

**Saturday, February 26, 2022**

**Breakout Session #4**

<b>2:45pm-3:45pm</b> <i>OT in the Bedroom: Sleep, Sex and Incontinence</i>	<b>2:45pm-3:45pm</b> <i>Finessing Fine Motor Skills</i>	<b>2:45pm-4:45pm</b> <i>How to Maximize your OT Association Memberships</i>	<b>2:45pm-3:45pm</b> <i>Distal Radius Fractures: Key Points and Pearls</i>
	<b>4:00pm-5:00pm</b> <i>Bringing Pediatric OT Outdoors for Health Promotion and Skill Development</i>		<b>4:00pm-5:00pm</b> <i>Improve Your Clinical Documentation: It's the Intersection of Health Equity, Advocacy, and Increased Reimbursement</i>

***Finessing Fine Motor Skills***

Rebecca Derrick Campbell, MS, OTR/L, IBCLC

Students ages 5 to 7 are at a critical stage for development of fine motor skills needed for handwriting tasks in the school-based setting. The COVID-19 pandemic caused schools to close in 2020 through portions of the 2020-2021 school year. As a result of schools being closed, students had a decreased opportunity to participate in the fine motor activities, leading to fine motor delays seen in students ages 5 to 7. The purpose of this capstone project is to reverse fine motor delays in our students ages 5 to 7 that have been amplified by the school closure as a result of the COVID-19 pandemic. A needs assessment has demonstrated the need for fine motor education for parents, and a parent module has been created for parents of children ages 5 to 7 to educate them on critical fine motor skills that are needed within the school environment. This presentation I will share results from my needs assessment and the education module used within our school for parents to address fine motor skills in their students ages 5 to 7.

***How to Maximize your OT Association Memberships***

Italia Alvarez, OTS and Jeni Dulek, OTD, OTR/L

This session aims to teach future and current OT/OTA practitioners how to use their professional organization memberships to find mentors, advance their practice, and pursue leadership. Participants will learn how professional organizations aim to help them advance their careers, highlighting opportunities that are within reach for recent graduates. This session will cover organizations including SCOTA, AOTA, COTAD, and WFOT. Recent graduates are encouraged to attend this session to explore methods of professional development.

***Distal Radius Fractures: Key Points and Pearls***

Kailey Bedford MOT, OTR/L, CHT

Distal radius fractures are a common injury sustained by those all across the lifespan. As practitioners, we can see these injuries in a variety of settings. Knowing the underlying anatomy, expectations, and common issues can help practitioners navigate the post injury timeline regardless of what setting one is in. This session is aimed at providing key points in pearls to help the Occupational Therapist confidently create an appropriate plan of care to allow these patients to return to engaging in meaningful occupations.

***OT in the Bedroom: Sleep, Sex and Incontinence***

Daniella Hauser, OTD, OTR/L, Stacey Caplan, OTD, OTR/L, Wynnet Sinclair, OTD, OTR/L

OT in the bedroom will address three extremely important areas within our domain. This course will introduce you to treating sleep hygiene, addressing sexual health and intimacy, and dealing with incontinence. This course will cover how to broach these sensitive topics with clients and students.

### ***Bringing Pediatric OT Outdoors for Health Promotion and Skill Development***

Gina Kaplanis, DrOT, OTR/L

Occupational therapy practice rarely occurs outside of four walls, or the built environment. Literature has emerged which states that participation in natural environments can be restorative, provide much needed physical activity and assist with health promotion and prevention of illness. Participation in natural outdoor environments is something that should be promoted by occupational therapy. Various occupational therapy roles, including advocacy for time spent outdoors, education of others about its benefits and direct interventions outdoors, fall well within occupational therapy's scope of practice. Occupational therapy is perfectly aligned to promote health through outdoor participation and model the use of nature in interventions. Despite the published and well-known benefits of children engaging outdoors, for play, rehabilitation and leisure, very few occupational therapists are considering the use of the natural outdoor environment in individual interventions, consultative roles and program development. This course will describe the above-mentioned literature and discuss 2 pilot nature-based programs.

### ***Improve Your Clinical Documentation: It's the Intersection of Health Equity, Advocacy, and Increased Reimbursement***

Kimberly D. Bryant, OTD, OTR/L, MHA, NHA/CRCFA and Hazel L. Breland, PhD, OTR/L, FAOTA, CLA

Occupational Therapists have a distinct opportunity to impact services reimbursement, shape policy, and provide advocacy through effective and inclusive documentation practices with continuous clinical documentation improvement (Leland, et al., 2014)<sup>1</sup>. Understanding the necessary documentation components to maximize reimbursement and the principal standard for Culturally and Linguistically Appropriate Services (CLAS)<sup>2</sup> prepares occupational therapists to be responsive advocates for the well-being of patients, increase comprehensive and equitable therapy services and improve quality care. This course will outline the requisite documentation components to justify clinical medical necessity, describe skilled services, improve equitable and inclusive standards of care in documentation format, and secure maximized reimbursement for occupational therapy services delivered.