Students Strive to Dismantle Systemic Barriers to Healthcare Access

The UW Office of Rural Programs and the WWAMI Area Health Education Center (AHEC) established five cohort sites in Washington and Idaho, including one virtual site managed by the Western Washington AHEC Center, with partial funding from the Health Resources and Services Administration. [https://depts.washington.edu/ahec](https://depts.washington.edu/ahec)

Three MOT students were accepted into the AHEC Scholars Program, a national certification that trains future health professionals to work in interdisciplinary teams with rural and underserved urban communities.

After just two quarters as an AHEC Scholar, Marie-Pascale Cote says she already thinks more critically about western healthcare practices and how unconscious bias can influence patient care. In September 2018, Cote and fellow MOT students Amaya Alonso Hallifax, and Laura Sandall joined the Seattle AHEC cohort, 40 students from OT, physical therapy, prosthetics and orthotics, pharmacy, medicine, nursing, and naturopathy programs.

Over the next two years, in addition to their OT coursework, the MOT AHEC Scholars will receive 80 hours of classroom instruction that include guest lectures and discussions on behavioral health integration, social determinants of health, and cultural competency. “We have true interprofessional conversations,” says Alonso Hallifax. “What we are learning will help me find more ways to see my clients’ challenges and support them in finding solutions.”

The students will also complete 80 hours of community-based, experiential, or clinical training (which can serve as their OT Fieldwork). Laura Sandall looks forward to this direct experience with clients. “As a future occupational therapist, I always want to think about health needs at a population level and how I can work to ensure that every client I see is receiving quality health care,” she says. ■

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I spent many hours in class in high school entertaining myself by guessing how much time had passed since I last looked at the clock. As a result, I have a highly developed sense for the passage of short periods of time. I regularly amaze my family by guessing the time within minutes after not having looked at a clock for several hours.

However, I am terrible at keeping track of the passage of years. I rarely know how old I am, much less the ages of my husband and two daughters, how long I’ve been married, or any other year-related fact. Earlier this year, I hadn’t even noticed that 2018 marked 50 years since I moved to Seattle to attend the UW; 45 years since I graduated from OT school, passed the national registration exam, and took my first OT job; and 20 years since I started teaching here. Then, this past June, my first grandchild was born, and it suddenly seemed like maybe I should pay attention to those numbers after all.

So, after much reflection, I have made the decision to start a new chapter in my life and retire in 2020. While it seems unimaginable to me no longer be involved on a day-to-day basis with the work that has brought me so much satisfaction and joy, it also seems like just the right thing to do. In the meantime, I’m “all-in” in every way and looking forward to seeing what we can accomplish in the next year and a half.

In this year’s newsletter, look for information on a new interdisciplinary program developing a healthcare workforce for rural and underserved populations, faculty and student updates, and introductions to our Advisory Board members. As always, we appreciate this opportunity to share our news with you.

Looking forward to continued conversations,

Janet Powell
Associate Professor and Head
Division of Occupational Therapy

Welcome to the world!
The second-year students present their capstone projects to family, friends, and colleagues before the graduation celebration each year. The projects are an opportunity for students to address a program development need at a community facility or organization. Each student team conducts a needs assessment and literature review and works closely with a faculty advisor and one or more community mentors to develop and implement their project.

**Sexual Health Education for 18-21 Year Olds with Intellectual and Physical Disabilities**

*The Outreach Program*

Six-session sexual health curriculum helped high school students with developmental disabilities identify resources for sexual health information and develop a greater functional understanding of sexual health vocabulary. Session topics included dating and communication, body parts and self-care, sexual expression, reproduction and contraception, and sex and safety.

**Faculty Adviser:** Becky Smith, MOT, OTR/L

**Community Mentor:** Barbara L. Abbott, OTD, OTR/L

**Katherine Zintel • Joseph Johnson • Noam Gaster • Caylin Cordray**

**Your Voice, Your Way: A Website Helping Clinicians Navigate the World of Communication Technology**

*VA Puget Sound Health Care System*

New website consolidated information from multiple vendors to help clinicians identify the best augmentative and alternative (ACC) communication products for their clients. Website features include guided search functionality, detailed product information, visual representation of key features, and a compare option.

**Faculty Adviser:** Tracy Mroz, PhD, OTR/L

**Community Mentors:** Kara Grosvenor, OTR/L

Anita Williamson, OTR/L

**Hannah Matalone • Victoria Chow • Sarah Fernandes • Michael Underwood**

**Implementing an Educational Webinar to Promote Occupational Therapy Services for Individuals with Multiple Sclerosis**

*MS Center at Northwest Hospital*

Free 75-minute educational webinar to help individuals with multiple sclerosis (MS) understand the benefits of OT services. Webinar topics covered foundational OT knowledge, the role of OT in MS care, and intervention strategies for common MS symptoms. Participant participation was encouraged through targeted discussion questions.

**Faculty Adviser:** Janet Powell, PhD, OTR/L, FAOTA

**Community Mentors:** Kevin Alschuler, PhD

Jean Grantham, OTR/L

Gloria Hou, MD

Peter Rigby, PT, MPH

**Victoria Ito • Anthony Hale • Emily Finch • Andrew Love**
Promoting Successful Transitions from Homelessness to Housing
Evergreen Treatment Services REACH Program

Series of six 45-minute long life skills classes to help improve the stability and quality of life of individuals who recently moved from being homeless into housing. Classes covered microwave cooking, community involvement, being a good neighbor, money management, home care, and goal-setting.

Faculty Adviser: Tracy Jirikowic, PhD, OTR/L, FAOTA
Community Mentors: Kathleen Kannenberg, MA, OTR/L, CCM
Kelley Craig, MNPL, CDP
Michelle Conley, MSW

Change in the Locker Room: Environmental Modifications to Support Swimming Participation and Reduce Caregiver Burden
Maple Valley Pediatric Therapy/South Sound Swim School

Adaptations to a multi-use community pool facility focused on the needs of swim lesson participants and their families. Key changes to improve locker room safety, usability, storage, and privacy included bench seating, wall-mounted child safety seat, privacy curtain, hand-held shower heads, shampoo racks, hooks, and non-skid floor treatment.

Faculty Adviser: Tracy Jirikowic, PhD, OTR/L, FAOTA
Community Mentor: Billie Otter, OTR/L
Erica Woodcock

Exploring the Potential of 3D Printing for Customized Adaptive Device Construction
VA Puget Sound Healthcare System-Seattle

Design and 3D construction of a device making it possible for a Veteran with amputations of both arms to eat a gourmet hamburger using his prostheses. Background information on 3D printing, a list of resources, and project specifics on a VA webpage will help OTs use 3D printing more effectively.

Faculty Adviser: Janet Powell, PhD, OTR/L, FAOTA
Community Mentor: Beth Ripley, MD, PhD
Vanessa Roberts, OTR/L, CHT
Thomas Hirschler, OTR/L
Mary Matthews-Brownell, OTR/L, CHT

ClassNotes
For the UW Medicine Magazine

Take a minute to tell us about the amazing things you’re doing! From dreams achieved to 2018 highlights, from photos of grandkids to volunteer work, UW School of Medicine ClassNotes are the easiest way to stay up to date on your classmates and fellow alumni. Your classmates would love to hear from you! Submit an update online at uwmedalumni.org/classnotes/.
ClassNotes may be edited for length and content. Photos are very welcome.
In the opening speech, Division Head Janet Powell said integrity is the characteristic she most associates with this year’s graduating cohort. “It has not been just one thing, one time, or one student,” she said. Over the past two years she watched these students live lives of integrity. “It is not something that comes easy,” she said. “It requires noticing when our actions are not in alignment with our values and actively working to change. It requires paying attention to what we are doing and our impact on others. It requires being open to feedback and open to growth.”

Student speakers Gretchen Stuenkel and Katherine Zintel spoke together at the podium, in light-hearted back-and-forth banter they relayed fun memories that illustrated how close the cohort had become over the past two years including an exploding lightbulb and a plastic utensil shortage.

Alumna of the Year Patricia Burtner-Freeman seemed to reinforce the students’ speech when she told the cohort to surround themselves with positive, creative team members. “It helps to have a sense of humor,” she said. She also encouraged students to find professional mentors who can help them identify their unseen strengths and try new approaches beyond their comfort level.
Fieldwork and Graduating Students

First Years

Second Years

average age: 26.9

meet the students

13% Kinesiology & Exercise Sciences

25% Psychology & Neuroscience

Biomedical Science

Biological Sciences

Biography

Botany

Chemistry

9% Community Health

Communication Sci & Disorders

Health Science

Rehab Sci Neurology

Biochemistry

Biology

Physical Science

Physiology

18%
THE MR. & MRS. WALTER E. FALLON ENDOWED SCHOLARSHIP

Emily Brotnov
Hometown
Clarkston, WA
Education
BA Special Education
Eastern Washington University
Cheney, WA

Emily became interested in OT while on the job as a special education teacher. She admired how the OT she worked with thought about and solved problems. Emily has a wide range of practice interests including acute care, pediatrics, and hand therapy. Outside of school, she enjoys fitness classes, exploring the city, hiking, and playing board games.

Sean Garvey
Hometown
Swords, County Dublin, Ireland
Education
BA Psychology
Trinity College, Dublin
Master in Psychology
King’s College, London

Seán’s interest in OT was first sparked by family and friends who are OTs. He found that the field’s focus on what matters to each person aligned well with his values. Seán is passionate about geriatrics and helping people engage in valued occupations throughout their lives. He enjoys running, cooking, biking, reading, and exploring Seattle.

Samantha Mulanax
Hometown
Seattle, WA
Education
BS Psychology,
University of Washington
Seattle, WA

Samantha first heard about the field from two OTs in an Amsterdam hostel. She was drawn to OT’s functional, strength-based approach and caring nature. Samantha is gravitating towards pediatrics after many years of being a nanny and volunteering at Seattle Children’s Hospital. She spends her spare time traveling, playing soccer, and attending country music concerts.

THE PATRICIA A. FOLSOM ENDOWMENT FOR OT STUDENTS

Nicole Thompson
Hometown
Corpus Christi, TX
Education
BS Psychology,
Texas A&M University
College Station, TX

Nicole discovered her passion for OT watching her brother progress in school-based therapy. She enjoys pediatrics and hopes to work in a Neonatal Intensive Care Unit someday to help give children the best start possible. Nicole likes spending time with her fiancé, senior dog, and new kitten and has a life-long passion for reading.
Patricia “Pat” Burtner-Freeman, PhD, OTR/L, FAOTA, didn’t set out to become an expert clinician, researcher, and educator in pediatric occupational therapy. In fact, she didn’t set out to become an OT at all. Burtner-Freeman’s initial career goal was to be a nurse. She was just weeks away from starting a nursing program at the University of Puget Sound in the late 1960s when the program unexpectedly closed. Given the option of enrolling in the Med Tech or OT programs instead, she decided to give OT a go. After graduating, Burtner-Freeman took a job at Olive View Hospital in Los Angeles working with individuals with substance abuse. Her career took a second unexpected turn when the hospital closed after a major earthquake. She took a replacement job as a pediatric OT at the University of Southern California/Los Angeles Medical Center. There, she connected with Jean Ayres and started teaching with the Sensory Integration Group. Inspired to learn more about research, she completed a Master of OT degree at the UW in 1976. Burtner-Freeman worked as a pediatric OT for several more years before getting a PhD in Motor Control at the University of Oregon. She joined the University of New Mexico OT Program faculty in 1994. For the next 18 years, she conducted research on typical motor development and interventions for children with cerebral palsy, taught multiple pediatrics and other courses, and consulted in several pediatric clinics. Burtner-Freeman moved back to the Pacific Northwest in 2011, focusing first on writing and then working part-time at the Toddler Learning Center in Oak Harbor. She is the recipient of multiple research and teaching awards and has taught internationally in Mexico, Romania, Russia, and Sri Lanka.

2018 ALUMNA OF THE YEAR
Patricia Burtner-Freeman

RECAP OF THE 2018 ANNUAL CLINICIAN FACULTY MEETING

In case you missed the Clinician Faculty Meeting on March 16, 2018:

Caroline Umeda, PhD, OTR/L, presented her research showing how sensory friendly theater experiences can increase community participation in families with children with disabilities. Dr. Umeda, UW PhD in Rehabilitation Science program graduate, is now on faculty at Dominican University of California.

The second morning session focused on incorporating occupational profiles in OT assessments. Tracy Mroz, PhD, OTR/L, introduced the new AOTA occupational profile tool followed by breakout sessions led by Becky Smith, OTR/L, to learn how clinicians are using occupational profiles in different practice settings.

In the afternoon, Dr. Kim O’Connor and Dr. Genevieve Pagalilauan, UW Associate Professors of Medicine, led a workshop on using a communication tool they developed called GLEAM. The GLEAM tool helps educators quickly get to know students in a way that maximizes learning and interactions by finding out a student’s:

- Goals for the educational experience and their career
- Learning experiences, challenges, and preferences
- Experiences, both helpful and challenging, with past clients
- Activities outside the educational experience, support system, roles and responsibilities
- More information that would be helpful and/or questions

The workshop included multiple fieldwork scenarios, role plays, and discussion to solidify use of the tool in different settings.
FACULTY UPDATES

Don Fogelberg, PhD, OTR/L
Don Fogelberg was invited to present research from his nearly-concluded 5-year NIH-funded K01 grant looking at sleep problems in people with spinal cord injury at the 2018 annual conferences of AOTA and the Society for the Study of Occupation:USA. He is collaborating with UW PT faculty to develop a behavioral intervention to improve sleep in people with Parkinson Disease and to design an adaptable prosthetic foot. He is a grant reviewer for AOTF and the Department of Defense Congressionally Directed Medical Research Programs.

Tracy Jirikowic, PhD, OTR/L, FAOTA
One of the highlights of 2018 for Tracy Jirikowic was an invitation to present the Caroline Thompson Memorial Lecture at the University of Wisconsin-Madison Occupational Therapy Program’s 75th Anniversary Alumni Symposium. She described the critical role OTs play in buffering risk and building resiliency in vulnerable children and families. Jirikowic is the lead researcher for a PCORI-funded national multi-site stakeholder-driven study looking at ways to build community participation for individuals with intellectual and developmental disabilities and their families. She continues as an AJOT Associate Editor and AOTF grant reviewer.

Danbi Lee, PhD, OTR/L
Danbi Lee received funding from the Retirement Research Foundation to develop a Motivational Interviewing Training for OTs working with older adults. She joined the UW Disability Studies Program faculty this year and continues to participate in the OT and Disability Studies (OT+DS) Network. She is a peer reviewer for Disability and Rehabilitation and Archives of Physical Medicine and Rehabilitation.

Tracy Mroz, PhD, OTR/L
Tracy Mroz is working with the WWAMI Rural Health Research Center to study post-acute care services for rural Medicare beneficiaries and the UW Center for Health Workforce Studies to look at the therapy workforce in skilled nursing facilities. She represented AOTA on a Technical Expert Panel for CMS to develop a quality measure for home health agencies on preventable hospitalizations. She received a WOTA Roster of Merit Award for her research and advocacy and an AOTA Service Commendation for advising on national quality of care initiatives. She is a subject matter expert for a team of UW Master of Applied Bioengineering students designing a better compression stocking donner.

Janet Powell, PhD, OTR/L, FAOTA
Janet Powell is co-authoring a textbook for OT students on vision, perception, and cognition following acquired brain injury. She continues as an editorial board member for Archives of Physical Medicine and Rehabilitation and as Chair of the NDT Association Research Committee.

Becky Smith, MOT, OTR/L
Becky Smith collaborated with the UW School of Medicine Counseling and Wellness Services on workshops to help students better manage anxiety during the transition to graduate school and Fieldwork II and worked with Charu Gupta, Academic Counselor, to streamline the required Fieldwork paperwork for ease of clinician response. She recently joined the Department’s Rehabilitation Equity, Inclusion, and Diversity Council.
Meet the MOT Advisory Board

The Advisory Board meets twice yearly with the OT faculty to share current practice trends from diverse settings, provide input on proposed curriculum changes, and select the OT Program Alumnus of the Year.

Ann Buzaid, MOT, OTR/L, ATP
Associate Director, Inpatient Therapy Services, University of Washington Medical Center

Ann has over 30 years of experience as an occupational therapist with a clinical focus on power mobility and assistive technology. Before the UWMC, she worked in acute care, pediatrics, schools, inpatient rehabilitation, skilled nursing, and home health. She has also served as a consultant to various seating and power mobility companies.

Shawna Hale, OTR/L, CLT
Occupational Therapist, Ida Culver House Broadview Skilled Nursing Facility

Shawna has worked with older adults in a skilled nursing setting for more than 10 years. She is an expert in wheelchair seating and positioning with geriatric clients and recently completed a specialty certification in Lymphedema Treatment.

Dottie Handley-More, MS, OTR/L
Occupational Therapist, Highline Public Schools

Dottie has over 30 years of experience in school-based occupational therapy practice and currently serves on a district-level Assistive Technology team. She is a member of two Communities of Practice through the American Occupational Therapy Association (state leaders and literacy support) and co-chairs the Occupational Therapists in Schools Special Interest Section of the Washington Occupational Therapy Association.

Kathy Kannenberg, MA, OTR/L, CCM
Occupational Therapy Clinical Specialist, Behavioral Health & Rehabilitation, Harborview Medical Center

Kathy has worked in a variety of settings including inpatient and outpatient mental health, employment programs for homeless teens, and academia. In her current position, she serves on the Familiar Faces Intensive Care Management Team (Vital), a King County grant-funded program that provides services to adults incarcerated as a result of complex behavioral health challenges. Kathy was the first Mental Health Program Manager for the American Occupational Therapy Association (AOTA) and has served as Chair of AOTA’s Commission on Practice.
Elaine Masarik-Williams, BS, OTR/L

Occupational Therapist, Swedish Edmonds

Elaine has over 30 years of experience as an occupational therapist in mental health practice. She worked with older adults in the Northwest Hospital Geropsychiatric Program, behaviorally and emotionally disturbed youth at Seattle Children’s Day Treatment Program, and, for the past two decades, has served adults on an inpatient mental health unit.

Alice Ragan, MOT, OTR/L

Occupational Therapist, University of Washington Medical Center

Alice has worked in adult inpatient rehabilitation and acute care for more than a decade. She works with post-surgical and intensive care patients as well as patients in the cardiac, oncology, neurology, and orthopedics units.

Madelaine Stoer, MS, OTR/L

Occupational Therapist and OT Clinical Fieldwork Coordinator, Seattle Children’s Hospital

Madelaine has worked in hospital-based pediatrics for over 8 years. She works with children with hematology/oncology and bone marrow transplant diagnoses as a member of an inpatient cancer care therapy team and serves on the acute consult therapy service. She is researching how adolescents and young adults being treated for pediatric cancers view occupational and physical therapy.

Teresa Quinlan, COTA/L, CLT

Certified Occupational Therapy Assistant, Providence Hospice and Home Care of Snohomish County

In addition to her current position in home health, Teresa has worked in hospital acute care, rehabilitation, skilled nursing facilities, psychiatric inpatient and outpatient, pediatric outpatient, and schools. She is a certified specialist in lymphedema treatment and has taught in the Occupational Therapy Assistant Program at the Lake Washington Institute of Technology.

Bridget Sachse, MS, OT/L

Occupational Therapist, Northshore School District

Bridget has close to 30 years of experience as an occupational therapist in home health care, hospitals, skilled nursing facilities, private practice, and school districts. She also spent three years serving in the U.S. Peace Corps in Nepal.

Lauri Warfield-Larson, BS, OTR/L, NHA

Health Services Officer, Horizon House

Lauri began her occupational therapy career in a hospital-based setting before she transitioned to long-term care. She worked as a clinician, and later a manager, for skilled nursing facilities in sub-acute rehabilitation. For the past 20 years, she has held various positions at Horizon House, a nonprofit continuous care retirement community.
2018 Publications and Presentations

OT faculty/MOT & PhD students in bold

Publications


Poster/ Platform Presentations


Jirikowic, T., & Kerfeld, C. (April 2018). *Keep on Movin’: Building a child/family, community stakeholder and research partnership to promote physical activity participation access and participation for children with disabilities.* Poster presented at the American Occupational Therapy Association Annual Conference, Salt Lake City, UT.

Jirikowic, T., Ideishi, R., Bendixen, R., Benevides, T., Smythe, R., & Smersh, M. (June 2018). *Engaging community stakeholders as research team members: Conversations about participation, health and well-being for individuals with intellectual and developmental disabilities and families.* Presented at the Occupational Therapy Summit of Scholars, Kansas City, MO.

Jirikowic, T., Ideishi, R., Bendixen, R., Benevides, T., Smythe, R., & Smersh, M. (November 2018). *Engaging community stakeholders as research team members: Conversations about participation, health and well-being for individuals with intellectual and developmental disabilities and families.* Presented at the 6th Health & Wellbeing in Children, Youth and Adults with Developmental Disabilities Conference, Richmond, British Columbia, Canada.


Mroz, T. M. (June 2018). *Collaborating to launch your research career: Examples from a health services researcher.* Special session on teaming with large data scientists for the Center for Large Data and Data Sharing in Rehabilitation (CLDR)-sponsored track, OT Summit of Scholars, Kansas City, KS.


Mroz, T. M., Patterson, D. G., & Frogner, B. (June 2018). *The impact of Medicare’s rural add-on payments on access to home health care.* Poster presented at the AcademyHealth Annual Research Meeting, Seattle, WA.


Smith, B. (March 2018). *Using the occupational profile for evaluation: Best practices for reimbursement.* Presented at the University of Washington Division of Occupational Therapy Annual Clinic Faculty Meeting, Seattle, WA.


Every little bit helps.
Even $25 can help a student pay tuition or contribute to study materials and classroom equipment.

Donate online through the secure UW giving site to:

- Support students in their pursuit of an OT education by choosing the Fallon Endowed Scholarship Fund or the Patricia A. Folsom Endowment for OT Students
- Help the program supply educational materials and equipment or fund graduate project work by choosing the Occupational Therapy Education & Training Fund

If you would prefer to donate by mail:

- Please make your check payable to “University of Washington Foundation”
- In the memo line, identify one of the funds above
- Mail your check to:

UW Medicine Advancement
Box 358045
Seattle, WA 98195-8045

Thank you to our alumni and friends who contributed to the OT program this past year.

- Travis Arendse
- Bayer AG
- Patricia Burtner-Freeman
- Kathy and Edward Cokelet
- Janet and Luke Determan
- DonateWell
- Tina Eng
- Janet and Michael Fannin
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- Hiranaka Family Trust
- Jeffrey and Karen Kline
- Jeannette Murphy and James Murphy
- Carmen Perez and Sulpicio Soriano
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- Fernando and Karen Proaño
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We strive to ensure our donor list is as accurate as possible. Please let us know via email at ot@uw.edu if you see an omission or error, and we will update accordingly.