

GW SOTA Newsletter

The George Washington University's Student Occupational Therapy Association

April 2025 Issue

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HAPPY OT MONTH!

Written by Matt Eggers

Spring is officially here!!! It's the perfect time to smell the cherry blossoms, listen to the birds sing, or grab your favorite iced drink from your favorite coffee shop between classes. In addition, April is **Occupational Therapy Month**!!! OT month began in 1980 and continues to be an important time of the year for us. These 30 days are a beautiful excuse to promote the profession, highlight the important contributions that OT makes, and raise awareness of OTs broad scope with assisting individuals across all ages and abilities. Embrace the season of renewal and celebrate with SOTA: The Spring Edition!

WAYS TO PROMOTE OT

Written by: **Marisa D'Imperio**

With this month being dedicated to occupational therapists, I wanted to share some helpful ways to promote OT to help celebrate the month! For more information check out this article from AOTA: <https://www.aota.org/events/calendar/ot-month/10-ways-to-promote-ot-online>

10 Ways to Promote OT

1. Share information about OT on social media

- Some popular platforms include: Instagram, Facebook, X, and LinkedIn.

2. Use the hashtag #OTMonth

- The more who use this hashtag the higher the chances of gaining the interest of others.

3. Answer questions on Q&A sites

- Answer questions on Reddit, Ask.com, Yahoo!, Answers, and Quora to share your expertise.

4. Contact your legislators

- Use your advocacy skills to promote our profession to senators and representatives.

5. Start pinning on Pinterest

- Create a pin board and pin ideas, posts, and photos relating to OT.

6. Take and share pictures of OT in action

- Post photos on photo-sharing websites to help capture OT to share with others.

7. Write a blog post about OT

- Can post on AOTA's online community, CommunOT or other blogs.

8. Relate a story about OT on Wakelet

- Wakelet allows users to save, share, and organize content from across the web on a single forum.

9. Record a podcast

- A short recorded audio session to share with others.

10. Create a video

- This is a powerful medium for promoting OT and can be shared on Youtube

SOTA

OT Month Cocktail Fundraiser

~ FINE MOTOR FIX ~

A Dirty Shirley with a Therapeutic Twist 🍹

Join us for a month-long celebration of OT! ✨

📅: April 1st-30th

📍: Tonic at Quigley's

2036 G St NW,
Washington, DC
20036



Sip, Socialize, and Support OT! ✨ 🍹

EARLY ENGAGEMENT: EFFECTIVE OT TERMINOLOGY

Written by Matt Eggers

Researchers Morgan Smith, Stephanie Tsai, and Elyse Peterson may be on to something. Their systematic review, "Occupational Therapy Intervention and Early Engagement for Patients in Intensive Care" is working to offer a new term to address the broadness of occupational therapy interventions in the ICU. **"Early engagement"** is a term that goes beyond getting patients to move around. Morgan et al. believe that "early engagement" better encapsulates OTs holistic support for patients. Unlike terms such as "early mobilization", early engagement works to help individuals not just physically, but socially and emotionally as well. The term "early engagement" is special because it captures a more comprehensive approach to healthcare in the ICU. Where "mobilization" focuses on body movement, early engagement utilizes not only the activity between patient and therapist, but the patient's interaction between their environment and desired occupations as well (PEO model anyone?).

Additionally, through their systematic review, Morgan et al. found moderate evidence that OT for ICU patients often led to benefits in patient ADL retraining, physical rehabilitation, and cognitive function. Early engagement in ADLs was also shown to decrease the time patients in the ICU showed symptoms of delirium. Occupational therapists are in a unique position to use holistic healthcare practices to help patients who are recovering in the ICU and the idea of early engagement is key.

References:

Smith, M., Tsai, S., & Peterson, E. (2025). Occupational therapy interventions and early engagement for patients in intensive care: A systematic review. *American Journal of Occupational Therapy*, 79(1), 7901205020. <https://doi.org/10.5014/ajot.2025.050695>



MATT'S MOVEMENT TRIVIA

Which of the following pinch patterns would be **most** affected by an injury to the ulnar nerve?

- a. tip pinch
- b. lateral (key) pinch
- c. three-jaw chuck pinch
- d. composite grasp

Answer: b. lateral (key) pinch

STUDENT SPOTLIGHT: RAYA ROUSTOM

Raya is a first year in the program and SOTA's newly elected Secretary! She always knew she wanted to go into health care, and once she learned about OT, she was drawn to how client centered and holistic the field is. She highly values being able to work one-on-one with patients and focus on the activities that are important to them. As a future practitioner, she hopes to go into pediatrics and/or acute care as her OT specialty. Her favorite SOTA event so far was the Valentine's Day party because she loved getting to do nostalgic activities like decorating paper bags and handing out candy to classmates! Raya loves being outside and her hobbies include running, biking, and taking walks with friends.



STUDENT SPOTLIGHT: SARA ALI

Sara is a first year in the program and one of SOTA's new Fundraising chairs! Her first introduction to OT was through being a volunteer with the program "Dance Without Limits", which gave kids with disabilities the chance to take dance classes and perform in recitals. She feels personally connected to OT through her love and admiration for her cousin with autism who lives in Egypt. Sara is extremely passionate about meeting clients where they are and promoting early engagement in countries with limited access to OT. In the future, she hopes to go into pediatrics or neonatal as her practice specialty. Her favorite SOTA event so far was the soda with SOTA event because she enjoyed getting to know her SOTA buddy more! Her hobbies and interests include hiking, thrifting, reading, painting, museum hopping, and collecting vinyl records. She is also really interested in world history, anthropology, and linguistics.





Written by ASD Rep

Happy Conference Month! AOTA Inspire 2025 is happening this weekend in Philly. Students and faculty from our program will attend, and our next addition will cover their experiences and takeaways from the conference.

April AOTA Events:

- **2025 AOTA Annual Conference and Expo**
 - Dates: April 3-5
 - Location: Philadelphia, PA
- **Meeting: Occupation of Play Community of Practice Open House**
 - Date: April 29 @ 6:30 pm
 - Location: Zoom
 - Link to register: <https://www.aota.org/events/calendar/occupation-of-play-community-of-practice-open-house>
- **CYSIS Journal Club: Parent-Mediated Pediatric Occupational Therapy for Children with Neurodevelopmental Disorders**
 - Date: April 29 @ 7:00 pm
 - Location: Zoom
 - Link to register: <https://www.aota.org/events/calendar/cysis-journal-club>

We want to thank Candice Dixon for her time as ASD representative and would like to welcome our new representative, Nique Campbell!

BEST BUDDIES
BEST BUDDIES FRIENDSHIP WALK

"Best Buddies serves individuals with IDD and their families"

Where: National Mall, Washington D.C.
at 7th and Madison Dr.

When: April 26th, 2025
Check-in: 8:30 AM
Opening Ceremonies: 9:00 AM
Walk: 10:00 AM
Celebrate Until: 12:30 PM

Sign up to walk using the QR code:

The poster features a purple header with the 'BEST BUDDIES' logo and title. Below is a yellow and orange background with a quote, event details, and a QR code. At the bottom, there is an illustration of a diverse group of people walking together.

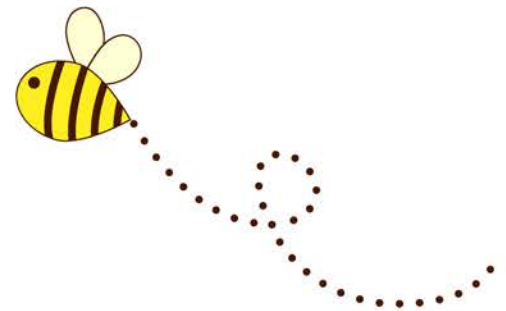
RECENT EVENTS IN SOTA: ELECTIONS

Written by: Marisa D'Imperio

Elections occurred in March, with many D1 students being elected to hold various positions. Below are the new executive board members! Special thanks to the outgoing E-board members for making the past year so special.

Executive Board Members 25-26

- **President: Emma Screws**
- **Vice President: Nicole Tran**
- **Secretary: Raya Roustom**
- **Treasurer: Kyla Maxwell**
- **Fundraising: Sara Ali and Deanna Rowland**
- **Public Relations: Yewande Sofola**
- **Social Chair: Annika Ututalum**
- **Social Media/Historian: Kasey Donaldson**
- **ASD Representative: Niq Campbell**
- **Professional Development: Ann Kushnir**
- **Community Service: Bonny Thach and Sam Morgan**
- **Newsletter Editor: Matt Eggers**
- **Bulletin Board: Gloria Kim**



Congrats to our new board! We can't wait to see what all of you will accomplish in your term and know that you will help continue to make SOTA a great experience for all.



UPCOMING EVENTS

Created by Marisa D'Imperio

Check back each month to see what's up and coming this month in SOTA! Don't forget to review event details on the next page.



April 2025



SUN	MON	TUE	WED	THU	FRI	SAT
		1 All Month: Tonic Fundraiser	2	3	4	5
6	7	8	9	10 L'Arche Dinner 6 pm	11	12
13	14	15	16 All Member Meeting w/ Guest Speaker 12-1 pm	17	18	19
20	21	22	23	24 L'Arche Dinner 6 pm	25	26 Best Buddies Walk 8:30 am- 12:30 pm
27	28	29 MENA Month Celebration	30			

APRIL EVENT DETAILS:

Entire Month of April: Tonic Fundraiser

- Details:
 - Location: 2036 G St NW, Washington, DC 20036
 - Come grab a *Fine Motor Fizz* (dirty shirley) drink at Tonic all month long! A portion of each drink will be donated. Proceeds will help support SOTA!

Thursday, April 10 @ 6 pm: L'Arche Dinner

- Details:
 - Location: Ontario House
 - Community service opportunity!

Wednesday, April 16 @ 12-1 pm: All Member Meeting with Guest Speaker

- Details:
 - Location: Main classroom in Watergate
 - Guest speaker will be Melody Khosravi, an acute care OT from GW Hospital. She will be discussing working as a new grad!

Thursday, April 24 @ 6 pm: L'Arche Dinner

- Details:
 - Location: Highland House
 - Community service opportunity!

Saturday, April 26 @ 8:30 am- 12:30 pm: Best Buddies Friendship Walk

- Details:
 - Location: National Mall at 7th and Madison Dr.
 - Best Buddies supports individuals with intellectual and developmental disabilities and their families.
 - Use the QR code on page 4 to register!

Tuesday, April 29 @ 12-1 pm: Middle Eastern and North African Heritage Month Celebration

- Details:
 - Location: OT suite at Watergate