

Chair's letter

Greetings from North Dakota,

Each year at this time, I am always impressed with the quality of our students and alumni. It is a pleasure to work with such a fine group of individuals who are making an impact on the health and quality of life of all the individuals we serve.

As this goes to press, we are in the process of finalizing our admissions process for May enrollment. We had 110 applicants this year for our two campuses and interviewed 92 students between the two campuses. The applicants as a whole were very strong academically and have a wide range of experiences that will bring richness to our program.

Through the generous support of our alumni, we have received just over \$3,800 for the OT Alumni Scholarship. These gifts have been matched by an anonymous donor for a total of \$7,600. We are about 30% toward our fundraising goal of \$25,000, which would allow us to create an endowment that would provide student scholarships for years to come. It would be wonderful to reach this goal and have this fully funded by Homecoming 2013. Gifts can be sent directly to the UND Foundation at 3501 University Ave., Stop 8157, Grand Forks, ND 58202 (memo: OT Alumni Scholarship), or submitted electronically at www.undalumni.org/medicine (a 4 percent credit card processing fee applies).

Each year, students are looking for ideas to pursue for their scholarly project or independent study. If you have an idea for a program at



your facility or a research project you would like to see done, please be in touch with Dr. Lavonne Fox (lavonne.fox@med.und.edu). She will share your ideas with students and we can hopefully set up partnerships that will meet the needs of students and our alumni.

As a faculty group, we have been exploring ways to enhance our program and what we are doing. Many alumni have indicated that they are interested in helping out the program, but have reservations in committing for long periods of time while managing the day-to-day responsibilities of work and their families. We want to pilot the use of ad hoc advisory board committees. The committee would be formed and meet to review existing resources, and develop a plan to address a need for the department. The first committee we want to form would review and update our admissions policies and procedures. If you are interested in serving on this committee or have other areas you would like to be involved with, please contact me directly at janet.jedlicka@med.und.edu.

Please mark your calendars for our Second Annual Alumni and Friends Reception in San Diego. We will be gathering 6:30-8:30 p.m., Friday, April 26, 2013, at the Hilton San Diego Bayfront, 1 Park Blvd., Cobalt Room 505. This is in conjunction with the AOTA Conference and Expo, but even if you're not attending the conference, you're more than welcome to join us! RSVP requested, not required: <http://bit.ly/ot-sd-2013>.

We are grateful for our students and our alumni. Please let us know how we can support you in your practice!

Warm regards,

Janet Jedlicka
Chair and Associate Professor
Occupational Therapy

Jedlicka Scholarship endowed to promote diversity

The UND Occupational Therapy Department is happy to announce the endowment of a new scholarship created specifically for students pursuing a degree in OT. This generous donation to the OT Department will greatly serve the students who receive the scholarships.

The John and Jo-Anne Jedlicka Scholarship Fund was established by Jane A. Aitken and Janet S. Jedlicka in honor and memory of their parents. John and Jo-Anne were compassionate people who strove to volunteer both financially and physically in their communities. In accordance, this scholarship is designed to enrich the potential of students who, through sharing their varied cultural perspectives, will enhance the education of all students. The scholarship will be awarded on a competitive basis with emphasis on cultural diversity and/or financial need. Occupational therapy students with a demonstrated financial need and who intend to practice among a diverse population after earning their degree are encouraged to apply.

This scholarship will join the Amy Lind Scholarship and the Matt and Katrin Hjalmarsen Scholarship as awards exclusively available to students enrolled in the UND OT program. The OT Department is extremely grateful for these generous gifts that will serve our students well for years to come.

Occupational Therapy Department Vision Statement

All people will be engaged in meaningful occupations supporting health and wellness.

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Alumni Spotlight: Steve Cutler

How did you become interested in HOT?

Occupational therapy became a very dynamic interest of mine after discovering my true interest in body mechanics and how it relates to doing “something.” The first two years of my college career, I was focused on engineering; however, I realized that working with people in their physical and psychological struggles would be much more challenging and gratifying. At the time, a visit to the UND satellite OT program at Casper College here in Wyoming, and conversations with professionals and other students, elevated my desire to do more research on the field. I was fascinated by the variety of practice arenas and pleasantly overwhelmed with no idea of a specific direction. The outlook of OT professionals in most settings was promising and the compensation at the time would accommodate a quality family lifestyle. Another interest was based on my desire to work with other professionals and to collaborate on ideas, visions and beliefs from a multicultural, academic and experience standpoint.

Describe your experiences with your education at the UND OT program. Any standout moments?

Truly, I had many positive and life-changing experiences while attending the UND OT program in Casper. First and foremost, the dedication and commitment by each practicing professor was conveyed in the classroom environment. It was evident that each professor was passionate in teaching the needed skills as well as being open and understanding to individual student growth. The smaller class size provided more direct student/teacher instruction, and having practicing clinicians proved that the information was cutting-edge. The curriculum was challenging to say the least, especially Gross Anatomy; however, it was a testament to the level of rigor that, as a class, we were able to accomplish. Obviously,



the threshold of performance was needed; however, it’s fair to say that without the building and bonding of peer relationships, the experience wouldn’t have been nearly as rewarding both academically and personally. One standout moment was during my Level 2 Fieldwork and leading an intense outpatient therapy group. Of course, I had everything planned, with a structured activity, including time lines, materials and ideas of how to respond to issues that needed to be addressed. The group conversation, however, deviated to a point of overwhelming overload, whereas the patients were hoping for and possibly expecting a resolution. My planned activity was abolished, and it wasn’t until this session that I realized that bringing together my knowledge of book work, therapeutic use of self, listening and probably a little luck, I was able to guide the group to a positive outcome. In saying this, the experience really provided a sense of “connection” to myself, my patients and the confidence in the education I received.

How did you come to practice in your current site and setting?

I am very fortunate to have worked in most occupational therapy arenas and initially practiced in the orthopedic rehab setting, working with a very talented hand specialist. I then had an opportunity to venture to more settings with a progressive company and eagerly expanded to early childhood, school settings, homecare, nursing homes, as well as multiple orthopedic rehab centers. After practicing in these many areas, I pleasantly settled into a challenging role to provide OT services for the Special Education Department of Natrona County School District No. 1 in Casper.

What do you enjoy most about being an OT?

The greatest enjoyment of practicing OT in the school district is being part of a comprehensive team that collaborates on ideas and knowledge that ultimately enhances the quality of life for students.

Is there anything else you would like to add?

I would like to thank UND and Casper College for the great opportunity toward a superior education in the area of occupational therapy and the ongoing family that I am proud to be part of.

Motor Learning and Treatment Intensity: Two Sides of the Same Coin?

During the UND OT Recognition Day workshop and luncheon Feb. 8, 2013, Dr. Nancy Flinn, OTR/L, provided an overview of the principles of motor learning and intensive treatment. Principles of scheduling practice and feedback, intensive treatment developed from programs such as constraint-induced movement treatment, and Lee Silverman Voice Treatment (LSVT)/Loud and LSVT Big were integrated into the principles of motor learning. Participants were provided an understanding of how to incorporate motor learning and intensive treatment into patient treatment.

Dr. Flinn is the director of outcomes and research at the Courage Center in Minneapolis. Previously she was a practicing occupational therapist, in addition to being an associate professor at the College of St. Catherine. She has extensive experience with data and measurement design, and tool selection, specifically in the rehabilitation field. Dr. Flinn has also published in the rehabilitation field, including two chapters in Radomsky and Trombly Latham’s textbook *Occupational Therapy for Physical Dysfunction* (2008). She has more than 30 years of experience working with clients with complex and chronic neurological and musculoskeletal conditions.



Workshop presenter Dr. Nancy Flinn, OTR/L, with Dr. Jan Stube, UND OT Department faculty member.

Faculty Spotlight: Suzanna Morrison



The OT Department is happy to announce the hiring of Suzanna Morrison, MS, OTR/L, as assistant professor and professional coordinator at the Wyoming satellite program. A Wyoming native, Sue returns to Casper after many years in Cody, Wyo., where she worked extensively in pediatrics and owned a private practice. Her work with low vision, sensory integration and autism spectrum has gained her an outstanding clinical reputation across the region. Prior to joining the UND OT Department, Sue worked in the School of Health Sciences at Casper College, where she established assistive technology and

equine-assisted therapy certificate programs, to great response.

Sue is also recognized for her strong support for those diagnosed on the autism spectrum. She recently consulted with author C.G. Meloy on a book titled *Life and Spectrum: A Revealing Look at High Functioning Autism and Asperger's Syndrome*. Written from the perspective of an "aspie," the book and illustrations combine the life experiences of the author with Sue's therapeutic experience.

Sue is also an accomplished musician and songwriter, and leads a monthly jam session well-known to the Casper community. Her approach to music mirrors her approach to treatment; it takes a team, and everyone can contribute. The OT Department is excited to welcome Sue, and her vibrant approach to occupational therapy and client-centered care!

Fieldwork Connection

The faculty of the University of North Dakota view fieldwork as an essential component of the student's learning process. We know that student learning is enhanced when there are multiple connections between faculty and students, and between faculty and fieldwork educators. We value opportunities to recognize and support your teaching and clinical expertise, and to partner with you in developing quality learning experiences for our students. To this end, we have identified our top 10 incentives for you to offer fieldwork learning for UND OT students. Incentives include:

1. Certificates of appreciation (available upon request) recognizing hours spent in student instruction. You can use this document to verify continuing education units for state licensure or National Board for Certification in Occupational Therapy (NBCOT) renewal.
2. Access to online resources for fieldwork educator training. A list of current online training resources will be provided upon request.
3. Campus library privileges are now available upon request. As a fieldwork educator, you can gain access to the excellent library materials available through the UND School of Medicine and Health Sciences Library of the Health Sciences.
4. Opportunities to participate in research publications and presentations with OT faculty and students.
5. Opportunities to partner with faculty and students in scholarship efforts. Faculty are always looking for clinical scenarios/problems for students to address in graduate scholarship (<http://www.ot.und.edu/abstracts.html>).
6. Access to a list of textbooks recommended by faculty which represent professional practice updates across the curriculum.
7. An outstanding fieldwork educator award to recognize outstanding fieldwork educators. The award may be nominated by students, other fieldwork educators and academic faculty.
8. Yearly continuing education courses offered on topics of clinical interest free of charge to our fieldwork educators.
9. Access to a departmental newsletter featuring the accomplishments of fieldwork educators, alumni and faculty.
10. Sponsorship of regional AOTA fieldwork certificate workshops and support in the form of a \$100 voucher for all UND fieldwork educators.

If you are not yet affiliated with our program as a fieldwork educator, please contact Deb Hanson at debra.hanson@med.und.edu or 701.777.2218 at your earliest convenience to find out more about any and all of the above opportunities.

Footnotes

Ilse Coleman, a junior Occupational Therapy student, was honored with the 2012-2013 UND Student Spirit Award. UND Student Spirit Award winners are selected based on their demonstrated leadership in service, philanthropy, community involvement and academics. Ilse will serve as a student ambassador for UND's philanthropic endeavors and was given a \$1,000 award. The award provides \$500 for personal tuition and fees, and \$500 to be gifted to a UND program of each recipient's choice as it matches their philanthropic focus. Ilse plans to share her \$500 gift with UND's Student Occupational Therapy Association.



Cheryl Keffler, MOT '00, was elected president of the Wyoming Occupational Therapy Association (WyOTA) at the 2012 WyOTA Business Meeting and Annual Conference. Nicole Likewise, OT '12, was elected secretary-treasurer at the same conference.

Stehanie Blonigen, MOT '12, and Danielle Schepers, MOT '12, are presenting a poster with Debra Hanson, UND OT faculty member, at the 2013 AOTA National Conference. The title of their poster is "Bringing Occupation to Long-term Care Settings."

Crystal Brecht, MOT '12, OTR; Jenna McGregor, MOT '12; Gretchen Prohofsky, MOT '11, OTR/L; and UND OT faculty member Sonia Zimmerman, Ph.D., OTR/L, FAOTA, are presenting a short-course platform presentation at the 2013 AOTA National Conference titled "Illness Management & Recovery: Establishing Occupational Therapy's Role."

Save the Date

UND Occupational Therapy Alumni and Friends Reception
Friday, April 26, 2013 • 6:30-8:30 p.m.

Hilton San Diego Bayfront
Cobalt Room 505
1 Park Blvd., San Diego

In conjunction with the AOTA Annual Conference and Expo. Hors d'oeuvres and beverages will be served.

RSVP: Kristen Peterson, 701.777.4305,
kristen.peterson@med.und.edu, <http://bit.ly/ot-sd-2013>

Parting Shots



Maia Sobolik of the OT Class of 2014 in Wyoming talks to the horse she will use during a therapeutic riding activity at the Reach for a Star Riding Arena in Casper. Students interacted with the horses and practiced on lifts the facility uses to assist clients with physical limitations.



Nicole Gronhovd and Taylor Duniven, members of the OT Class of 2014 in Grand Forks, assist in the CarFit assessment at Rydell Chevrolet, in partnership with Bill Vasicek and Jessa Hulteng, MOT, OTR/L, who represent Altru Health System.