Being True to Yourself

President’s Message

As we move swiftly through spring toward summer, renewal and growth are on our minds. As MSOT celebrates the coming “new crop” of occupational therapists while recognizing the fruits of O.T. labour through our “seasoned” therapists, prepares itself for a newly aligned fiscal year, and starts harvesting our updates regarding progress on the strategic plan to our membership for the AGM, I am in awe of those putting time and effort into making sure the Occupational Therapy voice is heard in Manitoba.

If you were unable to attend the Awards & New Grads Night, I’d like to share with you one of the thoughts that struck me as part of being an O.T. and was shared at our evening of tribute. The Brush Dance, a Yurok Indian Healing Ritual, is where being true to yourself means giving your best to help a person in need. Being true to yourself is the one and only Yurok Indian law, and I know that all Manitoba O.T.s and future O.T.s will continue to be true to themselves.

A goal that the MSOT executive has recently set is to update our Bylaws, which has lead to a plan to review our governance and organizational structure. We would like to add two volunteers interested in the “nuts & bolts” of the organization to join a small ad-hoc committee to do this work and report back to the Executive. Please contact Sharon Eadie or myself if you are interested.

Enjoy your summer!

Gina De Vos, OT Reg (MB)
MSOT President

Enabling Those in Need Together!
Manitoba FASD Centre

O.T. contributes to the assessment of sensory motor skills

UPDATE from MSOTRF
Jacquie Ripat

We were very pleased to be able to award Erin Fonseca the MSOTRF Presentation Award at the MSOT Awards and New Grads Reception on May 13th, to support her attendance at the CAOT 2010 conference. Erin, Pam Wener and Sandy Sheegl will present their project Achieving Evidence-Based Practice: A Case Example in Halifax this year. Many thanks to Brenda Fjeldsted, who is our featured clinician-researcher in this continued series highlighting the innovative and scholarly work of our Manitoba occupational therapists. If you have comments or questions about this project, I would invite you to call or email Brenda.

Occupational Therapy: Assessment of the Sensory Motor Domain in Fetal Alcohol Spectrum Disorder

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability resulting from confirmed maternal alcohol use during pregnancy. The spectrum includes three diagnoses: Fetal Alcohol Syndrome (FAS), Partial FAS (PFAS), and Alcohol Related Neurodevelopmental Disorder (ARND). Features can range from severe growth restriction, developmental delay, birth defects, and characteristic dysmorphic facial features to normal growth, facial features, and intellectual abilities (Chudley et al., 2005).

The 2005 Canadian Diagnostic Guidelines recommended a multidisciplinary approach for accurate and comprehensive assessment. Diagnosis requires confirmation of maternal prenatal alcohol consumption, assessment for physical features including growth and facial features, and neurobehavioural assessment of central nervous system functioning. Brain domains assessed include hard and soft neurological signs (including sensory motor skills), brain structure, cognition, communication, academic achievement, memory, executive functioning, attention, and social adaptive behaviour. Evidence of significant impairment in at least three of the domains is required for a diagnosis.

The Manitoba FASD Centre (formerly the Clinic for Alcohol and Drug Exposed Children) provides multidisciplinary diagnostic assessment of children from birth to 18 years of age. Occupational therapy contributes to the assessment of sensory motor skills within the brain domain of hard and soft neurological signs.

A retrospective chart review of children diagnosed in the clinic from Jan. 2005 to Jan. 2009 was conducted. Ethics approval was obtained from the Health Research Ethics Board, University of Manitoba. This research highlighted performance outcomes of over 150 children aged 4-12 years on both motor and sensory assessments. The assessments included the Movement Assessment Battery for Children (MAB-C), the Beery Developmental Test of Visual Motor Integration 5th Edition (VMI) and the Short Sensory Profile. Results were statistically analyzed and compared with the specific diagnoses of FAS, PFAS and ARND. Trends (strengths and weaknesses) in the children’s performance within each diagnostic test were also examined.

Common areas of difficulty were identified. Statistically significant findings included difficulties with static balance as compared to dynamic balance, difficulties with taste/smell sensitivity in those diagnosed with PFAS, and older children had more scores in the definite difference range using the Short Sensory Profile. Additionally trends included manual dexterity difficulties and a pattern of sensory processing difficulties, particularly tactile sensitivity, auditory filtering, and sensory underresponsivity/sensation seeking. Those with a diagnosis of ARND had more difficulty with auditory filtering. Girls had more difficulty with movement sensitivity than boys. Visual motor skills and ball skills were areas of relative strength.

This longitudinal data collection aids in delineating the profile of the child with FASD. Understanding function within the sensory motor domain benefits the development of intervention strategies. Examination of results using these assessment tools also contributes to the identification of best practice for Occupational Therapy assessment of this domain.

Reference

Submitted by: Brenda Fjeldsted, B.O.T., O.T.Reg. (MB) Occupational Therapist, Children’s Hospital Manitoba FASD Centre 204-235-8864 bfjeldsted@rccinc.ca
For People Looking for a User-Friendly Search Engine
Do you or your clients find that many search engines (such as Google) start to look like a forest and one can’t find the trees? If so, then you may find that a new search engine - Good50.com - may provide a breath of fresh air. This search engine was developed by a clever 16-year-old student to help her 82-year-old grandfather navigate the web. This site offers a black background with white lettering. The font is larger and easy to enlarge. There is also a bigger search box, no text ads and an on-screen zoom function. All of these features make Good50.com easier to read. As well, there is less information cluttering up the screen. As it is powered by Google, this search engine has the same functionality as Google but is easier to use. The target groups for this search engine are children and seniors, but likely it would be handy for anyone who finds Google a challenge.

For Senior-Friendly Material for Websites
If you have the task of writing website material for seniors, you may find the publication “Making Your Website Senior Friendly” very handy. You can download this National Institutes of Health publication at [http://www.nia.nih.gov/HealthInformation/Publications/website.htm](http://www.nia.nih.gov/HealthInformation/Publications/website.htm). The publication provides a great deal of useful information. For example, they suggest using a high contrast combination of text and background for easier reading. Also, they recommend adding a speech component so you can hear the text being read out loud. The publication recommends that it is best to have less text on one page to minimize scrolling. The expectation is that the number of seniors utilizing the Internet will continue to grow with baby boomers getting older, so with an eye to the present and future, this publication could be quite useful.

For Adaptable Clothing for Women with Limited Mobility
Canadian designer Izzy Camilleri has come to the rescue for women with limited mobility in need of lovely clothing. Profiled in the May 2010 issue of “Zoomer” magazine, her stylish clothes provide an alternative source than what is typically available and often directed at older people. On her website, [www.izzycamilleri.com](http://www.izzycamilleri.com), there are a variety of clothes at reasonable prices that are super cool and functional at the same time. For example, there is a jacket available with a high back and a zipper that separates the right and left side to make it simpler to take on and off by a helper. There are also zippers on the sleeves to help guide a person’s arm through to the opening. The turtleneck follows the lines of the body and eliminates fabric bulk. There are nifty videos to accompany the website where a woman speaks about the clothes and demonstrates how they go on and off. The prices seem reasonable and you can order the items online. There appears to have been a great deal of thought that has gone into these clothes, including focus groups with individuals with limited mobility regarding their needs.

Please feel free to email me at [fern.swedlove@gmail.com](mailto:fern.swedlove@gmail.com) if you have any thoughts or comments about the column. Also, I have a number of extra copies of the Canadian Journal of Occupational Therapy (CJOT) from when I was editor (from 2001 to 2006) so if anyone can use them, please let me know.
Thank you to the volunteers for the 2010 interviews…

A giant thank you goes out to the students, clinicians, and faculty members who participated in interviewing the applicants to the MOT program. It is hard to believe, but fall 2010 will be the eighth intake to the MOT program. We had 109 applicants this year and interviewed 85 candidates for the program. I would like to acknowledge the following people who volunteered as interviewers:


I would also like to thank the following students:

Diana Truong and Jeanette Logan (reception), Robyn Buechler and Stephanie Warren (runners) and Michelyn Hasselfield and Heather Bartley (tour guides).

A special thank you to Lori Muzychka, support staff for the Department of Occupational Therapy for all of the “behind the scenes” planning to ensure that the interview day ran smoothly.

Thank you to Donna Collins for assisting with the orientation session for interviewers and for providing an orientation session and overview of the program to each group of candidates following the interviews.

Interested in volunteering next year? Please contact Lori Muzychka or Lisa Mendez in the new year (a reminder notice will appear in the MSOT Update).

Submitted by: Lisa Mendez, SMR-O.T., Chair Admissions and Selections Committee
From Fieldwork to Full Time

The development of a new OT position with the City of Winnipeg

In 2007, the Public Works Department conducted a review and analysis of its return to work (RTW) practices. As a result of the review, significant gaps were identified in the process, which included a general understanding of the physical demands associated with the work the employees performed, and the knowledge of how to safely modify job tasks to meet an employee’s restrictions.

It was these gaps or weaknesses in the RTW Program that caused Roberta Marsh, a Human Resource Coordinator with the City of Winnipeg Public Works, to seek out additional supports and resources. After browsing the University of Manitoba School of Rehabilitation website she came across the School of Medical Rehabilitation site. “I knew this was exactly what the Public Works Department needed.”

Roberta contacted the outreach development team to begin exploring the option of having an Occupational Therapy student placement. Through various planning meetings, a placement was set up for two students during the summer of 2008, with Roberta as the on-site supervisor and Lisa Mendez as the off-site fieldwork educator. The students concluded the placement with a formal presentation to the return to work team, safety branch, occupational health, and other interested parties.

“Following the placement, supervisors, foremen and employees were calling to seek advice and input from the OT Students” said Roberta. “The impact the students had on the Public Works RTW Program in just 6 weeks was quite remarkable”.

After two placements, Public Works saw and felt the benefits of bringing the OT perspective to the Department to support RTW. “The Department is beginning to have a better understanding of the work it performs and the demands of that work. As a result we are better positioned to support employees who are injured and who request accommodation” Roberta says.

In fall of 2009, Roberta proposed that the Department hire an Occupational Therapist full time. The proposal was supported and accepted by the Department Senior Management Team and the job was posted. In December 2009, Alexis Schroen, a previous OT Student at Public Works, was hired into a term position.

Although the placements originally started with the goal of developing job demands analyses, the role of OT has continued to expand. In addition to completing work related occupational therapy, Alexis has taken on a case management role as well. "I am able to use my OT brain which helps to give perspective to ‘the work’ related to function. I feel that having the opportunity to be able to take time to look at the work environment, assess and try out the equipment and experience the conditions in the field really helps to add to the overall return to work process", says Alexis. “I also find our background in mental health helps to give a positive mental health perspective, and I have had the opportunity to educate and hopefully dispel, or at least reduce, negative stereotypes of mental health and the workplace”. In May 2010, Alexis’ position became permanent within Public Works.

Submitted by Lisa Mendez and Roberta Marsh.

Alexis Schroen completes a job demands analysis for the Parks and Open Spaces division of the City of Winnipeg
The University Of Manitoba Department Of Occupational Therapy recruits placements within Manitoba, and Saskatchewan for all placement time periods. These placement requests are sent twice yearly. We will recruit for Basic, Intermediate 1 and Intermediate 2 placements in June and July 2010. We will send out a request for Advanced placements in early 2011. Contact us at 789-3992 if you would like more information.

Placements are listed in chronological order from the start of the academic year (end of August).

Basic Fieldwork (4 weeks)   November 22 – December 17, 2010

First year students who have completed 12 weeks of academic studies as well as a previous undergraduate degree including pre-requisite courses.

Intermediate Fieldwork II (8 weeks)  January 3 – February 25, 2011

Second year students who have completed one and a half years of academic studies, one -4 week and one - 8 week fieldwork placement. Evaluated at an intermediate 2 level.

Intermediate Fieldwork I (8 weeks)  May 2 – June 24, 2011

First year students who have completed one year of academic studies and one – 4 week fieldwork placement.

Advanced Fieldwork (6 weeks)  June 27 – September 16, 2011*

(flexible start date must end by September 16, 2011)

Second year students who have completed all academic requirements, one – 4 week and two – 8 week placements. Evaluated at an advanced level.

*Note: Dates may vary per individual student depending upon availability of placements. A six week placement may occur at any time during this period. Students may also participate in part-time experiences over a longer time period or other types of flexible arrangements as may arise and are determined to be appropriate learning experiences to meet educational standards.

Submitted by: Ellen Davis
MSOT AWARDS and NEW GRADS RECEPTION

In case you were not able to make the MSOT awards evening, you might not know that LOUISE NICHOL was the Outstanding OT Award Recipient for 2010. Congratulations to all new grads & those receiving awards.

It was a great event. Watch for a full report and pictures in next Update!

Extra Extra… Research Support

There are various research funding opportunities currently available from the Heart and Stroke Foundation. Check it out at http://www.hsf.ca/research/en/general/home.html

Marlene’s Suggestions....

This book will support your commitment to providing/enabling evidence based services. *Interventions, Effects, and Outcomes in Occupational Therapy: Adults and Older Adults*. Mary Law. Thorofare, NJ: Slack Incorporated, 2010. WB 555 L416i 2010

Occupational therapists are expected to maintain their knowledge of best practice by independently keeping up to date on the latest research. With *Interventions, Effects, and Outcomes in Occupational Therapy: Adults and Older Adults*, Drs. Mary Law and Mary Ann McColl have assembled the evidence for effectiveness of occupational therapy for adults and older adults. This book brings together and evaluates the research and evidence on the effectiveness of occupational therapy. The text will also provide a summary of the strengths and weaknesses of previous research on the topic, as well as a guide to the most common and appropriate outcome measures in the area.

Learn about the CPPF & OPPM: Leanne and Jacquie are involved in a project with the McMaster OT faculty to develop an on-line presentation to explore the CPPF and OPPM located at http://www.srs-mcmaster.ca/Programs/MScOT/ProfessionalFramework/ProcessFrameworks/tabid/3541/Default.aspx
The University of Manitoba - Department of Occupational Therapy offers workshops for occupational therapists within the province of Manitoba. It is our hope and intent that these workshops will support the occupational therapy community in its commitment to educating future occupational therapists. These workshops are provided free of charge.

Introduction to Fieldwork Education:
This workshop focuses on facilitating the development of skills or abilities of fieldwork educators within the profession of Occupational Therapy. This full day workshop is recommended for clinicians who have no previous experience as a fieldwork educator or for those who are interested in a refresher.
**Each ½ day has a separate focus**: 

**Morning:** *Introduction to the Structure and Process of Fieldwork Supervision*
This half day focuses on preparing for and completing the fieldwork supervision process from the decision to offer a placement through to the end of the placement process. Work time is included for therapists to develop placement objectives and plans.

**Afternoon:** *Adult Education and Fieldwork Evaluation*
The workshop will review the concepts and application of Adult Education as it applies to the role of an educator within a fieldwork setting. We will also review the principles of evaluation as they apply to fieldwork education.

**Educators can attend only part of the day if necessary.**
**Please contact Margaret Anne if you are considering this.**

WATCH FOR DETAILS OF THESE AND OTHER WORKSHOPS IN THE NEXT MSOT UPDATE
OR CHECK ON LINE AT [http://umanitoba.ca/faculties/medicine/units/medrehab/ot/ot_fieldwork.html](http://umanitoba.ca/faculties/medicine/units/medrehab/ot/ot_fieldwork.html)

For more information on workshops call:

Margaret Anne Campbell Rempel: 789-3992; campbe02@cc.umanitoba.ca
Ellen Davis: 480-1369; davise@cc.umanitoba.ca
Lisa Mendez: 977-5632; mendezl@cc.umanitoba.ca
Conferences & Workshops

Interprofessional Continuing Education, UBC presents:

3rd Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity
Date: October 27 – 29, 2010
Location: Hamilton Convention Centre, Hamilton, ON
Sheraton Hamilton Hotel
Contact: Katia Selezeneva
Phone: (604) 822-7524
Email: ipad@interchange.ubc.ca
Website: www.interprofessional.ubc.ca

DLC Movement Disorder Clinic presents:

Parkinson’s Disease a Comprehensive Approach:
Date: September 24, 2010
Location: Deer Lodge Centre
Life & Learning Centre
2109 Portage Avenue
For more information contact: 940-8420 or bgross@mdc-dlc.ca

2nd National Conference on Positive Aging
Date: November 26 - 27, 2010
Location: The Coast Plaza Hotel & Suites 1763 Comox Street, Vancouver, BC
The aim of the 2nd National Conference on Positive Aging is to bring together an interdisciplinary audience of health professionals and researchers to address some of the issues and challenges facing the aging population today.
Call for Posters: The Interdisciplinary Approach to Positive Aging Conference provides an excellent forum for authors to present their work in an interactive setting. Posters are ideal for presenting scientifically based investigation, clinical case studies, and demonstration projects.
The deadline for presentation submissions is March 26th, 2010
Contact: Katia Selezeneva
Phone: (604) 822-7524
Email: ipad@interchange.ubc.ca
Website: www.interprofessional.ubc.ca

Block Building Therapies presents:
Understanding and Working with Children and Adults with Acquired Brain Injury
Date: November 4 & 5, 2010
Location: Victoria Inn Hotel & Conference Centre
This is an introductory course offering valuable information about the origins, effects, long-term outcomes and strategies to work with clients with ABI.
Contact: info@blockbuilding.ca
Phone: (204) 231-0785
Website: www.blockbuilding.ca

PSR/RPS Manitoba presents:
Cultivating Motivation: Working in Partnership with Adults with Mental Illness
Date: September 29, 2010
Location: Canad Inn Polo Park
Cost $35/member & $50 non-member before September 10.
Contact: psrmanitoba@gmail.com

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Email: ipad@interchange.ubc.ca
Website: www.interprofessional.ubc.ca

MSOT Represented at the Safe Work Conference in Brandon
The OT & the Workplace committee of MSOT secured a booth at the Safety Services Manitoba Safe Work Conference in Brandon, May 4 & 5, 2010, at the Victoria Inn and Conference Centre.
“The New Landscape - Health and Safety for the Body and Mind” was the theme for the 2nd annual SSM SAFE Work Conference in Western Manitoba. Occupational Therapy was represented by three Manitoba OTs who volunteered their time to work in the booth. Special thanks go to Stephanie Jordan, Gisele Gordon, and Christy Chandler for making sure visitors had the opportunity to learn about OT and its role in promoting healthy workplaces.

Among the information that was provided for conference attendees was a page of workplace testimonials, telling the stories of staff OTs who are facilitating both the wellbeing of staff and the creation of a healthy work environments. Thank you to Alexis Schroen, Kim Roer, and Gail Archer-Heese for sharing their stories for this piece.

The OT & the Workplace Committee looks forward to next year’s Safety Services Manitoba events and invites you to be a part of this venture, which highlights a significant and emerging area of occupational therapy practice.

For more information on this area of practice visit http://www.msot.mb.ca/occupational_therapy_and_the_workplace.aspx
OPEN UNTIL FILLED

The Parkland Regional Health Authority provides a coordinated network of health services to the 42,000 residents of the Parkland Region in the Province of Manitoba. The Parkland region is located in West Central Manitoba with excellent recreational facilities and lakes within proximity. Additional information on the Parkland Regional Health Authority may be obtained by visiting our website at http://www.prha.mb.ca.

OCCUPATIONAL THERAPIST –

CHILDREN'S THERAPY PROGRAM

Bulletin # ENSMGP2610
Full-time, Permanent
Swan River, MB
Salary: In accordance with MGEU Collective Agreement

Reporting to the Director of Parkland Regional Therapy Services, and working within an interdisciplinary team setting, the incumbent will be responsible for providing a continuum of community based pediatric occupational therapy services to children from 0-21 years of age, living in the north west Parkland Region. Responsibilities will include working with team members in Education, Health, and Family Services and Housing. Services will be provided in a variety of settings including client’s homes, day cares and schools.

Qualifications:

➤ A Degree in Occupational Therapy from an approved university.
➤ Current registration with the College of Occupational Therapists of Manitoba.
➤ Eligible for membership with the Canadian Association of Occupational Therapists.
➤ Basic Cardio-Pulmonary Resuscitation certification.
➤ Province of Manitoba Class 5 Drivers license and access to a personal vehicle to provide service within the Parkland Regional Health Authority.
➤ Experience working with the pediatric public preferred.

Inquiries regarding this position may be directed to Gaylene Wiebe, Director of Regional Therapy Services at (204) 638-2220.

Interested applicants are invited to submit their resume and covering letter quoting bulletin # ENSMGP2610 to:
Parkland Regional Health Authority Human Resources Department, Box 448, Swan River, MB R0L 1Z0; Fax: (204) 734-5954; E-Mail: ahenkelman@prha.mb.ca (MS Word format please).

The Parkland Regional Health Authority is currently recruiting for the following positions:

**Nursing Positions**
**Home Care Attendants**
**Speech Language Pathologist**
**Pharmacist**
**Health Care Aides**
**Physiotherapist**

Log onto www.prha.mb.ca for more information.

Applications may be obtained from any Parkland Regional Health Authority worksite or at http://www.prha.mb.ca/opportunities.html. Positions are subject to a satisfactory Criminal Record and Child Abuse Registry Check. We thank all applicants in advance for their interest in the Parkland Regional Health Authority, however, we will only be in contact with candidates who will be participating in an interview.
Cognitive Therapy in Personality Disorders; Challenges in Practice

Grace Hospital Mental Health Clinical Day
Tuesday October 19, 2010
Viscount Gort Hotel
Call 837-0333 or go to www.gracehospital.ca
Registration is open to all
Presenter: Dr. Leslie Sokol, Ph.D

Learning Objectives:
• Become familiar with the cognitive model
• Identify cognitive conceptualizations of clients
• Understand the Cognitive Model of Personality Disorders
• Learn the Cognitive Treatment of Personality Disorders
• Describe specific treatment tools for specific personality disorders including the Avoidant, Narcissist, and Borderline Personality Disorder.

Riverview Health Centre
Request for Quotation

Riverview Health Centre (RHC) wishes to establish a contract for the delivery of “Lifts and Transfers Training” to recertify staff. A total of 507 health care workers (nurses, health care aides, physiotherapists, occupational therapists and rehabilitation assistants) will need to be recertified. The lifts and transfers recertification will be scheduled from September 13, 2010 to December 17, 2010. Sessions will be held in the education services department at RHC, and RHC will be responsible for scheduling staff.

Complete details are published on the MSOT website News page at http://www.msot.mb.ca/news_list.aspx

ADVERTISING RATES

Employment Advertisements
In-Provincial:
¼ page - $40.00/month
½ page - $60.00/month
Full page - $80.00/month

Out-of-Provincial:
¼ page - $50.00/month
½ page - $70.00/month
Full page - $90.00/month

Commercial Advertisements
Full page $100.00/month $570.00/year
½ page $80.00/month $450.00/year
¼ page $60.00/month $330.00/year
Business Card $30.00/month $150.00/year

Deadlines
Submissions are required on the 10th of the month prior to the issue in which the material is to be published.
The next newsletter will publish in August 2010.
Deadline for submissions will be July 10, 2010.

REMEMBER TO MARK YOUR CALENDAR!
MSOT Annual General Meeting
October 26, 2010

EDITORIAL POLICY...

Update is published six times per year and is distributed the first week of February, April, June, August, October and December. Statements, claims and opinions made in articles and advertisements are those of the author or advertiser and do not necessarily reflect the views of MSOT members or executive. Submissions are subject to editorial changes.

Submissions: Submissions should be no longer than 500 words and submitted by typed hard copy to MSOT 7 - 120 Maryland Street, Winnipeg, MB R3G 1L1, by fax to (204) 775-2340, or by email to msot.newsletter@gmail.com

7 - 120 Maryland Street, Winnipeg, MB R3G 1L1 T (204) 957-1214 F (204) 775-2340 E msot@mts.net W www.msot.mb.ca