



## Scope of Practice

*The practice of Occupational Therapy is the assessment and diagnosis of physical, emotional, social and cognitive capacity and performance, occupational demands and environmental factors and interventions to enable participation in activities of everyday life to promote and optimize health and well-being.*

# Occupational Therapy

**Professional Practice Leader (Charlton, King, West 5th):**  
**MONICA ALDERSON BSCc(OT) OTReg.(Ont.)**

## Number of Members of Discipline:

SITE	POSITION
Charlton	Occupational Therapists 22.9 Occupational Therapist Assistants 5.2 Occupational Therapist (enhancement) 1.0 Occupational Therapist A. (enhancement) 0.6
King	Occupational Therapists 2.0
West 5th	Occupational Therapists 28.8 Occupational Therapist Assistants 2.6
OFFSITE	
Satellite Health Facility (SHF)	Occupational Therapists 1.6 Occupational Therapist Assistant 1.8
Youth Wellness	Occupational Therapist 0.6
Seniors Mental Health	Niagara Outreach Occupational Therapist 1.0 Halton Outreach Occupational Therapist 3.6
Assertive Community Treatment (ACT)	Hamilton Occupational Therapist 1.0 Brantford Occupational Therapist 1.0
Crisis Outreach and Supportive Team (COAST)	Occupational Therapist 2.0

## Major Achievements

### CARING

## Clinical Practice:

- Integration of new protocol for early active mobilization for flexor tendon repairs in hand therapy.
- Completed on line training for Delegation of the Controlled Act O2 Titration.
- Participation in the Integration of the Three Wishes Program on the Complex Care Program.
- An occupational therapist participates on the corporate Falls Committee.

## Caring Clinical Practice Continued...

- Occupational therapists participate in quality councils for GIM, Post Acute Quality and Operations Committee.
- Updated and supported the re-implementation of the CPT Information Session at West 5<sup>th</sup> & ERMHS.
- Development of an 8-week group for Adults with ADHD pilot in March 2023 at ERMHS.
- Anxiety Treatment and Research Center continue to see patients for occupational therapy and facilitate CBT groups (generalized anxiety, social anxiety, and perfectionism; Maintaining Your Progress Group; and the monthly Booster group).
- At started assisting the nurses with rooming (intakes) appointments. Currently completing approx. 8 per week.
- ADHD group at the Youth Wellness Centre with an updated group manual.
- Developing a cookbook with cultural recipes and recipes submitted by clients/patients
- trial a cooking/baking group on 9AMH.
- advocated for pull up briefs on ALC to encourage pt independence.
- For leadership I have been redeployed to M1 and R1 in a mentoring and building capacity. So I have been mentoring the new OT, evaluating OT and equipment needs, putting together proposals and am now working on an initiative with the nurse educators around developing a new approach to making care plans.
- New role this year in assisting with conducting fitness assessments for patients on our unit (fitness to stand trial), which required learning more about the legal system that Forensics operates within.
- Enhancements to OT Initial Assessment and OTA flow sheets for BADL treatments.
- Reviewed and confirmed assessment processes are efficient and effective.
- Part of pilot project for tracking mattress surfaces (CC and rehab).
- Collaborating with Ron Joyce to coordinate visits from the orthotist for inpatient needs.
- OTA role expanded to teach hip and knee class.
- At Community Psychiatry Clinic OT has been co-facilitating the Managing Emotions (DBT) 20-week Treatment Group since September 2022.
- At Community Psychiatry Clinic OT was involved in developing a 13-week DBT group as a pilot project to determine its effectiveness in symptoms reduction, when compared with 20-week group.
- Had run a Mindfulness/Yoga fusion group in November-December, 2022 and will run Nature based Mindfulness in spring/summer 2023.

## Learning

### Education:

#### Formal Teaching

- McMaster Institute for Applied Health Sciences: School of Occupational Therapy

#### Lecturer

- DBT and Trauma; second year OT students
- Professional Reasoning & Skills (PRS) Self-Management of Chronic Health Conditions, Term 4, December 2, 2022
- Professional Reasoning & Skills (PRS), Occupational Performance in Leisure, Term 2, Feb 16 2023

#### Tutor

- Problem-Based Tutorial, Term 2, Jan 4 – Feb 24, 2023
- Problem-Based Tutorial, Term 3, May 9 – July 8, 2023
- Problem-Based Tutorial, Term 4
- Problem-Based Tutorial, Term 5D

#### Facilitator

- Behavioural Activation, Group Facilitation, Recovery Model, Dementia and Responsive Behaviour

#### Mohawk College

- Lab Instructor for the OTA and PTA program at Mohawk College

#### Clinical Teaching

- OT Placements McMaster University Masters of Clinical Science,
  - Occupational Therapy: 34
  - Mohawk College OTA/PTA: 7
- Continued Evidence Based Practice Placement with OTs at St. Joseph's precepting students at St. Joseph's Villa to do a research Project looking at the impact of OT intervention on the residents in Long Term Care.



**Kelly Sward** has received the 2022 Occupational Therapy Preceptor of the Year Award from McMaster University's School of Rehabilitation Science. This award recognizes Kelly's commitment to excellence and outstanding contribution to the educational development of future occupational therapists. Kelly has high standards of professionalism and demonstrates a profound respect for the students, colleagues, faculty and clients she works with.

## Learning Clinical Teaching Continued...

- Information orientation to role of OT or OT assistant to nurses or nursing learners.
- Collaborate and provide coverage for Student PT in RRDP.
- Collaborating with Mohawk's City School to offer free courses at YWC.
- Social work student and psychotherapy student shadowed me during their placement.
- Psychotherapy and psychology learners in CBT group at Anxiety Treatment and Research Clinic.

## Research

- SNAP abstract CPA CONGRESS SUBMISSION (Incorporating a Shorter Duration Novel Alternate Program (SNAP) Stream into Traditional Pulmonary Rehabilitation to improve Patient Goals and Uptake to Pulmonary Rehab).
- Research findings looking at different surfaces to prevent pressure injuries related to positioning in ICU to manage COVID patients continuing project.
- An OT is the Research Co-ordinator for REVIVE: frailty, rehabilitation and outcomes of Survivors of COVID-19 – a single center explanatory, sequential mixed methods study to identify opportunities to optimize care and outcomes for patients with COVID-19 admitted to ICU.
- Mapping Clinical Encounters to the Canadian Occupational Therapy Inter-Relational Practice Process Framework assisted in application for COTF grant with McMaster University.
- With the Regional Respiratory Rehabilitation Team, continuation of the Respiratory Rehabilitation Alternate patient study: Multi-Disciplinary Alternate Pulmonary Rehabilitation Program and the Impact on Quality of Life, Participation in Exercise, and Linkage to Community Resources for People with Chronic Lung Disease with VERTEX.
- Title: Development, Implementation and Evaluation of a Self-management Support Training Package for Interdisciplinary Regulated Health Professionals Working with Individuals/Families Living with Schizophrenia; Investigators: **Strong S**, Letts L, Martin M, McNeely H, Gillespie, A.

## Publications

- Collaborating with McMaster and my peer OT students to prepare the manuscript of our Evidence-Based Project for publication in an OT Journal. The topic of our research was exploring student OTs' experiences of completing virtual clinical placements during the pandemic.
- **Strong, S.**, Letts, L., Gillespie, A., Martin, ML., McNeely, H.E. (2022) Preparing an Integrated Self-Management Support Intervention for People Living with Schizophrenia: Creating Collaborative Spaces, *Journal of Evaluation of Clinical Practice*, <https://doi:10.1111/jep.13728>
- **Strong, S.**, Letts, L., Gillespie, A., Martin, ML., McNeely, H.E. (2022) Organisational Change to Integrate Self-Management into Specialised Mental Health Services: Creating Collaborative Spaces, *Journal of Evaluation of Clinical Practice*, <https://doi:10.1111/jep.13723>

## Learning Publications Continued...

- McNeely, H.E., Letts, L., Martin, M.-L., **Strong, S.** (2023). Participants' Evaluation and Outcomes following Integration of Self-Management Support into Outpatient Schizophrenia Case Management. Feature Paper, Special Issue "Advances in Mental Health Care: Self-Management, Prevention and Early Intervention". *International Journal of Environmental Research and Public Health [IJERPH]*, 20, 3035. <https://doi.org/10.3390/ijerph20043035>

## Building

### Professional Practice Development

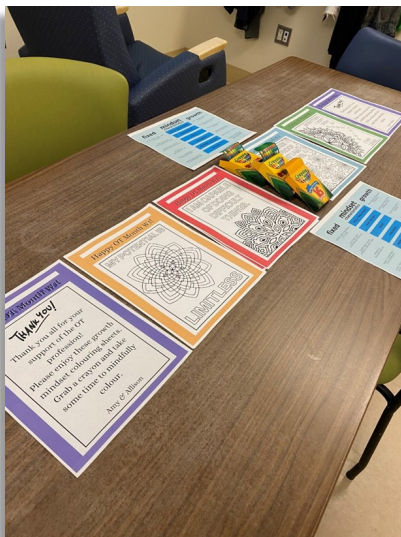
- Integration of New Standards of practice for Occupational Therapists in Canada into our Performance Review Forms.
- Orientation of new OTs in mental health related to group facilitation, community and employment resources and Provisional Practicing Supervision to 5 Occupational Therapists.

### Training & Development:

- Online Education for Chronic Disease Course completion; enrolling in IPF RESPTREC course in 2023
- Completed GAIN Training
- CBT Level 3 – 1
- CBT Level 2 – 1
- DBT 2
- GPA Coach – 1

### St. Joseph's Staff Training

- GPA Coach supporting GPA training for St. Joseph's staff
- Education of new nursing staff on the role of OT in Complex Care, Medicine
- Education to medical residents on CTU units on the role of OT
- Information orientation to role of OT or OT assistant to nurses across Charlton



### Professional Promotion -- OT month activities:

At West 5<sup>th</sup> on WI OTs brought a game to staff including group content from Skills & Strategies where Growth Mindset is discussed paired with mindfulness for colouring.



## Leading

### Internal Activities:

- VERTEX COPD Educator Quality Initiative project leading project as emerging role.
- Forensic Psychiatry Program's "Integrated Quality and Operations Committee" – leadership role in providing review, guidance, and oversight for people, culture, workplace safety, operations, patient experience, and clinical practice in the program.
- Member of the Rewards and Recognition Working Group at SJHH.
- Worklife balance /social committee here at Schizophrenia Outpatient Clinic.



**MEMBERS OF CHARLTON CAMPUS OT DEPARTMENT**

### External Activities:

#### Presentations

- **Strong, S.,** Gillespie, A., Letts, L., Martin, M., McNeely, H. "Creating spaces for self-management conversations: Clients and providers learning together as partners" (Preconference workshop ID: 125), 18th World Federation of Occupational Therapists (WFOT) Congress, Occupational R-Evolution, Paris, France, August 27, 2022
- Panelist at 2 Cine Psych events in the community
- Collaborating with Mohawk's City School to offer free courses at YWC to develop career interests
- "Finding your Why: Mental Health, Exercise and Why it Matters". "World Mental Health Day" Royal Hospital in Ottawa and Royal Bank of Canada.
- Piatek, S. Facial pressure injuries in mechanically ventilated prone patients: a narrative review ePoster presentation Critical Care Canada Forum November 23, 24 or 25, 2022

## Leading Continued...

### Committees

- Member of Anti Racism Anti-Bias Anti Oppression working group (ARABAO) with OT program at McMasterUniversity
- Vice-Chair of the Mohawk College Program Advisory Committee - Rehabilitation Sciences
- McMaster Clinical Advisory Committee
- Occupational therapists from Cleghorn are members of a new initiative called Hamilton Disability Employment Network (HDEN) aiming to connect community employment service providers and ensuring updated information about the program and services offered
- McMaster Admissions Committee – planning and participating on MMI interviewing for admission
- Joint Learner Safety Committee (JLSC) with Hamilton Health Sciences, McMaster and St. Joseph's representation



West 5<sup>th</sup> Occupational Therapists