practice areas and included topics such as lymphedema care, early feeding, outpatient pediatrics intervention dosage, vocational rehab, community OT and aging in place, among others. The event was renamed in honor of its founder George Tomlin at his retirement celebration in May.

Our next annual Dr. George Tomlin Evidence Symposium will be held on Thursday, May 11, 2023. This will be our first event that combines presentations of both our traditional evidence projects and our doctoral capstone projects. While we haven't ironed out all the details yet, we are looking forward to the increased opportunities to present our community network with current evidence to support a wide array of practice areas. Save the date and look for more details to come!

Opportunities continue to exist to partner with our students in both the evidence project and doctoral capstone experiences. Please reach out to Dr. Renee Watling (rwatling@pugetsound.edu) or Dr. Aimee Sidhu (asidhu@pugetsound.edu) for more information. The next cycle of evidence projects will begin in April 2023 with completion in May 2024; the doctoral capstone experiences begin in January 2024 and continue for 14 weeks through April 2024.

Assistant Professor Amy Kashiwa and co-author Iris Nosek with the poster they presented at the WOTA conference



ATTENTION UPS OT FIELDWORK EDUCATORS

SAVE THE DATE!

Greetings University of Puget Sound Fieldwork Educators. Please save the following dates for our annual UPS faculty-clinician collaboration events.

Wednesday, March 1st from 4-6 pm

Renee Watling and Aimee Sidhu will cover how our collaborators can be involved in doctoral capstone projects and/or support UPS OT research as clinician collaborators.

Wednesday, April 12th from 4-6 pm

Join us for an engaging conversation with Cecille Corsilles-Sy on how to support students from diverse backgrounds towards success in fieldwork settings.

Wednesday, June 14th from 4-6 pm

Andee Spehar and Sheryl Zylstra will hold a fieldwork orientation and overview for all of our clinical instructors to provide updates on current practices in fieldwork education.

There will be time for questions, discussion, and program updates. A certificate for 2 hours of continuing education will be provided for each session attended.

We hope to see you all there!

Andee and Sheryl

Schedule from 2022 Gunma-Puget Sound Virtual Exchange





Successful Gunma-Puget Sound Virtual Exchange and Expansion

The academic and cultural partnership between Japan's Gunma University School of Occupational Therapy and Physical Therapy, in the Faculty of Medicine; and the University of Puget Sound Schools of Occupational Therapy and Physical Therapy successfully completed its second virtual exchange in the Spring of 2022. The 2-day exchange highlighted contributions from Puget Sound OT faculty as well as presentations from OT and PT students from both universities. In the Fall of 2022, under the leadership of Gareth Barkin (Sociology & Anthropology), Roy Robinson (Office of International Programs), and Takako Ochi (Gunma U. International Centers) a university-wide MOU was created to expand the Gunma-Puget Sound exchange. With our newly minted agreement, we hope to develop reciprocal academic and cultural cooperation among different departments from both universities. We are excited for the many opportunities this offers our institutions.

ELIC GOES INTERNATIONAL

The Puget Sound School of Occupational Therapy is offering its very first Faculty -led Study Abroad Program, Philippines: Culture, Community and Health. Drs. Cecille Corsilles-Sy and Aimee Sidhu will lead students to the Philippines in summer 2023. This course fulfills the Experiential Learning in Context (EliC) requirements for the master and doctoral program tracks. Designed to support student learning in cultural humility, global health, international occupational justice, and ethical decision -making in context, the study abroad program includes observations in hospitals, a community-based clinic, an allied health school, a pop-up clinic, and an orphanage. We wish our cultural ambassadors good health and safe travels.



FIELDWORK STUDENT FEATURE

Each year we highlight some of the fieldwork experiences our students benefit from.



By KD Bradley, OTS

Tell us a bit about your summer rotation:

I completed my summer rotation with Providence ElderPlace Alder clinic, which is located in South Kent. Providence ElderPlace is a Medicare/Medicaid Program of All-inclusive Care for the Elderly (PACE), and serves adults aged 55 and older. At PACE Alder clinic, I was part of an interdisciplinary team comprised of occupational therapists, physicians, nurse practitioners, registered nurse case managers, pharmacists, physical therapists, recreational therapists, registered dietitians, and certified nursing assistants. As a team, we followed 170 participants who lived independently, in assisted living facilities, or adult family homes and made important decisions regarding their care. I saw participants both in their homes as well as in the clinic, so I was able to get valuable experience in home health and outpatient OT. I performed many screens, initial evaluations, and home safety assessments, which allowed me to make safety recommendations and order/install DME. I also created a lot of home exercise programs, did caregiver training, ran therapy groups, and much more! Overall, it was an incredible experience and I learned a lot from not only my fieldwork educator but from the other disciplines on my team as well.

How did you prepare for this rotation?

I prepared for my rotation by reviewing pertinent textbooks and material that was covered in courses at UPS (mostly OT 605, 645, & 647). I also gathered all of my resources and put them in one place, so it would be easy to access when needed throughout my rotation. That being said, I feel taking a break was the most important thing I did to prepare. Taking time off to relax and engage in my personally meaningful occupations allowed me to begin my rotation in the right headspace.

FIELDWORK STUDENT FEATURE (Continued)

What is a moment that stands out to you?

A moment that stood out to me was the presentation of my final project, a vision assessment and intervention kit, to the King County Providence ElderPlace OT department. I worked really hard and learned a lot throughout the process of putting the vision kit together, so I was proud to share what I had created. The reaction I received was overwhelmingly positive, which was an incredibly validating experience. It helped me gain greater confidence in my abilities as a future OT practitioner, which is invaluable as a student!

What was most helpful to you during Fieldwork?

My support system was most helpful to me during fieldwork. It was incredibly beneficial to have not only my family and close friends to talk to but people in my cohort as well. We set-up FaceTime and Zoom calls to talk about how our rotations were going and provided one another with support. In addition to this, I also felt well-supported by my fieldwork educator throughout my rotation, which made my experience enjoyable and positive overall.

If you could give students who will be starting their Fieldwork rotations soon one piece of advice, what would it be?

One piece of advice I would give students who will be starting their fieldwork rotations soon, is to practice what we preach as (future) OT practitioners and engage in self-care. I cannot stress enough how important it is to take time for yourself during fieldwork. Whether it be going for a walk, reading a book, or watching your favorite show, it is necessary to ensure you are maintaining some sort of balance.

What advice would you give to Fieldwork Educators who are new to mentoring or clinicians who might be considering mentoring a student?

I would tell fieldwork educators who are considering mentoring a student to be flexible and open to feedback regarding their supervision. My summer fieldwork rotation was such an amazing experience for me and I credit a lot of that to my fieldwork educator. We had weekly check-ins where I was able to give her feedback regarding her supervision. We would discuss what was working well for me and what could be improved upon to benefit my learning. I appreciated that my fieldwork educator gave me the space to advocate for myself and my learning.

OTD Capstone:

Learning About the Communities We Serve

Join us on campus April 29th from 12pm - 4pm to support OTD student Anthony Sy in completing his capstone project!

"While receiving my OT education here at UPS, it was clear to me and my peers that there were limited diverse (e.g. ethnic, cultural, religious, racial, etc.) video resources available that were representative of the populations occupational therapists serve out in the community."

This observation led OT doctoral student, Anthony Sy, to focus his capstone project on creating diverse video content which highlights unique identities. He is hosting a half-day on-campus workshop for OT practitioners and students to watch some of the interviews, discuss clinical situations, and have opportunities to talk with some of the interviewees. The purpose is to engage in conversations to support how healthcare providers can better serve diverse groups/ populations. For more information please email asy@pugetsound.edu.

Fieldwork Student Leah Parsons



Leah Parsons alongside a COTA student also completing a rotation at Madigan

OT/PT JOB FAIR

Join us for our UPS OT/PT
Spring job fair on campus
April 29, 2023, 11am-3pm. If
you are interested in recruiting a UPS OT or PT student
for future employment and
would like to get more information regarding the job fair,
please contact
otjobfair@pugetsound.edu.

FIELDWORK STUDENT FEATURE

By Leah Parsons, OTS

Tell us a bit about your summer rotation:

My summer rotation was at Madigan Army Medical Center, primarily at their Outpatient Clinic. I also had the opportunity to experience OT within acute care and a TBI clinic, shadow OTs at multiple brigades to see their health and holistic fitness functions, observe surgeries, and work with other disciplines including surgeons, physical therapists, chiropractors, and PM&R. I saw a large variety of pathologies and was taught how to fabricate many types of custom orthoses.

How did you prepare for this rotation?

I read... a lot. I heavily reviewed anatomy, a list of over 100 diagnoses, found a great book on orthotic fabrication, and hiked during all my free time for stress relief.

What is a moment that stands out to you?

Being able to observe a Soldier's surgery (submuscular ulnar transposition), create his orthosis, then treat him through his recovery was a really amazing experience. It allowed me to better understand the management of this pathology from diagnosis to treatment and through rehabilitation.

What was most helpful to you during Fieldwork?

Getting timely feedback, being challenged daily to increase my knowledge, get outside my comfort zone, and getting such a varied experience that allowed me to understand the roles of each service, but also the uniqueness that occupational therapy brings to the healing process.

If you could give students who will be starting their Fieldwork rotations soon one piece of advice, what would it be?

I think that your rotation is what you make of it. Study hard, be purposeful in making time to do things you enjoy, and don't be afraid to be uncomfortable—that's where the most growth occurs.

What advice would you give to Fieldwork Educators who are new to mentoring or clinicians who might be considering mentoring a student?

I really appreciated receiving timely feedback and having clear expectations so I could prepare adequately. It was really helpful to have a FWE who gave me enough guidance and space to figure things out, but also provide support when she knew I needed it. What we learn from FWEs strongly influences who we are as clinicians and how we will work with patients. They are shaping the future of the profession. FWEs should be as invested in mentoring us as we are invested in learning from them.

THANK YOU FIELDWORK EDUCATORS!

By Andee Spehar, Staff

As we just finished another busy Level II Fieldwork season, we would like to take a minute to thank the hard work and dedication of all of our community partners who make this critical component of our students' education possible. We recognize that the Pandemic continues to impact our personal and professional lives and we so appreciate your willingness to mentor our students. Your guidance and clinical expertise are invaluable. We are so, so grateful to all of you!

We would specifically like to thank the following practitioners who went above and beyond in their efforts to assist in placing and mentoring students:

- -Cole Chang and Vicki Sagoo
- -Helen Sun
- -Christine Saiz
- -Gina Dellino-Coulton
- -Michael Tollan, Carlye Skinner, and Kallie Brenneman
- -Jessie Beyer, Claire Ferree, and Alison Hubert
- -Olivia Konicek and Sonia Nurkse
- -Gaea Haymaker, Alicia Nowak, and Allie Tear
- -Margaret Redmond
- -Wei-Hung Lin and Nicole Bartlebaugh
- -Heidi Huynh
- -Lisa Krejci and Mikayla Woolley
- -Bharati Pawar
- -Nancy Herber and Sandra Lindsay

We are always looking for clinical opportunities in a vast range of locations, practice settings, etc. If you are interested in becoming a fieldwork educator, please reach out to Andee Spehar at aspehar@pugetsound.edu.



THANK YOU!

We want to thank everyone who has given to the
OT Gift Account. These
donations support student research and the
presentation of their projects at local, state and
national conferences. Your support
makes a difference!