

Progress Notes

UNIVERSITY OF ILLINOIS AT CHICAGO
DEPARTMENT OF OCCUPATIONAL THERAPY
Spring 2019

CREATING TOMORROW'S PRACTICE



A Message from the Department Head

Yolanda Suarez-Balcazar, PhD
Professor and Head

Dear Colleagues,

It is with great pleasure that we share with you some highlights from the spring of 2019. In March we hosted our fifth Annual Scholarship of Practice Day, organized by Joy Hammel, Wade/Meyer Endowed Chair, and the SOP committee. Close to 200 faculty, students, practitioners and community partners came together to discuss issues impacting our communities and the profession of occupational therapy. This successful event began with a thought-provoking keynote speech by Dr. Elizabeth Skidmore, Professor, University of Pittsburg. In April, 26 faculty members and graduate students from UIC presented symposia, workshops, short courses, papers and posters at the AOTA Conference in New Orleans. Thanks to the generosity of our alumni and faculty donors, we supported 22 students with travel awards to attend the conference. We were delighted to celebrate with Liz Peterson, who was the recipient of the AOTA Distinguished Educator award. The accomplishments and activities highlighted in this newsletter illustrate a vibrant *Scholarship of Practice* in action.



Professor **Yolanda Suarez-Balcazar** was invited to the International Christian University in Tokyo, Japan, for a plenary talk and workshop presentation on community-based participatory research.

OCCUPATIONAL
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SCIENCES



SCHOLARSHIP OF PRACTICE

Supporting People with Multiple Sclerosis Fatigue

Since 2001, clinical associate professor **Kathy Preissner** has engaged in research aimed at supporting adults with multiple sclerosis (MS) to live productive and satisfying lives. The majority of this scholarly work has focused on supporting people living with MS fatigue. Fatigue is one of the most common and most disabling symptoms of MS.

Especially difficult for people with MS fatigue is the unpredictability, the “hidden” nature of fatigue, and the negative impact on everyday activities and full participation in life. Currently, there are not any FDA-approved drugs to treat MS fatigue



Kathy Preissner

however there are empirically tested occupational therapy interventions that support people with MS in reducing the impact of fatigue (Yu & Mathiowetz, 2014). More specifically, there is strong evidence from high-quality studies to support the effectiveness of a program called *Managing Fatigue* (Preissner, 2014). Originally created in 1995 by Tanya Packer as a face-to-face group fatigue management program for adults with any fatiguing condition, the *Managing Fatigue* program has been adapted to teleconference, online and in person formats for people with MS fatigue. Researchers, including Kathy, have tested the various delivery formats of *Managing Fatigue*, and the program has been found to decrease fatigue severity and impact, improve self-efficacy for using the fatigue management strategies taught in the course, and improve physical, mental, and social function.

Despite prior research, the comparative effectiveness of different delivery formats of *Managing Fatigue* for people with MS is unknown. A multi-site study funded by the Patient-Centered Outcomes Research Institute (PCORI), is underway to compare three modes of delivery (teleconference, online and in person). The study will also examine self-report of participation using the *Community Participation Indicators* (Heinemann, Lai, Magasi, et al.), an instrument co-authored by UIC OT faculty Susan Magasi and Joy Hammel. The REFRESH study, which stands for Reducing Fatigue & Restoring Energy to Support Health, is led by Principal Investigator Matthew Plow at Case Western Reserve University, and includes contributions from researchers at Case Western, University of Minnesota, UIC, Queens University and Dalhousie University. Kathy is the site primary investigator for UIC. The study is in its first year and a test cohort is currently underway. It is hoped that by comparing the delivery formats, people with MS, providers and payers will have the information needed to make informed decisions about the effectiveness of various formats of the program, and that, ultimately, people with MS fatigue will be able to self-manage their fatigue and live productive and satisfying lives.

References:

Heinemann AW, Lai J, Magasi S, et al. Measuring participation enfranchisement. *Arch Phys Med Rehabil* 2011;92:564-71

Preissner, K. (2014). *Occupational therapy practice guidelines for neurodegenerative disease*. Bethesda: American Occupational Therapy Association.

Yu, C.H. & Mathiowetz, V. (2014). Systematic review of occupational therapy-related interventions for people with multiple sclerosis: part 1. Activity and participation. *Am J Occup Ther*. 2014 Jan-Feb;68(1):27-32. doi: 10.5014/ajot.2014.008672.

FACULTY NEWS



The focus of clinical assistant professor **Catherine Killian's** work at UIC is leadership development. With colleague Ellen Hodgins, Catherine submitted a pilot proposal to the American Occupational Therapy Association (AOTA) for a Leadership Community of Practice (CoP). The proposal was accepted and the CoP was initiated in May 2018. A recruitment webinar immediately yielded 25 AOTA members who are diverse in their areas of practice as well as OT and leadership experience. The virtual group meets monthly with an average attendance of 12-15 participants. Products developed by the group to date include a vision statement, a leadership resource compilation and an infographic. Via the monthly meetings, the group has discussed topics ranging from leadership styles to Stephen Covey's *7 Habits of Highly Effective People*. AOTA is measuring the progress and impact of the pilot CoPs and the results will help determine their future. Initial results indicate the Leadership CoP has made progress in achieving its overall goals of building new knowledge and resources through discussions of shared interest.

Clinical professor **Liz Peterson** received the 2019 Distinguished Educator Award from AOTA at the Annual Conference, in New Orleans, LA. This was the first time this award was presented. Liz was recognized for her outstanding contributions to occupational therapy and geriatric education as a highly-skilled educator.



Clinical assistant professor **Theresa Carroll** was selected by Washington University's Program in Occupational Therapy Awards Section Committee to receive an Emerging Leader Alumni Award. Theresa was recognized for her significant contributions to expanding Communities of Practice and networking for OTs working with transition-age young adults. Theresa was also recognized for her scholarship that focuses on promoting employment, independent living and community engagement through the identification of meaningful individual goals in adolescents and young adults with autism.

STUDENT NEWS

SCHOLARSHIPS AND AWARDS

2018 American Occupational Therapy Foundation scholarship recipients (awarded in 2019): MS/OTD students **Amy Early** (below left) received the National Board for Certification in Occupational Therapy Endowed Scholarship; **Andrea Gurga** (below center) received the Mary Minglen Memorial Scholarship; and **Briana Rigau** (below right) was the first recipient of the Illinois Occupational Therapy Association Endowed Scholarship.



Congratulations to 9 MS, OTD and PhD students who received spring scholarships funded by former faculty, alumni and community partners.



Alan Sadural is president of the UIC pre-OT club and an incoming MS student. Alan received the Eugertha Bates Memorial Award at a recent campus ceremony, one of only six students from UIC to be honored with this award for exemplary

OTD student **Elnaz Alimi** is the recipient of the 2019 Barbara Loomis scholarship, which honors students who plan to be academic or clinical educators.



Amy Early received the Chancellor's Student Service Award for her outstanding contributions to campus and service to the Latino community.



OTD student and MS grad **Andrea LeFlore** received the department's OTD Achievement award for her work with organizations serving homeless individuals.



2nd ANNUAL ILLINOIS OCCUPATIONAL THERAPY STUDENT CONCLAVE



The second annual Illinois Occupational Therapy Association's Student Conclave took place at Shirley Ryan AbilityLab. Several first- and second-year MS students (left) attended the informative program, which featured a variety of speakers and a tour.

INTERPROFESSIONAL EDUCATION IMMERSION DAY

UIC's March 2019 Interprofessional Education Immersion Day brought together over 800 students and 85 facilitators from all seven health sciences colleges to explore interprofessional collaborative practice. This dynamic, immersive program led students and facilitators through a series of discussions and exercises built around videos and cases that covered four major themes: Exploring Uni-Professional and Collaborative Health Professions Identities; The Promise and Challenge of Interprofessional Collaboration; Interprofessional Chronic Pain Management; and Effective Interprofessional Communication.



Members of the MS class of 2020 at IPE Immersion Day

VOLUNTEERING IN THE COMMUNITY



MS student **Jillian Hazlett** (left) volunteers with the Equestrian Connection, a hippotherapy facility in Lake Forest.



First-year MS students **Alex Newark** (left) and **Victoria Turnbull** volunteered at Shirley Ryan AbilityLab to promote OT awareness during OT month.

5th ANNUAL SCHOLARSHIP OF PRACTICE DAY



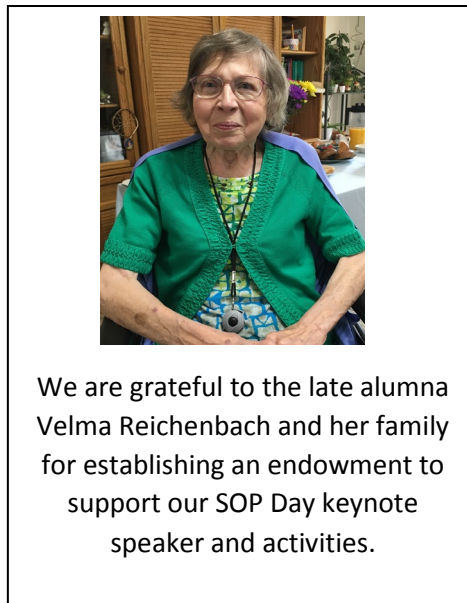
The fifth UIC Scholarship of Practice day took place on March 22. Over 180 students, faculty, clinicians and alumni attended the event. Dr. Elizabeth Skidmore of the University of Pittsburgh (left) delivered the Velma Reichenbach Endowed Keynote Address: “Activity and Participation: The Keys to Health Outcomes.” Dr. Skidmore presented evidence supporting occupational therapy’s role in providing a client-centered approach that guides clients in addressing barriers preventing them from doing valued activities.



The scholarship of practice in action panel featured two voices of occupational therapy consumers. One panel (above) focused on a family with a young child with a disability and how they have benefited from their relationship with UICOT faculty and students. The second panel (below) featured two stroke survivors who have been active participants in classes and research activities in the department.



After afternoon presentations, UIC OT faculty, students, community collaborators and participants gathered for a wine and cheese reception while viewing evidence-based posters presented by first-year masters’ students (below). It was a great time for recent UIC MS graduates (below right) to reconnect and become immersed in the latest scholarship being conducted by UIC OT faculty and students.



We are grateful to the late alumna Velma Reichenbach and her family for establishing an endowment to support our SOP Day keynote speaker and activities.



AMERICAN OCCUPATIONAL THERAPY ASSOCIATION CONFERENCE



First-year MS Students



Faculty and student reps at the UIC booth



Alumni and faculty co-present



Mother- daughter alumni pair with faculty

Many OT faculty, students and UIH clinicians participated in the 2019 American Occupational Therapy Association Annual Conference in New Orleans. Eleven Faculty and 15 MS, OTD and PhD students exhibited posters and/or made presentations. The department hosted a gathering with over 40 alumni, faculty, students and friends in attendance.



Alumni, students at gathering



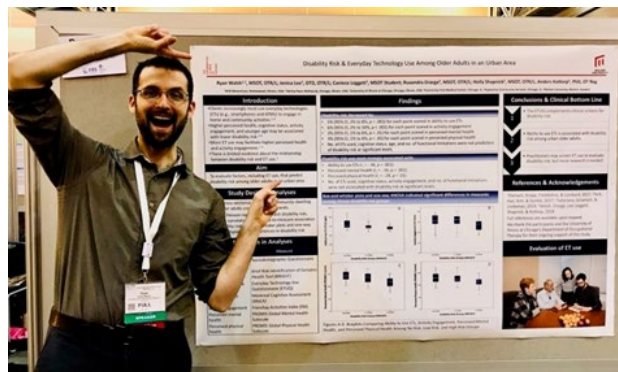
Promoting UIC presence



Faculty co-present workshop



Faculty and students at AOTF research colloquium



Recent graduate shows off his poster

UI HEALTH NEWS



Clinical instructor **Matthew Clinger**, OTD, OTR/L, was recently named safe patient handling coordinator for the University Health Service at UI Health. Safe Patient Handling initiatives include the development, delivery and evaluation of programs to reduce both caregiver and patient injuries and harm. Additional responsibilities in this evolving and exciting role include program evaluation, interdisciplinary collaboration and expanding the role of OT as a consultant throughout UI Health. Matthew looks forward to additional opportunities to collaborate with UI Health clinical and academic departments. He is continuing to provide direct patient care at UI Health, assisting with research through the National Multiple Sclerosis Society and teaching part-time.

ALUMNI NEWS

Mary Mirabelli, '79 BS OT (right, center), received the 2019 AHS Distinguished Alumni Achievement Award. Mary is the senior vice president at the Healthcare Finance Management Association, where she is responsible for all content created and delivered to the industry and HFMA membership. The College of Applied Health Sciences and Department of Occupational Therapy proudly honor Mary's accomplishments and look forward to an ongoing relationship.



MARK YOUR CALENDARS

**6th International Institute on Kielhofner's
Model of Human Occupation (MOHO)**
September 27 – 29, 2019, at UIC
MOHO: Client-Centered Practice in a
Global Context

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