Summer is finally here and we’ve had a very busy spring in the department, including interviewing the next generation of OTs (admissions), the OT Theories Continuing Education Program, participating in the World Federation of OT (WFOT) congress in Chile and the CAOT conference in Halifax, wrapping up the current academic year and preparing for the next, and more.

This year we conducted over ninety interviews for our 48 seats in the program. Each interview team consisted of a current student, a clinical faculty member, and an academic faculty member. I would like to take this opportunity to thank everyone for their time, effort, and input into this very important process. If you are interested in participating next year, please contact: occupational.therapy@ubc.ca.

At the CAOT, our faculty and students were recognized for their excellent work on behalf of the profession. We are especially thrilled that Drs. Lyn Jongbloed and Bill Miller were recognized as Fellows, joining Drs. Catherine Backman, Susan Forwell and Sue Stanton. There are only forty Fellows across Canada and with this recognition, five are within our department.

With the summer arriving we have plenty of events to look forward to, including the Capstone Conference (page 4) and “Picture This” a disability film festival. During Workshop Week we welcome Dr. Rod Lambert from the University of East Anglia whose workshop entitled “Lifestyle Intervention and Mental Health In Primary Care” is open to clinicians.

We are busy planning for the fall with Night at the Museum at the UBC Museum of Anthropology, scheduled for October 21st and our Café series continuing on October 26, 2010 entitled Facilitating Activities: Learning from Global Experiences. If you are interested in attending any of these events, or for more information, please feel free to contact us at osot.events@ubc.ca.

This a good opportunity to announce some exciting changes to our team. We look forward to the arrival of our new faculty member, Dr. Julia Rozanova, and earlier this year we bid a fond farewell to Jozef Adamov and welcomed Colin Lochhead as our Information Systems Coordinator. Andrea Walus is returning from her extended maternity leave in the role of Administrative Manager for the Rehabilitation Sciences Online Program, a position recently vacated by Lois Nightingale, who is moving on to a role in the Dean’s Office, Faculty of Arts. Kathryn Lewis has agreed to stay on in her current role of Administrative Manager of the Department.

Wishing you a great summer - and some quiet time with family and friends. While you try to be productive, do not forget what leisure is.

Notes From Tal

Tal Jarus, OS&OT Head

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Special points of interest:

- Capstone 2010
- Awards and Recognition
- Continuing Education
- MS Conference in San Antonio, Texas
Congratulations to these outstanding graduates.

**Doctor of Philosophy (PhD)**

**Michael Bodner**

*Health behavior change as a primary healthcare intervention with special reference to physical therapists and smoking cessation*

Dr. Bodner examined the role of health promotion in physical therapy practice and professional education with special reference to smoking cessation counseling. In the interest of addressing healthcare priorities, his work has major implications for change at the levels of the physical therapy associations and education as well as practice.

**Marie Westby**

*Developing evidence-based clinical practice guidelines for total hip and knee arthroplasty rehabilitation*

Dr. Westby’s thesis aimed to improve functional outcomes and quality of life for people receiving total hip or knee joint replacements for osteoarthritis. She synthesized research evidence on post-surgical rehabilitation interventions and generated consensus across patients and health professionals throughout Canada and the US on best practices for joint replacement rehabilitation.

**Jill Zwicker**

*Neural and behavioural correlates of motor performance in children with Developmental Coordination Disorder*

Through functional magnetic resonance imaging, Dr. Zwicker showed that children with developmental coordination disorder use different brain areas than typical children to perform a motor task. Her work is one of the first studies to show that children with this common childhood disorder are neurobiologically different than their peers.

**Master of Science**

**Alison McLean**

*Social participation, quality of life and brain injury drop-in centres: An exploratory study*

Alison’s research involved adults with moderate-severe traumatic brain injury. A correlation was found between subjective quality of life (SQOL) and the subjective and social aspects of social participation. Individuals attending brain injury drop-in centres had higher levels of SQOL and social participation compared to similar individuals who do not attend.

**Sock Hui Joy Teo**

*Health of people with spinal cord injury in Singapore: Implications for rehabilitation planning and implementation*

Interviews were conducted with participants with spinal cord injury (SCI) in Singapore. SCI-related secondary conditions, chronic conditions and their associated risk factors were prevalent. Low levels of participation and life satisfaction were reported. An increased focus on community reintegration and health promotion in this population is recommended.
Jeanne Yiu

Natural history of balance confidence: its significance and relationship with social participation in individuals with stroke

Balance confidence may be an important factor affecting social participation of individuals after a first stroke. Jeanne’s study compared how balance confidence and social participation changed over 1 year in 98 individuals with stroke and 98 controls and determined important predictors of balance confidence and social participation.

Master of Rehabilitation Science
John Campbell

Examining factors related to recruiting and retaining physiotherapists in a small community hospital in British Columbia

This research sought past and present employees’ perspectives related to recruitment and retention of physiotherapists to one rural community hospital in British Columbia. Positive factors included presence of family, the lifestyle, and recreation opportunities. Consistent leadership, continuing education, well-staffed interdisciplinary teams, and professional respect also strongly influenced physiotherapists’ retention.

Janice Duivestein

Pediatric Dysphagia: What is an effective education and learning model for clinicians?

Education and learning models for developing clinician expertise in the sub-specialized area of pediatric swallowing evaluation was explored in this action research project. Findings from a questionnaire and focus group revealed that a multifaceted approach is required to facilitate development of clinician knowledge, skills and expertise for performing pediatric videofluoroscopic swallow studies.

Nancy Littke

Reflection on practice as part of continuing competence: Is a guided written process of reflection as useful to physical therapy clinicians as a peer facilitated process?

A qualitative research design was chosen to examine the relative perceived value of two different forms of a structured reflective practice activity using chart stimulated recall (CSR). Findings suggest the CSR may be a low cost, administratively feasible option to provide a reflective continuing competence tool that focuses on clinical practice.

Denise Sylvest

Piloting an implementation evaluation of the SAIL falls prevention program

Two questionnaires were developed and pilot tested to evaluate implementation of a multifactorial fall prevention program, Strategies and Actions for Independent Living (SAIL) as carried out in the client’s home. Clients and front-line workers identified opportunities for program improvement.
Therapists, healthcare providers, clients and members of the public are invited to attend the fifth annual Capstone Conference, scheduled for Thursday August 26th, 2010. The conference showcases research in the field of Occupational Therapy conducted by graduating students in the Master of Occupational Therapy (MOT) program at the University of British Columbia. The theme for this year’s conference ‘Transcending Borders, Overcoming Barriers’ reflects the class’ aspirations to meet challenges faced at home and internationally.

Working with faculty and clinical supervisors, research projects are the culmination of the MOT students’ year-long efforts. Ranging from “Clinical Reasoning Skill Acquisition Through Fieldwork Experiences in Developing Countries” and “Occupational Balance and Health Among Mothers With and Without Arthritis” to “A stepwise approach for the treatment of intention tremor” these unique projects cover the broad scope of OT practice and provide a glimpse into the current trends in research. Researcher quality is represented in the impressive accomplishments of the graduating class that is sending 12 students to overseas fieldwork placements, 11 students to present at the Canadian Association of Occupational Therapy Conference with additional students presenting throughout North America. Keynote speakers Dr. Rachel Thibeault and Dr. Sharon Smith offer engaging discussions developed from their perspective in Canada and abroad.

Dr. Thibeault has a vast amount of international OT experience and specializes in community development both in Canada as well as in Sierra Leone with the United Nations. Dr. Smith’s research has primarily focused on the role of spirituality in mental health practice and her presentation is should not be missed!

The Vancouver Public Library central branch provides an off-campus location for the first time in an effort to make the conference more accessible to clinicians. This fully accessible and central location near the heart of downtown Vancouver is a state of the art venue in a unique building that resembles a Roman Coliseum.

Previous Capstone Conference attendees expressed they were “inspired by the high standard of student presentations and their professionalism. OT is in good hands for the future!” The MOT graduating class of 2010 hopes to build on the research of the past classes and continue to provide a high level of both qualitative and quantitative research.

We invite you to join us for an engaging and inspirational day! For more information and to register, check out www.capstoneconference.ca

Picture this...is a unique component of the Capstone Conference this year as an international film festival highlighting stories that discuss the human experience of disabilities. Selections include Life’s a Twitch, Everyday’s a New Day and The Italian Doctor and will be screened on Wednesday August 25, 7-9:30 pm at Vancouver General Hospital at the Paetzold Room in the Jim Pattison Pavilion. Light refreshments will be served. Registration requested at...
Through the MOT1 Lens—After the first placement...

Sean at Holy Family Inpatient Ortho:
I learned about various types of hip replacements and their accompanying precautions.

Melanie at Victoria General Hospital—Neuro Outpatient:
I learned that Attention Process Training is challenging even without a brain injury.

Viara at Transitional Care Lions Gate Hospital:
I learned that sometimes the bureaucracy is as time-consuming as the therapy.

Bronwyn at Eagle ridge Hospital Ortho/Sub-acute/Path:
I learned that working with the geriatric population can be very rewarding.

Jana at Canelife Fleetwood Residential Care
I discovered how much I love working as an OT.

Steph at Inpt. Renal, respiratory & emergency
Acute is fast-paced!

Kim at Vancouver General Ortho Trauma
I learned that the approach to splinting is quite different in an acute setting.

Allie at South Mental Health Team Vancouver—Community
I grasped the importance of client-centred practice and the impact it has in the success of our clients.

Sarah at Victoria Arthritis Centre
I learned to not be afraid of splinting—you can almost always fix it.

Vivian at Seating Clinic, GF Strong
I learned to be comfortable feeling client’s ITs (in order to position them appropriately).

Melissa at Residential Care Facility and Day program for elders, Gateway Place in Vernon, BC
I learned about the importance of effective communication between team members.

Chelsea at Kootenay Boundary Regional Hospital
I learned that working in a rural setting is very diverse and rewarding.

Anneli at Langley Memorial Hospital Acute Medical
I learned that in the acute care setting, your assessment sometimes is the intervention.

Karson at GVMHS Kits-Fairview MH Team
I learned to be more comfortable talking to clients about spirituality.

Dan at Kelowna General Hospital Inpatient Rehab
Small improvements in function can be huge motivators to keep working on rehab.

Silan at Victoria General Hospital Inpatient Neuro
I learned the importance of a supportive and approachable interdisciplinary team in a client’s recovery.

Kat at Victoria Arthritis Centre, Victoria, BC
I learned that discussing sexuality with a client is very important—difficulty with sex is more common than we think.

Heidi at Royal Jubilee Hospital Inpatient Complex Musculoskeletal Rehab
Standardized cognitive screens on so far. Collateral info from family, the client, and daily assessment present a clearer picture of a client’s actual cognitive state.

Laura at Nanaimo Regional General Hospital Inpatient Rehab Unit
Stroke rehab is complex and requires a dedicated interdisciplinary approach and an openness to new techniques, such as minor therapy.

Shannon at Extendicare (Longterm Care) Regina, SK
I learned all about the role of OT related to wheelchair maintenance and client position.

Christie at Kitimat Child Development Centre, Kitimat, BC
I learned that working with children requires OTs to stay on their feet, think on the spot, and improvise.

Leah at Edmonton Regional Educational Consulting Service
We need to be clear as to why we are recommending an intervention and evaluate the effectiveness of the intervention.

Thao at Esquimalt-WestShore Health Unit (Home and Community Care)
I learned that what the clients learn in the rehab/hospital setting does not necessarily translate to home and community care.

Mandy at Queen Alexandra Centre for Children’s Health
I learned about sensory processing disorder and how it affects a child’s functioning.

Caitlyn at Yukon Home Care
How rewarding working in rural areas can be.
UBC Recognition at the CAOT Conference

O
ts from across Canada de-
sioned on Halifax in June
for the annual CAOT Confer-
e. We are proud to acknowledge
the following colleagues who received
awards during the event.

CAOT Student Award—2009: Each
year, CAOT provides a student award
to a graduating student at each Cana-
dian university who demonstrates con-
sistent and exemplary knowledge of
occupational therapy theory through-
out the entire occupational therapy
program. We’re very proud to recog-
nize 2009’s recipient at UBC, Naomi
Goffman.

CAOT Certificates of Appreciation
recognize those who have provided
volunteer service to the Association.
Included in the long list at this confer-
cence were our own Virginia “Ginny”
Fearing, Clinical Professor Emerita,
Dr. Susan Forwell, Associate Profes-
sor, Brenda Robinson, Clinical Assis-
tant Professor, and Darlene Wolfe, a
graduate of our 2009 MOT program.

Karen Whalley Hammell took the
Golden Quill Award, which honours an
author who has published an excep-
tional article in the Canadian Journal
of Occupational Therapy.

We are especially proud that the
CAOT Fellowship Awards were pre-
sented to two of our associate profes-
sors, Dr. Lyn Jongbloed, and the first
“fella” to be a “Fellow,” Dr. William
Miller.

BSc Rehab Medicine Class of 1970 Reunion

O
n June 5th, 2010, 19 class-
mates from a graduating class
of 29 met in White
Rock at the home of Lynn
(Zarski) Rogers. The impetus
for the reunion came from
Nancy (Hetherington) Pierce
who initiated contact with a
few of our class. The connec-
tions spread and by the time
of the reunion we were all ‘found’.
People willingly pitched in with ideas
and soon we had a place and a plan.

We met on Saturday morning and after
many heartfelt greetings, left in a
convoy for the beach, where we gath-
ered to honor the life of one of our
classmates, Trish Turner who died in
a MVA. Kashalya and Llaesa led us in
a moving tribute to Trish; Ann played
her guitar and Lani brought white
roses for each us to offer to the ocean
in memory of our classmate. Cinn-
amon buns, brought by Janet and remi-
niscient of buns from CNIB café and
SUB rounded out the time at the
beach. Our convoy returned to Lynn’s
for a delicious lunch, organized by
Heather and Lynn. The luncheon
went on until 11:00 in the evening and
all plans to go out for dinner were
abandoned in favour of staying put to catch up on
each others’ lives.

After 40 years what did we find? We are
still ... grateful for
each other.

Margaret McCuaig
News from Around the Hood
An update on the Graduating Students in the Rehabilitation Sciences Program

Wow! This has been a challenging semester to keep track of successes in the graduate rehabilitation sciences program. So many students have defended their MSc or PhD thesis as well as achieved other important milestones. Memorable events have occurred throughout the semester to celebrate these successes. Joy Teo received her MSc degree and has returned to her home in Singapore; we will miss her dearly. Alison McLean and Jeanne Yiu also received their MSc degrees this semester. To help celebrate their achievements they travelled to Santiago, Chile, where they each presented their research at the 15th Congress of the World Federation of Occupational Therapists. It was an amazing event attended by almost 2000 OTs! Marie Westby, Mike Bodner, Al Kozlowski, and Jill Zwicker successfully defended their PhD. Jill, the occupational therapist in this fine group of PhD graduates, titled her dissertation "Neural and Behavioural Correlates of Motor Performance in Children with Developmental Coordination Disorder." Jill obtained a three-year postdoctoral fellowship from the Canadian Child Health Clinician Scientist Program. She has started her postdoctoral fellowship at the Child and Family Research Institute with Drs. Steven Miller and Ruth Grunau and will be looking at the relationship of neonatal pain and early brain development of preterm infants on motor outcomes at 18 months. Way da go, Jill!

In terms of other graduate student milestones that were achieved this semester, Stephanie Glegg successfully proposed her MSc. thesis and Bubblepreet Randhawa and Bahareh Ghanbari have proposed their PhD’s. Hana Al-Bannay and Shalini Lal successfully passed their PhD comprehensive examinations, and are still breathing. By the way, how about a study on “the meaning and experience of the PhD oral and written comprehensive examination?" Any takers?

In terms of recent winners of external scholarship awards, Lois Lochhead and Shalini Lal received Frederick Banting/Charles Best CIHR doctoral scholarship awards. Regina Casey and Mineko Wada have moved on to the long awaited ‘nitty gritty' of doing qualitative research. Regina is in the process of conducting interviews and Mineko is in the process of analysis. Thus far, Mineko has 40 interview transcripts to analyse (wowsers Mineko!) and says she is both overwhelmed and thrilled by the process.

Graduate students continue to present their work at a number of health related events. Paula Rushton presented "The Measurement of Confidence with Manual Wheelchair Use" at the G. F. Strong Research Day conference, and received an award for the best graduate student research presentation. Sandra Hale and Regina Casey also presented their work at the Annual Conference of the Canadian Association of Occupational Therapists in Halifax this past May.

I doubt that this captures all the achievements by graduate students this semester, but it definitely provides a peek into what students have been up to! Congrats to all students for their achievements-mentioned and unmentioned here.

See you around the Hood!
The Department of OS&OT is delighted to announce that Michael Lee and the Mental Health Awareness Group have been chosen as one of three winners of the "Awards for Initiatives in Promoting Healthy Faculty, Staff and Learners." Please join us in celebrating the hard work that led to their nomination and success. Well done and congratulations!

Susan Stanton selected winner of the 2009 Innovation In CME/CPD Award

Congratulations to Sue Stanton, selected winner of the UBC Faculty of Medicine 2009 “Innovation in CME/CPD” Award. This award recognizes outstanding and innovative contributions in the support of continuing professional development. Sue has received the award in recognition of her tireless work with our online programs (Master of Rehabilitation Science and Graduate Certificate in Rehabilitation). The award will be personally presented at a ceremony by the Associate Dean of Professional Development at FoM. As very few FoM awards are presented each year, this is truly high praise for such a valuable faculty member.
OS&OT is celebrating after learning that two faculty members have received the prestigious Canadian Association of Occupational Therapists (CAOT) Fellowship Award for their outstanding contributions and service to the profession. Dr. William Miller and Dr. Lyn Jongbloed were honoured at an official ceremony at the CAOT Annual Conference held in Halifax, Nova Scotia (May 26-29th). Dr. Miller’s research program focuses on the interaction and measurement of mobility disability and participation in daily life, in which he recently received a $1.5 million CIHR grant to develop and test a collaboratively-controlled, powered wheelchair. Dr. Jongbloed’s research focuses on understanding the interrelationships between disability and the social, economic and political environment. Of particular significance, of the current 40 CAOT Fellows in Canada, five are now situated in the UBC Department of OS&OT.
Three of the OS&OT clinical faculty (two of us also recent Rehabilitation Sciences MSc graduates!) joined five others from OS&OT in attending the 15th WFOT Congress in Santiago Chile, May 4-7. It was an amazing experience shared with almost 2000 OTs from all corners of the globe! Each day there were about 200 poster presentations and 200 podium presentations (long and short). We learned about diverse and unique areas of OT practice including within mental health, stroke rehabilitation, autism, homelessness, poverty, and communities devastated by war and natural disasters. We delved into the topics of social participation, OT education, social justice & human rights, and OT practice past and future. Jeanne Yiu and Alison McLean presented their MSc research projects. Alison co-presented with Ben Mortenson on one of the MOT courses, Clinical Reasoning, opening up opportunities to collaborate with OT educators from around the world. Dianna Mah-Jones sought out great OT educators to bring to BC to provide continuing education courses. We took pride in learning of the great respect that our international colleagues have for the work of Canadian OT leaders including in the areas of the COPM and social justice. Canadians such as Sharon Brintnell (WFOT president), Anne Carswell (WFOT vice president), Liz Townsend and Sandra Bressler are working at an international level to advance the development and recognition of OT practice. Michael Iwama (a UBC alumnus) is also well recognized and respected by an international following including for the Kawa Model. During the lively opening reception, social banquet and our evenings off we took in great Latin rhythms and food and we spent time exploring Santiago and the colourful hill-side houses of the nearby seaside city of Valparaiso, and one of us found extra time to travel to the desert in northern Chile. For those of you looking for a great international OT experience like this, Thailand will be hosting the 5th Asia Pacific OT Congress in November 2011, and Japan will be hosting the 16th WFOT Congress in 2014 (hoping for 5,000 attendees!).

**Conversations on Occupation Café**

Come relax at Juliet’s Café where three speakers (to be confirmed) will share their thoughts and invite yours on the subject of

**Facilitating Activities: Learning from Global Experiences**

October 26, 2010 from 7:30 pm to 9:30 pm

1905 Cornwall Avenue, Vancouver, BC

Please reserve your spot at osot.events@ubc.ca and as details unfold, see www.ot.med.ubc.ca/news__events
International Recognition for OS&OT Students

In addition to sponsoring student registration for poster presentations at the CAOT National Conference, we are pleased to have had the abstracts of two student pairs accepted at 2010 Annual Meeting of the Consortium of Multiple Sclerosis Centers in San Antonio, Texas. Under the mentorship and supervision of Dr. Susan Forwell, Erin Slack and Rebecca McDonald presented their poster entitled: *A stepwise approach for the treatment of intention tremor*, and Laine Dawes and Kelsey McCloy presented their poster entitled: *Development of a Comprehensive Fatigue Assessment Battery for Multiple Sclerosis*. This last poster won Best Research Poster of the meeting, out of 183 posters presented. This was a distinguished achievement for our department given that posters ranged from basic science to social issues in MS and across a variety of disciplines including psychology, nursing, physical therapy, social work, and medicine. It was truly recognition of the quality of research undertaken by Laine and Kelsey. These two posters built upon the research program of Dr. Forwell. Both posters will be presented again at the Capstone Conference on August 26.

At the Consortium of Multiple Sclerosis Centers (CMSC) Annual Meeting in San Antonio, Texas (Left to Right): Kelsey McCloy, Laine Dawes, Rebecca McDonald, & Erin Slack
The 2010 year has been a phenomenal time to be a second year Master of Occupational Therapy (MOT) student at UBC. We have completed our final two placements, a milestone for clinical knowledge. Thirteen students were fortunate enough to travel overseas during this time to obtain international experience including placements in Uganda, India, and New Zealand. Implementing OT skills within a global context presented a unique learning opportunity which fostered both the personal and professional growth of each student who was able to participate.

MOT students from UBC were well represented at the 2010 CAOT conference in Halifax with 11 students presenting their research. I had the fortune of being one of four students who traveled to San Antonio, Texas for the Consortium of Multiple Sclerosis Centers (CMSC) Annual Meeting. The CMSC meeting is an international interdisciplinary gathering which provides a forum to communicate emerging therapies, share current research in best practice in MS care, and network with future colleagues. As an occupational therapy student in this context, I was able to participate in interdisciplinary collaboration, interact with leaders in the field, and expand my knowledge of Multiple Sclerosis. I encourage future MOT students to strive to present at a professional meeting, immerse themselves in the discussions of best practice, and absorb the breadth of information presented.

For the final six weeks of the program, research partners are analyzing data, reviewing results and preparing a final paper and presentation for the annual Capstone Conference on August 26th, 2010. The conference signifies the culmination of learning over the past two years and an opportunity for new and returning students, Faculty and Clinicians to interact with the latest research and celebrate the achievements of the class. More information is provided elsewhere in this Newsletter. Beyond the academic success, the second year Occupational Therapy class has emulated the meaning of school-life balance and it is my hope that this philosophy will translate to work-life balance for each of my classmates. I have shared my journey through the UBC Master of Occupational Therapy program with a diverse group of exceptionally talented and brilliant minds. I have no doubt that each student will make a mark on the profession of Occupational Therapy through clinical practice, mentoring of future students, and research to further evidence based practice. As we prepare to embark on our careers, competitors for the elusive job vacancy, we reflect on the two years which brought us to this point. I would like to thank again all of the Faculty and staff at UBC as well as all of the Clinical Instructors and Fieldwork supervisors for sharing your expertise and passion for the profession which I am so thrilled to be entering. We look forward to sharing our knowledge with you at the 2010 Capstone Conference!
CAOT Conference 2010

A Taste of Passion

From the Pacific to the Atlantic, this year UBC sent 11 Master of Occupational Therapy students to present at “Meaningful Occupation: Embracing an Ocean of Possibilities”---the Canadian Association of Occupational Therapy (CAOT) national conference in Halifax, Nova Scotia May 26-29, 2010. Tracy Dietrich, Maeve Frost, Mary Glasgow Brown, Kelsey Green, Tiffany Jones, Adi Keidar, Jeanette Lee, Kathryn McCall, Heather McDonald, Kate Naus and Jacqueline Van den Dolder joined faculty members and PhD students in representing UBC.

Inspiring, exciting, exhausting, the conference hosted challenging speeches, engaging presentations, and fun evenings to connect and share. Rachel Thibault, keynote speaker at this years’ UBC Capstone Conference, also presented at the CAOT conference and was a clear highlight for many students. She provided numerous opportunities to share her wisdom and discussions from her experience applying Occupational Therapy skills to other countries and contexts. Clinicians and academics from all over Canada contributed research findings and examples of novel projects.

Social events brought out lobsters and dancing shoes, and even a tour of Alexander Keith’s brewery burst into song! Nova Scotia provided plenty of options for sight-seeing with harbour tours, visits to seaside town of Peggy’s Cove, Crystal and Pewter artisans, an exhibit of folk artist Lucy Maud at the art museum, and illicit “grave-rubbing” attempts.

The CAOT conference of 2010 gave delegates and presenters more than just the opportunity to visit the East Coast, it gave us a taste of the passion that drives so many therapists throughout this country to help people do what they love to do!

Motivated, Humbled, and Encouraged

In May 2010 I travelled with ten peers to Halifax to present at the Canadian Association of Occupational Therapy (CAOT) conference. Having the opportunity to attend a National conference as a student was a privilege. I was honoured to be among individuals whose words and OT models I study in my textbooks. As professionals, instructors, faculty, and students gathered from all over Canada to share their research, Canadian pride in OT became very evident.

I was honoured to be among individuals whose words and OT models I study in my textbooks.

I found the collegiality and cohesiveness of the Canadian OT community admirable and respectful. From start to finish the conference reinforced my passion for OT. I was especially thrilled with the high esteem given to students. I received the impression that OT students were placed in high regard, and would be supported by experienced clinicians and researchers in continuing research efforts.

Throughout the conference I was introduced to so many different practice areas, which was an excellent way to highlight the diversity of OT. Each presentation (poster or podium) was followed with enlightening questions and engaging conversation. These discussions following the presentations enriched the topic and allowed attending members to meet their unique learning objectives. As a student, I valued being able to address broad practice knowledge questions, specific methodological questions, global policy questions, and everything in between!

The conference offered an enormous amount of clinical resources. I left with assessment guides, vendor information, and current/relevant tools. As a new grad I appreciated the opportunity to supplement my course content with practical tools used across Canada. The CAOT conference provided a natural way to magnify course content to a larger context. Being exposed to convergent and divergent practice assumptions allowed me to reflect on my own practice assumptions, creating a constructive learning opportunity.

The CAOT planning committee hosted an educational, hospitable and entertaining conference, motivating me to attend subsequent CAOT conferences.

Overall, having the chance to present our project at CAOT was a huge reinforcement for our efforts. I am humbled by the experience and encourage all students to apply.
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) for practitioners interested in obtaining a graduate degree that will advance their career and be obtained while working.

Contributions to this newsletter will be considered by the editing staff. Please send to osot.publications@ubc.ca. We regret that we may not be able to use all material provided. Contributions may be edited for length and content. Deadline: November 15, 2010.

OSOT T-Shirts

Each new cohort of students brings their own personality to their class T-shirts. Below is the front and back of the most recent version created by our MOT2s. We know you want one!

Top 10 Reasons to Stay Up Late with an OT:

1. OT’s do it creatively
2. OT’s do it in groups
3. OT’s do it actively and passively
4. OT’s do it for mental and physical health
5. OT’s use proper positioning
6. OT’s do it with purpose
7. OT’s grade for optimal performance
8. OT’s are adaptable
9. OT’s use full range of motion
10. OT’s use equipment and devices