



We warmly congratulate **Sarah Chapdelaine**, 2nd year Master of Occupational Therapy student, for winning the Health Talks Student Contest! This contest, open to all students in British Columbia, asked applicants to express their hope for health care, either through essay, a video, or a mixed media project. Sarah's essay on stigma and suicide was chosen as the winning submission, and is now featured on the Quality Forum website. In her essay, Sarah expresses the need to evolve the

language used around suicide as it relates to mental illness so we can remove stigma, facilitate recovery for those at risk, and help heal those left behind.

On February 26th, 2014, Sarah will be among eight distinguished speakers at the Health Talks event, an evening of Pecha Kucha style presentations (20 slides/20 seconds each). To register to attend Health Talks, visit: <http://qualityforum.ca/registration/registration-overview/>



Sarah Chapdelaine,
MOT Class of 2014

Sarah Chapdelaine's winning 2014 Health Talks Student Contest Entry

When you read or hear the word "suicide", what is the first emotion you feel? Horror, fear, sadness, pity? One might think about what kind of family that person had, or perhaps how difficult their life was.

The vast majority of people that die by suicide have a mental illness. Stigma around both mental illness and suicide is a huge barrier to progress in this area. Finding an effective way to facilitate recovery for those at risk, and promote healing for those left behind, is an enormous health care challenge we have yet to rise to. I propose a new way of approaching suicide as it relates to mental illness, one that I believe may address some of the challenges we face. My hope for health care is to evolve the language we use around suicide as it relates to mental illness.

This change can be illustrated with the following two versions of the same story.

Version #1 - Current Language: Four

weeks ago, James died by suicide. He was very open about his struggles, and tried many things to feel better. All his efforts at treatment, and the support of his loving family and friends were just not enough to make life worth living. After only five months, he couldn't take it anymore and took his own life.

Version #2 - Proposed Language: Four weeks ago, James died from obsessive compulsive disorder and depression. He was very open about his condition, and was taking the appropriate course of action for treatment. Despite his efforts at treatment, and the support of his loving family and friends, his illness spread. After only five months, this particularly aggressive strain and combination of illnesses took his life.

The first version highlights a fundamental issue: by definition, the word suicide implies rational choice and intention. Often a problem is that rational minds are trying to understand or make sense of an unwell mind. It is no wonder that those left behind feel guilt, confusion, or anger. The word

suicide puts up an immediate barrier, and makes it very difficult for people to relate to each other.

The second version contains a very straightforward explanation. It highlights the cause of death (the illness), not the presentation of it. It is hard to lose someone you love, no matter how they go. With the perception of choice removed, family and friends can grieve the loved one that they lost to an illness not so different from any other.

James was my father. The most powerful learning I have taken away from this experience is that some stigma is so deeply embedded in language that it is hard to see it until you are on the other side. The language we use speaks to what we believe, and the word suicide contains meaning from a time when mental illness received little to no recognition. If health care is meant to be inclusive, enabling, and effective, then the language we use should reflect those values.

Student Awards for MOT Class of 2013

Congratulations to MOT Class of 2013 graduates and award recipients Rosie, Aaryn and Chantelle. Well done OTs!



Aaryn Cleland,
CAOT Student Award



Rosie Higgins,
Brock Fahrni Award



Chantelle Cavazzon
COTF Future Scholar

2013 gOT spirit challenge



In October 2013, MOT students prepared an excellent submission for the University of Alberta "gOT spirit challenge", a competition to raise awareness of the profession during OT month each year. Inspired by the 2012 UBC MOT class submission, "Because of occupational therapy I can" video, students wanted to take the theme

further by demonstrating exactly how occupational therapists can help by including interventions in each individual scenario.

Twenty-one students participated in the project which took well over 100 hours to complete. All parts of the video were 100% MOT made/recorded/animated, right down to the music which was composed and recorded by one of the students.

"The gOT spirit challenge was a great motivator to creating the video, but the process became more about outreach than about aspiring to win the challenge. The fact that last year's video is being translated into various different languages and shared all over the world is so inspiring! We can only hope that ours reaches the same broad audience."- Cloe Whittaker, Creative Director

The UBC MOT student body has much to be proud of with their entry, which can be viewed here: <https://www.youtube.com/user/ubcosot?feature=mhee>

Our heartfelt congratulations are extended to University of Laval students, winners of the 2013 competition. Thank you all for promoting the vocation!



Capstone Conference

SAVE THE DATE!

AUGUST 28, 2014

Vancouver Public Library

A student-led conference
to showcase MOT research

capstoneconference.ca

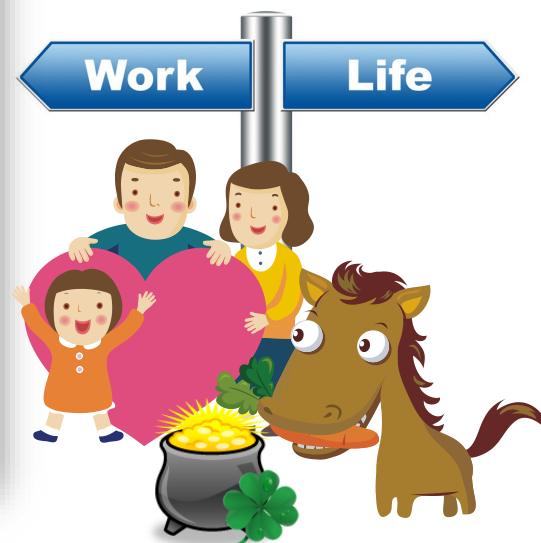
New Senate Representative



A prime example of the adage, “If you want something done, give it to a busy person”, Dr Susan Forwell, Associate Professor and Associate Head, has recently been acclaimed to the UBC Senate. We are extremely proud of Sue and grateful for her willingness to ensure proper representation of occupational therapy at the highest level of UBC government. Good job Sue!

Holiday Wishes

Wishing you all a prosperous Chinese New Year, a fun-filled Family Day, lots of Valentines, a big pot o’gold, and plenty of balance between work and life for you to enjoy it all!



Developmental Coordination Disorder Clinic Opens

A new clinic has been established at **Sunny Hill Health Centre for Children** to facilitate the diagnosis of developmental coordination disorder (DCD). Despite DCD being one of the most common disorders in childhood, the disorder is often under-recognized and under-diagnosed. Led by Assistant Professor **Dr. Jill Zwicker**, an occupational therapist and clinician scientist, the DCD Clinic is an integrated clinical and research clinic, whose primary purposes are to:

1. provide assessment by a developmental pediatrician and an occupational therapist for consideration of a diagnosis of DCD in children 4-12 years old; and
2. provide educational materials and recommendations to families of children diagnosed with DCD.

The secondary purpose of the clinic is to establish a research database and collect additional data from families who consent/assent. This additional information is not required for clinical (diagnostic) purposes, but will allow us to gather information related to attention, psychosocial well-being, participation, and quality of life in order to examine research questions related to these constructs.



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.

If you have any children on your caseload who you suspect have DCD, please direct physician referrals to the DCD Clinic at Sunny Hill: 604-453-8305.

Families of children who already have a diagnosis of DCD, may be referred to the “research” portion of the clinic if they wish to participate in the research database. All information will be de-identified in the database.

If you have any questions about the DCD clinic, please contact Dr. Jill Zwicker at 604-875-2345 ext 5948 or jill.zwicker@ubc.ca

UBC Online Master of Rehabilitation Science (MRSc)

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Decision not needed
at admission

FOCUS

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assignments to
different OR one
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career pathway
(eg leadership)

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8 months (course-
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(research) full-time

OR

up to 5 years part-
time

SUPPORT

Set up a
Workplace Peer
Study Group
with peers who
are also doing
their MRSC

Visit our [website](#) to find out more about how our learners connect learning and are changing practice and/or drop by our table *at Vancouver Bridges on February 25, 2014*.



L to R: MRSc Grads Beth Makepeace, OT, Jodi Boucher, PT & Kim Durlacher, OT

Three of the eight fall **Master of Rehabilitation Science (MRSc)** graduates joined MSc and PhD in Rehabilitation Sciences' graduates at the Medical Students' Alumni Centre in Vancouver on November 28 to celebrate their achievements.

To read more click [here](#).

CHANGE YOUR THINKING, CHANGE YOUR VIEW, CHANGE PRACTICE

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

View details about course-based and research study options at www.mrsc.ubc.ca or email info@mrsc.ubc.ca.

RESEARCH RELAYS ARE BACK

They're free and if you can't attend, listen to the archive.

Visit: www.mrsc.ubc.ca and choose 'Research for You'.

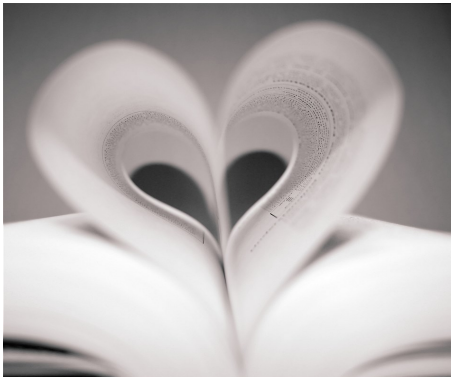
Congratulations to Fall Master of Rehabilitation Science Graduates

Review their [research abstracts](#) under the '2013 Fall Grads' heading

Changing Practice, Changing Careers	
Fall 2013 Grads	Sample Impacts
<p>Jodi Boucher, PT, Calgary, AB</p> <p>Supervisor: Dr. Donna MacIntyre</p> <p>Survey of a Pelvic Health Physiotherapy Community of Practice</p>	<p>Program developed in RHSC 509 led to Physiotherapy Alberta Excellence in Innovation Award in late 2013</p> <p>Funding just received from the Society of Obstetricians and Gynaecologists of Canada to evaluate a postpartum program (with colleague)</p>
<p>Kim Durlacher, OT, Vancouver, BC, Clinical Instructor</p> <p>Supervisor: Dr. Jill Zwicker</p> <p>Parents' Experiences of Splinting Programs for Babies with Congenital Limb Anomalies</p>	<p>Course Proposal Led to Program Funding</p> <p>Now participating in a multi-centre randomized control trial of an innovative splinting approach</p>
<p>Abigail Hayes, OT, Worthing, UK</p> <p>Supervisor: Dr. Chris Carpenter</p> <p>Community-Based Neurological Rehabilitation Professionals' Knowledge and Skills Related to Cognitive Rehabilitation</p>	<p>The MRSc "...provided me with the required underlying skills to change my field of practice and take on a leadership role" (Abbie)</p>
<p>Elizabeth Makepeace, OT, Edmonton, AB</p> <p>Supervisor: Dr. Jill Zwicker</p> <p>Parent Perspectives of Occupational Therapy Assessment Reports</p>	<p>Makepeace, E., & Zwicker, J. G. (in press). Parent perspectives of occupational therapy assessment reports. British Journal of Occupational Therapy.</p>
<p>Kathleen Orsi Riggs, Orthotist, Toronto, ON</p> <p>Supervisor: Dr. Lesley Bainbridge</p> <p>Prosthetics and Orthotics (P&O): Education For Development of Professional Competencies Students' Experiences and Reflections</p>	<p>"Abilities to understand and utilize research and to provide that information to clients so that they may make informed decisions" (Kathleen)</p>
<p>Heather Robertson, PT, Courtenay, BC</p> <p>Supervisor: Patricia Mortenson</p> <p>The Perceived Physiotherapy-Related Training and Support Needs of Educational Assistants</p>	<p>A sole, "isolated" practitioner, Heather developed a new network of colleagues in rehabilitation. "I no longer feel isolated" she says.</p>
<p>Caroline Vidal, PT, Ottawa, ON</p> <p>Supervisor: Dr. Chris Carpenter</p> <p>Survey of Physiotherapists: Preparing Physiotherapy Students for Global Health Work</p>	<p>"Improved quality of current work; opened up new opportunities" (Carlie)</p>
<p>Karin Werther, OT, Edmonton, AB</p> <p>Supervisor: Dr. Paula Rushton</p> <p>Student Qualities: Occupational Therapy Preceptors' Perspectives</p>	<p>New leadership role as Occupational Therapy Clinical Educator for Interprofessional Student Services</p>

Constructions of Sexuality and Romance in Later Life: Analyses of Canadian Media Discourses

Mineko Wada, Laura Hurd Clarke, & Julia Rozanova



Mineko Wada, a postdoctoral research fellow in our Department, presented the findings from our ongoing study “Online Romance and Sexuality in Later Life” at the Annual Conference of the **Canadian Association on Gerontology** in Halifax, NS in October. This paper considers how current Canadian newspapers and magazines depict and construct sexuality in later life.

The CBCA Complete database and widely-read Canadian newspaper and magazine websites were broadly searched. The texts of 144 articles published between 2009 and 2011 were thematically and discursively analyzed to identify the social and

cultural meanings they attributed to older adults’ sexuality. Our findings are that overall the media portray sexual engagement among middle-aged and older adults in a positive and optimistic way. In some media articles, older adults’ sexual engagement still continues to be linked to youth-based ideals of sexuality that are based on active sexual engagement. Other media articles construct an ideal of sexuality that is suitable to an aging or older population, which is a refreshing alternative to superimposing youth-related conceptions of sexuality on an aging population. Some articles depict older adults as sexually inactive and unconcerned about their physical appearance.

Others report that older adults enjoy or desire sexual and romantic relationships. These articles acknowledge that older women wish to sustain their sexuality and be recognized as sexually functional, but also suggest that they identify with and portray a “mature” or “tasteful” sexuality that distinguishes them from

younger women. Our study shines light on the tension that may arise between the two ideals that are concurrently produced in media: one is youth-based, and the other is suitable to older population. We also note that sexuality of older LGBT is invisible in the media portrayals of online romantic relationships in later life. An implication of these findings that is significant for occupational therapists is that older adults whose sexuality does not conform to heterosexual ideals, may feel particularly self-conscious and uncomfortable in disclosing their occupational needs related to romantic and sexual domains, as the media and popular culture offer virtually no stories or role models to which they could relate. This research hopes to provide occupational therapists with evidence base for a more nuanced understanding of their older clients’ sexuality that will facilitate more open and collaborative relationships between patients and clinicians.

Welcome

to our new Clinical Faculty members

Alyssa Barrie, Lauren Buckell, Casie Fischer, Stephanie Glegg, Naomi Goffman, Jennifer Law, Moray McLean, Megan Perry, Wayne Tang, and Annie Wilson, all appointed (or in progress) to the rank of Clinical Instructor. If you are interested in joining us, please visit:

<http://osot.ubc.ca/clinical-community/clinical-faculty/becoming-a-clinical-faculty-member/>

New Face behind Online Programs



Tracy Strauch, Program Assistant
for the Rehabilitation Science
Online Program

Introducing **Tracy Strauch** (rhymes with wow!) who replaces Claire Carigi as **Program Assistant for the Rehabilitation Science Online Programs**. We are extremely fortunate to have her join us. Tracy graduated from the University of Regina with a Bachelor of Arts in Psychology.

Tracy comes to us from Regina via Newfoundland where she worked most recently as a Student Liaison Officer and Administrative Assistant at the Association for New Canadians. With the administrative, organizational, student support and teaching skills gained there, with the RCMP, Cooperators Insurance,

and elsewhere, Tracy has valuable experience to bring to her RSOP role. Her hobbies including rock climbing, outdoor photography, hiking and other outdoor pursuits, so BC has much to offer Tracy too.

Tracy will be in the office Tuesdays - Fridays. Her contact address will be: info@mrsc.ubc.ca and telephone: 604-827-5374.

We look forward to working with Tracy to support our online community and grow our online programs.

258

Number of admission applications received for last year's intake to the Master of Occupational Therapy program

48

Number of seats in the UBC MOT program for domestic applicants

289

Number of admission applications received for the September 2014 intake to the Master of Occupational Therapy program as of publication time (plenty more to sift through!).

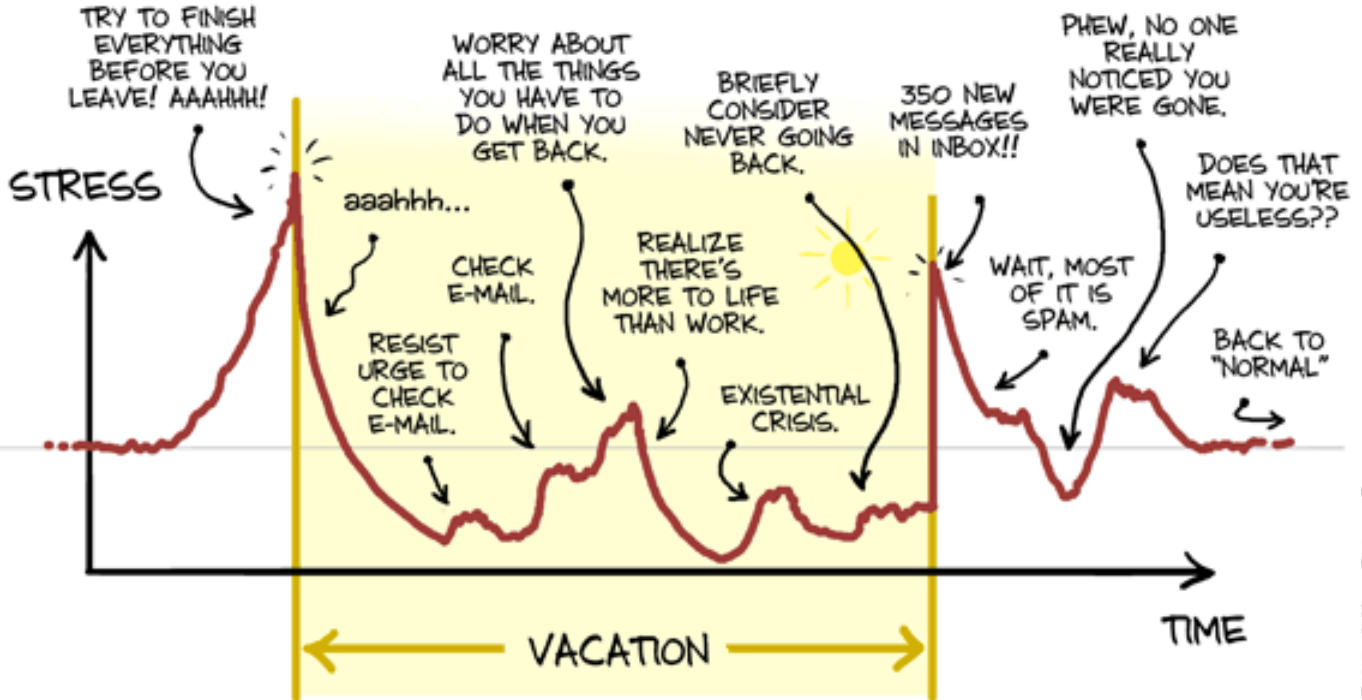
45

Number of interviewers volunteering their time to chat with eager applicants over a 2.5-day period (March 5–7 this year).

1,000,000

Thanks to those amazing volunteers and our efficient admissions staff, **Rehana Frankland**, MOT Program Manager, and **Sarah Henderson**, MOT Program Assistant.

VACATION RELAXATION?



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The Department of Occupational Science & Occupational Therapy supports three graduate academic programs.

- The Master in Occupational Therapy (MOT) program, for those looking to practice professionally as an Occupational Therapist;
- The Master of Science (MSc) and PhD programs in Rehabilitation Sciences, for those interested in research credentials and the science of occupation; and
- The online Master of Rehabilitation Science (MRSc) is for practitioners interested in obtaining a graduate degree while working that will advance their career and change practice.



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