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Queen's Homecoming and Distinguished Alumni Awards

School of Rehabilitation Therapy faculty member and Queen's alumna, Diana Hopkins-Rosseel, and her husband, John Rosseel, wanted to find a way to honour the successes of alumni, but from an unusual angle.

While many awards exist for strictly academic pursuits, Diana and John wished to recognize alumni who were not only leaders in their areas of practice but also in their communities. In 2013, with the help of Professor Hopkins-Rosseel, the School of Rehabilitation Therapy launched the Distinguished Alumni Awards. The Awards are given annually, at the School's Homecoming Brunch, to a Queen's alumni from each of the Occupational Therapy, Physical Therapy and Rehabilitation Science Programs.

This year's Distinguished Alumni Award in Occupational Therapy was presented to Sandra Hobson, OT'76. Since her graduation from Queen's, Sandra has demonstrated an unwavering commitment to her profession, her community and to the highest standards of clinical practice, education, and research. Sandra's career accomplishments include over a decade of clinical practice as an occupational therapist; two decades of teaching at the undergraduate and graduate levels; membership on the OT Now editorial board; and having been honoured as a Fellow of the Canadian Association of Occupational Therapists. Sandra's contributions to establishing a rehabilitation department at the Belarusian State Medical University in Minsk were recognized by that institution, who granted her an Honourary Doctorate in 2003. Throughout her career, Sandra found countless ways to bring an occupational therapy perspective to supporting and bettering her community. In this regard, if Sandra was not serving on boards or committees

of organizations like the Council for London Seniors or the Alzheimer Society of Canada, she could be found dressed up as 'Tich' the Clown, entertaining children in way that made each one feel special and included.

At this year's Homecoming Brunch, Distinguished Alumni Awards were also presented to Barbara Purdie, PT'79 and Dr. Catherine Lysack, MSc RHBS'92. Barbara is physiotherapist specializing in pediatric rehabilitation and has served as a clinical coordinator and preceptor for Queen's Physiotherapy interns for approximately 25 years. Dr. Lysack is a graduate of the Queen's Rehabilitation Science program, and in her comments noted the importance of her Master's degree on her path towards becoming an educator and researcher with a strong commitment to communities and diverse cultures. She is also an internationally known occupational therapist who currently serves as the Acting Dean of Eugene Applebaum College of Pharmacy and Health Sciences at Wayne State University in Detroit. Her scholarship focuses on examining the social and environmental factors that influence rehabilitation outcomes for people with disabilities.

The three Award winners are outstanding individuals who have demonstrated leadership both in their professional and personal lives. Queen's School of Rehabilitation Therapy feels very fortunate to have been part of their journeys and to have them as members of its alumni community.



Award founder, Diana Hopkins-Rosseel (L) and Award winner, Sandra Hobson (R), in Queen's colours at Homecoming Brunch!



Dr. Catherine Lysack

UAlberta Occupational Therapy Students Develop "Sensory Room" to Help People with Disabilities

Easter Seals Camp Horizon benefits from UAlberta student clinical placements - By Laurie Wang

OT students Katie Johnston (top left) and Gina Hargreaves (bottom right) with campers in the Sensory Shed at Easter Seals Camp Horizon.

Bragg Creek, AB – We all have that place we like to go to recharge. For the campers at Easter Seals Camp Horizon, this place is a room with squishy toy bears that light up, bubbles to blow, noise makers and a chillout tent with pillows, glowing stars and multicoloured globes.

"It's nice to have a place to go that's calming. I like the vibrating pillow the best," says Vivian Sykes, 17, who's been attending Camp Horizon since 2002.

Based on sensory processing theory, University of Alberta occupational therapy (OT) students developed this room to help people with various disabilities such as cerebral palsy and autism spectrum disorder learn about their sensory needs and how to effectively regulate them. The OTs provide education about how people can use their senses to calm down or alert them and help them get into feeling "just right." Ultimately, Sensory Fun Time is an opportunity for campers to learn about themselves and their sensory needs.

UAlberta Faculty of Rehabilitation Medicine OT students Katie Johnston and Gina Hargreaves started working with Easter Seals Camp Horizon on June 23 as part of their fieldwork placement. Their goal is to enhance the camper experience, and they do this by acting as additional supports to engage campers in different activities, like the high ropes course, the zipline or the swimming pool.

They are also available as consultants to offer tips about feeding, transfers, selfcare and mental health.

"Our position here is to enhance the camp experience and allow campers to explore and learn about themselves in a fun environment. It's not about 'providing treatment to patients,' but rather we are sharing experiences with campers in an ideal setting: one in which campers can just be themselves without worrying about what others might think of them," says Hargreaves, who is in her second year of the MSc Occupational Therapy program at the UAlberta main campus in Edmonton.

"One camper told us that she loved coming to camp because they didn't make her do therapy here, so it's certainly been a shift in mindset from our previous placements," adds Johnston, who is also in her second year, but taking the OT program at the Calgary satellite campus.



OT students Katie Johnston (top left) and Gina Hargreaves (bottom right) with campers in the Sensory Shed at Easter Seals Camp Horizon.

Not commonly known to Calgarians, UAlberta has a satellite campus in Calgary, allowing students here to have the opportunity to obtain an MSc in Occupational Therapy and still stay in the city.

"There is a great need for more OTs in Calgary. There are about 540 OTs in Calgary serving a population of 1.2 million, while Edmonton has 832 OTs serving a population of just over 800,000," explains Jutta Hinrichs, supervising OT and clinical education coordinator – Calgary.

Though Johnston and Hargreaves will be done their fieldwork placements at Camp Horizon by Aug. 8, Easter Seals will continue to have other OT students complete fieldwork placements in the future.

"Our campers, counselors and staff love working with the OT students and we look forward to continuing this partnership with the University of Alberta," says Anna Garcia, director of operations, Easter Seals Camp Horizon.

"We've learned through our experience that leisure is an occupation in its own rite and it's important for everyone to include leisure activities in their lives to maintain balance and their health and wellness," says Hargreaves.



UNIVERSITY OF ALBERTA
FACULTY OF REHABILITATION MEDICINE

Western's Next Generation of Innovative Occupational Therapy Scholars

At Western University, in the School of Occupational Therapy, the summer of 2014 will not just be remembered for the retirement of two incredible, long-serving, faculty members (Profs. Sandra Hobson and Lisa Klinger). The summer of 2014 will also be remembered for the start of terms for three talented occupational therapy researchers who are contributing to our vision of bringing the School to new heights of excellence in research and teaching: Dr. Liliana Alvarez, Dr. Carri Hand, and Dr. Michael Ravenek.

Originally from Colombia, Dr. Alvarez is the School's first post-doctoral fellow working under the supervision of Dr. Sherrilene Classen. The focus of Dr. Alvarez's postdoctoral research is on the innovative use of in-vehicle technologies and driving simulation as inter-

vention strategies for drivers with Parkinson's disease. This builds on her doctoral work at the University of Alberta, which investigated the ways in which technologies provide an alternative for populations with neurological disorders, to compensate for impaired motor or cognitive skills.



Dr. Alvarez

Joining the School after post-doctoral work at Queen's University, Dr. Hand's research explores environmental supports of participation in occupations among older adults, to inform development of innovative strategies in primary health care and neighbourhood settings. Collaborating with Canadian and American research teams, her work highlights neighbourhood and primary health care supports to social connectedness and social participation in older adults; integrating pri-



Dr. Hand

mary health care and neighbourhood resources; and measuring occupation and participation-focused outcomes in primary health care.

Having finished his doctoral work at Western, Dr. Ravenek's research has focused on expanding the role of occupational therapy at the community level. His research involves working with community agencies, including the Parkinson Society Canada, to develop resources for underserved stakeholders; namely, individuals living with young-onset Parkinson's disease. With much of his time focused on teaching within the School's MSc (OT) program, Dr. Ravenek is also involved in research on innovative teaching methods employing mobile technologies, as well as clinical applications of such technologies.



Dr. Ravenek

With research innovations in driving technology, primary health care, and community development as well as incorporating technology into teaching, the School of Occupational Therapy at Western is primed to continue to excel as a leader in occupational therapy and occupational science, both nationally and internationally.

McMaster Student OTs: Facilitating Change at a Systems Level

*Special Acknowledgement to Kim Hewitt, OT, and Graduate of McMaster MScOT Program for engaging McMaster student OTs in these profoundly forward-thinking ways!
Article submitted by Lorie Shimmell, McMaster University, on behalf of this group*

On July 16, 2014 five student occupational therapists from McMaster University had the opportunity to assist in facilitating change at the systems level. The students volunteered and participated at the event 308 Conversations, which was spearheaded by the Mental Health Commission of Canada, the Waterloo Region Suicide Prevention Council and local Members of Parliament, inviting Canada's 308 Members of Parliament to lead a discussion about suicide prevention. Also in attendance were local experts, service providers, health-care providers, police officers, teachers, social workers, service clubs, survivors, faith-based community leaders/groups, military members, veterans, people with lived experience, various minor sport coaches/staff and local media.

The day was a great success and involved key note addresses as well as many different discussions around suicide pre-

vention in Waterloo Region. One student OT commented about participating in the experience and noted: "It was amazing to be part of something larger than myself, as a student, but even our profession. It was great to be part of and contribute to discussions geared toward change." Conversations around overcoming the stigma associated with suicide and mental distress, promoting discussions around suicide prevention in a safe manner, as well as suicide prevention from the standpoint of public health all highlighted a clear role for occupational therapy in suicide prevention. Such discussion also illustrated the role occupational therapists play as advocates, not only with individual clients, but also the unique skill set we possess that allows us to facilitate change on a larger systems level. Results of the day's discussions and recommendations will be made available publicly by the Mental Health Commission of Canada in the near future.



Photo from left to right: Tana Nash, Executive Director Waterloo Region Suicide Prevention Council, Kim Hewitt, Occupational Therapist and member of Waterloo Region Suicide Prevention Council, Vanessa Poulton, student OT, Harold Albrecht, Member of Parliament Kitchener-Conestoga, Lindsay Castle, student OT, Sam Langan, student OT, Heather Vrbnac, student OT and Ryan Collins, student OT.

Vibrant Fieldwork: SOAR with Us!

Submitted by Cathy White, Dalhousie University

Vibrant: full of energy and enthusiasm; responsive, sensitive; pulsating with vigor and energy; vigorous, lively, and vital. With these “Google” definitions, no wonder the Dalhousie School of Occupational Therapy selected “Vibrant Fieldwork” as the name of our fieldwork revitalization project.

As a unique school with a catchment area that spans four provinces, we have dozens of practice partners in Atlantic Canada and beyond, but we don’t often get the opportunity to interact, share ideas, and develop plans for change. Thanks to the work of the School’s “Vibrant Fieldwork” team (Jennifer Saunders, Crystal Dieleman, Carmel O’Keefe, Heidi Lauckner, Cia Tweel, Cathy White, and regional representatives, Ashley Walsh - NL, Trish McDermott - NS, and Karla Crawford - PEI), we completed a regional tour focused on just that.

The team chose an Appreciative Inquiry approach because we wanted to build on all of the positive things that are happening in fieldwork. Of course we know there are challenges too, but by using an Appreciative Inquiry, we can focus on strengths, and use them to promote transformation in areas needing improvement.

Overall, we completed 16 workshops throughout Atlantic Canada, with each one well attended. The face-to-face contact afforded by the workshops themselves created a closer link between the School and the practice community, and helped all involved to better understand each other’s realities.

Consistent with Appreciative Inquiry, the workshops were conducted using the SOAR approach (S – strengths, or what is working; O – Opportunities, or areas for change; A – Aspirations, or dreams for the future; and, R – Results, or expected outcomes).

Now that the findings have been compiled, we are able to see what to build on, and where to focus our energy in the future. A few things we learned include:

Strengths: The student strengths are in the areas of professionalism, time management, communication, research, interviewing, activity analysis, and critical reason-

ing. Our practice partners appreciate flexibility in placement structure (e.g. two preceptors sharing one student, or two students sharing one preceptor). The fieldwork team at the School is seen as a resource.

Opportunities: Suggestions for better preparing students for fieldwork were made, such as increased familiarity with learning styles, and capacity for self-evaluation of competency. There is much opportunity for expanding the use of a range of supervision models, and greater use of interprofessional experiences. Better communication between the School and the field is desired, before and during fieldwork placements. Reciprocal collaboration could be expanded.

Aspirations: Aspirations focused on logistics of placements, including a review of the number and timing of placements, and consideration of moving to a pass/fail system of evaluation.

Results: Ultimately, we desire a reputation for graduating competent, well-rounded students who are confident, flexible, professional, insightful, and self-directed. We would like to see more diversity in placement offers to reflect the full continuum of care and changes in practice patterns, and see students hired quickly with good references from preceptors.

By using methods consistent with Appreciative Inquiry, we have already begun to SOAR toward a more “Vibrant Fieldwork” program. We are already reaping the benefits of closer communication. Our strengths can be built upon, and our weaknesses can be reframed as positive possibilities. Perhaps reflective of the tight timelines, with each workshop being completed in a 90-minute timeframe, participants struggled most to conceive of “aspirations” that were innovative, or that reflected creative “outside of the box” thinking. It is here we will continue to focus attention in our own aspirations, as we strive for a Vibrant Fieldwork program - full of energy and enthusiasm; responsive, sensitive; pulsating with vigor and energy; vigorous, lively, and vital.

MCGILL UNIVERSITY SCHOOL OF PHYSICAL AND OCCUPATIONAL THERAPY

Sarah C. Marshall, Director's Academic Associate

PRESS RELEASE: Montreal: To stay current with what's happening at McGill's School of Physical & Occupational Therapy (SPOT), check out the School's website www.mcgill.ca/spot or join the group on Facebook or LinkedIn. McGill's OT faculty are being recognized for their contributions to the profession:



Dr. Beverlea Tallant has been awarded the 2014 Alumni Achievement Award for OT by the University of Toronto, "...in recognition of her superlative and sustained contribution to the Occupational Therapy profession" (see photo at right).

Dr. Bernadette Nedelec, Director of the OT program at McGill, was awarded the 2014 Mention d'excellence from the Ordre des ergothérapeutes du Québec, "... in recognition of her exceptional contributions to OT academically, clinically and administratively." See photo at below, with (from left to right) Mr. Alain Bibeau, OEQ President, Dr. Nedelec in the centre, and the award sponsor representative, Ms. Sylvie Laurendeau from La Capitale Insurance, to the right.



In October 2014, Small Steps won a prestigious Community Service Award from Fédération CJA! Two years ago, a multidisciplinary paediatric summer camp, Small Steps, was developed as a partnership project between Ometz, the YM-YWHA (Young Men's - Young Women's Hebrew Association), and McGill University School of Communication Disorders (SCSD) and School of Physical & Occupational Therapy (specifically the OT program of SPOT). The summer camp provided rehabilitation services to children with mild to moderate communication disorders and/or developmental delays. The camp included 17 children who received these therapeutic services, at no additional expense.

This year a total of 4 McGill masters' students (2 in OT and 2 from the SCSD Program) benefitted from the clinical education opportunities using innovative supervision models. Stagiaires learned how work together with other disciplines to help clients. Getting to know the children quickly, in a non-threatening atmosphere with a high frequency of therapy, helped create positive consequences for overall improvement. Academic coordinators confirmed that this was an excellent pedagogical experience for the students. Students were supervised by qualified, registered OT and S-LP clinicians.

This is a unique program that brings together leadership for specialized services in our community, with a wonderful and memorable camp experience for children with a remarkable learning opportunity for McGill students. See the award photo on the right (left to right in the photo: Caroline Storr, SPOT; Danish Mansoor, OT; Deborah Groper; Kelly Root; missing: Marcy Kastner).



University of Ottawa

September brings both a new cohort of students and several changes to the Occupational Therapy Program. First, a new director is in place. Indeed, Dr. Paulette Guitard started in the position on September 1st. We would like to thank Dr. Michèle Hébert from the bottom of our hearts for her work and dedication over the past two years. Michèle returns to a full teaching and research load.

We also said goodbye to our clinical education coordinator, Marie-Claude Rouleau, who has accepted a position at Algonquin College. We also thank her for her work over the past years and wish her every success in her new position. We have not had permission to post this position but we do have a temporary replacement. We are happy to welcome Dr. Tricia Morrison in this position. Tricia has been involved with our program in several capacities over the last years (part-time professor, supervisor for students' research project, part-time professor representative ...). She knows both our program and our clinical community very well.

Despite all these changes, we were ready for a new academic year and ready to celebrate OT month. We

had the great pleasure to invite our students and clinical community to be inspired by our colleague Professor Claire-Jehanne Dubouloz who generously agreed to redeliver her Muriel Driver Memorial Lectureship for the occasion. This was a unique opportunity for those who could not attend her speech at CAOT's annual conference in Fredericton in May 2014. Our students also got involved in the celebration and took on the COTF challenge. I am proud to report 100% of students donated to COTF for a total of \$250. They also held several activities to promote the profession namely by attending CAOT's inspirational talks and our reenactment of the 2014 Muriel Driver Lectureship, hosting an Occupational Therapy Quiz during a bake sale, presenting on OT in several high schools, reading You me and my OT to their young family members. They certainly showed their OT spirit and pride!

We would like to take this opportunity to congratulate our graduating class as convocation was held this weekend (November 2nd). Best wishes for a long, fruitful and rewarding career to all.



Join Occupational Therapists from across the globe at these upcoming events or explore their websites:

Singapore

RehabTec Asia 2015 - Singapore, 26-28 March 2015

<http://www.rehabtechasia.com/>

New Delhi

OTICON 2015 - The 52nd Annual National Conference of All India Occupational Therapists' Association - New Delhi, 10-12 April 2015

www.aiota.org

Winnipeg, NB

CAOT 2015 Conference, Winnipeg, NB, May 27-30