

**St. Catherine University
Occupational Science and Occupational Therapy Department**

OSOT Leading Influencing Networking Katies

OSOT Club's "CraneStorm" Event

This month is "Brain Injury Awareness Month". The OSOT club had a special event on Monday, March 14th 12-1pm as one of their service projects. A representative from the Brain Injury Association of Minnesota came to speak to us about their personal experience with a brain injury. We also had the opportunity to become involved in the Cranestorm-Wishes in Flight project. The goal of this project is to accumulate 100,000 paper cranes, one crane to represent each Minnesotan with a brain injury.

The speaker demonstrated how to fold a paper crane and we are continuing to contribute to this project by creating more cranes to help them reach their goal. This experience was fun and was a great opportunity to get together as a club to support individuals affected by brain injuries and possibly the future clients we may be working with in occupational therapy!

<http://www.braininjurymn.org/volunteer/cranestorm.php>



OSOT Club members participating in the "Cranestorm" event March 15th, 2011.

NEWS FROM STUDENTS IN THE OTA PROGRAM

Submitted by Mary Williams, President of the OTA Club

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Congratulations to Sarah Singer for being selected as our AOTA conference delegate! Sarah is very excited to go to Philadelphia to meet and mingle with other people within the profession of occupational therapy. We look forward to hearing all about her experience upon her return.

Students in the Client Support Skills course are putting on their "creative caps". We are working on developing assistive technology devices made from thermoplastics. We are all interested in viewing and trying out one another's ideas and will present these in poster sessions in March.

Molly Olson and I will be going to Ecuador in June with students from the Masters in Occupational Therapy Program on the St. Paul campus and students from Boston University along with several OT and OTA practitioners. This study abroad course focuses on student participation in an international immersion experience where we will explore the cultural influences of health and health care delivery. We will be working with local health care practitioners to explore issues such as disparities, marginalization, poverty, and environmental

conditions that influence health. We both are extremely excited and feel very fortunate to have this opportunity.

The OTA club is making plans to tour the Sister Kenney Institute and/or Courage center sometime this semester as a field trip.

Another "FUN"-draiser this spring is selling flower baskets in support of the spring fund drive.

KUDOS to the OTA students and faculty for an amazing effort and response in sponsoring a large family in the Adopt a Family project at Christmas. The OTA club really out did themselves!

Problem-Based Learning Comes to the MAOT

Problem based learning (PBL) is a new class that has been integrated into the updated Occupational Therapy curriculum. PBL is a student directed pedagogy in which we learn about a subject in the context of complex, multifaceted, realistic problems. Working in small groups, every other week we are given a new case. After reviewing the case, we discuss what we already know, what we need to know, what questions will be unanswered and how we will access the new information to come up with an appropriate treatment plan for the client. Every group has a faculty facilitator who guides discussion when

needed or challenges students with questions, but most of the time stays quiet and observes the group dynamics.

Having never used PBL in my education, I have grown to greatly enjoy the class. The first few classes we had, all of us were a bit confused on what to do since we didn't have a leader, but we soon became more comfortable with each other and took on the roles needed to effectively discuss the case. PBL is an excellent avenue for students to get a glimpse of how occupational therapists work in the real world setting. Having started

this class our first semester enabled us to be exposed to more critical thinking and treatment planning outside of the traditional classroom. I have already learned a great deal about how to effectively work in a group, but I have also started applying concepts learned in class to our cases, which shows that PBL is working and we are learning the needed material. I believe PBL will only continue to challenge us and make us develop more professional reasoning skills which will ultimately make us better therapists in our chosen field!

By: Brittany Hubbard
(MAOT 1st Yr Student)



(Left) First year students discussing a case study in the newly integrated problem-based learning (PBL) technique offered by St. Catherine's MAOT program.

St. Kates at the AOTA Conference

The OSOT Program will have a booth in the Exhibit Hall at the AOTA convention in Philadelphia April 14-17, 2011. Please stop by and show your support for St. Kate's OT program by picking up a St. Kate's sticker to wear. Faculty will be at the booth and we would love to talk about old times and your memories of your time at St. Kate's.

St. Kate's Faculty at AOTA Conference

- **Marianne Christiansen**
- **Barbara Gilbertson & Courtney Bohnen**
- **Kathleen Matuska**

See back panel for more info.

St. Kate's faculty will be receiving awards at the Conference:

Kathleen Matuska will be named a Fellow of the American Occupational Therapy Association for Excellence in Teaching, Scholarship, and Leadership.

Karen Sames will receive a Service Award for her term as Vice-Chair of the Affiliated State Association Presidents

OT Day at the Capitol—Two Students' Perspective

By: Jill Brandel OTS and Courtney Kent OTS

On March 1, 2011 the Government Affairs Committee of MOTA, in conjunction with the Minnesota Consortium for Citizens with Disabilities, held its first annual OT Day at the Capitol. MOTA was able to render support from students, faculty and professionals from around the state to advocate for our profession to legislators of the MN State Senate and House of Representatives. To generate interest in this event, emails were sent to program directors of OT and OTA schools throughout the state, as well as a legislative alert emailed to all MOTA members.

The opportunity to help organize and plan for this event was a major project connected with our level I fieldwork experience in advocacy. This fieldwork experience was created by our professor and fieldwork supervisor at St. Catherine University Karen Sames, MBA, OTR/L, FAOTA, also chairperson of the Government Affairs Committee (GAC). In addition to OT Day at the Capitol, we participated in GAC meetings, observed legislative committee hearings and visited with legislators alongside MOTA's lobbyist, Cory Bennett.

Planning for the event was challenging as students without firsthand

clinical experience. However, it provided an invaluable behind-the-scenes look at legislative action that directly affects occupational therapy services and client care. We now have a better understanding of how legislative issues affect our profession and the importance of advocating.

The day began at the Capitol with a short briefing for participants. They were asked to sign in, given a sticker to wear that said "Occupational Therapy, Living Life to the Fullest, and given talking points and a factsheet with myths and facts about occupational therapy. We encouraged the participants to talk to their legislators about what occupational therapy is, who we serve, and the importance of the work we do for our clients. Also, specialized maintenance and prior authorization changes proposed in the governor's budget were highlighted. From there, all participants were free to meet with their legislators or to attend any legislative committee meetings they were interested in.

After participants met with their legislator, we asked that they fill out a feedback form indicating any changes they would recommend, as well as who they were able to speak with. From our estimation, the over 80 participants of OT Day at the Capitol met with at

least 30 legislators, and left information with many more.

Thank you letters were sent to many of the legislators participants spoke to, in the hopes that they will keep occupational therapy in their mind throughout this legislative session.

We received a lot of positive feedback from people saying that their overall experience was great and that they really enjoyed their time at the Capitol. Most of the constructive feedback was regarding the participants' uneasiness and feelings of being unprepared to talk to their legislators about current political issues affecting occupational therapy.

Personally, we thought that the overall event went better than we anticipated, thanks to all of the great support we received from students, faculty, and professionals from across the state. Some of the recommendations for future



Courtney Kent (L) & Jill Brandel (R) Helped organize OT Day at the Capital as part of their Level I Fieldwork

OT Day at the Capitol events from our perspective include greater education and preparation of students in attendance about the event and what current legislative issues are. Also, having people to assist and direct participants around the Capitol would help the event run more smoothly.

Through the planning and implementation of this event, we were able to see the advantages and importance of advocacy on the behalf of the occupational therapy profession. This process has reinforced the idea that advocating is necessary and essential for the continued success of occupational therapy. As we continue our journey into the professional field, our goal is to remain involved in advocacy. Also, we hope to influence and encourage other professionals to stay informed and to participate in events such as OT Day at the Capitol.

News from the

OCCUPATIONAL THERAPY ASSISTANT PROGRAM

Greetings from the OTA Program,

We have been busy this year with a full class of students and an “already full class for next year”. In addition to teaching and engaging with the students, we are planning for our accreditation self study that we will be doing next year. Then, we will have an on-site visit the following year and may be contacting some of you to come in and meet with the on-site evaluators. Stay tuned!

The other way that we would like to stay connected with all of you is through fieldwork opportunities. I am sure you can remember how important it was for you to have a positive fieldwork experience when you were in school and we are always looking for new fieldwork sites and supervisors, so if you are interested, please let us know. You can contact our Fieldwork Coordinator, Rachel Wilson-Stucke at 651-690-7871 or rmwilsonstucke@stkate.edu

Our other major news is that Barb Kloetzke, who was a faculty member in the OTA Program for 13 years, has left the University and moved to Salt Lake City, Utah with her husband who took a new job there. Barb left in December and we are currently advertising to fill the instructor position she left. We are looking for an OTA with a Bachelor's Degree or an OT who has been an OTA or worked with OTAs and some experience in either pediatrics and/or developmental disabilities. The position is a .75 FTE (9 month contract) ranked faculty position. You can click on this link to see the formal position description: [Instructor Position for OTA](#). If you meet the qualifications and are interested, please contact the Human Resources

Department or me at mfchristiansen@stkate.edu if you have questions. Also, please feel free to let your colleagues know about the position.

Finally, we have been telling you about our OTA Refresher Course in the past few newsletters and we just want to let you know that it will be offered again this May and then we will offer it every spring. You may recall that it can be taken to renew your Minnesota license if it has lapsed or you can take parts of it for continuing education. For details, you can go to the website at www.stkate.edu/ce or contact Marianne F. Christiansen at otarefreshercourse@stkate.edu

Marianne Christiansen
Program Director, OTA Program



OTA Students presenting their home-made thermoplastic assistive technology devices

MAOT is Getting Some Great New Space!

We are very excited to be planning for bigger and better space for our classrooms and offices in Fontbonne Hall! The area that used to be the pool and locker rooms will be converted to classroom and office space for the MAOT program. We expect to capitalize on the really beautiful space with large windows and open areas. The challenge will be getting the construction done soon enough to start classes there this fall! The space we are currently in, Mendel 4th floor, on the west end will be converted into a cadaver lab. We expect that our OT students will have an opportunity to use the cadaver lab as part of our kinesiology course. Dust will be flying soon and we will be living out of boxes – and of course, our summer might be busier than we would like, but it will all be worth it when we unpack our boxes in that new, beautiful space.

Kathleen Matuska, Ph.D, OTR/L, FAOTA
MAOT Program Director

OTD News

Don't forget about the OTD! Things are going a little slower than we'd like but the good news is that we have a site visit from the Higher Learning Commission (HLC) set up for June! (They will have to ignore the dust and construction for the MAOT). Gaining HLC accreditation is the final thing we have to do before starting the OTD program. Our hoped –for Fall start will have to be a winter start but considering the excitement in the MAOT space, perhaps it's a better thing anyway.

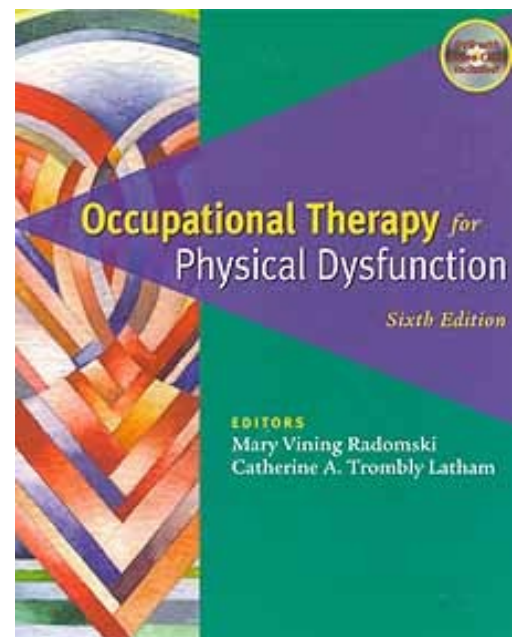
Kathleen Matuska, Ph.D, OTR/L, FAOTA
MAOT Program Director

The Annual Sister Genevieve guest lectureship

**“ADVANCING OCCUPATIONAL
THERAPY OUTCOMES BY HELPING
PATIENTS ADHERE TO THEIR BEST**

**Mary
Radomski,
PhD, OTR,
FAOTA**

Mary Vining Radomski, PhD, OTR/L, FAOTA is an occupational therapist and clinical scientist at the Sister Kenny Research Center. She has her doctorate in Educational Psychology (focus – Learning and Cognition) from the University of Minnesota. She co-edits *Occupational Therapy for Physical Dysfunction* with Catherine Trombly Latham and much of her clinical work and writing of the past two decades have



Many people with chronic health conditions do not adhere to recommendations offered by their occupational therapists even though non-adherence is associated with sub-optimal outcomes of care. This presentation will provide background information on issues surrounding adherence to therapy recommendations, describe an ecological model of adherence in rehabilitation, and present recommendations for occupational therapy practice and research.

**April 5th, 9:00-10:30 a.m.
Jeanne d’Arc Auditorium
Saint Catherine University**

Faculty News, Projects, and Publications

Faculty representing St. Kates at AOTA's 2011 Conference:

Marianne Christiansen

Poster 2069 12:30 pm–2:30 pm

Development of a Program To Support Occupational
Therapy Assistant Practice: On-Line Learning Refresher Course

Kathleen Matuska

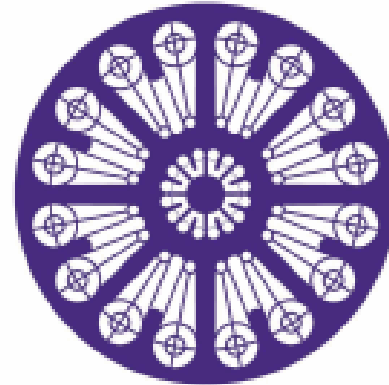
Research Platform 213 8:00 am–9:00 am

Validity Evidence for a Model and Measure of Life Balance

Barbara Gilbertson & Courtney Bohnen

Poster 3118 12:30 pm–2:30 pm

Outcome Measure Use in Occupational Therapy for
Upper Extremity Rehabilitation: Results of a Survey of
Therapist Clinical Practices



Other faculty news and accomplishments:

Kristine Haertl, professor at St. Catherine University (St. Paul campus) was a co-author for a comprehensive chapter on evaluation in the 2-volume Frontera & Delisa Physical Medicine & Rehabilitation text:

Christiansen, C. H., Rogers, S. L., Haertl, K. (2010). Evaluation and management of daily self care requirements. In W. R. Frontera & J. A. Delisa (Eds.), *Physical medicine & rehabilitation: Principles and practice* (5th ed., pp. 243-288). Philadelphia: Lippincott-Williams & Wilkins.

OTA Program seeking Instructor

The Occupational Therapy Assistant Program (Minneapolis campus) is looking to fill a .75 FTE instructor position beginning Fall 2011. The qualified candidate will be either a COTA with an earned Bachelor's Degree or an OTR with background as a COTA or experience working with COTAs. We are also requiring a minimum of 3 years of practice in OT including experience with children and/or adults with developmental delays.

The Instructor will be responsible for teaching in the following OTA courses in the curriculum: Human Occupations I and II, Therapeutic Applications I (developmental disabilities content) and Client Support Skills as well as coordinating the Level I Fieldwork for the OTA students. For more information, visit [Instructor Position for OTA](#). If you meet the qualifications and are interested, please contact the Human Resources Department.

**Wer'e on the web! Visit us at
www.stkate.edu/ot**