

GW SOTA Newsletter

The George Washington University's Student Occupational Therapy Association

July 2025 Issue

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DROP IT LIKE IT'S HOT

Created by Matt Eggers



As summer heats up, the city comes alive with vibrant festivals, historic celebrations, and outdoor activities. This issue keeps the temperature up with some recent OT research, a wonderful student spotlight, and a few other odds and ends to keep things hot!



There is also a wonderful volunteer opportunity this month. **Friday, July 18th, Arlington Food Assistance Center (AFAC)** needs volunteers to help provide free food for residents at the Culpepper location, Please sign up and make it over to help out members of our community and give SOTA a good name!

GAURDIAN ANGEL OR DIGITAL DEMON? INTEGRATING CHATGPT INTO OT INTERVENTION PLANNING

Created by Matt Eggers

Artificial intelligence (AI) is no longer a futuristic conception. Once more of a sci-fi narrative than a reality, powerful AI chatbots, such as ChatGPT, have been turned over to the public with an almost casual ignorance. Is this good or bad? What could AI look like for the future of healthcare, including OT? Research by Mansour and Wong investigates the use of ChatGPT to enhance intervention planning for OTD students. Many students report a lack of confidence in their ability to create effective interventions, leading to increased stress and mental burden during clinical placements.

The study's purpose was to assess whether ChatGPT could alleviate some of this burden by aiding students in generating diverse and evidence-based intervention ideas. Through a two-week study, students utilized ChatGPT to explore intervention strategies, analyze case studies, and consider ethical implications. Findings showed significant improvements in students' understanding of ethical and safety considerations. While 96% of participants believed ChatGPT could enhance treatment planning efficiency, concerns arose about the tool's limitations. Specifically, some students noted its rigidity, potential lack of personalization, and the importance of grounding AI-generated suggestions in evidence-based practice.

Reference:

Mansour, T., & Wong, J. (2024). Enhancing fieldwork readiness in occupational therapy students with generative AI. *Frontiers in Medicine*, 11, Article 1485325. <https://doi.org/10.3389/fmed.2024.1485325>



Many students emphasized ChatGPT's effectiveness in alleviating cognitive load and speeding up the development of treatment ideas. Specifically, 63% highlighted its efficiency, while 85% valued its support in fostering creative ideas. These benefits are vital for streamlining preliminary research and facilitating flexible, dynamic intervention planning. Participants noted that ChatGPT swiftly offers an extensive list of treatment options that can be readily applied in practice. It also serves as a valuable tool to jumpstart intervention planning and inspire the generation of new ideas.

Despite its benefits, including time efficiency and enhanced creativity, excessive reliance on AI poses risks such as diminished critical and creative thinking skills. The study emphasizes the need for a balanced integration of AI within OT education. As AI continues to evolve, the hope is that occupational therapy and generative AI can coexist in harmony, as it is very unlikely that Chatbots are leaving any time soon. AI will become an integral part of healthcare education.

STUDENT SPOTLIGHT:

ANNIKA UTUTALUM

This month, we're excited to shine the spotlight on Annika, our social chair extraordinaire and a dedicated SOTA member. If you're wondering what the social chair is, just know she's the one helping to keep our student community lively and connected! Annika chose occupational therapy because she's passionate about helping people continue doing what they love. She believes that OT is a rewarding field where collaboration with patients leads to real progress, independence, and—let's be honest—a few tears along the way.

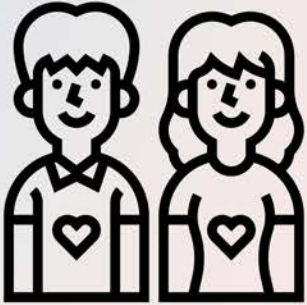
When asked about her future practice interests, Annika admits that she's still figuring it out—possibly adult rehab or orthopedics, but she's keeping her options open.

One of the most surprising things that Annika has learned in the OTD program is just how much social determinants of health (SDOH) influence patient outcomes. She was quick to point out that GW's emphasis on advocacy and SDOH has opened her eyes to the importance of fighting for equitable access to healthcare, especially for underserved and marginalized populations. It's a lesson in compassion, advocacy, and the power of being a good ally—lessons that Annika is eager to carry into her future practice.



Outside of the classroom, Annika enjoys spending time with family and friends, practicing yoga sculpt (which sounds like a workout and a yoga class had a baby), and exploring new restaurants—because who doesn't love good food and good company? When it comes to study snacks, almonds, seaweed, and the occasional sweet treat are her go-tos, proving that even studying can be a balanced diet.

We're proud to have Annika in our program, and we're excited to see where her passion and curiosity take her next!



VOLUNTEERS NEEDED



★ Looking to give back to the community? Join us in volunteering with Arlington Food Assistance Center (AFAC)! Volunteers are needed to assist at the Culpepper location, where they provide free food to residents in need.

AFAC operates every Friday from 11:30am to 1pm, but volunteers are asked to arrive a little earlier, starting at 11am, to help with set-up. They require a minimum of three volunteers each week.

We have an upcoming opportunity on July 18th—if you're interested in making a difference and supporting your neighbors, consider signing up!

Your time and effort can truly help strengthen our community.

Please contact the community service chairs if you have questions!

Matt's Movement Trivia

What portion of the extensor digitorum extends the proximal interphalangeal (PIP) joint of the fingers?

- a. sagittal bands
- b. terminal tendon
- c. central slip
- d. extensor carpi radialis

Answer: c. central slip



SHARE YOUR VOICE: GUEST ARTICLES WANTED!

Do you have a story, idea, or insight you'd love to share? We're looking for guest articles to feature in our newsletter! Whether it's a cool research finding, a memorable Fieldwork story, upcoming events, your opinion on current topics, or any creative OT idea - you're welcome to contribute.

Sharing your voice not only adds diversity and value to our newsletter but also supports our SOTA community and fellow students. If you're interested in writing a guest piece, we'd love to hear from you!

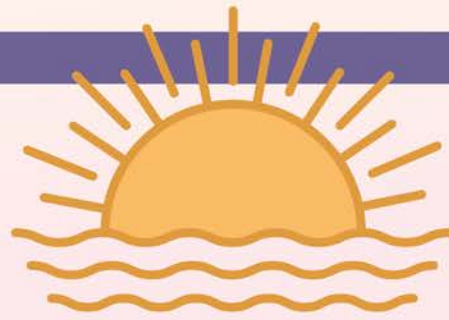
Let's make our newsletter even more inspiring and engaging - reach out today!



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UPCOMING EVENTS



Check back each month to see what's up and coming this month in SOTA!



JULY 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
29	30	1	2 SOTA: All Member Meeting 12p	3	4 Independence Day 	5
6 Matt's Bday! 	7	8	9 SOTA E-Board 12p	10	11	12
13	14	15	16	17 SOTA Retreat: E-Board 11a-3p	18 Admitted Student Day	19
20 Kylah's Bday! 	21	22	23	24	25	26
27	28	29 SOTA: All Member Meeting 12p	30	31	1	2

SOTA E-BOARD CONTACTS



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