



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Medicine  
Department of Occupational Science  
and Occupational Therapy

## OT Lens - Winter 2016

### Welcome!

In this issue of the OT Lens, we feature:

- news of award winners Stephanie Glegg and Donna Drynan
- photos from recent graduation ceremonies for our newest MOT, MRSc, MSc and PhD alums.
- links to profiles of ongoing research by Catherine Backman and Susan Forwell
- information on graduate student participation in national legislation consults
- updates from the 2015-16 OS&OT Research Initiative Fund grant recipients
- a profile of research featuring MRSc alum Andrea Wilson Prager
- in memorium: remembering Barbara Saunders and Colleen McCain.



### Message from the Department Head

Greetings and best wishes for the coming holiday season!

We have had a very busy fall in the Department of OS&OT. cOnnect, the joint meeting hosted by COT-BC, CAOT-BC and UBC on October 29th, was a great success. Darryl Plecas, MLA for Abbotsford South and Parliamentary Secretary to the Minister of Health

for Seniors, attended the event. OTs from across the province heard the keynote speaker, Kevin Reel (University of Toronto), as well as the address by Patti Erlendson, CAOT-BC Outstanding OT of the Year.

At the Department of OS&OT, we are continuing our efforts to lobby the BC government to increase the number of seats in the MOT program. There is a need to remain vigilant as this increase is necessary to serve British Columbians. As many of you already know, the province of BC relies on substantial in-migration to meet workforce needs: between 2009 and 2014, 208 of the 757 new OTs in BC were trained in the province. That's only 27.4% of the BC workforce. With CAOT-BC, we are taking every opportunity to make our case about the need for BC-trained OTs. Don't hesitate to lobby your MLA.

And, finally, we share the sad news of two great losses to the OT community in BC. Barbara Saunders and Colleen McCain, both UBC OS&OT Clinical Faculty members, sadly passed recently. We extend our condolences to the colleagues, students, friends, and family of these two exceptional OTs.

Best,

Sue

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## Stephanie Glegg Wins Vanier Scholarship



Rehabilitation Sciences PhD Candidate  
Stephanie Glegg has won a prestigious Vanier Scholarship, one of the top federal graduate student scholarships in Canada. Ms. Glegg's doctoral research examines how relationships can support or hinder evidence uptake in healthcare. Ms. Glegg is also a UBC Public Scholar, and you can read [an interview with her on the Public Scholars website](#).

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## Donna Drynan wins U21 Health Sciences Teaching Excellence Award



Donna Drynan has received international recognition for her teaching excellence with a [U21 Health Sciences Teaching Excellence Award](#). Ms. Drynan, a Senior Instructor and the MOT Academic Fieldwork Coordinator, will co-lead an interprofessional workshop at the [2017 U21 Health Sciences conference at the University of Johannesburg, South Africa](#).

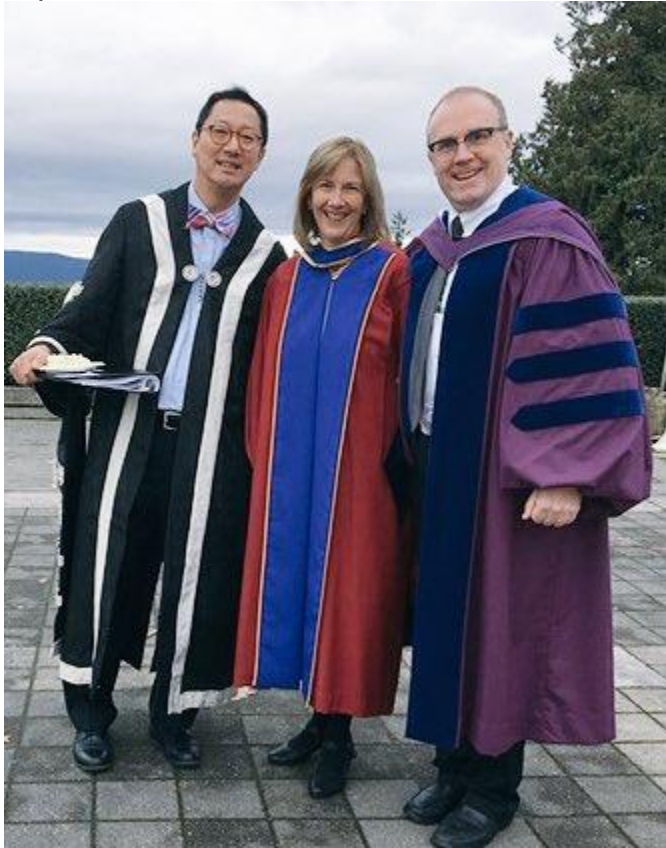
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## Convocation Celebrations for our Latest Grads

We were happy to celebrate the convocation of our newest MOT, MRSc and PhD alumni. Pictured below is the excited MOT Class of 2016 in their regalia.



On Nov 25, UBC also celebrated its newest Doctor of Philosophy in Rehabilitation Sciences, Dr. Debbie Field, pictured here with UBC President Santa Ono and her PhD supervisor, Dr. Bill Miller.



Faculty members, as always, were proud to celebrate the hard work, dedication, and skill of their students; here they are in their regalia:



And, finally, who could resist the chance to get a selfie with [@ubcpres?](#)



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## Catherine Backman on Arthritis Research



For Arthritis Awareness Month in September, UBC Medicine profiled the OT research of Dr. Catherine Backman. To learn more, see ["How OT can help people with arthritis get back to doing what they love most"](#).

Dr. Backman was also the Distinguished Lecturer at the 2016 Annual Scientific Meeting of the Association of Rheumatology Health Professionals (ARHP), which was held in Washington, DC. The title of her presentation was ["Doing, Being, Participating: State of the Science."](#)

## Susan Forwell Delivers 2016 Townsend and Polatajko Lecture



Susan Forwell received the 2016 [Townsend and Polatajko Lectureship](#), and delivered her talk, "Playing in the Sandbox--'tis Comforting Occupation" to the joint meeting of the Canadian Society for Occupational Science and the Society for the Study of Occupation:USA in September. To read more about Sue's ongoing research, see the UBC Faculty of Medicine [profile on her lectureship](#).

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## Graduate Students Attend National Consultation on Accessibility Legislation



MOT-2 Justin Turner and Rehabilitation Sciences PhD Student Laura Bulk were selected to visit Ottawa for the [National Consultation on Accessibility Legislation National Youth Forum](#). The planned new legislation will "promote equality of opportunity and increase the inclusion and participation of Canadians who have disabilities or functional limitations," according to the [Government of Canada Consultations webpage](#). We're proud to have our students selected to add their voices to this important legislation.

## OS&OT Research Initiative Fund - First Year

The two projects funded through the first round of the OS&OT Research Initiative Fund (RIF) have been completed. The RIF, which is funded through donations, supports projects that don't fit specifically within existing funding agency frameworks.

In 2015-16, the two projects funded were:

### Effectiveness of Cognitive Orientation to Occupational Performance (CO-OP) in Very Preterm Preschool-age Children with Developmental Coordination Disorder: A Pilot Study (PI: Jill Zwicker)

*Children born very preterm (2-4 months early) are highly likely to have problems learning motor skills, such as dressing, using cutlery, printing, or riding a bicycle. This condition is called developmental coordination disorder (DCD) and nearly half of very preterm children will develop it.*

*The best intervention to improve outcomes for children is an approach called Cognitive Orientation for Occupational Performance (CO-OP), which helps children think about how they approach motor tasks and teaches them how to problem-solve motor challenges. Traditionally, this approach has been used with school-age children, but few studies have examined whether this treatment can be used with younger children.*

*Now beginning the second year of study, one child has completed the CO-OP intervention and showed a clinically significant improvement in her goals of printing her name, tying her shoes, and catching a ball. Two other children started the study in September. Dr. Zwicker looks forward to sharing the findings of the second year of her study in 2017.*

### A Cognitive Occupation-Based Programme for People with Multiple Sclerosis (COB-MS): The Development of a New Occupational Therapy Intervention (Co-PIs: Sinead Hynes, Susan Forwell)

*Cognitive difficulties have the greatest effect on function and quality of life in people with Multiple Sclerosis, affecting 50-60% of people. COB-MS--an eight session, evidence-based intervention that uses an individual and group format to address problems encountered due to cognitive difficulties--was developed to treat the cognitive issues seen in MS.*

*The research funded through the RIF found COB-MS to be both timely and relevant. Ultimately, this project will provide people with MS the ability to identify, understand, and implement strategies to take control and manage their cognitive difficulties, which will improve their daily lives. The implications of this work will include providing clinicians with a step-by-step, evidence-based program that is specific to the cognitive challenges in MS.*

*The funding provided has enabled the PIs to develop the program to a testable stage.*

To support future UBC OS&OT research projects, please see the [OS&OT Donations page](#), or contact Letitia Henville, Research Grants Facilitator, at [letitia.henville@ubc.ca](mailto:letitia.henville@ubc.ca).

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## Rehabilitation Sciences Online Program News

The Rehabilitation Sciences Online Program creates possibilities for clinicians to facilitate change and improve practice.

### MRSc Grad Profile: Andrea Wilson Prager



This past spring school-based occupational therapist Andrea Wilson Prager graduated with her MRSc degree. This marked the culmination of five years of balancing work, family and studies. By Andrea's account it was well-worth the effort: she is more confident in carrying out work-place research and appreciates the transformation in her daily practice and workplace. [Read more about her Major Project and how she managed to do it all.](#)

### MRSc Grad Profile: Maria Juricic



Maria Juricic is UBC's 100th graduate from the MRSc program. To celebrate this milestone for the program, and to highlight the hard work of its many students, the UBC Faculty of Medicine profiled Maria and the program in their story, ["UBC's Online Master of Rehabilitation Science program reaches 100th graduate"](#).



## It's time... Your Master's is Just a Click Away!

Check out course-based and research study options at [www.mrsc.ubc.ca](http://www.mrsc.ubc.ca) or email us at [info@mrsc.ubc.ca](mailto:info@mrsc.ubc.ca)

MRSsc: Apply by April 30 for September entry; September 30 for January entry

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### Remembering Barbara Saunders, BSR ('74), FCAOT Clinical Faculty member, 1981-1992

We are sad to share the news regarding our colleague Barbara Saunders, Fellow of the Canadian Association of Occupational Therapists and the 1984 Muriel Driver Memorial Lectureship recipient. Barb passed away on November 8th after a short illness. She facilitated healthcare improvements for over 30 years, and co-authored two Canadian Hospital Association publications on Quality Management in healthcare and in rehabilitation. Barb had been dedicated to quality improvement and patient safety since 2000. In her most recent role as Managing Consultant, Accreditation & Strategic Quality Improvement Initiatives, Quality Improvement and Patient Safety, at BC's Fraser Health Authority, she led regional accreditation, and she coached Senior Leadership and 25 regional programs to embed accreditation standards and Required Organizational Practices (ROP) into daily operations. She developed the quality improvement and patient safety module for the regional on-line orientation and the portfolio's Patient Safety Education Framework, facilitated regional improvement teams, and led cross-regional ROP strategies. Barbara participated on Accreditation Canada's Program Advisory Committee and co-chaired the BC Provincial Accreditation Council with the Ministry of Health. Her contribution to health care by protecting quality of practice benefited scores of patients and was an ideal role for Barb and her occupational therapy skills.

An obituary was published for Barb in the Vancouver Sun on November 18, 2016, and can be found at:

<http://www.legacy.com/obituaries/vancouversun/obituary.aspx?pid=182593912>

Barb was a prominent and enthusiastic leader in the occupational therapy community in BC, and will be sorely missed by not only those of us in the UBC community but all those professional colleagues who had the privilege of knowing her.

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## Remembering Colleen McCain, MSc(OT) Clinical Faculty member, 2009-2016

With sorrow, we must also share that Colleen McCain passed away on November 24th. It was a great shock. Colleen was an enthusiastic educator and a clinical faculty member in our department. She had a true passion for working with students and contributing to the development of the next generation of occupational therapists. This was evident in so many ways here in the UBC Department of Occupational Science and Occupational Therapy, including participating in several research studies, tutoring in small group tutorials, and excelling in roles such as lecturer, fieldwork educator, admissions interviewer and member of several committees. She was a dedicated teacher, mentor, clinician and a consummate ambassador for her clients and all those marginalized persons living among us. Her gentle, sage and persistent approach inspired and gave confidence to those around her.

It was a great privilege for all of us here in the department to have been able to work with her over the years.

Colleen's passing is a significant blow to occupational therapy in Vancouver and British Columbia, and we will miss her.

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