

GW SOTA Newsletter

The George Washington University's Student Occupational Therapy Association

May 2024 Issue

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FINALS SEASON

Written by: **Marisa D'Imperio**

As the spring session of classes comes to a close, I wanted to congratulate everyone on your hard work and dedication throughout the semester! We all know finals season can be difficult so feel free to check out these resources to help you make time for self-care during finals.

- Stress reduction yoga-
<https://www.youtube.com/watch?v=8TuRYV71Rgo>
- Breathing exercises with guided meditation-
<https://www.youtube.com/watch?v=DbDoBzGY3vo>
- Tapping for exam anxiety-
<https://www.youtube.com/watch?v=ukHQvR9cUGs>

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." *Albert Schweitzer*

SENDING OFF OUR D2S!

D2's are preparing to embark on their level 2 fieldworks starting this summer. To give them a proper send-off, below lists where they will be doing their first rotation. We wish them the best of luck and cannot wait to hear about their experiences!

Coumba Tall: GWU Hospital- Inpatient Rehab

- Most excited for: Strengthening clinical skills and getting real-time feedback.

Marina Bien: GW-Inpatient Acute

- Most excited for: The fast paced environment and interdisciplinary collaboration.

Natalie Sipes: Medstar National Rehabilitation Hospital

- Most excited for: Seeing real-life applications and implementing occupation-based interventions.

Sarah Druckman: Leaps and Bounds- Pediatric Outpatient

- Most excited for: Expanding creativity in building unique interventions for kids.

Sabrina Lu- Inpatient Neuro Rehabilitation

- Most excited for: Applying knowledge gained in OT school in a clinical setting and learning about edema management for stroke patients.

Amy Arellano: Outpatient Pediatrics

- Most excited for: Getting to work with kiddos and learning more about the OT process.

Collese Daley: Outpatient Pediatrics

- Most excited for: To put knowledge from class into context and push herself to new limits.

Rachel Baker: Hand Therapy

- Most excited for: Learning more about hand therapy and experiencing what it will be like to be a full-time OT.

Kate Agnes: Wheelchair/Mobility Device Seating and Positioning Clinic

- Most excited for: Exploring a niche field of OT and getting real-life experience.

Kiara Johnson: Neuro Outpatient

- Most excited for: Making a difference, representing GW's OT program, and working in an interprofessional setting.

Emma Tober: Outpatient Pediatrics

- Most excited for: Getting to apply knowledge and practice real skills.

LATEST OT RESEARCH

American Occupational Therapy Foundation Engagement in Meaningful Activity Mediates the Relationship Between Stressful Life Events and Functional Resilience

- **Purpose:** explored the relationship between resilience and meaningful activity participation during stressful life events.
- **Findings:** When the stressful life experience was more severe for an individual, they reported lower resilience scores. When meaningful activity participation was accounted for, the relationship between stressful life event severity and resilience became non-existent.
- **Implications:** Suggests the importance of using and measuring meaningful activity when supporting recovery after a stressful and adverse life event.

American Occupational Therapy Association Effectiveness of Virtual Reality for Upper Extremity Function and Motor Performance of Children With Cerebral Palsy: A Systematic Review

- **Purpose:** To understand whether VR is an effective intervention to improve upper extremity (UE) function and motor performance of children diagnosed with CP.
- **Findings:** Twenty-one studies were included, and the results provided promising evidence for improvements in areas of UE function, motor performance, and fine motor skills when VR is used as an intervention.
- **Implications:** OTPs should use a VR intervention at a minimum frequency of 30 to 60 minutes per session and for at least 360 minutes over more than 3 weeks to yield noticeable improvements in upper extremity, motor performance, and fine motor skills for children with CP.

References:

1. Sherman DS, Burnett HJ, Lindstrom D. Engagement in Meaningful Activity Mediates the Relationship Between Stressful Life Events and Functional Resilience. OTJR: Occupational Therapy Journal of Research. 2024;0(0). doi:10.1177/15394492241237746
2. Juliana Bell, Bonnie Decker, Alicia Eichmann, Carly Palkovich, Chelsea Reji; Effectiveness of Virtual Reality for Upper Extremity Function and Motor Performance of Children With Cerebral Palsy: A Systematic Review. Am J Occup Ther March/April 2024, Vol. 78(2), 7802180180. doi: <https://doi.org/10.5014/ajot.2024.050374>

Update: Arthritis Walk

The original plan for the Arthritis Walk has been cancelled due to recent activity on campus. However, new updates are listed below.

Who: Frederick WTCA and Metro DC WTCA

When: Saturday, May 18, 2024 from 9:00 am - 11:30am

Where: Baker Park Carillon
121 N. Bentz Street
Frederick, MD 21701

How: Combining forces with Frederick WTCA



Link for more information: <https://events.arthritis.org/index.cfm?fuseaction=cms.page&id=8812&eventID=1655>

STUDENT SPOTLIGHT: NATALIE HARPER

Prior to starting OT school, Natalie served in the Navy for 7 years. Her biggest takeaway from her time serving was learning about the resiliency of herself and others and her ability to overcome challenges. Later this month, she will be celebrating Memorial Day which has a newfound meaning since joining the service, "Memorial Day is about acknowledging and reflecting on those who went before me and paved the way for me to serve my country." For the holiday, Natalie hopes to join her family in South Carolina to enjoy a shrimp boil, fireworks, and a ceremonial military flyover. After her time in the Navy, she wanted to find a way to still serve her community while making an impact in people's lives, which ultimately lead her to finding occupational therapy! Her advice to anyone in the program looking to join the military after graduation is to reach out to the VA since they have lots of resources and opportunities. Natalie has contributed greatly to GW's OTD program by taking multiple leadership positions and being an influential role model for other students!



FACULTY SPOTLIGHT: STEPHANIE KATZ, OTR/L, CHT

This month we are highlight Stephanie Katz, who is a certified hand therapist! Stephanie is an adjunct instructor for the DI's Movement Science course. Her passion for hand therapy began in her fieldwork rotation at GW's outpatient clinic where she now works and has the opportunity to collaborate with orthopedic surgeons, who she says have enhanced her OT skills. Stephanie says her favorite part about teaching at GW is the students and their excitement and eagerness to learn. Her advice to current and prospective students is to try and understand the topics instead of just memorizing material, "If you grasp the concept then you never need to memorize anything!" She says knowing this was a game changer for her during OT school. Thank you Stephanie for all you do for the program!



ASD/AOTA NEWS

Written by ASD Rep: Candice Dixon

Special Interest Sections

- Check out AOTA's special interest section for upcoming events related to specialty practice areas you may be interested in!
- Some upcoming May events include:
 - Virtual Specialty Conference on Women's Health
 - Intraprofessional Virtual Meeting
 - Webinar on Patient Safety and Functional Activity for Continuous Renal Replacement Therapy

Proposed Bylaws Changes

- The new bylaws are ready for review, if you are an AOTA student member you can vote on these changes by heading to the website
- <https://www.aota.org/about/leadership-governance/aota-governance-documents/proposed-bylaws-amendments-available-for-member-review>



WE CAN DO THIS!!! FOOD WITH INTEGRITY!
COMMUNITY STARTS HERE
FOUL-WEED
GOODN
GENEROS
HELPING
TASTES
MAD
TR
EVERY
HER DAY
GOOD
BELIEVE
GREAT

**DO GOOD
WITH CHIPOTLE**

CHIPOTLE FUNDRAISER FOR
**STUDENT OCCUPATIONAL
THERAPY ASSOCIATION**
25% OF EVENT SALES GET DONATED TO THE CAUSE

SATURDAY, MAY 4TH | 4-8PM
2000 PENNSYLVANIA AVE NW LBBY 15, WASHINGTON,
DC, 20006

ORDER ONLINE FOR PICKUP USING CODE **4P7LBWD**
OR SHOW THIS FLYER IN RESTAURANT

 **CHIPOTLE**

For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

RECENT EVENTS WITH SOTA

Spring Bake Sale

Our newest fundraising chairs, Meghan Moriarty and Maya Chavez recently put together an awesome bake sale! Thank you to everyone who helped contribute to make this event a success.



L'Arche Movie Night

Some of our D1s and D2s recently joined forces with L'Arche for a movie night at AMC theatres in Alexandria. The movie shown was Shrek 2 and was a hit with the residents and students!

Arthritis Foundation Walk Kick-Off

The Arthritis Foundation recently held a kick-off event at Tonic with OT and PT for their upcoming walk this month! Many of our members attended and said it was a great way to get people excited for the upcoming event.





Nationals Game

Students and faculty members came to The Washington National's Stadium to enjoy a home game vs. the Dodgers! A great time was had by all. A special thanks to Dr. Ann Henshaw for setting this up!



Smithsonian Accessibility Tour

The accessibility team at the Smithsonian Institute took several students on a tour of accessible features throughout the Air and Space Museum. Some of these features included an adult changing table, a quiet room, and private nursing areas for mothers. Stay tuned for more events with the accessibility department including Autism Mornings at the Musuem!



UPCOMING EVENTS

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.

May Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4 Chipotle Fundraiser 4-8pm
5	6	7	8 All member meeting 12-1 pm	9	10	11
12	13	14	15	16	17	18 Arthritis Foundation Walk 9- 11:30 am
-----SEMESTER BREAK-----						
19	20 *Summer Session Starts*	21	22	23 Exec Retreat 11-2 pm	24	25
26	27	28	29	30	1	2

MAY EVENT DETAILS:

Saturday, May 4 @ 4-8pm: Chipotle Fundraiser

- Details:
 - Location= Western Market Chipotle
 - In person orders: Show flyer at checkout
 - Online orders: see instructions on flyer

Saturday, May 18 @ 9-11:30 am: Arthritis Foundation Walk

- Details:
 - Location= Baker Park Carillon; 121 N. Bentz St. Fredrick, MD 21701
 - Sign up at walktocurearthritis.org/MetroDC

Thursday, May 23 @ 11-2 pm: Exec Retreat

- Details:
 - Location: Watergate Building (OT Suite)
 - For all current SOTA executive board members

