



Washington University in St. Louis

SCHOOL OF MEDICINE

Occupational Therapy

Spring 2020

O.T. Link



Journey from clinic to workplace

*Researcher Ann Marie Dale, PhD, OTR/L,
helps improve workers' health*



Washington University School of Medicine in St. Louis

Program in Occupational Therapy

Admitted Students Day

On Jan. 24, the Program in Occupational Therapy held its first Admitted Students Day event. More than 40 admitted students and their guests attended to learn more about the many educational, research and clinical experiences we have to offer. Kathy Kniepmann, OTD, MPH, EdM, CHES, OTR/L (far right), moderated a panel discussion with current students.

O.T. Link Contents

Also in this issue

- 2 From the Director
- 3 Program News
- 12 Alumni News
- 13 Job Openings
- 14 Student News
- 16 Student Happenings

4 Journey from clinic to workplace

Researcher Ann Marie Dale, PhD, OTR/L, helps improve workers' health

8 How to OT

Developing a podcast to disseminate research to practice

10 OT for breast cancer

New service line provides rehabilitative care to breast cancer patients



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 Washington University in St. Louis

SCHOOL OF MEDICINE

Occupational Therapy

From the Director



It is a new year, a new decade and I am thrilled by the opportunities ahead for the Program in Occupational Therapy as we continue forward on our mission to advance human health. As I have settled into my role over the past six months, I am struck by how eager our faculty, clinicians, staff, alumni and students are to make this Program exceptional in every way. This issue highlights just a few of those stories and the extraordinary people surrounding me every day.

Our cover story is a profile on jointly appointed faculty member in medicine and occupational therapy Ann Marie Dale, PhD, OTR/L (page 4), an MSOT '96 alumna of our program. Dr. Dale conducts research on ergonomics and worker safety, often on construction sites, as part of her role in The Healthy Work Center at Washington University. She has mentored and educated our students interested in workplace safety since 1992. Currently, she serves as a faculty advisor to the Rehabilitation and Participation Science (RAPS) PhD program, to guide doctoral students interested in evidence-based care and researching interventions that prevent injuries and promote workplace safety. We are so fortunate to have her expertise and enthusiasm in our Program.

If you have been following us on social media, you already know about the How to OT podcast (page 8), created and hosted by third-year doctoral student Matt Brandenburg, OTD/S '20. He is studying the perceptions of occupational therapy practitioners, students, educators and researchers on the feasibility of using podcasts as a method to consume research and implement best practices. Season one features interviews with noted scientists, researchers, educators and clinicians both in the WashU community and at other institutions. It's exciting to see our students utilizing technology and media to promote occupational therapy research to practitioners and beyond.

I'm also excited to share with you a new program developed by two of our therapist specialists: Ellen King, BSOT, OTR/L, CHT, and Katie McQueen, OTD, OTR/L, CHT, that provides specialized rehabilitative care for breast cancer patients. Chrisanna Jung (page 10) was one of the first patients referred to the program, and she shares how the care she received helped her recover from a double mastectomy this December. I am sure you will be inspired by her strength, courage and determination to be healthy and strong again.

I hope to see you at the AOTA Annual Conference & Expo in Boston this March. We invite you to stop by Booth #1144 and visit with us (page 12). Please plan to attend our annual alumni reception, which is always a wonderful time to connect with colleagues and friends. I'm eager to hear your ideas on how we can engage more fully with you to make our Program reach even greater heights as we educate the future leaders, researchers, educators and practitioners of our profession.

Regards,

A handwritten signature in black ink that reads "Lisa T. Connor".

Lisa Tabor Connor, PhD, MSOT, OTR/L

Elias Michael Executive Director, Program in Occupational Therapy

Professor of Occupational Therapy and Neurology

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Peggy Barco, OTD, OTR/L, SDCM, CDRS, FAOTA (left), and David Carr, MD (right), along with an interdisciplinary team of national experts related to medical fitness to drive including physicians, occupational therapy driving rehabilitation specialists, pharmacists, ophthalmologists, and National Highway Traffic Safety Administration researchers, were invited by Loren Staplin, PhD, to meet at the National Institute of Transportation in Washington, D.C. to determine which medical conditions and their impact on driving are to be identified as priorities for systematic review on Jan. 31.

Chen becomes seventh PhD graduate

On Dec. 18, PhD student Pin-Wei (Benny) Chen, MA, successfully defended his dissertation, "Wheelchair Propulsion for Everyday Manual Wheelchair Users: Repetition Training and Machine Learning-based Monitoring," and became our seventh doctoral graduate.

Chen's mentor was Kerri Morgan, PhD, OTR/L, ATP, whose Enabling Mobility in the Community Laboratory's primary study population is persons with lower extremity mobility limitations including spinal cord injury, multiple sclerosis and cerebral palsy.



Chen's Dissertation Committee included (back row, left to right) M. Carolyn Baum, PhD, OTR, FAOTA; Michael Mueller, PT, PhD, FAPTA; Joseph Klaesner, PhD; (front row, left to right) Pin-Wei Chen, PhD; Kerri Morgan, PhD, OTR/L, ATP; and Alex Wong, PhD, DPhil, BSOT.

Faculty promotions

Allison King, MD, PhD, was promoted to professor of occupational therapy, pediatrics, surgery (prevention and control) and education at the Executive Faculty meeting Dec. 11. King's research in



Allison King

sickle cell disease is nationally recognized, as well as the protocols she has helped implement to improve clinical care for the incurable disease. She also studies the environment's influence on children's development and participation to determine targets for intervention that will have the greatest impact on development and education. Her promotion was effective Jan. 1.

Tyminski receives MOTA's outstanding educator award

Quinn Tyminski, OTD, OTR/L, received the 2019 Missouri Occupational Therapy Association's Outstanding Educator Award. This award recognizes the administrator, supervisor or educator who promotes professionalism, civic engagement, occupation-based care, volunteerism, mentoring the future generation of occupational therapy practitioners and serves as a positive role model for staff and/or students.



Quinn Tyminski

Want more Program news?

Stay up to date on the latest Program news by visiting our website at ot.wustl.edu or connecting with us on Facebook, Twitter, Instagram, LinkedIn and YouTube.



Journey from clinic to workplace

By Stephanie Stemmler

Chris Steinmeyer (left) demonstrates the electric ceiling grinder and explains its ergonomic advantage to Dale (right) at the One Hundred building.



In the Central West End neighborhood adjacent to Washington University School of Medicine, Ann Marie Dale, PhD, OTR/L, is “boots on the ground,” meeting with construction workers and managers on a floor of the new and strikingly designed 36-floor One Hundred apartment building.

The soon-to-be iconic structure is one place where Dale is conducting research on ergonomics and worker safety. “It’s incredibly challenging to do research on construction sites,” she says. “Unlike most other industries, construction is constantly changing. Therefore, if you want to do research and follow workers’ health, you have to chase them. And you really have to know about the actual construction projects themselves.”

Dale is focused on worker safety and productivity as part of her role in The Healthy Work Center at Washington University. Through the center, research is under way into the causes and prevention of work-related injuries and musculoskeletal disorders. The center also promotes health education on worker safety and issues such as the impact of opioid abuse in the workplace. “My path has moved from a clinical occupational therapist role to epidemiology to public health,” Dale says. “We, as occupational therapists, can influence and impact the system upstream and downstream from a job through the implementation of evidence-based reforms.”

Dale, who earned a master’s degree through the Washington University Program in Occupational Therapy in 1996, started her career as a clinical occupational therapist, working first in a hospital setting and then as a certified

hand therapist in an outpatient clinic. “I saw the revolving door of work-related injuries, with many of them originating from the workplace. I realized I could modify how a person works with their hands to tolerate the work better, but the problem was that their job didn’t change. I started to wonder if I could minimize injuries by educating workers and, especially, employers and contractors, on safer practices. That led me to the study of ergonomics.”

It also led to her returning to Washington University in a dual faculty appointment with the Division of General Medical Sciences and the Program in Occupational Therapy in 2010. She has been a long-time collaborator with Washington University physician Brad Evanoff, MD, MPH, on ergonomics research. “We started in the airline industry, working with baggage handlers,” says Dale. “That ended when 9-11 occurred. Along the way, though, I started finding key contacts in the construction industry and with the local unions, which was key to jumpstarting our research in that sector.”

St. Louis is home to the largest pool of unionized residential construction workers in the country. It also has a very large number of unionized workers in commercial construction. As Dale reached out, connected and then demonstrated evidence-based results to improve worker safety and job productivity, the trust in her efforts resonated not only with the

Malik Johnson (center) discusses strategies for handling heavy materials during tasks with Marco Barrera (left), construction research specialist, and Patrick Sobrino (right), Clayco safety engineer, during a site visit.



Sobrino (left) stands on the east balcony on the 32nd floor of the One Hundred building with Dale (right) as they review the process of how the balcony will be completed.



local Carpenters' Union, but also with major contractors and subcontractors. The relationships, which have grown steadily over the past 20 years, enabled Dale to successfully apply and win grants through the national Center for Construction Research and Training's partnership with the National Institute for Occupational Safety and Health (NIOSH).

She, Evanoff and their colleagues have moved from worker safety education and prevention (how to protect the body, how to lift, etc.) to now working with almost 100 subcontractors and six contractors to enhance workplace productivity and safety. "It's top-down influence, bottom-up participation," Dale notes. "The result of the trust they have in our efforts is the buy-in from parties at all levels. That's how we institute reforms that make a difference."

One of the most transformative research projects started in 2004, when researchers recruited 1,100 workers in various occupations and industries who did not have carpal tunnel syndrome (CTS) and followed them for eight years to see who developed it and why. "We wanted to know how much force and repetition a person can be exposed to without increasing their risk of CTS," Dale explains. "We had to contact 2,000 companies to get the original 1,100 workers so it was a major effort."

The team published more than 40 papers from that research, which led to the

American Conference of Governmental Industrial Hygienists (ACGIH) revising the Voluntary Threshold Limit Value (TLV) for Hand Activity in 2018, a tool used to screen and reduce the risk for CTS.

Clayco, the primary builder for One Hundred, has fully embraced and included ergonomics as a mandatory discussion in all of its construction projects. Now, from the first preplanning conversations with each subcontractor to regular meetings and daily observations on job sites, the company encourages workers to point out and speak up about safety issues.

Dale, who along the way earned a doctorate in epidemiology from Saint Louis University's School of Public Health in 2009, has mentored and educated occupational therapy students since 1992. Currently, she serves as a faculty advisor to the Program in Occupational Therapy's Rehabilitation and Participation Science (RAPS) PhD program, to guide those who are interested in evidence-based care and researching interventions that prevent injuries and promote workplace safety.

In her most recent efforts, Dale is tackling psychosocial issues and opioid use in the workplace. "Construction has one of the highest rates of overdose and fatalities among all industries," she notes. "They start with taking prescription pain killers for an injury and become addicted. We've recognized that we can't just treat workers

for injuries on the job; we have to treat the whole person."

She is in the process of developing new employer guidelines to help reduce the use of opioids and educate workers and management about the growing issue of opioid addiction. In a remarkable moment, Dale recalls when the Associated General Contractors of Missouri worked with her to have a "stand down" at a construction site as part of an organization-wide suicide prevention campaign. "They said to the workers, 'We have an important conversation with all of you. Look out for your brother and tell them help is available.' It was so powerful, we had people coming up and thanking us for starting to talk about a 'hidden' problem."

For her long-standing work in community research outreach, Dale was awarded the 2020 Washington University Distinguished Faculty Award for Community Service. In reflecting on her own career path, Dale adds, "I can tell other occupational therapists that, yes, you can have an amazing influence no matter where you work. From the clinic to community health, we have a role in managing the system to see the whole person and, in the end, it's so rewarding to effect change at so many levels."



Jeff Reichmuth (left) asks Dale (center) and Barrera (right) what are the best methods to access pipes in overhead work.

How to OT

BY MICHELE BERHORST

Developing a podcast to disseminate research to practice



Matt Brandenburg, OTD/S '20, creator and host of the podcast How to OT.

If you ask Matt Brandenburg, OTD/S '20, what his personal mantra is, he'll tell you—"If you're not having fun, you are doing it wrong!"

It's a mantra Brandenburg definitely lives by—it's rare to see the Virginia native without a smile on his face. A third-year doctoral student, Brandenburg decided to become an occupational therapist following a two-year mission trip to Northern Mexico after his freshman year at Brigham Young University (BYU). "Every day, I was serving people of all ages and helping them in whatever way I could to make positive changes in their lives. That experience made me realize that I want to help people for the rest of my life."

He returned to BYU with a mission of his own. "I started exploring different careers where I could make a difference in someone's life. After taking an entire semester of medical classes, I researched careers that were a combination of psychology and medicine and found

occupational therapy. Working with other people to achieve something greater than what we can do on our own is appealing to me. I feel you can do that every day as an occupational therapist."

Even though Brandenburg had no experience or even interest in podcasting, he was drawn to the project—the use of podcasting in teaching and learning—that Stacy Smallfield, DrOT, OTR/L, BCG, FAOTA, offered as a mentored scholarly experience during his first semester.

"I was, however, interested in dissemination and translational science," Brandenburg explains. "That curiosity is what drew me to the project; it takes on average 17 years for research evidence to reach clinical practice. Podcasting could shorten the gap by addressing barriers such as misunderstanding scientific validity, having limited access to research findings, and the lack of time clinicians have to consult the literature and apply it to daily practice."

Brandenburg met with Smallfield, and together they mapped out what the podcast's objectives would be. "Research was always the main goal, but we also wanted to pick topics that would be most helpful to clinicians and students and have people talking about those topics that listeners could trust."

Smallfield and Steve Taff, PhD, OTR/L, FNAP, FAOTA, helped Brandenburg identify potential guests both within the Washington University community and at other institutions. He reached out to an impressive array of senior scientists, acclaimed researchers, distinguished educators and advanced clinicians, unsure of what the response would be. Amid busy schedules and commitments, almost every guest was willing to do the interview.

Next, he set out to develop an episode template so that each interview would have a similar structure and flow. "There were several decisions I had to make on the type of show I wanted to develop,



Left to right: Sherry Muir, PhD, OTR/L, with Brandenburg.

like finding the right balance of scientific content and clinical application,” says Brandenburg, who researched each topic and guest to write the interview questions.

Last, there were the many technical aspects of producing a podcast to learn. “I learned how to record interviews both in person and virtually and how to edit sound—eliminating background noise, amplifying, applying limiters, fading in and out, adding music and overlaying tracks,” Brandenburg says. “Being a student, I chose to use a free platform for publishing—Anchor—where I can upload episodes and they get pushed out to all the podcast apps.”

The first episode of How to OT was released in April 2019 on the topic of low vision and aging. After a summer hiatus for fieldwork, Brandenburg released the remainder of season one during the fall semester, averaging a new podcast every two weeks, with topics ranging from mental health to neuroscience to functional cognition. While interview questions differed from guest to guest, Brandenburg asked each one to share a clinical example or case study of when they implemented their research into practice and saw a positive outcome.

“Every guest shared a story where they changed a client’s life forever. It’s a touching moment on the show because I could tell it impacted not only the client, but my guest as well. It just further emphasized the importance of shortening the gap between research and practice,” Brandenburg says.

With season one completed, Brandenburg began collecting data for the research

component of the project. “I asked practitioners, alumni and students via email and social media to listen to an episode of How to OT and take a short survey to measure perceptions on using podcasts to disseminate research.”

The feedback received so far has been positive, including that of How to OT guest Sherry Muir, PhD, OTR/L. “Nearly everyone I know listens to podcasts because it is an efficient way to multitask for busy people; you can listen while you drive or clean house. I believe using podcasts is a strategic and effective way to deliver this information to clinicians; it’s a real-world solution that can improve practice.”

When asked if there will be a season two, Brandenburg replies: “As long as the show helps disseminate research and is helpful to practitioners, students and whoever may listen to it, I can see myself continuing it.”

“I believe using podcasts is a strategic and effective way to deliver this information to clinicians; it’s a real-world solution that can improve practice.”

—Sherry Muir, PhD, OTR/L



Want to share your thoughts on using podcasts to disseminate occupational therapy research with Matt? Here’s how!

- 1** Listen to an episode of How to OT. The podcast is available at anchor.fm/howtoot, Google podcasts, Stitcher, Spotify or wherever you get your podcasts. Episodes vary in length between 30 and 50 minutes.
- 2** Share your feedback via Twitter at [@how_to_OT](https://twitter.com/how_to_OT) or email at howto.ot.podcast@gmail.com

How to OT season one episode list

1. Introduction to How to OT
2. Low Vision and Productive Aging pt. 1 – Stacy Smallfield, DrOT, OTR/L, BCG, FAOTA
3. Low Vision and Productive Aging pt. 2 – Stacy Smallfield, DrOT, OTR/L, BCG, FAOTA
4. Mental Health Practice and Applications – Quinn Tyminski, OTD, OTR/L
5. Propulsion and Exercise in a Mobility Device – Kerri Morgan, PhD, OTR/L, ATP
6. Occupation and Well-Being in OT Education – Steve Taff, PhD, OTR/L, FNAP, FAOTA
7. Cognitive Support Tech and Ergonomics – Karen Jacobs, EdD, OTR, CPE, FAOTA
8. Evidence-Based Interventions for Dementia Care pt. 1 – Laura Gitlin, PhD, MA
9. Evidence-Based Interventions for Dementia Care pt. 2 – Catherine Piersol, PhD, OTR/L, FAOTA
10. Functional Cognition – M. Carolyn Baum, PhD, OTR, FAOTA
11. Participation and People with Intellectual and Developmental Disabilities – Wanda Mahoney, PhD, OTR/L
12. Advocacy, Policy, Sustainability and Climate Change – Diane Smith, PhD, OTR/L, FAOTA
13. Connecting Neuroscience to People’s Lives – Benjamin Phillip, PhD
14. Environmental Interventions for Function and Fall Prevention – Susy Stark, PhD, OTR/L, FAOTA
15. Effectively Implementing Metacognitive Strategy Interventions – Elizabeth Skidmore, PhD, OTR/L, FAOTA, FACRM
16. Occupational Therapy in Primary Care – Sherry Muir, PhD, OTR/L

New service line provides
rehabilitative care to
breast cancer patients

OT for breast cancer

BY MICHELE BERHORST

PHOTOS BY MARK GILLIAND



Ellen King, BSOT, OTR/L, CHT (left), moves Chrisanna Jung's shoulder joint using a passive range of motion.

Chrisanna Jung, 54, lives an active life with many occupations: wife, mother, grandmother, long-time employee at a local Ford dealership to name a few. When she was diagnosed with breast cancer on May 28, 2019, she was determined to get control of her life—and her body—back as soon as possible.

“The support I had from my family, friends and at work was tremendous. My husband, Eric, was my world—I could not have gone through this process without him. He cried with me, laughed with me and held me up when up was the last place I wanted to be. When I told my boss, he broke down in tears and told me, ‘You first—whatever you need to do, you do it,’” Jung shares. “I started chemotherapy on July 1. I did four rounds of Adriamycin/Cytosin, which they call the ‘red devil,’ and it was miserable. Then, I did 12 weeks of Taxol through Nov. 11.”

Jung had her first consultation with Marissa Tenenbaum, MD, to discuss the reconstruction surgeries that would follow her double mastectomy in mid-October. Therapist specialist Ellen King, BSOT, OTR/L, CHT, also attended the consult. King is one of several therapists at Washington University Occupational Therapy’s Milliken Hand Rehabilitation Center who provide specialized rehabilitative care for breast cancer patients like Jung. The new service line was developed when King and colleague Katie McQueen, OTD, OTR/L, CHT, treated a patient with a broken wrist.

“During her evaluation, we asked her to move her shoulder and she couldn’t. Then, she told us about her breast cancer journey and reconstruction surgeries. She didn’t know who to talk to about her frozen shoulder—she was just happy to be alive and cancer-free, so her shoulder wasn’t a priority,” McQueen explains. “With the right pre- and post-operative care, breast cancer patients can avoid these types of injuries or mobility restrictions, which could be permanent.”

After seeing more patients with similar issues, King and McQueen started working with Tenenbaum and other physicians in the Division of Plastic and Reconstructive Surgery at Washington University to develop the Occupational Therapy for Breast Cancer Program. Jung was one of the first patients referred to the program. Milliken colleague Sarah Mecadon, MOT, OTR/L, conducted the pre-operative evaluation and plan to prepare Jung for surgery and recovery.

“Sarah took my baseline measurements and gave me exercises and stretches to loosen up my shoulders, back and chest,” Jung recalls. “My husband, who went to all

of my appointments, helped me with some of the exercises. Up to this point, I felt like I was at the mercy of my oncologist, the nurses and even the chemo treatments themselves. But doing these exercises before surgery—it empowers you. I would tell myself, ‘I’m going to prepare my body as best as I can and let the doctors do everything else.’”

On Dec. 18, Jung had the double mastectomy, and tissue expanders were inserted to prepare her for implants. As soon as she was able, Jung started doing the exercises and stretches again. “Everything felt so heavy and tight, and stretches gave me such relief—especially one that’s done against a wall to open up the chest. I would roll out of bed, and that stretch was the first thing I did. It felt so wonderful, and I think it made a big difference in my recovery,” says Jung, who did not need to take opioids following surgery. “I have a high tolerance for pain, but just Advil and muscle relaxers were enough for me.”

On Dec. 25, one week after surgery, Jung celebrated the holiday with her family at her son’s house. She recalls Colby, her 10-month-old grandson, reaching out for her to pick him up. “It just broke my heart that I couldn’t because everything was so tender, and I didn’t want to pull a suture. My husband picked him up instead, but he still reached out to me. This little guy didn’t understand why I couldn’t hold him. I can’t imagine what it feels like for young mothers to go through this and not be able to hold their babies.”

Four weeks later, Jung saw King to begin post-operative care that included more exercises and stretches, wound care, scar tissue massage and other treatments. One of Jung’s goals was returning to the gym. “My big question for Dr. Tenenbaum and Ellen was, ‘When can I lift weights again?’ Prior to surgery, I was doing three days of heavy lifting and two days of cardio. I wanted to get back to it as soon as possible,” says Jung, who has since resumed cardio and light hand weights. “I’m ready to feel healthy and strong again.”

Seeing patients getting back to their normal routines is one of the reasons that King enjoys working with this population:



Top: King uses a pool noodle for the active assistive horizontal abduction/adduction exercise.



Bottom: King guides Jung through a series of scapular postural exercises against the wall.

“You see a quick progression of patients getting better and regaining their confidence. They are motivated to get back to their lives, and they are so thankful for every gain they make along the way. As a therapist, you feel good about being able to help someone through a journey like that.”

On average, King and McQueen see patients four times following exchange surgery, which Jung is scheduled for on March 10 to replace the expanders with implants. While her journey is not over just yet, Jung is embracing the therapy services she receives and encourages other patients to do the same.

“Just do it to the best of your ability. It makes a world of difference to have someone like Ellen working with you to get your range of motion back. It might be painful, but stick with it. Embrace it. I can’t imagine going through all of this and ending up with restricted movement. This is something you can take back from the cancer and control,” Jung says. “You have that power.”

In memoriam

Taevin Symone Lewis, MSOT '19, died Jan. 1, 2020, in a motor vehicle accident in St. Louis. She was 26.

Lewis was born in Greenwood, Miss., and later moved to Memphis. She was the first to enroll in a cooperative degree-conferring program involving Harris-Stowe State University and Washington University. The program allowed her to earn a bachelor's degree in biology from Harris-Stowe in three years, followed by a master's degree in occupational therapy (OT) from Washington University in two years.

Lewis was involved in a wide range of activities while working on her degrees. Among them, she served as the student government association's president and vice president at Harris-Stowe; she was the 2016-17 Miss Black Missouri U.S. Ambassador; and she served as a tutor for St. Louis high school students and a volunteer for a sickle cell support group at St. Louis Children's Hospital.

She is survived by her father, Calvin Lewis (Aubra Lewis); mother, Quadril Siggers-Abron (Darron Abron); brothers Tevin, Nicholas, Kylan, Kyler and Keaton; grandmothers Minnie Lewis and Deborah Siggers; and grandfather, Walter Bibbs.



Taevin Symone Lewis

Kacey M. Hess, MSOT '10, died Dec. 25, 2020, at Blessing Hospital in Quincy, Ill. She was 32.

Hess was born in Quincy, and graduated in 2005 from Palmyra High School. She earned a bachelor's degree in occupational therapy from Culver-Stockton in 2008 and a master's degree in occupational therapy from Washington University in 2010. Hess worked as an occupational therapist at Transitions in Quincy.

She was a strong supporter of the Muscular Dystrophy Association and a Michigan State basketball fan. Hess volunteered and was active in her church. She loved to dance and watch her daughters play sports.

She is survived by her husband, Mackenzy Hess; daughters Addie, Aubrey and Hazel; parents Ashley Augspurg (Rena) and Diane Riney Augspurg; grandparents Irene Riney, Grant and Joyce Hess and Jo Schaeffer; sisters Kaley Augsburg and Memory Bradshaw (Adam); mother and father-in-law Ed and Pam Hess; and extended family.



Kacey Hess

CONNECT WITH US @

AOTA Annual Conference & Expo
March 26-29, 2020
Boston, MA

The Program in Occupational Therapy invites you to connect with us at the 2020 AOTA Annual Conference & Expo!

Stop by Booth #1144 to:

- **Visit** with friends and colleagues
- **Pick up** a WashU lanyard
- **Participate** in our scavenger hunt
- **Learn** about faculty opportunities
- **Update** your contact information

And join us for food and drinks at our Annual Alumni Reception!

Thursday, March 26
Westin Waterfront
Commonwealth Ballroom AB
8:30 to 10:00 p.m.
RSVP required

Please **RSVP** for the reception to otevents@wustl.edu or (800) 279-3229 by **March 18**

Faculty positions

The Program in Occupational Therapy at Washington University School of Medicine in St. Louis is ranked as a top occupational therapy program in the nation by U.S. News & World Report. Located in the heart of the Midwest, the Program offers the finest in occupational therapy education and evidence-based patient care, all built upon a strong foundation of innovative research. Faculty and staff maintain a focus on advancing human health by enhancing people's participation in everyday life activities and work together to bridge biomedical and sociocultural health at the person, community and population levels.

Home to one of the top medical schools in the nation, Washington University is also ranked among the best places to work in St. Louis. Essential to every aspect of the university's mission, faculty and staff enrich students' learning experiences, discover and build knowledge, advance health, save lives, and support excellence every day. Employees at the School of Medicine reflect the diversity of the surrounding community, and enjoy a rewarding and inclusive work environment that encourages independence, boldness and originality of thought. Washington University recognizes the value in each individual, and great emphasis is put on hiring, training and retention of its employees.

Washington University seeks an exceptionally qualified and diverse faculty; women, minorities, protected veterans and candidates with disabilities are strongly encouraged to apply.

Director of Research Division

We are seeking candidates to join our faculty as director of the Division of Research. The director provides research leadership, general supervision and guides the development of early- and mid-career investigator track faculty. The director chairs the Rehabilitation and Participation Science (RAPS) PhD program and is actively involved in curriculum design and instruction. The director develops and implements programs and procedures to support the effective and productive activities necessary to advance the science of occupational therapy and participation. In addition, the director furthers the scientific rehabilitation agenda at Washington University and actively participates in local, national and international scientific communities.

Candidates must have a PhD with a strong scientific career contributing knowledge to the fields of occupational therapy and rehabilitation and participation science. We are seeking scientists with a proven track record and portfolio that includes federally funded research grants, publications and invited presentations. Applicants should be able to develop research training initiatives with and for early- and mid-career investigator track faculty. Candidates must have excellent interpersonal skills and demonstrated ability to relate to and support diverse groups, constituencies and organizations. Rank, salary and start-up package will be commensurate with experience.

Qualified candidates must apply at <https://facultyopportunities.wustl.edu/Posting/Detail/1010119>

Faculty, Clinician-Track Educator

We are seeking candidates for a full-time faculty position beginning in the 2020-2021 academic year. This is a non-tenured, 12-month position on the clinician track focused on teaching in the master's and doctoral programs, scholarship, and continuous improvement of the educational program and mission. Candidates should be able to apply philosophy, theory and learning objectives to the process of education and determine effectiveness.

As a generalist educator, candidates should have competency to link knowledge from the basic, social and occupational sciences to the understanding of occupation and evidence-based approaches to provide students with the skills for their practice that will affect persons, organizations, communities and populations. Clinical expertise in any area of occupational therapy practice will be considered, though experience in acute care or inpatient adult physical rehabilitation is preferred.

Candidates must have a doctoral degree in occupational therapy or related field and be eligible for or holds occupational therapy licensure in the state of Missouri. Applicants should have an established line of scholarly research and the ability to mentor students through directed clinical/community research or program development projects consistent with a line of scholarly work.

Qualified candidates must apply at <https://facultyopportunities.wustl.edu/Posting/Detail/1010108>



Student awards and honors

Maggie Fleita, OTD/S '20, received a student research grant from Lee Silverman Voice Treatment (LSVT) Global to fund her doctoral project, "Effects of Improvisational Dance on Cognition and Daily Function Among People with Parkinson's Disease." LSVT Global provides seed funding to two occupational therapy students per year who plan on or are completing behavioral treatment studies with neurologically impaired patients.



Maggie Fleita

Abby Rubin, OTD/S '21, received the 2019 Missouri Occupational Therapy Association's Susan Sheckley Barnes Scholarship. Barnes was a 1928 graduate of our program who embraced generosity, altruism, creativity, leadership, resourcefulness and optimism. The award is granted to an entry-level OT student each year who best demonstrates Barnes' positive values.



Abby Rubin

Melanie Hubbuck, OTD/S '20, was invited to serve as a member of the American Society of Hand Therapists (ASHT) Research Division. The division identifies, implements and coordinates ASHT's research activities such as identifying new grant opportunities, Journal Club chat, reviewing and grading abstracts submitted for ASHT's annual meeting, and mentoring prospective researchers. Hubbuck is serving a three-year term.

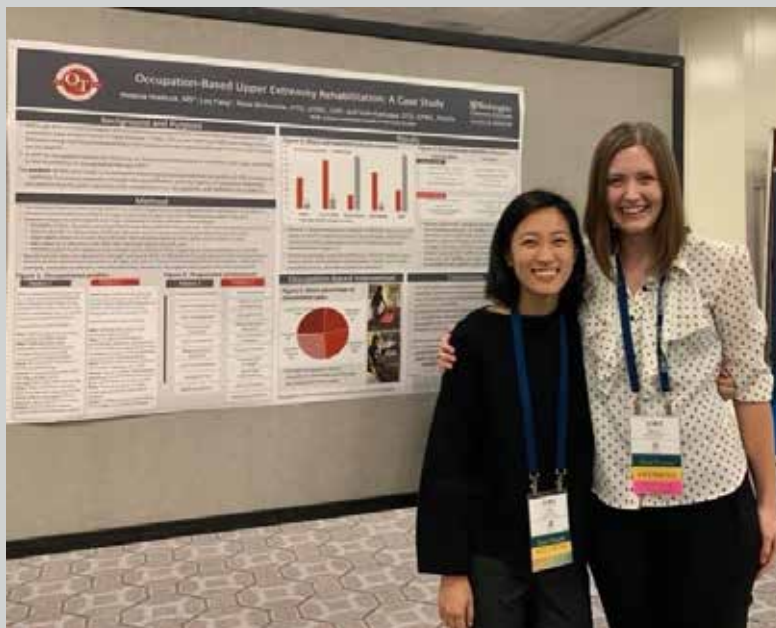


Melanie Hubbuck

PhD student **Ryan Walsh, MSOT, OTR/L**, received a student research grant from Lee Silverman Voice Treatment (LSVT) Global to fund his doctoral project, "Effects of Client-Therapist Interaction on Patient Engagement in Enhanced Medical Rehabilitation for Spinal Cord Injury Inpatient Rehabilitation." Walsh's project aims to adapt and test Enhanced Medical Rehabilitation (EMR) to teach behavioral skills for occupational and physical therapists to engage patients with spinal cord injury receiving inpatient rehabilitation.

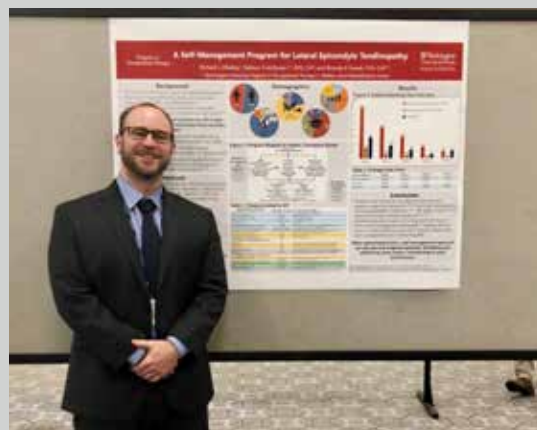


Ryan Walsh



Left to right: Lea Fang, OTD/S '20, and Melanie Hubbuck, OTD/S '20.

Doctoral students in the Hand Therapy Student Learning Clinic held workshops, presented posters and gave scientific oral presentations at the 42nd Annual Meeting of the American Society of Hand Therapists (ASHT) in Washington, D.C. on Oct. 3-6.



Rich Whalley, OTD '19, won the Best Poster Presentation Award.

Future leader

Brendan Cook, OTD/S '21

Hometown: Springdale, AR

Undergraduate degree: BA in kinesiology from the University of Arkansas (Fayetteville)

Leadership: 2020 Assembly of Student Delegates Vice Chairperson, American Occupational Therapy Association

What are your meaningful occupations?

My meaningful occupations include exercising, attending church, learning at school and being with friends and family. These occupations are special to me because they involve other people. I am a social butterfly who loves to float around, hang out with others and spread as much positivity I can. When engaging and participating in these activities with others, it brings me much joy and allows me to regenerate in times of stress.

What is your definition of occupational therapy?

My definition of occupational therapy is that it is a profession where we focus on our clients daily, their meaningful activities, and the space that they do them in. From small daily activities such as brushing teeth, to more complex activities like playing games with friends, we as occupational therapists have a unique lens that we utilize to assist our clients to do whatever they desire. Ultimately, the client is the driver of the vehicle, and we as occupational therapists are along on the ride to provide assistance in the best way that we can.

Why did you choose the OTD degree?

I chose the OTD degree because I would love the opportunity to serve as an educator in academia. I believe that I am a product of great teachers and peers who have helped me along my academic journey. If given the opportunity, I would love to do the same for future occupational therapy students. We as students now, and future students to come, are the future of occupational therapy. As an educator, I would be able to invest in my students and impact our profession at the same time.

What are your career goals?

As a second-year student who is in love with occupational therapy, I have many goals that I hope to achieve. The first goal is to graduate, pass the NBCOT and obtain my occupational therapy licensure. The second goal varies day to day between three areas: being a director of an occupational therapy program, making adaptive toys for younger children and/or developing a life-skills program for individuals post-incarceration. These areas of occupational therapy hold a special place in my heart, and I will make it an obligation for myself to obtain as much information as I can here at WashU to achieve these goals.

What WashU experience so far stands out to you?

There are many great experiences that stand out to me during my time here at WashU. The first would be the experiences in the Community Independence Occupational Therapy Clinic, under the mentorship of Dr. Quinn Tyminski. Within this student experiential learning clinic, I have the opportunity to work with a great mentor, peers and within an emerging area of practice working with individuals experiencing homelessness. The last experience is simply my day-to-day experiences with my peers and faculty. Here at WashU, I am learning to be the best occupational therapist that I can be, but also the best person I can be. I couldn't be who I am without my peers and faculty.

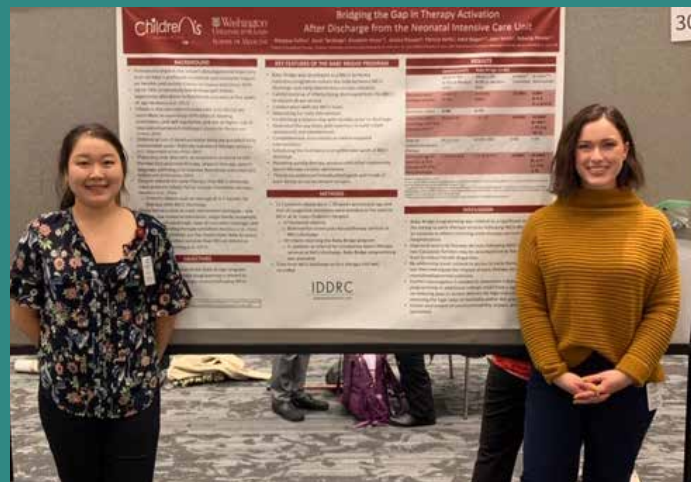


Cook received the 2018 Jenny Runkles Watercarrier Award, which is one the highest leadership honors at the University of Arkansas (Fayetteville).

Student happenings



Our Pi Theta Epsilon chapter held its annual induction ceremony on Oct. 2.



Students presented posters at the Annual Institute of Public Health Conference on Oct. 31.



Athlete, actor and advocate Alex Schwartz (right) guest lectured in the Fundamentals of Professional Communication course on Nov. 12.



Students presented posters on chronic health conditions and social determinants of health with a focus on individual and population solutions and OT role on Nov. 12.



Betsy Hawkins-Chernof, OTD, OTR/L (second from left), held the 3rd Annual AT Maker Day with students who created low-tech, customized adaptive devices in a pop-up makerspace on Jan. 16.

Adaptive gaming

Vivian Wong, OTD/S '22, experienced what it is like to play a simple iOS game with only her head by utilizing a set of assistive technology devices (Don Johnston Switch Interface Pro, Ablenet Jellybean switch, ModularHose spring clamp mount, iPad camera adapter, and iOS switch control accessibility feature).



Washington University School of Medicine
Program in Occupational Therapy
MSC 8505-66-1
4444 Forest Park Ave.
St. Louis, MO 63108-2212



Occupational Therapy



Tweets we love
@WUSTLOT

As the population ages and older adults express a desire to age in place, the need for home modification evaluations and interventions is expanding. Info on navigating home modifications billing for Medicare-covered clients: <http://ow.ly/qxFi50y6mpi>. — @AOTAInc • Jan 28, 2020

Upcoming events



March 26-29, 2020

**AOTA Annual Conference
& Expo**

Boston, Massachusetts
Boston Convention and
Exhibition Center

*You are invited to the Program in Occupational
Therapy Alumni Reception.*



April 24, 2020

OT Scholarship Day

Eric P. Newman Educational
Center (EPNEC)
320 S. Euclid Ave.
St. Louis, MO 63110

*Registration information to come
at ot.wustl.edu*



May 15, 2020

Commencement

The Program in Occupational
Therapy Commencement Ceremony
will be held in Graham Chapel at
1:00 p.m. on May 15, 2020.

The Program in Occupational Therapy is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), located at 6116 Executive Boulevard, Suite 200, North Bethesda, MD 20852-4929. ACOTE's telephone number, c/o AOTA, is (301) 652-AOTA and its web address is www.acoteonline.org.