



CONGRATULATIONS TO THE MOT 2014 GRADUATING CLASS

OT LENS

Winter 2015

What's next for Our Grads?

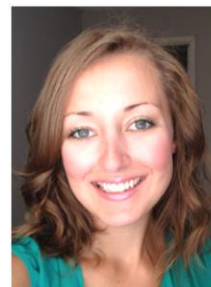
This November 2014, graduates of UBC's Master of Occupational Therapy class have a lot to celebrate. As they crossed the stage, armed with degrees in hand at this year's convocation, they were reminded of all that they have accomplished over the course of their student journey here at UBC. And while they are taking time to look back, throw their caps in the air, and reflect on the many memories and relationships they have made, these MOT graduates also have their eyes on the horizon and are ready to embrace the next stage of their professional journey as occupational therapists. This year, as in the past, MOT graduates are not only embarking on unique work opportunities across a wide range of health care settings, but also in different communities around the province. We sat down with four of this year's graduates to find out where they are headed next.



Andrea Schneider will be joining the interdisciplinary team at Abilities Neurological Rehabilitation in Abbotsford. Abilities is a group of private clinics that specialize in pediatric neuro rehabilitation and concussion care for adults and children.



Devon Cochrane will be moving back home to Victoria to work at CBI OT Services. This private healthcare company offers interdisciplinary rehab services. He will be helping individuals injured from vehicular accidents return to everyday life activities.



Ashley Schmidt will be joining the Solutions Team at Neil Squire Society. She will be completing assessments and recommending appropriate assistive technology and adaptive equipment to help clients with injuries and disabilities reach their goals.



Ben Krieger will be joining the CBI OT Services in Prince George. Ben's role will be to provide return-to-work and ergonomic assistance services. He is excited to be part of an inter-professional team providing services to remote areas.

STUDENT NEWS

Annual Allies in Health Community and Patient Fair

The Allies in Health is an open-house fair held annually during UBC's Celebrate Learning Week. The purpose of the fair is to connect community organizations, patient support groups, and people involved in these agencies with UBC students and faculty. MOT students received a special mention for their assistance in making the October 29, 2014 Annual Allies in Health Community and Patient Fair a success. Click on the following link for more information:

<http://meetingofexperts.org/files/2010/04/Community-Fair-Report-2014-final.pdf>.

2014 gOT Spirit Challenge

gOT Spirit is an annual Canada-wide challenge initiated by the University of Alberta Occupational Therapy students. It is with great pride to share that the UBC video submission for the 2014 gOT Spirit challenge was selected as the winner! Here is the link to winning video: https://www.youtube.com/watch?v=VNbg_3grv9w.



“Hope for Healthcare”

Congratulations to MOT 1 student, Catharine Eckersley, for being selected as the runner up to the provincial Health Talks Student Essay Contest. This year's topic prompt was, “Hope for Healthcare.” Ms. Eckersley argued for the legalization of euthanasia, whilst acknowledging its controversial nature and the many disability groups which oppose it, and advocating for patient choice.

She is encouraging current and incoming MOT students to consider applying to such contests to help shape the future of healthcare and the practice of occupational therapy in Canada. To have a read of the essay, click here:

<http://qualityforum.ca/runners-up-in-the-health-talks-student-contest>.



Congratulations to All Our Scholarship Winners!

Canadian Occupational Therapy Foundation Doctoral Scholarship:

Emma Smith – A Shared Control Approach for Power Wheelchair Skills Training

Sneha Shankar – Developing a Tool to Measure Motivation to Participate in Rehabilitation among Clients with Depression: MOTivation to Improve Function

Canadian Occupational Therapy Foundation Master's Scholarship:

Jeff Boniface – BC Disability Benefits: Pushing the Limits

Goldwin Howland Scholarship:

Laura Bulk – Transitions: Facilitating Movement from Trainee to Clinician for Professionals with Disabilities

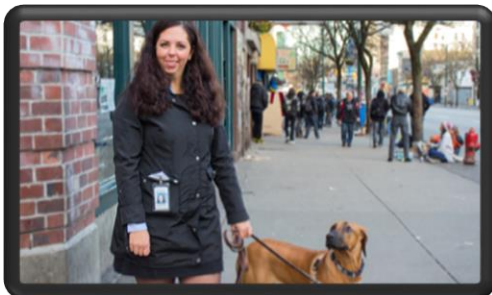
AWARDS & PUBLISHINGS

Faculty of Medicine 2014 Annual Awards and Significant Honours Report

Congratulations to the following faculty and clinical faculty members on receiving the following awards:

- Jill Zwicker, Assistant Professor, was granted the Scholar Award by the Michael Smith Foundation for Health Research and the Career Development Award granted by Child Health Clinician Scientist Program
- Lori Cyr, Clinical Assistant Professor, was granted the President-Elect Award by the Canadian Association of Occupational Therapists
- Jeff Boniface, Clinical Instructor, received a Faculty of Medicine Graduate Award for entry into the Master of Science in Rehabilitation program and a BC Research and Education Grant by the Canadian Association of Occupational Therapists
- Stephanie Glegg, Clinical Instructor, was recipient of the Best Short Paper Award granted by the International Society of Virtual Rehabilitation

OT in the News



The researchers at McMaster University and the Centre for Addition and Mental Health including UBC's very own post-doctoral fellow, Dr. Skye Barbic, recently published "Measuring the Bright Side of Being Blue." The paper which can be found in the journal *PLOS ONE* analyzes the thought process of people with depression. Dr. Barbic and her team created a 20-question test for measuring and evaluating rumination. After administering this test to 600 participants, it was found that those with symptoms of depression were actually analyzing their problems, and that such musing was a necessary and beneficial adaptation in dealing with major, complex issues. The findings in this research perked the interest of the media. Dr. Barbic and her team were interviewed by the New York Times, CBC, PsyBlog, Medical Xpress, and NeuroScientist News. For access to the full paper, click here:

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0112077>.

Canadian Journal of Occupational Therapy

Since 2013, the *Canadian Journal of Occupational Therapy* has been tracking its top 50 "most read" articles on a monthly basis. This listing encompasses all articles published in CJOT since its inception. Dr. Karen Whalley Hammell's paper entitled *Belonging, Occupation and Human Well-Being: an Exploration* was the number one most read article in June 2014. Moreover, the Honorary Professor's paper entitled *Client-Centered Practice in Occupational Therapy: Critical Reflections* was listed as the most read paper on the Scandinavian Journal of Occupational Therapy website in June and July of 2014.

The same honourable mention can be extended to a current PhD candidate, Alison Gerlach, in our Rehabilitation Science program. Alison is among the celebrated authors of top-read papers in October 2014.

Practice Education Team Award



Congratulations to Occupational Therapist Joy Wang and Physical Therapist Hyman Gee for winning the 2014 Practice Education Team Award. Joy and Hyman are the Clinical Instructors at the ***Student Rehabilitation Outpatient Clinic (SROC)*** at Royal Columbian Hospital.

The Practice Education Team Award is awarded annually by the Division of Interprofessional Education and Practice at the College of Health Disciplines at UBC. It recognizes an outstanding health care team that demonstrates interprofessional education and collaborative practice on an ongoing basis to a variety of learners. They must role model and teach interprofessional competencies to students at the pre-entry to practice level.

The clinic has been educating both PT and OT students in tandem since 2010. To date they have educated 140 students from across the country. They have also opened the clinic to undergraduate MD students and rehabilitation assistant students.

To quote from the nomination form:

The value placed on interprofessional education and collaborative practice was most evident in this placement of all my placements. The connectedness of Joy and Hyman and the attention they gave to ensuring that we understood and were able to provide collaborative care was most appreciated. They are both highly effective clinicians who are advocates for interprofessional practice, collaboration and teamwork.

Congratulations again to Joy and Hyman for the work you do in the field of OT/PT student education and provision of outpatient care in the Fraser Health Authority.

STAFF NEWS

Meet Our New Staff



When Sonia Dhillon, our new MOT Student Services Manager, is not busy overseeing student portfolios, she is busy with her 2 year old son. During the times Sonia gets to herself, she enjoys to read, bake, and cook new dishes. Sonia has worked at UBC for the past 7 years, the past 3 years as a Graduate Student Coordinator in Electrical and Computer Engineering.

Before joining the OSOT staff team as the new Program Assistant, Aimee Wesley, has worked at Simon Fraser University and the University of the Fraser Valley. When Aimee is not handling student admissions, she can be found running outdoors. Aimee has completed 4 half-marathons and challenged Tough Mudder Whistler in 2013. She is also the proud owner of a cat named Lucky.

MASTER OF REHABILITATION SCIENCE (MRSc) NEWS

In celebration of its 10th Anniversary, the UBC Master of Rehabilitation Science Program presents a 5-part Webinar series...



INFLUENCING and LEADING REHABILITATION PRACTICE

As complexity grows in our healthcare context so does the opportunity for rehabilitation professionals to develop the skills to lead effectively. Leaders come in many forms. We all balance competing priorities, manage and foster change, and have the potential to create new and inspiring approaches to navigate uncharted territory...

Research shows that effective leadership is much deeper than technical skills; it is based in clear core values and beliefs and strong Emotional Intelligence (EI). In this 5 part series, dynamic rehabilitation science leaders will provide opportunities for you to build your leadership effectiveness through reflection, dialogue and participatory activities that address the components of an EI based leadership framework.

WHO SHOULD ATTEND?

Clinicians, practice leaders, managers and directors who provide rehabilitation services

April 13- May 11, 2015

Mondays 5pm – 6:15pm (PST)

Via Webinar

All 5 Webinars: \$245

*Attendance is limited to facilitate interaction.
Single Webinars, \$79 each after March 23 if
space permits.*

**FOR MORE INFORMATION OR TO
REGISTER VISIT:**

[Leadership Series Website](#)

Email: info@mrsc.ubc.ca

Phone: 604-827-5374

Series Facilitators:



Jason Giesbrecht



Karen Hurtubise



Clare Faulkner



Sarabjeet Charchun

FACULTY CONTRIBUTIONS



DCD Clinic Celebrates Its First Year of Operation

By Jill G. Zwicker

The first research-integrated clinic to diagnose children with developmental coordination disorder (DCD) in Canada opened its doors one year ago at Sunny Hill Health Centre for Children. The clinic, led by Dr. Jill Zwicker (occupational therapist), in collaboration with Dr. Elizabeth Mickelson (developmental pediatrician) and Jane Shen (research associate), has been well received by community. Measures of success include more than 75 referrals in this first year, reinforcing the need for this diagnostic clinic. We are exploring ways to expand the clinic in 2015. Families have been most appreciative of receiving a DCD diagnosis and recommendations to support their child. The majority of families have consented/assented to be a part of the database, which involves parents and children completing questionnaires related to attentional skills, psychosocial well-being, participation, and quality of life. In addition to providing this information to create a profile of children with DCD, families in the database will be invited to participate in relevant research studies (e.g., an integrated brain imaging-intervention study of children with DCD). In addition, medical trainees participate in each clinic; thus, we are teaching the next generation of pediatricians, developmental pediatricians, and family physicians about DCD.

Developmental coordination disorder (DCD) is a common motor disorder of unknown cause that affects a person's coordination and ability to learn motor skills, which substantially interferes with academic achievement and/or activities of daily living (American Psychiatric Association, 2013). Children with DCD may have difficulty performing typical tasks of childhood, such as getting dressed, tying shoes, using utensils, printing/handwriting, playing sports, or riding a bicycle. While it was once believed that children would outgrow this condition, longitudinal research has shown that functional difficulties can persist into adolescence and adulthood (Cantell, Smyth, & Ahonen, 2003; Cousins & Smyth, 2003). Furthermore, secondary psychosocial difficulties often develop, including poor self-esteem, depression, anxiety, problems with peers, loneliness, and decreased participation in physical and social activities (Zwicker, Harris, & Klassen, 2012).

DCD affects 5-6% of school-age children (American Psychiatric Association, 2013), which equates to 1-2 children in every Canadian classroom (Statistics Canada, 2013). Despite DCD being one of the most common disorders in childhood (Wann, 2007), the disorder is often under-recognized and under-diagnosed (Blank, Smits-Engelsman, Polatajko, & Wilson, 2012). While a diagnosis may not result in funding support in the classroom, identification and diagnosis of DCD can lead to a better understanding of the child, his/her needs, and how best to support him/her at home, at school, and in the community. The clinic aims to address the gap in children receiving a diagnosis of DCD. In building a database of children with DCD in the province, we can begin to better understand the issues facing these children and inform better ways of meeting the holistic needs of this under-served population.

Referrals to the DCD Clinic can be directed to Sunny Hill at 604-453-8305. We accept referrals from family physicians, pediatricians, and other pediatric specialists for 4-12 year old children suspected of DCD. Children up to 18 years who have a DCD diagnosis may be referred to the clinic for research purposes.

We extend our thanks to the community for making referrals to the clinic. We look forward to another successful year in supporting children and families with DCD in the province.

Research Participants Needed

*Dr. Jill Zwicker, Assistant Professor at UBC Department of Occupational Science and Occupational Therapy, is seeking **children with suspected developmental coordination disorder (DCD) and typically-developing children (8-12 years old)** to participate in a magnetic resonance imaging study to compare brain structure and function between these two groups of children. Children who struggle to learn motor skills will receive 12 weeks of occupational therapy intervention to work on child-specific motor goals. For more information, please contact Sandy Belanger at sbelanger@cw.bc.ca or (604) 875-2345 ext. 5948.*



References

- American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders - 5th ed.* (DSM 5). Washington, DC: Author.
- Blank, R., Smits-Engelsman, B., Polatajko, H., & Wilson, P. (2012). European Academy for Childhood Disability (EACD): Recommendations on the definition, diagnosis, and intervention of developmental coordination disorder (long version). *Developmental Medicine and Child Neurology*, 54, 54-93.
- Cantell, M.H., Smyth, M.M., Ahonen, T.P. (2003). Two distinct pathways for developmental coordination disorder: persistence and resolution. *Human Movement Science*, 22, 413-431.
- Cousins, M., & Smyth, M.M. (2003). Developmental coordination impairments in adulthood. *Human Movement Science*, 22, 433-459.
- Statistics Canada, 2013. Table 051-0001.
- Wann, J. (2007). Current approaches to intervention in children with developmental coordination disorder. *Developmental Medicine & Child Neurology*, 49, 405.
- Zwicker, J.G., Harris, S.R., & Klassen, A.F. (2012). Quality of life domains affected in children with developmental coordination disorder: A systematic review. *Child: Care, Health, & Development*, 39, 562-80.

Spinal Cord Injury and Later Life

By Ben Mortenson



There are a growing number of individuals who are aging with spinal cord injury and also those who experience a new spinal cord injury later in life. Individuals from both groups encounter unique challenges that are not well understood and require diverse solutions. Unfortunately, research in this area has neglected these two populations. To better understand the combined challenges of aging and spinal cord injury, Dr. Ben Mortenson, Assistant Professor in the Department of

Occupational Science and Occupational Therapy (OSOT), has assembled a research team which includes Dr. Sue Forwell (OSOT), Dr. Catherine Backman (OSOT), Dr. Bonita Sawatzky (Experimental Medicine, UBC) and Dave Symington (an individual with a spinal cord injury).

With funding from the Rick Hansen Institute via an International Collaboration on Repair Discoveries Seed Grant, the team is exploring issues and experiences of older adults with spinal cord injury in an exploratory study entitled "Spinal Cord Injury and Later Life: a Mixed-Method Study." As part of this research, the team is conducting in-depth qualitative interviews of participants and supplementing these findings with survey information about participants' mobility, social participation, perceived environmental barriers, physical functioning, emotional well-being, and quality of life. The results of this study will be shared with the larger community including clinicians, researchers and individuals with spinal cord injury. Dr. Mortenson and his team anticipate that the data collected during

this project will illuminate the complex problems faced by those aging with spinal cord injury and identify services that both groups require and possible strategies that could be integrated into self-management or clinician-led education programs. The team hopes to use these findings as pilot data to apply for funding to conduct a full-scale study to compare differences in mobility, social participation and quality of life among those aging with spinal cord injuries and those who sustain a spinal cord injury in later life.

FOR MORE INFORMATION

If you would like more information about Dr. Mortenson's research, or would like to participate in one of his studies please contact him at ben.mortenson@ubc.ca. Participants in the Spinal Cord Injury and Later Life study need to be over the age of 55, and have sustained a spinal cord injury either before the age of 30 or over the age of 50.