

2022 OTAH VIRTUAL ANNUAL CONFERENCE

Saturday, October 8, 2022

8:00 AM to 4:30 PM

Online via Zoom

PROGRAM AGENDA

Total pdu: 6.0 hours

TIME	TOPIC	PRESENTER
8AM-8:30AM	Registration	
8:30AM-10 AM	Keynote Speaker: "Closing the Stress Cycle to Heal Burnout"	Amy J. Lamb, OTD, OTR/L, FAOTA
10:00AM - 10:15AM	Break	
Track 1	10:15AM-12:30 PM	John L. Margetis, OTD, OTR/L Jamie Wilcox, OTD, OTR/L
	1:30PM-3:45PM	
Track 2	10:15AM-12:30 PM	Susan Blair, OTD, OTR/L, BCPR, BCG
	1:30PM-3:45PM	
12:45PM-1:15PM	Lunch/Annual Meeting and Elections	
3:45PM-4:15PM	Final Questions and Answers	
4:15PM-4:30PM	Conclusion/Wrap Up/Conference Survey	

LEARNING OBJECTIVES: The participant will be able to:

Keynote: "Closing the Stress Cycle to Heal Burnout"

- 1) Understand the stress cycle, stressors and signs of burnout.
- 2) Identify ways to close and move through the stress cycle
- 3) Create an action plan for strategies to use in daily life

COVID-19: Inpatient and Outpatient Recoveries

1. Apply key aspects of critical care rehabilitation to COVID-related critical illness and recovery.
2. Recognize post-intensive care syndrome's impact on occupational performance and design interventions for COVID-19 survivors.
3. Apply an occupational therapy lens to the outpatient management of chronic sequela of long covid.
4. Discuss most relevant and up-to-date evidence surrounding COVID and long COVID syndrome

Multigenerational Approaches to Learning and Communication

1. Assess multigenerational characteristics and application to occupational therapy by designing a multigenerational activity specific to practice setting.
2. Demonstrate awareness of opportunities designed to provide multigenerational collaboration

Frailty Education and Successful Aging

1. Describe criteria for frailty and the implications for functional engagement in occupation for older adults who live in the community who may be at risk for developing frailty.
2. Identify appropriate role of OT to reduce frailty risk through occupational engagement, client-centered interventions, and development of successful aging education classes with specific objectives and activities.

About the Presenters:

Susan Blair, OTD, OTR/L, BCPR, BCG

Dr. Blair's career as an Occupational Therapist spans over 34 years and encompasses a variety of clinical service areas including acute care, inpatient rehabilitation, home health, skilled nursing/assisted living facilities, and pediatrics. She is currently the Director of Student Affairs and Assistant Professor for the Baylor University OTD program, Waco, Texas. Previously, she was Assistant Professor and Academic Fieldwork Coordinator at Pfeiffer University, Albemarle, NC. She obtained her Occupational Therapy Post-Professional Doctoral degree from Chatham University and through that experience has expanded her knowledge of educational theory, teaching methodology and research design. Her education, teaching experience, and over 34 years of clinical practice prepared her to transition into an academic setting.

Amy J. Lamb, OTD, OTR/L, FAOTA

Dr. Lamb is the CEO/founder of Meraki & Me where she provides executive leadership development coaching services. She is also the owner of AJLamb Consulting, LLC working with organizations for program development, occupational therapy expert review, post-professional education, and clinical practice innovation. She is the immediate Past-President of the American Occupational Therapy Association serving in that role from 2016-2019. She has previously served the American Occupational Therapy Association on its Board of Directors as its President-Elect from 2015-2016 and Vice President from 2012-2015. Dr. Lamb is a past chair of the American Occupational Therapy Political Action Committee (AOTPAC) from 2006-2012. Dr. Lamb received both her Bachelors of Science in Occupational Therapy and her post professional Doctor of Occupational Therapy from Creighton University in Omaha, Nebraska. She brings with her the valuable combination of clinical practice as a licensed occupational therapist combined together with health care policy experience at the state and federal levels. Dr. Lamb's expertise includes health policy, advocacy, prevention and wellness, leadership development, organizational change, managing professional burnout and professional wellbeing, higher education and design thinking. Dr. Lamb currently resides outside of Ann Arbor, Michigan with her husband Nathan and their two emerging adult children Gabby (20) and Josh (18) when they are not away at college. She strives to learn new things every day and enjoys running, yoga, rowing, walking their dog, reading, listening to podcasts, and mindfulness.

John L. Margetis, OTD, OTR/L

Dr. Margetis is an Associate Professor of Clinical Occupational Therapy at Keck Medical Center of USC and the Chan Division of Occupational Science and Occupational Therapy. He is a lead critical care and neurorehabilitation clinician, and his clinical and research interests also include neuroimaging, neurocognitive dysfunction, vascular brain injury, and stroke.

In March 2020, Dr. Margetis redeployed to meet the needs of patients with COVID-19, treating patients primarily during their acute and critical care courses. Since then, he has published on the essential role of occupational therapy practitioners in critical care rehabilitation and co-authored case studies outlining OT interventions with this population.

Jamie Wilcox, OTD, OTR/L

Dr. Wilcox works as an occupational therapist and lead clinician at Keck Medical Center of USC. She specializes in pulmonary, organ transplant and critical care rehabilitation. Her academic and clinical interests include occupational therapy interventions for patients living with acute and chronic lung diseases; post-intensive care syndrome; and early rehabilitation/mobilization for patients with severe critical illness. Since March 2020, Dr. Wilcox has been on the frontline of the COVID-19 pandemic caring for patients during and after hospitalization for acute COVID-19-related illness. In 2021, Dr. Wilcox received the NBCOT Innovation Award for her professional service and clinical program development addressing the emerging rehabilitation needs for individuals with acute and chronic post COVID-19 conditions.

Dr. Wilcox completed her OTD doctoral residency at Keck Hospital of USC with a focus on occupational therapy's role in palliative care. In 2019, she returned to the (virtual) classroom to pursue a Master's of Public Health degree at the USC Keck School of Medicine.