



# October 16-17, 2009 IOTA Annual Conference

Choose from three two-day workshops at our continuum of care conference!

## **PEDIATRICS**

Treating Sensory Modulation Disruptions: The STEPSI © - A tool for effective clinical reasoning

Presented by Tracy Murnan Stackhouse, MA, OTR, Co-founder, Developmental FX, Denver, CO

## **PHYSICAL REHABILITATION**

Occupational Therapy for Older Adults: Occupation, Collaboration and Evidence as Foundations for Meaningful Practice

Presented by Susan Coppola, MS, OTR/L, BCG, Associate Professor, University of North Carolina at Chapel Hill

## **UPPER EXTREMITY AND HANDS**

Ten topics and Ten presenters: An eclectic assortment of talks, interesting and useful to any upper extremity therapist. See inside for full information

*Earn up to 15 contact hours  
or 1.5 AOTA CEUs.*



Holiday Inn  
Airport Conference Center  
3300 Vista Avenue  
Boise, ID 83705  
Reservations: 208.343.4900  
Rooms \$69 Code: IOTA

**Plus...**  
*Keynote Breakfast  
Legislative Luncheon  
Annual Meeting Luncheon*

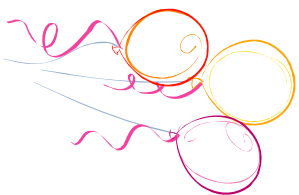
Idaho Occupational Therapy Association | PO Box 7364 | Boise, ID 83707  
Phone: (208) 388.4682 | [info@id-ota.com](mailto:info@id-ota.com) | [www.id-ota.com](http://www.id-ota.com)

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### **Who should attend the IOTA Annual Conference?**

- Occupational Therapists
- Occupational Therapy Assistants
- OT Students
- Speech Language Pathologists
- Physical Therapists
- Mental Health Providers
- Social Workers
- Medical and Rehabilitation Professionals



The **Idaho Occupational Therapy Association** strives to be your choice for continuing education in Idaho. This year we are proud to present three separate 2-day workshops for your professional development.

Learners completing a 2-day workshop will earn 15 contact hours or 1.5 AOTA CEUs. Learners completing Friday only will earn 8 contact hours or .8 AOTA CEUs. Learners completing Saturday only will earn 7 contact hours or .7 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

### Legislative Luncheon

Friday - Learn about the Idaho Occupational Therapy Practice Act and the new regulations for implementation. Included with 2-day and Friday-only registration.

### Annual Meeting Luncheon

Saturday - Help direct the future of your professional association with the annual report, installation of officers and amendments to the bylaws. Included with 2-day and Saturday-only registration.

### Silent Auction

Will be held throughout the conference. Bring your checkbook or make a donation to benefit our legislative/lobbyist fund.

## Keynote Address

Aaron Eakman, PhD, OTR/L

### Best Evidence in Support of Practice and the Profession of Occupational Therapy



**Aaron M. Eakman, PhD, OTR/L** is an assistant professor and Director of the Occupational Therapy program at Idaho State University. He received his PhD in occupational science from the University of Southern California, a Master's of Science in occupational therapy from Western Michigan University and a Bachelor's of Science in psychology from the University of North Dakota. His research publications have addressed fall prevention in the long-term care, neuropsychological correlates of instrumental activities of daily living and activity-based cognitive interventions for persons with traumatic brain injury, the application of complexity science to the study of activity, and the development and refinement of measures of meaningful activity for older adults. His present research interests deal with understanding activity routines for persons residing in assisted living and discovering how people maximize their health and well-being through the pursuit of valued, personally meaningful activities.

Day 1: FRIDAY OCTOBER 16 UPPER EXTREMITY & HANDS	Day 2: SATURDAY OCTOBER 17 UPPER EXTREMITY & HANDS
7:00- 4:00 REGISTRATION <b>7:30-8:30 Keynote Breakfast</b> <b>Aaron Eakman: "Evidence Based Treatment"</b> 8:30- 9:30 Cheri Strand: "Using the COPM in UE Practice" 9:30-10:30 Dr. Michael Curtin: "Shoulder Arthroplasty: Variations & Indications" 10:30-10:45 Break 10:45- 12:00 Van Tran: "Management of Burn and Wound Care" <b>12:00-1:30 Legislative Update LUNCHEON</b> 1:30-3:00 Lesley Ruby: "UE Impairment Ratings" 3:00-3:15 Break 3:15-4:30 Eric Burback : "Hand Arthritis- Educate your Patients"	7:00-9:00 REGISTRATION <b>7:30-8:15 Yoga Wakeup with Kris Biggins OTR/L</b> 8:30- 9:45 Dr. Louis Murdock: "Lateral Epicondylitis or Radial Nerve Compression" 9:45-10:00 Break 10:00-11:30 <u>Cascade Room</u> : Caren DeAngelis/ Carmal Chrisman: "Intro to Hand Therapy Evaluation: Novice" 10:00-11:30 <u>Alpine Room</u> : Kristin Biggins: "Yoga and the UE" *participants strongly encouraged to join the 7:30 yoga class for added clinical information. 11:30-12:00 CHT Panel Discussion/ Case Studies <b>12:00-1:30 IOTA Annual Meeting LUNCHEON</b> 1:30-2:30 Janice Jean/ Kris Jaques: "UE Private Practice Considerations" 2:30-4:00 Dr. Tim Thurman: "Humanitarian Surgical Missions to Tanzania"
OT FOR OLDER ADULTS	OT FOR OLDER ADULTS
7:00- 4:00 REGISTRATION <b>7:30-8:30 Keynote Breakfast</b> <b>Aaron Eakman: "Evidence Based Treatment"</b> 8:30-10:30 Sue Coppola, MS, OTR/L, BCG, FAOTA "Occupational Therapy for Older Adults: Occupation, Collaboration, and Evidence as Foundations for Meaningful Practice" 10:30-10:45 Break 10:45- 12:00 Sue Coppola <b>12:00-1:30 Legislative Update LUNCHEON</b> 1:30-3:00 Sue Coppola 3:00-3:15 Break 3:15-5:00 Sue Coppola	7:00-9:00 REGISTRATION <b>7:30-8:15 Yoga Wakeup with Kris Biggins OTR/L</b> 8:30-10:00 Dr. Clay Ward, "Growing Old Gracefully- Behavior Problems, Depression and Substance Abuse in Elderly Patients" 10:00 – 10:15 Break 10:15-11:45 Dr. Clay Ward/ Kim Hendrickson "Driving Evaluation and Implications for the Older Driver" <b>12:00-1:30 IOTA Annual Meeting LUNCHEON</b> 1:30-3:00 Dayna Olson Huntwork / Carmen Schmidt: "Understanding Vestibular Disorders in the Older Adult" 3:00-3:15 Break 3:15-4:30 Ted Peterson: "Using CarFit to Serve the Public and Promote the Profession"
PEDIATRIC STEPSI	PEDIATRIC STEPSI
7:00-8:00 REGISTRATION/CONT. BREAKFAST <b>7:30-8:30 Keynote Breakfast</b> <b>Aaron Eakman: "Evidence Based Treatment"</b> STEPSI presented by Tracy Murnan Stackhouse, MA, OTR 8:30 – 9:15 Introduction and overview of SI Principles 9:15 – 10:30 Coming to an understanding of Sensory Modulation 10:30 – 10:45 Break 10:45 – 12:00 Neuroscience Concepts related to SMD <b>12:00-1:30 Legislative Update LUNCHEON</b> 1:00 – 2:30 The STEPSI: What is it - how it works 2:30 – 2:45 Break 2:45 – 5:00 The STEPSI: Utilizing the model as a clinical tool	7:00-8:00 REGISTRATION/CONT. BREAKFAST <b>7:30 -8-15 Yoga Wake-up with KrisBiggins, OTR/L</b> STEPSI presented by Tracy Murnan Stackhouse, MA, OTR 8:30 – 10:15 Assessment of SMD: Strategies for identification and treatment planning Evidence Based Practice and SMD 10:15 – 10:30 Break 10:30 – 12:00 Case Study: Treatment Planning and Implementation <b>12:00-1:30 IOTA Annual Meeting LUNCHEON</b> 1:00 – 2:30 Small group case planning and discussion 2:30 – 2:45 Break 2:45 – 4:00 Expansion to other environments: STEPSI beyond the clinic 4:00 – 4:30 Questions and Wrap-up

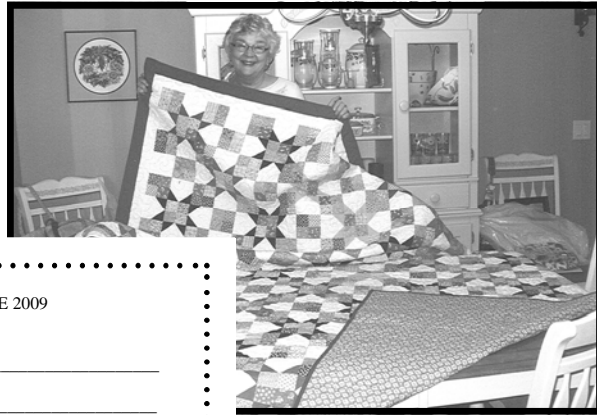
# IOTA ANNUAL CONFERENCE QUILT RAFFLE

**TICKETS: \$5**

This beautiful hand made quilt was donated by Ms. Mary Keith. It fits most king or queen size beds.

Drawing: October 17, 2009 at the IOTA Annual Meeting.

Need not be present to win.



IOTA QUILT RAFFLE 2009

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

Phone: \_\_\_\_\_

Tickets \$5/each Please make copies for extra tickets or we can complete entries for you. Amount enclosed \$\_\_\_\_\_

Return to IOTA | POB 7364 | Boise, ID 83707 | 208.388.4682

*Need not be present to win.*

**Day 2  
OT FOR OLDER  
ADULTS**

***Growing Old Gracefully - Behavioral Problems, Depression and Substance Abuse in Elderly Patients*** - Dr. Ward is a licensed psychologist with over 20 years of experience in private practice evaluating and treating geriatric patients. He received his training in Gerontology Psychology at the Department of Veterans Affairs Medical Center, Reno, NV.

***Driving Evaluations and Implications for the Older Driver*** - Dr. Clay Ward (above) and Kim Hendrickson, OTR/L, CEAS. Kim Hendrickson has practiced occupational therapy for nine years and is the lead therapist for the Brain Injury Program at STARS. Her special interests include facilitating a patient's return to work and/or productive activities including driving.

***Using CarFit to Serve the Public and Promote the OT Profession*** - Ted Peterson is an occupational therapist with over 28 years of experience in the profession in a wide variety of settings and roles. He received his initial OT training at the University of N. Dakota and holds an MBA from Moorhead State University in MN and a clinical doctorate in OT (DrOT) from Nova Southeastern University in FL. Ted and his wife Barbara (also an OT) live in Pocatello.

***Understanding Vestibular Disorders in Older Adults*** - presented by Dayna Olson Huntwork, PT and Carmen Schmidt, PT. Dayna and Carmen are physical therapists with the Idaho Elks Hearing and Balance Center. Dayna and Carmen are both graduates of Idaho State University with Master's in Physical Therapy.

## PHYSICAL REHABILITATION

***Occupational Therapy for Older Adults: Occupation, Collaboration and Evidence as Foundations for Meaningful Practice.***

Best practice in occupational therapy for older adults is often described as occupation-centered, client-centered and evidence based. Yet, understanding and enacting these principles seems daunting at times. Many practitioners are not confident that they understand what it means to apply knowledge from occupational science to practice. Constraints imposed by institutional policy and reimbursement guidelines pose challenges to client-centered and family-centered collaboration. Evidence-based practice, similarly, can be viewed as a threat, rather than an opportunity for more meaningful outcomes for our clients. In this workshop we will explore how best practice in gerontology can occur in the context of the aging process and the life worlds of older adults. In this process we will identify powerful and satisfying roles that occupational therapists and occupational therapy assistants can play in consultation, advocacy and direct services that improve the well-being of older adults and their families.

Learning from national level and local speakers, participants will:

1. Define what quantifies best practice for older adults.
2. Explore evaluation / intervention strategies and psychosocial considerations for the older adult populations.
3. Identify our role in advocacy, consultation, direct service and future practice



***Sue Coppola, MS, OTR/L, BCG, FAOTA*** is Associate Professor at the University of North Carolina at Chapel Hill in the Division of Occupational Science. She is a graduate of Syracuse University with a BS in Education in 1979 and received an MS in Occupational Therapy from the UNC-Chapel Hill in 1985. She practiced OT at Duke Medical Center from 1985-1996, and served as Director of OT from 1990-1996. At UNC-Chapel Hill since 1996, she coordinates fieldwork experiences, teaches in geriatrics, and serves on committees to promote interdisciplinary education in gerontology. With the UNC Center for Aging and Health she precepts interdisciplinary student teams in the Hubbard Grant program of home visits for older adults. She is co-investigator of a current study of OT Preventive Home Visits for Older Adults funded by the National Institute on Aging. Sue served as Chair of the Board Certification in Gerontology Panel for the American Occupational Therapy Association (AOTA) from 2004-2007, and is co-editor for AOTA's text "Strategies to Advance Gerontology Excellence" published 2008. She is a member of the Board of Directors of Carolina Meadows Retirement Community since 2001.

## Upper Extremity/Hands

Through the expertise of local surgeons, physicians, CHTs, and OT practitioners, participants will :

1. Learn current, evidence based practice in upper extremity evaluation to include basic, advanced, and alternative evaluation tools.
2. Explore treatment in various Upper Extremity conditions including lateral epicondylitis/radial nerve compression, shoulder arthroplasty, arthritis, burns, wound care, pain management and yoga integrated therapy.
3. Examine various considerations of practicing occupational therapy in the field of upper extremity rehabilitation such as owning a private practice, international humanitarian work, and keeping current with American Medical Association 6<sup>th</sup> edition guidelines.

Featuring:

**Kristin Biggins, OTR/L, CHT** has been practicing occupational therapy for 18 years. In addition, she has taught yoga for 3 years and has completed extensive additional coursework to become a yoga therapist, and will satisfy these credentials with the completion of her research project in therapeutic yoga and carpal tunnel. She lives with her family in Ketchum, Idaho where she is the site manager for St. Luke's Idaho Elks Rehabilitation at Wood River.

**Eric Burbach, OTR/L, CHT** grew up in Nebraska and attended OT school at Creighton University. He has worked in Fairbanks, Alaska and Boise, Idaho since 1997. He has been a certified hand therapist for six years and enjoys the outdoor life that Idaho has to offer, especially spending time in the mountains with his wife and 3-year old son.

**Carmal Chrisman, OTR/L** graduated from Creighton University in Omaha, NE in 1999. She started working in hand therapy in 2005 in Boise. Since the end of 2005 she has been a PRN therapist working for various hand clinics, acute care in the hospitals and in skilled nursing facilities in the Treasure Valley.

**Michael J. Curtin, M.D.** graduated from Yale University, where he was a two-sport athlete in football and track. He joined Intermountain Orthopaedics in 2002 where he specializes in sports medicine. He has served as the orthopedic team physician for the Colorado Rockies and Denver Broncos and was the acting director of athlete medical services for the 2002 Winter Olympic Games.

**Caren de Angelis, MA, OTR/L, CHT** is a recent Idaho transplant having moved to Boise June 2007. She is originally from the East Coast, receiving a BA from Tufts University and an MA in Occupational Therapy from New York University. She has practiced hand therapy since 1997 in various hospital, private practice and outpatient settings. She is the proud mother of two girls.

**Kris Jaques, OTR/L** graduated from Colorado State University in 1993. She has experience in pediatrics, hands, acute, skilled nursing, home health and school districts. She began practicing in hippotherapy in 1995, formed a nonprofit clinic in 2000, expanded Camp Hippo into an LLC in 2004, and became a fully independent practice in 2007.

**Janice Jean, MOTR/L** graduated from Idaho State University with a BS in Psychology and completed her MOT at Pacific University. She has been practicing for nine years in acute, home health, inpatient and outpatient rehab. She joined the Center for Orthopedic Rehab in 2005 and is now in private practice directly supporting a hand surgeon.

**Louis Murdock, M.D.** completed his undergraduate degree in history at Xavier University, completed medical school at the University of Cincinnati, and orthopedic residency at the University of Utah. He was a fellow at the University of New Mexico in Hand and Microsurgery before entering private practice in 2001—present at Intermountain Orthopaedics, Boise.

**Lesley Ruby, OTR/L, CHT** graduated from the University of Alberta, Canada in 1993. She has worked in sub acute, schools, out patient peds, home health and out patient neuro. She became NDT certified in 1997, specialized in hands, and certified in 2002. Lesley opened Active Hand and Physical Rehabilitation in January 2009. She is married with two children.

**Cherie Strand, OTR/L, CHT** graduated with honors from The University of Florida in 1992. She worked in Dayton OH, Phoenix AZ and has been self employed in Challis ID since 1998.

Cherie's practice focuses on outpatient upper

## Pediatrics

Treating Sensory Modulation Disruptions: The STEPSI © - A tool for effective clinical reasoning

This workshop presents a clinical reasoning model for treating children who have unusual and challenging behaviors involving a lack of modulation of sensory stimuli. The understanding of treatment for individuals with sensory modulation disruptions (SMD) are becoming better identified in the greater body of sensory integration theory. This course will provide an overview of the theoretical foundations of SMD from occupational therapy literature and related neuroscience research. A model for planning, implementation, and monitoring treatment will be presented: Sensation, Task, Environment, Predictability, Self-Monitoring, and Interactions (S.T.E.P.S.I.). The STEPSI is a principle-based model that breaks down treatment into easily understandable components. Participants should have foundation knowledge in sensory integration theory and treatment.

*Upper Extremity continued...*

extremity patients, rural health issues and she contracts with the local school district. She was certified as a hand therapist in 2000.

**Tim Thurman, M.D.** has practiced in Idaho Falls for 11 years. His training from the Graduate University of Miami School of Medicine includes residency in general surgery, plastic surgery and hand surgery fellowship. He is a member of ASSH. Dr. Thurman is the president and co-founder of One World Medical Relief, Inc., a 501 (c)3 non-profit organization delivering health care and health related services internationally.

**Van Tran, OTR/L, CHT** graduated from San Jose State University in 1987 and became a certified hand therapist in 1991. She has practiced in hand therapy since 1996. She has experience in the treatment of trauma, arthritis, orthopaedic injuries, burns and wound, and diseases affecting upper extremities. She joined Intermountain Orthopaedics in 2005.



**Tracy Murman Stackhouse, MA, OTR** is president and co-founder of the Developmental & Fragile X Resource Centre (Developmental FX) in Denver, Colorado. She is a leading pediatric occupational therapist involved in clinical treatment, research, mentoring, and training regarding OT intervention for persons with neurodevelopmental disorders, especially *Fragile X Syndrome* and *autism*. Tracy has a master's degree in developmental psychology. She received her NDT training with Lois Bly. She is SIPT Certified and was the clinical specialist in sensory integration at The Children's Hospital in Denver as well as the OT for the *Fragile X* Research and Treatment Center.

Learners will:

1. Discuss the construct of sensory modulation disorders from existing OT literature and related neuroscience research.
2. Define the key features of occupational therapy treatment for children with sensory modulation disorders
3. Design a treatment plan for a child with a sensory modulation disorder.

# IOBA Annual Conference 2009 Registration Form

**REGISTER TODAY!** Registration includes all course materials, breakfast lunch and refreshments on enrolled days, and networking activities with other therapy professionals. The Idaho Occupational Therapy Association cis an approved provider for the American Occupational Therapy Association to offer continuing education in occupational therapy. Learners completing both days will earn 1.5 AOTA approved CEUs or 15 contact hours. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

**Copy and mail to: IOTA, PO Box 7364, Boise, ID 83707 or fax to 208.888.4700.  
OR register online at [www.id-ota.com](http://www.id-ota.com).**

Name: \_\_\_\_\_ Credential: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

Name/Address of Employer \_\_\_\_\_

Add membership investment (\$85 OT or \$65 OTA) \_\_\_\_\_ Total \$ \_\_\_\_\_

Please bill my employer with PO# \_\_\_\_\_

Check enclosed

Please charge my Visa or MasterCard # \_\_\_\_\_

Exp Date \_\_\_\_\_ Three or four digit code on back of card. \_\_\_\_\_

Signature/ name on card \_\_\_\_\_

Billing address of card \_\_\_\_\_

If registering for more than one person, please provide their name and email address:

NAME EMAIL CREDENTIAL

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# IOEA Annual Conference 2009 Registration Form

<b>BEST VALUE 2 - Day registration</b>		<b>Occupational Therapy for Older Adults: Occupation, Collaboration, and Evidence as Foundations for Meaningful Practice with Sue Coppola, MS, OTR/L, BCG, FAOTA on day one and local speakers on day two</b>	
<b>1-Day Registration –Friday</b>		<b>1-Day Registration –Saturday</b>	
<b>IOTA, AOTA or Other State member</b> <i>Location &amp; member no.</i> _____ Before Oct.1    \$325    [ ] After Oct. 2    \$369    [ ]  <b>OT, OTA, PT, PTA, SLP students</b> Before Oct.1    \$100    [ ] After Oct.2    \$125    [ ]  <b>General registration</b> Before Oct.1    \$429    [ ] After Oct.2    \$449    [ ]	<b>IOTA, AOTA or Other State member</b> <i>Location &amp; member no.</i> _____ Before Oct.1    \$199    [ ] After Oct.2    \$229    [ ]  <b>OT, OTA, PT, PTA, SLP students</b> Before Oct.1    \$75    [ ] After Oct.2    \$100    [ ]  <b>General registration</b> Before Oct. 1    \$229    [ ] After Oct.2    \$249    [ ]	<b>IOTA, AOTA or Other State member</b> <i>Location &amp; member no.</i> _____ Before Oct.1    \$149    [ ] After Oct.2    \$169    [ ]  <b>OT, OTA, PT, PTA, SLP students</b> Before Oct.1    \$50    [ ] After Oct.2    \$125    [ ]  <b>General registration</b> Before Oct.1    \$429    [ ] After Oct.2    \$449    [ ]	<b>IOTA, AOTA or Other State member</b> <i>Location &amp; member no.</i> _____ Before Oct.1    \$149    [ ] After Oct.2    \$169    [ ]  <b>OT, OTA, PT, PTA, SLP students</b> Before Oct.1    \$50    [ ] After Oct.2    \$125    [ ]  <b>General registration</b> Before Oct.1    \$429    [ ] After Oct.2    \$449    [ ]
<b>Total \$</b> _____		<b>Total \$</b> _____	

<b>BEST VALUE 2 - Day registration</b>		<b>Upper Extremity and Hands: An eclectic assortment of topics from ten different presenters</b>	
<b>1-Day Registration –Friday</b>		<b>1-Day Registration –Saturday</b>	
<b>IOTA, AOTA or Other State member</b> <i>Location &amp; member no.</i> _____ Before Oct.1    \$299    [ ] After Oct.2    \$325    [ ]  <b>OT, OTA, PT, PTA, SLP students</b> Before Oct.1    \$100    [ ] After Oct.2    \$125    [ ]  <b>General registration</b> Before Oct.1    \$399    [ ] After Oct.2    \$429    [ ]	<b>IOTA, AOTA or Other State member</b> <i>Location &amp; member no.</i> _____ Before Oct.1    \$169    [ ] After Oct.2    \$189    [ ]  <b>OT, OTA, PT, PTA, SLP students</b> Before Oct.1    \$75    [ ] After Oct.2    \$100    [ ]  <b>General registration</b> Before Oct.1    \$229    [ ] After Oct.2    \$249    [ ]	<b>IOTA, AOTA or Other State member</b> <i>Location &amp; member no.</i> _____ Before Oct.1    \$149    [ ] After Oct.2    \$169    [ ]  <b>OT, OTA, PT, PTA, SLP students</b> Before Oct.1    \$50    [ ] After Oct.2    \$125    [ ]  <b>General registration</b> Before Oct.1    \$199    [ ] After Oct.2    \$229    [ ]	<b>IOTA, AOTA or Other State member</b> <i>Location &amp; member no.</i> _____ Before Oct.1    \$149    [ ] After Oct.2    \$169    [ ]  <b>OT, OTA, PT, PTA, SLP students</b> Before Oct.1    \$50    [ ] After Oct.2    \$125    [ ]  <b>General registration</b> Before Oct.1    \$199    [ ] After Oct.2    \$229    [ ]
<b>Total \$</b> _____		<b>Total \$</b> _____	

<b>STEPSI with Tracy Murnan Stackhouse MA, OTR is a 2 - Day registration</b>	
<b>IOTA, AOTA or Other State member</b> <i>Location &amp; member no.</i> _____ Before Oct.1    \$365    [ ] After Oct.2    \$399    [ ]  <b>Total \$</b> _____	<b>General registration</b> Before Oct.1    \$469    [ ] After Oct.2    \$499    [ ]  <b>Total \$</b> _____

Please complete and return to IOTA. Provide your name and billing information on reverse. Thank you.