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<td>A</td>
<td>Thinking Outside the Box: Specialty Areas of School-based OT</td>
<td>Marissa Augustine, BS, OTS&lt;br&gt;MacKenzie Gough, BS, OTS&lt;br&gt;Sara Weigand, BS, OTS</td>
<td>School-based settings are unique interprofessional practice settings. Occupational therapy practitioners in school-based setting should be well versed in complementary services and disciplines that may benefit the occupational therapy plan of care such as pet, art and aquatic therapy. This presentation with give an overview of specialty non-OT programs and practitioners in the local area that can be used by occupational therapy practitioners to contribute to the development and improvement of student academic and functional performance.</td>
<td>1) Describe the unique role of OT within school-based settings. 2) Explain how school-based occupational therapy interventions can be enhanced by other disciplines such as art therapy, pet therapy, and aquatic therapy. 3) Compare and contrast local community resources or related services in the Pittsburgh area.</td>
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<td>B</td>
<td>“Falling into Good Habits” – The Distinct Role of OT &amp; Fall Prevention</td>
<td>Emily Gallagher, BS, OTS&lt;br&gt;Elizabeth O’Donnell, BS, OTS&lt;br&gt;Mackenzie Rodgers, BS, OTS&lt;br&gt;Lexi Santer, BS, OTS, doctoral candidate</td>
<td>Consequences from falls are multifaceted, including physical and psychosocial stressors. Fear of falling directly impacts clients’ occupations performance and social participation (Cumming, Salkeld, Thomas &amp; Szonyi, 2000), and the CDC estimates over 800,000 hospitalizations each year are due to falls. Due to the holistic focus of occupational therapy, OT practitioners can have a significant influence on various controllable risk factors for falls. Participants of this session will explore evidenced-based programs, such as the Otago Exercise program, to address older adults’ fear of falling and increase safety in order to promote client occupational participation (Burns, 2016; Legters, 2002; Mat et al, 2018).</td>
<td>1) Identify fall risk factors and prevalence of falls among the geriatric population. 2) Describe client experience of falls and how fear of falling affects occupational engagement. 3) Compare and contrast interventions to address fear of falling that can be implemented in their own practice and apply evidence-based prevention programs such as Otago Exercise Program.</td>
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<td>OT in Mental Health: Therapeutic Use of Leisure</td>
<td>Brittany Jackson, BS, OTS&lt;br&gt;Lindsay Randall, BS, OTS&lt;br&gt;Allison Shifflett, BS, OTS&lt;br&gt;Yiniao Wang [Esmeralda], MS, OTS, doctoral candidate</td>
<td>Despite leisure being a historically documented area of occupation, it is often an overlooked area of health promotion in clinical practice. Therapeutic use of leisure helps individuals explore/develop new interests and skills, further occupying their time efficiently and productively. For adolescents, leisure is particularly important to prevent individuals from engaging in risky behaviors or aid those struggling with the ability to cope with unpleasant emotions. For adults, leisure creates a slightly competitive environment to elicit social participation and interaction, further, to motivate individuals to engage in therapeutic sessions. This presentation focuses on the therapeutic use of leisure as an occupation. Participants will engage in leisure activities to develop intuition into how OTs can use leisure as a motivator to build rapport and facilitate therapeutic goals across the lifespan for individuals with mental health needs.</td>
<td>1) Identify the therapeutic purpose of leisure in increasing motivation, enhancing function, independence, and preparing for the transition in individuals with mental and behavioral challenges. 2) Explain how OTs can use leisure to build rapport, make intervention more client-centered, and help individuals to build self-confidence to be able to advocate for themselves. 3) Develop strategies designed to build a repertoire of healthy and meaningful leisure interests for individuals.</td>
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| A    | Music as a Modality Across the Lifespan | Rachel Carretta, BS, OTS, *doctoral candidate*  
      Lindsay Layer, BS, OTS, *doctoral candidate*  
      Mary Michelson, BS, OTS | Providing client-centered and meaningful care is at the heart of the occupational therapy profession. One unique way to individualize therapy sessions is through the use of music. Using music during therapy is often overlooked when planning sessions with successful outcomes, but evidence supports the use and benefits of music in occupational therapy practice across the lifespan. Evidence indicates that music has a potential to relieve pain, anxiety, improve patient satisfaction and potentially reduce the use of analgesics. The familiar, emotional, and motivational sense that different forms of music bring to patients can increase success and outcomes. Utilizing music during occupational therapy sessions is a simple, cost-effective way to provide a unique individualized session that many therapists are not currently using. | 1) Define current, evidence-based research on the benefits of using music during occupational therapy across the lifespan.  
2) Discuss a range of settings and clinical scenarios that occupational therapy can best utilize music during treatment.  
3) Compare and contrast multiple different therapeutic treatment techniques using music to case scenarios. |
| B    | Technological Advances for Rehabilitation of Individuals Who Have Had a Stroke | Alyssa Hinish, BS, OTS  
      Alexandra Piora, BS, OTS  
      Alexandra Bono, BS, OTS | The use of rehabilitation technology can be a valuable adjunctive treatment for individuals post stroke. Studies have continuously shown that various technologies improve the function of the upper extremities in patients after a stroke. This presentation will demonstrate strategies that combine technology and occupation-based interventions aimed to further increase patients’ functional capabilities. Attendees will be provided an overview of how to utilize various technologies and the benefits/drawbacks. Next, examples of how these pieces of technology can be used in conjunction with occupation-based interventions to further enhance stroke patient’s recovery will be discussed. Lastly, audience members will apply the newly learned knowledge to clinical scenarios. | 1) Understand the benefits/drawbacks of technological advancements related to patients who have had a stroke.  
2) Explain how technology can be used in conjunction with occupation-based intervention for patients with a stroke.  
3) Apply the technological advances discussed to clinical scenarios. |
| C    | Enhancing Quality of Life in Palliative and End-of-Life Care | Jessie Bean, BS, OTS  
      Justine Cipa, BS, OTS  
      William Putschi, BS, OTS  
      Sarah Scalero, BS, OTS | Occupational therapists aim to promote independence, satisfaction and participation in life but, how can this be accomplished when the life is coming to an end? The purpose of this presentation will be to educate OTs on how to better serve medically complex patients reaching their end of life (EOL). Hospice and palliative care are closely related yet not the same. Content will focus on occupational therapy’s various roles in EOL care, including realistic and motivating intervention for patients who may be refusing therapy, strategies to productively work with families as they cope with the imminent loss of a loved one, and education of our role as an advocate for our patients’ best interest. Attendees will also explore bereavement services, the time during which supports surviving loved ones to help them through the grieving process. | 1) Understand the distinct role OT can play in palliative and bereavement care.  
2) Compare and contrast different OT interventions that can enhance the quality of life of clients, families, and caregivers during end-of-life.  
3) Apply occupation-based approaches to case scenarios that illustrate end-of-life across the lifespan. |
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| A    | The Distinct Role of OT in Early Mobilization in the Intensive Care Unit | Taylor Boggs, BS, *doctoral candidate* Catie Gawlas, BS, OTS, *doctoral candidate* Maggie Hyland, BS, OTS Hayley Lee, BS, OTS | Early mobilization is an overarching term that represents a variety of occupation-based and client-centered activities to engage a client with his/her environment. The purpose of this presentation is to highlight the significance of early mobilization in the intensive care unit (ICU) setting, and how occupational therapy provides this treatment along with other members of the early mobilization team. This presentation will also discuss the implications and outcomes from utilizing early mobilization with adults in the ICU, occupational therapy treatment ideas, and how participation in activities of daily living (ADL) positively influences a patient’s recovery. | 1) Identify the importance of early mobilization for patients in the ICU.  
2) Explain the distinct role and benefits of occupational therapy in early mobilization in the ICU.  
3) Formulate solutions to common barriers that inhibit early mobilization in various ICU settings. |
| B    | Optimizing Outcomes with Pre-Operative Education for Orthopedic Patients | Ashley Blough, BS, OTS Kelsie Harbaugh, BS, OTS Taylor McElroy, BS, OTS Macie Zelenko, BS, OTS | Individuals who undergo elective orthopedic joint surgeries wish to achieve the long-term goal of relieving pain and increasing occupational performance. Due to the rise in number of patients choosing to do these surgeries and the advancements in surgical interventions with total hip and total knee arthroplasties, there is an impetus to produce success in reaching additional short-term goals that involve pre-operative programs, more efficient recoveries, and shorter length of stays in the hospital. The purpose of this presentation is to share evidence-based preoperative educational protocols that provide significant functional outcomes for patients post elective orthopedic joint surgery. | 1) Identify the unique role of OT within pre-operative joint education classes.  
2) Explain the benefits of a preoperative joint education classes including patient outcomes, length of stay, and discharge disposition.  
3) Compare and contrast different protocols for preoperative joint education classes. |
| C    | Psychosocial Comorbidities in Adult Physical Disability Settings | Veronica Balko, BS, OTS, *doctoral candidate* Ashlyn Geubtner, BS, OTS, *doctoral candidate* Moira Miller, BS, OTS, *doctoral candidate* | Clients in physical disability settings often suffer from not only their rehabilitation diagnoses, but also underlying psychological comorbidities. Psychosocial factors can greatly affect an individual’s ability to perform their occupations, in addition to impact their overall health and wellness. Occupational therapy practitioners are uniquely suited to address these psychosocial capacities. Some of the most common psychological comorbidities seen in adult physical disability settings are dementia, depressive disorders, post-traumatic stress disorder (PTSD), substance use, and anxiety disorders. This presentation will instruct the healthcare professional on various strategies and interventions to address these comorbidities such as building a therapeutic relationship, utilizing therapeutic use of self, implementing occupation-based treatment, and teaching coping strategies. | 1) Understand how various psychosocial comorbidities affect a client’s habits, roles, and occupational performance.  
2) Explain common psychosocial comorbidities that occur in adult physical disability settings.  
3) Compare and contrast intervention techniques to holistically address psychosocial capacities in adult physical disability settings. |

Reception for fieldwork educators and DU OT alumni immediately follows Session 3 at 5:30 pm