



Fall 2023

# School of Occupational Therapy

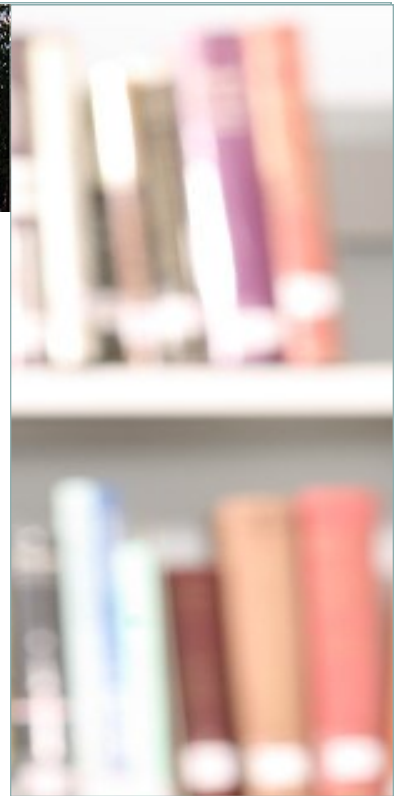
## Update from the Chair

*By Renee Watling, Department Chair*

Just as a new season brings a change in weather, the foods we enjoy, and the clothing we wear, fall 2023 has brought change to the School of Occupational Therapy. This year as we welcomed our new and returning students, we also welcomed two new faculty members and a new staff member. Assistant Professor Dr. Denise LaRocca brings over 20 years of clinical experience in cardiovascular and pulmonary rehab, chronic conditions, and a certificate in Hand and Upper Extremity Rehab. Alumni Kate McLellan ('12) joins the faculty as a Clinical Instructor, bringing 10 years of practice experience in settings such as schools, home health, and acute care. Sue Hinrichs joins our support team as our Program Coordinator. She comes to Puget Sound after spending the past few years in the northeastern US. In addition, the university has a new Dean of Graduate Affairs and personnel in the Admissions and Registrar offices dedicated to supporting graduate students, a graduate student commons for grad students to study and gather, and establishment of a graduate council. As we continue to rebuild after the pandemic, we are excited about the new partnerships, support for our students, and opportunities for innovation as the year unfolds.



In this edition of our newsletter, you will find some familiar columns such as new staff introductions and faculty scholarship updates. There are articles about our School's first study abroad trip to the Philippines, and Leah Parsons, OTD, who was the graduate student speaker at Commencement in May. You will also read about the annual Dr. George Tomlin Evidence Symposium which included for the first time both our 2<sup>nd</sup> year student evidence project presentations as well as presentations of the capstone projects completed by our first graduating class of OTD students. And, as a special feature, there is a delicious recipe from faculty member Dr. Amy Kashiwa as an encouragement to get into the kitchen and engage in the occupation of baking! (*cont. pg. 2*)



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## Toy Hack-a-Thon Coming Soon!

Exciting news from Kat Daniels and Jess Nakos!

Advanced Tech fun in OT 643/743, Specialized Technology, Ergonomics & Work Programs in Occupational Therapy!

Course instructors Jess Nakos and Kat Daniels have received funding to facilitate an adaptive Toy Hack-a-Thon on Monday, 12/4/23, from 8am-noon in WEY 115.

This event will consist of second year OT students working with community partners from Bellingham Makerspace to build electronic switches and modify off-the-shelf toys to donate for children in local hospitals and rehab programs. It's going to be a fun end-of-semester community engagement event for our students and an opportunity to model community collaboration that supports meaningful engagement in play.

The adaptive toys will be on display in Weyerhaeuser on Tuesday, 12/5. If you are on campus, come take a look!

Bellingham Makerspace  
Website Link: <https://bellinghammakerspace.org/>

## UPDATE FROM THE CHAIR (CONTINUED FROM PAGE 1)

For many years the School of Occupational Therapy has emphasized holistic preparation of our students by designing and implementing curricula that support student development of cultural humility as a critical foundation for occupational therapy practice. This tradition continues today. All students participate in a full semester course in which they learn about cultural diversity, power differentials, and intersectionality. They examine their own implicit biases and engage in active self-reflection to develop the skills they need to engage effectively with the widely diverse clientele they are sure to encounter when they enter practice. The course is complemented by an all-day workshop in which students, faculty and community facilitators take a deep dive into issues related to diversity, equity, inclusion and justice. We are proud to continue this crucial part of the curriculum that was begun over thirty years ago, and we are proud of our students who embrace the hard work necessary to become culturally humble in today's world.

With all that's going on it's an exciting time to be in the School of OT at Puget Sound. If you are in the area, please stop by to visit. And be sure to mark your calendars to join us at the alumni event at AOTA Inspire in Orlando next March and at the spring 2024 Evidence Symposium. We would love to see you and hear what you're up to!

*Rene*

### Pumpkin Nut Muffins

- from: Amy Kashiwa



4 eggs  
3 cups of granulated white sugar  
2 cups of canola oil  
2 cups pumpkin  
4 cups flour  
1 1/2 tsp. salt  
2 tsp. baking soda  
1 1/2 tsp. cinnamon (plus 1/2 tsp. for topping mixture)  
1 tsp. nutmeg  
1 tsp. cloves  
1/4 tsp. allspice  
2 cups chopped walnuts (optional, recommended)

Combine all ingredients, and use a large ice cream scoop to fill paper lined muffin tins.

Make topping: Combine 1/3 cup sugar and 1/2 tsp. cinnamon. Sprinkle the topping on top of the batter.

Bake at 350 degrees for 30 minutes.

Makes 36 muffins

Can be frozen in air tight zip lock bags for later.

## DR. GEORGE TOMLIN EVIDENCE SYMPOSIUM



In May 2023 we hosted the first Dr. George Tomlin Evidence Symposium to feature the evidence projects completed by 2nd year students and the doctoral capstone projects completed by our first cohort of OTD students. In total 33 projects were presented with an audience of over 100 people in attendance.

The projects covered a wide range of topics from Addressing Needs of Postpartum Caregivers, OT's Role in Sleep Hygiene for Undergraduate Students, and Pediatric Burn Management: Examining Efficacy and Affordability to topics such as Occupation-based Activity Boxes for Alzheimer's and Dementia, Client-Centered Videos: Diversifying OT Educational Resources, and Feeding Therapy Approaches For Children With Sensory-Based Challenges. Evidence projects continue to be conducted in collaboration with practicing occupational therapists while doctoral capstone projects are independently identified and designed by our doctoral students. See sidebar for opportunities to collaborate on the next round of evidence projects.

The next annual Dr. George Tomlin Evidence Symposium will be held in early May, 2024. Watch your inbox for more details next spring. We hope to see you at the event!

### *Become a Partner!*

To partner with our students as an evidence project collaborator or doctoral capstone site mentor, please reach out to Dr. Renee Watling

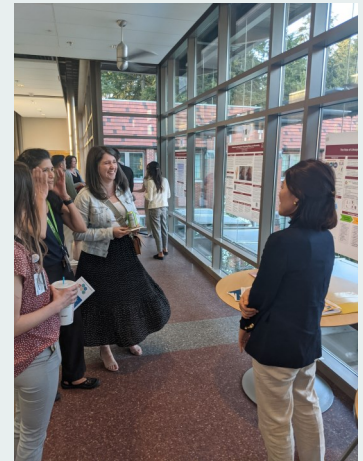
([rwatling@pugetsound.edu](mailto:rwatling@pugetsound.edu))

(evidence projects) or

Dr. Aimee Sidhu

([asidhu@pugetsound.edu](mailto:asidhu@pugetsound.edu))

(doctoral capstones) for more information.



The next cycle of evidence projects will begin in April 2024 with completion in May 2025; the doctoral capstone experiences begin in January 2024 and continue for 14 weeks through April 2024.

### **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!

## School of OT Faculty and Students Participate in Study Abroad in Metro Manila, Philippines

**Pinto Art Museum:** An exhibition space and indoor/outdoor experience designed by a Filipino neurologist highlighting a wide range of Filipino art styles and artists, with an emphasis on ability and health.

**Kabahagi** (“to be a part of”): an innovative outpatient pediatric clinic providing services to families through a collaborative model using the Canadian Occupational Performance Measure (COPM) to assess outcomes. The Kabahagi program is under the direction of an occupational therapist, Karen Sagon, with funding from Quezon City government through the QC Center for Children with Disabilities. In addition to 1:1 services, this comprehensive program includes interventions to support mothers of children with disabilities and outreach to increase community awareness of disability rights.

<https://quezoncity.gov.ph/departments/qc-center-for-children-with-disabilities-kabahagi/>, <https://www.facebook.com/KabahagiCenter/>



In summer 2023, Drs. Cecille Corsilles-Sy and Aimee Sidhu facilitated our first faculty-led study abroad opportunity in Metro Manila, Philippines with hopes to continue this program annually. This study abroad program supports objectives for OT602: Health & Occupations Across Diverse Populations. This includes understanding social determinants of health, and the effects of sociopolitical climate on the health of a population. The experience provides educational opportunities on global health by observing and learning from health practitioners in less-resourced areas of the world. The pre-travel preparation began in spring semester with the study of Philippine history and geography, conversational Tagalog language, and a cultural study through reading and discussion of “In the Country” by Mia Alvar. In collaboration with Mary Johnston Teaching Hospital (MJH), located in the port district of Tondo, Manila, the faculty created a 17-day immersive experience which included opportunities to observe and support occupational therapy, physical therapy, prosthetics & orthotics, and other rehabilitation disciplines throughout Quezon City, Manila, and the surrounding areas. (cont. pg. 5)

## STUDY ABROAD (CONTINUED FROM PAGE 4)

Health insurance in the Philippines is limited to those who are employed by large institutions, so a large number of the population receive health services funded by government initiatives. Non-governmental organizations also play a significant role in providing resources to local and rural areas not reached by government funds. In light of the shortage in occupational therapists, the country is utilizing lay health workers (trained by OTs) to offer community-based rehab services. These services not only address individual interventions, but also primary and secondary disease prevention and health promotion. We are grateful for our international partners for showing us how to deliver OT services in these less-resourced areas of the Philippines. We have much to learn in addressing social structures that could lead to better health outcomes for the communities we serve. Preparations are underway to build upon this first experience and create better engagement in community-based interventions in the areas of the country with the most pressing needs.



**Manila history:** Our team had an opportunity to see some historical sites throughout Metro Manila, giving us a sense of the challenging and conflicting histories associated with Filipino culture and sovereignty. Our experiences included attendance at the largest Pride Festival in the world in Quezon City, a horse-drawn carriage ride (kalesa) in Intramuros, and a cultural dining experience at the famous Barbara's Heritage Restaurant.

**University of the East Ramon Magsaysay Memorial Medical Center (UERMMC):** This is a teaching university serving Quezon City which offers rehabilitation services. However, OT services are not offered due to the shortage of therapists in the country. Students learned about this institution's new Prosthetics and Orthotics program, which is still being developed. Puget Sound OT students provided P&O students and technicians with new ideas of collaborative work and applications in areas of school, work, and leisure.

**Akabin ("embrace"):** A nonprofit non-governmental organization providing special education services to underserved populations in rural areas outside Manila, particularly for children with moderate-to-severe deficits. Funded through NORFIL Foundation (<https://www.norfil.org/what-we-do/>), lay workers are trained by occupational therapists to follow therapeutic programs which includes direct work with parents of children with disabilities and collaborative work with school special education providers.

**East Avenue Medical Center:** A government funded hospital (<https://eamc.doh.gov.ph/>) which includes a large rehabilitation hospital providing OT and PT services through individual and group circuit formats, primarily supporting clients with neurological conditions.

**OCCUPATIONAL THERAPY  
STUDENT DELIVERS 2023  
COMMENCEMENT SPEECH**



**“Make Impact Your  
Occupation”**

Leah Parsons, OTD class of '23, was selected as the graduate school commencement speaker from a competitive pool of graduate program nominees. Leah's speech, *Make Impact Your Occupation*, highlighted her non-traditional journey to study occupational therapy and emphasized the importance of utilizing one's education to make a difference: "Knowledge to satisfy personal curiosity is gratifying, but those of us who have benefitted from continuing education also have a responsibility to use our knowledge for the benefit of others, and there certainly are many people out there who need us." Leah is making her own impact working as an Army Occupational Therapist at Madigan Army Hospital. Congratulations, Leah!

**2023 PINNING AND  
COMMENCEMENT CEREMONY**

On May 14<sup>th</sup>, 2023, the occupational therapy students, faculty, staff, and guests celebrated the pinning and commencement ceremonies of Puget Sound's MSOT students and the first class of Puget Sound students to earn entry-level doctoral degrees! Our first OTD graduates are also the first entry-level OTD graduating class in the state of Washington. We are proud of the unwavering determination and resilience they demonstrated as they navigated OT school in the midst of a global pandemic, and experienced the first-run of our doctoral curriculum. Most of them have now taken (and passed!) the NBCOT certification exam and we are thrilled to count them among the hundreds of UPS OT grads who are our colleagues. Congratulations to our inaugural OTD class and our 2023 MSOT grads! We wish you the very best in all your endeavors and look forward to hearing about your contributions to the profession.



**Congratulations to our First OTD graduates:**

**Cooper Cochran, Catherine Daggi, Kylie Darby, Tessa Dunbar, Kelsey Graeber, Lauren Hamilton, Michelle Ingersoll, Elyse Johnston, Samantha Kalmbacher, Noelle Kerr, Kathryn Knackstedt, Serena Kurosky, Monica Lyons, Colleen O'Hagan, Leah Parsons, Seira Plouviez, Samantha Reed, Inga Rohde, Katie Strain, Anthony Sy, Lexi Vyrostek-Roettger, Hannah Yu**

## FACULTY UPDATES

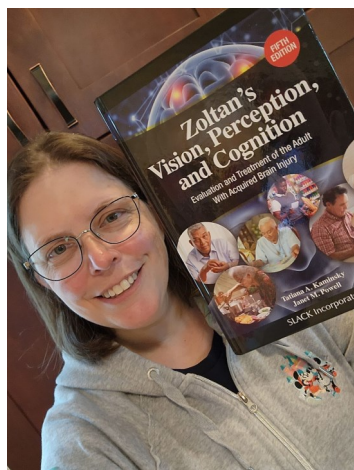
### Shelly Norvell



Dr. Norvell recently acquired her board certification in lifestyle medicine and is officially a Lifestyle Medicine Professional through the American College of Lifestyle Medicine (DipACLM). She is using her specialized training to bring evidence-based holistic wellness, prevention, and health promotion content to the classroom. Through her connections to the

ACLM, she was able to apply for and certify her *OT Process with Adults II* course as a partial pathway to accreditation. If students choose to pursue this specialty field in the future, they can apply this course towards one of the requirements to sit for the exam. This fall, she has been accepted to co-present a short course at the AOTA Education Summit in Denver, where she will share how she integrates lifestyle medicine in OT education. Following the completion of a pilot OT department wellness program last year, she is currently working with faculty and students to promote social connections and physical and emotional well-being through various campus and off-campus activities.

### Tatiana Kaminsky



Faculty member Tatiana Kaminsky had an OT textbook published this summer! It is titled “Zoltan’s Vision, Perception, and Cognition: Evaluation and Treatment of the Adult with Acquired Brain Injury.” This is the fifth edition of a well-known textbook previously authored by Barbara Zoltan. Dr. Kaminsky was the lead author with Dr. Janet Powell, faculty emeritus at the University of Washington-Seattle, serving as co-author.

The book is a great resource for students and occupational therapy practitioners who are working with adults with acquired brain injury across the continuum of care. It describes evidence-informed best practices for evaluation and treatment of visual, perceptual, and cognitive dysfunction. Congratulations, Dr. Kaminsky!

### New Staff Introduction!



### Sue Hinrichs, Program Coordinator

Sue Hinrichs is excited to join the School of Occupational Therapy team as the new Program Coordinator. She has many years of administrative experience in both the academic and healthcare fields with a heart for students, healthcare providers and keeping things organized. She was most recently working at Old Dominion University in Norfolk, Virginia and living on a sailboat in the waters of the Chesapeake. Although she has been on the east coast for the last few years, Sue is no stranger to the Pacific Northwest - she grew up in Auburn, Washington and graduated from Washington State University. She is overjoyed to be back on the west coast where her spare time will be spent hiking trails with her husband, interfering in her kids' lives, and relaxing with her nose in a book.

## FIELDWORK TEAM UPDATE

### Students represent UPS School of Occupational Therapy in Kansas City

Kylie Darby (OTD, '23) and Natalie Daughton (OTD, expected '24) collaborated with Dr. Renee Watling to co-author and present a poster titled "Current Practices in OT for Autistic Clients: Alignment with Evidence-Based Practice and Practice Guidelines" at the 2023 AOTA Inspire conference held in Kansas City, MO. Well done OT students!



### OT Graduate Published

Recent OT graduate Noelle Kerr published her doctoral capstone work via a consumer-friendly article in *OT Practice* magazine, a publication of the American Occupational Therapy Association. This collaboration included pairing with an Athletic Trainer to examine the role of OT in post-concussion recovery for return-to-play.

It's been another busy and productive year for the fieldwork team. We are in the middle of fall fieldwork placements and our 2021 cohort will soon be finished with their level II fieldwork placements. Between summer and fall of 2023, our 2021 cohort took part in a total of 81 level II placements in seven different states. We are so thankful for all of our fieldwork sites for providing excellent educational opportunities for our students; the experience you give students is invaluable. We are proud of our students for meeting the unique challenges of fieldwork with flexibility and determination. Your hard work and positive attitudes are inspiring.

Staffing can be unpredictable and cancellations are sometimes unavoidable, but we always have wonderful partners in the community that step in and help our students stay on track with their fieldwork placements. We'd like to specially thank the following sites for providing last-minute placements for our students in 2023: Panorama Convalescent & Rehabilitation Center, Maple Valley Pediatric Therapy, Children's Therapy of Woodinville, Consonus Healthcare/The Hearthstone at Green Lake, the placement team and therapy staff at Ensign, and Canterbury House.

The placement process for our 2022 cohort is well underway. Many of our ongoing partners have offered placements next year and as always we are hugely grateful for their continued support. We are also excited to be partnering with several new sites – including sites in new states and new setting types! If you are interested in taking a level II student in summer or fall of 2023, please contact Andee at [aspehar@pugetsound.edu](mailto:aspehar@pugetsound.edu). We do still have placements to fill!

Our 2023 cohort will be out in the community in spring of 2024 for their level I fieldwork experiences. This year, students will be at their sites for 3 full days of observation, for a total of 18 to 24 hours. Please let Andee know if you would like to take a student for a level I placement in the spring, as we still have a need to fill these as well.

Again, a huge thank you to all of our fieldwork partners who do so much to ensure our students' success!



## SoTL UPDATE

Faculty members, Drs. Amy Kashiwa, Shelly Norvell & Aimee Sidhu participated over the course of this past year in the American Occupational Therapy Association's Scholarship of Teaching and Learning (SoTL) Program. This structured opportunity supports mentored research specifically within academia for faculty members teaching in OT and OTA programs across the country. Drs. Norvell and Sidhu will be presenting their research at the AOTA Education Summit in Denver, Colorado, this November. Dr. Norvell's research is focused around Universal Design for Learning (UDL) with OT students. Dr. Sidhu's research is around teaching strategies supporting reflective practice in occupational therapy education. In January, Dr. Kashiwa, along with colleague Dr. Maggie Hayes, will be presenting at the Teaching for Active and Engaged Learning, ITLC Lilly Conference in San Diego, California. Presentation topic is on community-based teaching and student learning outcomes.

The OT Department engaged in creative occupation this fall with our inaugural door decorating contest!



Community-Based Learning grant trip to the Burke Museum on UW Campus  
March 31, 2023