Occupational Therapy

Professional Practice Leader (Charlton, King, West 5th):

Monica Alderson OT Reg.(Ont.)

Number of Members of Discipline

- Occupational Therapists:
  - Charlton: 24.3 FTE
  - King: 10 FTE
  - West 5th: 23.5 FTE

- Occupational Therapist Assistants:
  - Charlton: 4.1 FTE
  - West 5th: 3.6 FTE

Clinical Practice Achievements

Quality & Safety

- Falls Prevention Activities:
  - In their role, OTs work closely with team to ensure patients have falls assessment, to ensure appropriate intervention to address falls risk and have equipment needed to facilitate safe mobility across all the units they work on.
  - Participation in the Corporate Falls Prevention Committee, OTs participation in meetings re: falls prevention working group for outpatient mental health clinics at St. Joe’s, falls screening (SIRS) alert on acute mental health with OT follow-up, OT member of the Complex Care Quality subgroup working on falls and the OT is the ongoing falls prevention lead for Waterfall 3.
  - Rehab Falls Committee, an interprofessional team, OT, PT and Nursing now focusing on reducing toileting related falls. Created info sheets for Nursing to assess walker and wheelchair needs for pts when therapy services not available to ensure appropriate mobility aids are being used when accessing bathroom or moving in room. Looking into highlighting slope into shower area to increase awareness when mobilizing in this area. Developed new paging system to identify needs related to toileting "Level 1". Investigating potential sensors or other devices for those at a very high falls risk.

- OTs participate on Quality and Patient Safety Committees across multiple programs including Complex Care Quality Committee (subgroup working on pressure ulcers and falls), Rehabilitation, Ambulatory Therapeutics, Forensics, GIM, and Cleghorn Early Intervention for Psychosis.

- Participation Digital Order Sets Approval Committee

- Co-facilitated Managing Emotions group at Bridge to Recovery program collaborating with Nursing and Social Work for 14 weeks

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.
• COPM with the Resp Rehab measure in order to use a more client centred outcome measure than strictly the FIM
• OT running a life skills group on 10 Acute Mental Health which includes topics of sleep hygiene, problem solving, goal setting, self esteem and budgeting. Partnering with Therapeutic Recreation OT have started a weekly cooking/baking group.
• Volunteer with “Team Unbreakable” Therapy Running Group at Mood Disorders Outpatient Clinic
• OT developed and runs a Behavioural Activation group at East Region Mental Health Services
• In Forensics, OT developed a Short Term Apartment Assessment Protocol and used the Transitional Apartment in a limited capacity to complete a functional assessment for one of the patients.
• OT now assisting with screening the new intakes for Schizophrenia Outpatient Clinic to decrease wait list times and be more efficient in helping clients receive the best care at the right time.
• Schizophrenia Outpatient Clinic developed and initiated ‘Relaxation Group’ for patients.
• Development of patient education booklets for extensor tendon repairs to facilitation home program.
• Rehab Pressure ulcer awareness- review of clients on unit increase risk of developing pressure ulcers minimizing risk of advancing wound stage
• Development of a stroke care path for Occupational Therapy
• Halton Seniors Mental Health Outreach new group in collaboration with neuropsychology facilitating a group "Memory and Aging" session
• Halton Seniors Mental Healht Outreach completed Zarit Burden Inventory completed for all referrals
• Cleghorn started Volunteer Group
• Co-facilitation of a new CBT group for psychosis in the Cleghorn program
• Canadian Work Profile Inventory assessment use implemented with the Cleghorn Program
• Implementing excel based program to track level of participation, duration and attendance program within Cleghorn Program as an outcome measurement tool
• Working with our entire team (RN, SW, TR, Psychology, peer support and management, administrative support, psychiatry) to develop admission to inpatient procedures and processes within Cleghorn program.
• Developed group evaluation with TR, SW, research coordinator and peer support counselor within program
• OT developed information/promotional pamphlet describing all of the groups available at the Cleghorn program
• OT, SW, TR, research coordinator and peer support counselor to develop group calendar for waiting room as well as notification emails to clients in the Cleghorn Program
• Corporate skin and wound committee participation.

Interconnection
• TOA audit results forms being used by all practice areas at Charlton campus Accessibility Committee participation ensuring standards are met across the organization.
• Home First Re-fresh committee
• Cleghorn OTs met with Mohawk Accessible Learning Services team to build a relationship, explain what our program offers and improve referral process.
Change

- Dual Diagnosis Program: OT developing a DBT-based group for individuals with mild intellectual developmental disabilities.
- Dual Diagnosis Program— Supporting the Promotion of Activated Research and Knowledge (SPARK) project for Transitional Aged Youth with the Mental Health Commission facilitated by OT.
- SMART (Seniors Mobile Assess and Restore Team on GIM including Social Work and Physiotherapy implementing expanded programming with assistants and weekend Occupational Therapy.
- OT dynamically modifying the Rehab Screening- working with physio, NP, rehab manager, and psychiatrist in constant review of screening process, criteria, education to units, development/editing of algorithm for hip fracture etc.
- Outpatient Mood Disorders have developed a new outpatient group with a dietician that focuses on healthy eating/cooking skills.
- Rehab Teach Back Project- ensuring client understanding of educational materials presented
- Developing the occupational therapy role for Harbour East 1 a new unit for Seniors Mental Health with mood disorders.
- Development of the occupational therapy role at the Youth Wellness Center, a new addition.
- Development of the occupational therapy role in the Anxiety Research and Treatment Center.
- OT’s working on the Clinical Informatics Team working alongside a large interdisciplinary team as applications Specialists for the Clinical Transformation Project.
- OT and PT working to establish a link with Geriatricians for patients in day therapy.
- Working with Day therapy team (Social Work, OT, PT) to revamp education classes to make them more generic and a more interprofessional focus on exercise classes not just PT to improve flow through the program.
- General Internal Medicine Program: Patient Communication Board Committee; Patient-Centered Care Committee
- Electronic system for wheelchair sign out operational and process maps implemented.
- FAPIE inservice to OT to support change over in documentation framework.

Community

- OT Retreat: To celebration Occupational Therapy Month, the OTs from all campuses were invited to participate in a day retreat. The topics included a review of changes and directions in Healthcare affecting OT, Health Services Funding Reform, Your OT Career — Assess It, Adapt It, Own It.
- Additional postings on the new OT MyCollaboration Site
- OT participated on the Planning Committee for the first Anti Stigma Conference at our West 5th Campus.
- OT Representation on the Quality of Worklife Committee on Forensics
- OTs are Co-Chairs of the Forensic Newsletter Committee.
- More clinical collaboration across practice areas and sites to support one another in where expertise more concentrated at another campus.
- Hosted the McMaster Preceptor Workshop at our West 5th campus for community preceptors.
- Hosted education sessions for all OTs at St. Joseph’s outline the new McMaster OT model for their program
Academic Pursuits

Formal Teaching:

McMaster University, Faculty of Health Sciences:
- Seven Professional Associates to the Institute of Applies Health Studies, School of Occupational Therapy, McMaster University.
- Lecturer (Adjunct), Faculty of Health Sciences, McMaster University
- Associate Clinical Professor (part-time), School of Rehabilitation Science, Faculty of Health Sciences, McMaster University
- Several OT’s have participated in the Admission Interview Process
- Lecturer, Facilitation and Teaching sessions provided:
  - Group Process and Content
  - Functional Assessment/ADL Assessment
  - Skills Lab, Self-Management of Chronic Conditions
  - Professional Reasoning & Skills (PRS) course, Leisure Assessment and Intervention
  - Assessing and Addressing Affective Function
- Examiner, PREP, Clinical Interviewing (Evaluated Interview & Practical Exam
- At SOC myself, rec, nursing and social work did a presentation to Mohawk college students back in March on schizophrenia and treatment as related to each discipline.
- Assisted in transfers lab, physical assessment lab, hand physical assessment, splinting lab and contributed to McMaster IADL session
- Problem based tutorial leadership by seven therapists
- Act as resource to McMaster students who are seeking clinical input for PBTcase scenarios related to early intervention for psychosis and hand therapy.
Mohawk College Occupational Therapist Assistant Program -
- Mohawk OTA Splinting Integration workshop lecture.
- Developmental Dual Diagnosis Outpatient Clinic to students at Mohawk Inquiry Course tasked with the researching of underrepresented populations at the post-secondary level within our community (low-income persons, newcomers to Canada, Aboriginal peoples, and those with physical and intellectual exceptionalities)
Everest College PSW students--role of OT and session on body mechanics during functional transfers
Medication training in partnership with an RN for public health education session for RCF home operators.

Internal Teaching:
- Collaborative posters at all three campuses focusing on OT role in transitions. Forensic Fair poster on the OT role in Forensics which highlighted Assessments, Interventions, Outcomes, and client lead initiatives.
- Forensics OT completed training for the use of the Hoyer lift and safe transfer training for all staff.
- "OT and Discharge Planning" education session for the GIM residents
- Orientation GIM Residents
- Poster presentations for nursing week and knowledge café on groups Collective Kitchen, 1:1 smoking cessation and Schizophrenia Falls Prevention Strategies
• Falls Prevention Poster shared at the Falls Prevention Workshop
• GPA recharge to allied health, GPA for RN/RPN on rehab & CC, GPA for PSWs at St. Joseph’s Homecare.
• St Joseph’s healthcare Best Practice Open House Poster presentations:
  - Seniors Mental Health Outreach & the Client/Family Experience: Development and Implementation of an Interprofessional Tool to Improve Care Partner Communication
  - Experiences and perceptions of Community-Based Occupational Therapists Regarding Their Work with Adults with Morbid Obesity (J.Lee) Complex Care
• Positive psychology rollout acute mental health inservices to Charlton units
• Provided 4 hour Concurrent Disorders Educational Workshops for interdisciplinary staff across SJHH
• Provided ongoing Lunch & Learns and specialized training for Concurrent Disorders unit leads/champions staff across Mental Health And Addiction Program (Intro to Concurrent Disorders, Stages of Change, Motivational Interviewing, Screening and Assessment, & Harm Reduction and Advocacy).
• provided joint in-service with physio to nursing staff on nephrology, urology and renal transplant to review transfer techniques, use of mechanical lifts, placement of slings.
• OT as part of an interdisciplinary team to provide training and support on the new Patient Document Management (PDM) application to various units/programs and professionals across Charlton and West 5th.
• Involved in educating nurses, nursing students and allied health re: appropriate use of waffle over lays.
• Educational Rounds (Mood Disorders “Urban Poling” with Recreation Therapy

Clinical Teaching

• provide shadowing opportunities to co-op students and students of other disciplines Therapeutic Recreation on Mood Disorders, kidney-urinary
• Nursing students education re: OT and role in kidney/urinary program and Cleghorn program
• Gerontontology students from MAC shadowing role of OT kidney urinary
• MAC PT students shadowing OT interventions kidney urinary
• Co-facilitates case based teaching sessions together with social work and PT directed at medical students in the kidney/urinary program biweekly
• 10 new nursing hires on CC, orientation session to OT services on program and review of ceiling lift use, policies and practice (hands-on practice as needed), brief orientation to floor lifts used on complex care
• 2 nursing student groups – orientation session to OT services on CC, patient seating and positioning in wheelchair and safe use of wheelchairs.

Continuing Education:
• DBT Introductory training — 3
• 2-day Mental Health First Aid Training through the “Beyond the Silence” research project at St. Joseph’s Healthcare Hamilton — 3
• DBT Group Facilitation — 1
• PGAP (progressive goal attainment program), ADP authorizer (ongoing) X 3
• Emerging Leaders 3-day workshop,
• Certificate in Project Leadership from the University of Waterloo
• LEAN Yellow Belt — 3 White Belt — 4
OT mentor in the CAOT Momentum Mentorship program from Winter-Summer 2015. This program aims to pair up recent graduates of occupational therapy programs, internationally educated occupational therapists, occupational therapists re-entering the workforce and occupational therapists transitioning into new roles (“mentees”) with seasoned occupational therapists that can share professional experience and help younger or less experienced occupational therapists with a career development path (“mentors”).

Orientation to OT Role for Medical Students on CTU
- provided job shadowing opportunities to coop students, Mohawk students, OT students seeking particular clinical exposures, McMaster students other programs and Brock University
- Job Shadow Opportunities to OTAs looking for refresh to return to practice
- 1/2 day shadow 2 Mac students re ICU role to assist with research project
- IPE sessions facilitated on Rehab (January, April, December 2014) with OT, OTA, co-operative students, nursing and physiotherapy students

Scholarly Pursuits

Research
- Project of painting/disguised door on the ALC unit to reduce agitation, responsive behaviours and exit seeking. We are still gathering data re: it’s effectiveness.
- Co-investigator: BRAVE study. Contributed to the proposal for the BRAVE Trial: A pragmatic randomized trial to investigate the effectiveness of BeviouRal ActiVation group therapy in reducing dePresive symptoms and improving quality of life in patients with depression. (with psychiatry, social work, psychology, therapeutic recreation, nursing)
- Co-investigator: “Pushing Limits” study. Adventure-Based Therapy (with therapeutic recreation, psychology, social work)
- Nordic Walking – continuing to develop this new program “Up and Out” and initiating research study with Anxiety Treatment and Research Centre (in progress) – with therapeutic recreation, psychology, psychiatry
- Development of Tinetti for Dementia ongoing PAC supported research.

Evidence Based Practice Projects:
- McMaster (Faculty of Health Sciences) to supervise student research activities within the Concurrent Disorders unit with OT leading the 4 students throughout the project titled “A Study of the Concurrent Disorders Unit at St. Joseph’s Hospital (West 5th Campus)”
- Eight students, research/quality assurance projects in Schizophrenia Services
- Supervisor of OT research project Mindfulness Meditation for Healthcare Workers in LTC on Self-Reported Stress ongoing
- Use of Daily Activity Schedules as a Tool to Reduce Responsive Behaviours in Adult Day Programs project completed and rolling out to practice.

Publications
- Celebrating OT month article regarding OT Events at St. Joseph’s was published in OT weekly CAOT OT Now with a facebook page link.
External Committees

- MacHand membership to enhance research and education related to specialty hand services
- McMaster OT/PT Program Clinical Advisory Group to enhance and increase placements.
- McMaster OT Education Committee
- Hamilton Hand Interest Group
- GPA Advisory Committee — co-chair & member
- Rehabilitative Care Alliance: Outpatient/Ambulatory Advisory Group
- Co-Chair, Self-Management Support Community of Practice, West 5th Campus, St Joseph’s Healthcare Hamilton
- Expert Panel Member, Integrating Rehabilitation Principles into Interdisciplinary Self-Management — A Health Strategy for Chronic Disease & Aging, Funded by Health Research Foundation
- Invited Reviewer, OSOT Research Grants Program
- Co-chaired the Local Hamilton Network of Specialized Care for Dual Diagnosis
- OSOT Psychotherapy Committee member, and contributor/reviewer for CBT subsection
- OSOT Hospital Sector Committee Chair

External Presentations

- Continue to provide mental health training for Hamilton Police Service through recruit training, Victim Services as well as the 2 courses of Crisis Intervention Team training (40 hour mental health training program for police).
- CIT also provided for Niagara Regional Police Service (2 courses), Brantford Police Service, Halton Regional Police Service (2 courses) and Norfolk OPP.
- Presentations included the HSJCC conference in Toronto.
- As part of MCRRT, media exposure included a spot on Canada’s AM with Police Chief Glenn DeCaire.
- "Occupational Therapy Approaches To The Management of Osteoporosis" for Osteoporosis Canada: Burlington Support Group
- Attended and participated as an exhibitor (with a booth) at the “What’s Next Conference “
- Workshop on Mindfulness to address self-care for front-line workers as requested by Community Vocational Service Workers.
- “Creating Spaces for Client’s Self-Management”. Psychiatry Grand Rounds Presentation, St Joseph’s Healthcare Hamilton.
- “A new approach to an old problem: An integrated rehabilitation unit for challenging behaviours” (poster), Dept of Psychiatry & Behavioural Neurosciences, McMaster University, Annual Research Day, Hamilton, OT, Nursing and Psychology
- "Experiences and perceptions of Community-Based Occupational Therapists Regarding Their Work with Adults with Morbid Obesity". poster presentation at the 4th Obesity Summit in Toronto
• **OTED TALK**—as part of Interprofessional Mental Health and Addictions Rounds in October 2015. OTs presented brief powerful lectures about how OTs help people navigate through life cycle and stages from childhood to older adulthood.

• Health and Aging Society (McMaster) networking night to be available to students interested in pursuing a career in OT

• Health Achieve Conference in November - "From an Assess and Restore Mobile Team (ARMT) to SMART". Intimacy in Long Term Care Workshop and etoolkit in 3 Burlington LTCHs facilitated by OT in Halton Senior Mental Health services

• Presenting to students and staff at Mohawk College re: psychosis as part of their mental health in motion series

• Interview regarding the Cleghorn program on Talk 1010.

• Early Psychosis Intervention Ontario Network: Poster: Windows to recovery (photo voice), Poster: Waiting Room Blackboard (low tech education)

• Educational booth facilitation explaining Cleghorn and Windows to Recovery photos at 9th Annual Recovery Breakfast

• Cleghorn OTs presented to the HWDSB Teachers as part of Mental Health Summit “Understanding Psychosis and Role of Occupational Therapy”

• OT assister interprofessional team to develop a promotional video for Cleghorn that was presented at our 10th anniversary Open House and OT/RN created a formal timeline of the Program

• Windows to Recovery poster presentation on display at Anti-Stigma Conference

• Adapting the Tinetti (Balance and Gait) for Persons with Dementia at the Alzheimer’s Association International Conference

**Leadership:**

• Chair of PAC for 9 months and Interim Director of Therapeutics for 6 months

• Co-Chair Quality Council Ambulatory Therapeutics

• Health Professionals Excellence in Practice Awards Leader

• Dual Diagnosis — OT created online template for all of our intake assessments and created a structure for waitlist and intake in order to track data on our program and provide a system for screening referrals

• Chair of Program Committee for Mood Disorders Program

• Co-Chair Accreditation Team Complex Care & Chair Accreditation Team Ambulatory Therapeutics

• Member Digital Order Sets Steering Committee

• Therapeutic Seniors Education Committee Co-Chair Lunch and Learning Sessions

• Leadership developing the outpatient’s direct admission/code white protocol for West 5th

• Leader of IPE sessions facilitated on Rehab and Medicine

• Forensics OT is the temporary facilitator of the Tablet Committee.

• Leader of the Bariatric Advisory Council for Complex Care

• SOC lead in a consistent TOA form to be used by all outpatients within the service.

• Cleghorn OT’s initiated a working group at Cleghorn to better understand current supportive employment and education resources both in the community and within SJHC.

• Co-lead on the "Positive psychology education working group" for acute mental health

• Coordinated the training for the new Mobile Crisis Rapid Response Teams in Hamilton, Brantford and Halton.

• Management of Cleghorn Programs

• Assumed the position of Senior Mental Health Worker for COAST Hamilton/Mobile Crisis Rapid Response Team (MCRRRT) for Hamilton
Discipline Goals 2016

Quality & Safety
- Determine methodology for introducing skill mix services to appropriate populations
- Integrate stroke care path for Occupational Therapy

Change
- Review documentation formats used for reports at West 5th campus and determine methodology for ensuring documentation standards are met on this campus.
- Investigate value to implementing enhanced Occupational Therapy services in the Emergency Room to frontload services and get started earlier.

InterConnection
- Develop enhanced collaborative relationships with the CCAC

Community
- Continue to populate MyCollaboration with shared information to assist all OT and OTAs

Research & Education
- Participation in appropriate Occupational Therapy research to enhance understanding of the value of Occupational Therapy services.