


SOTA NEWSLETTER

OLIVIA FULTON, OTS & LAUREN MULLINS, OTS | NOVEMBER EDITION



TAKE A
BRAIN
BREAK!



IMPORTANT DATES

NOVEMBER 1: LAST DAY TO REGISTER FOR FOTA

NOVEMBER 4-5: FOTA23

**NOVEMBER 7: ADVISING DAY
-BE SURE TO MAKE AN APPOINTMENT
WITH YOUR ADVISOR**

NOVEMBER 8: SOTA MEETING AT 3 PM

**NOVEMBER 15: GUEST SPEAKER AT
3:30 PM [ZOOM]**

**NOVEMBER 22-26: HAVE A RESTFUL
BREAK!**

GUEST SPEAKER

Sara E. Davis is an Occupational Therapist in the 44th Medical Brigade at Fort Liberty in North Carolina. She is the H2F Cognitive Performance Director. She supervises a team of 5 personnel. She develops and implements individual and brigade-wide cognitive performance services to maximize Soldier performance and resiliency, including mental skills training, stress management, and sleep performance. She initiated upper extremity orthopedic consultations and one-on-one pelvic health services, as well as expanded pregnancy and postpartum training capabilities to maximize physical and cognitive performance for female Soldiers.

AN INTERESTING READ

Stew, G. (2011). Mindfulness training for occupational therapy students. *British Journal of Occupational Therapy*, 74(6), 269-276.

<https://doi.org/10.4276/03080221x13074383957869>

From Fieldwork- Juliana Bell



Fieldwork level: IIB

Fieldwork site/setting: location- Tampa General Hospital Outpatient Center

Setting: outpatient neuro

Population: Adult and pediatric neurological injuries including CVA, SCI, and TBU.

Common Diagnoses: Pediatric developmental delay diagnoses and some adult and pediatric orthopedic injuries as well.

Caseload: Full caseload at TGH Outpatient Center is about 8-9 patients per day. Each patient is seen for 45 minutes.

Responsibilities: Evaluating patients to determine the need and frequency/intensity of skilled OT services, creating client-centered functional goals, incorporating functional goals into treatment planning, and carrying out interventions for patients daily. Educating patients and their caregivers on adaptive equipment, durable medical equipment, and local community resources is another key part of our job. Other responsibilities include performing re-evaluations when they are due and discharging patients when appropriate.

Common assessments: for adults: ROM, MMT, 9 hole peg test. For pediatrics: PDMS-2, Sensory Profile, and BOT-2

Most rewarding experience: During one of my treatment sessions, I assisted a patient with a C4 spinal cord injury in using assistive technology, voice dictation, and an adapted stylus to create an iMovie on his cellphone. This patient wanted to add photos and videos of him entering his newly renovated home for the first time and share to his friends on social media. Being able to help him do something he used to be able to do easily and is no longer able to do with such ease was a very rewarding experience. He was so thankful I spent the time with him to help him make this video.

Funny experience: One of my 9-year-old patients told me about his "crush" at school and then asked if he could play a song by Ed Sheeran that reminds him of his crush during our treatment session. I learned that jamming out to Ed Sheeran while playing hangman can make handwriting more fun for a 9 year old.



Student Spotlight- Madison Hoke



Where are you from: Palmetto, FL

What year in the OT program are you: 1st year

Area of Interest: I am not quite sure yet what area I would like to specialize in, although hands, neuroscience, and research are all very interesting to me.

Favorite class (so far): Psychosocial Dysfunction or Analysis of Human Movement. I cannot decide!

How do you maintain occupational balance: Herbal tea and a 2 year old black lab to play with keep me sane

Favorite occupations: reading, napping, and gardening

Fun fact about yourself: I did a lot of archery growing up and would love to get back into it. I also really enjoy theatre/acting as it was a very active and creative outlet that I enjoyed when I was younger.

