

SPRING

2020

NEWSLETTER



CSUDH

OCCUPATIONAL THERAPY



WELCOME STUDENTS

NEW STUDENT ORIENTATION COHORT 16

JANUARY 13, 2020

My experience at orientation was an influx of emotions:

- RELIEF because the application process was over and I made it into my dream school.
- JOY because of the wonderful people in my cohort that would be embarking on this journey with me.
- CONFIDENCE in this program being able to equip me with the necessary resources to succeed.
- And lastly COMMUNITY. From the information session to orientation to now starting our fifth week of school, the idea of being a team and a family has been ever present.

The professors and individuals in my cohort have all been inviting and intentional with their approach. I am so thankful that CSUDH emphasizes community rather than competition in this program.

BY: NAOMI NELSON



SOTA FIRST GENERAL MEETING



On January 23, SOTA held its first general meeting of Spring 2020 and welcomed back the current members of Cohort 15 as well as the newest cohort to join CSUDH's MSOT program, Cohort 16! This was a great opportunity for everyone to mingle and hear about the upcoming semester in terms of events and activities like the Autism Speaks Walk, the Abilities Expo, the Autism Awareness Walk, the Pediatric Cancer Research Foundation Half Marathon and Walk with Keanna's Angels, CPR courses, and more. With the support and generosity of our faculty advisor, Dr. Heather Kitching, we held a raffle for a CSUDH OT Chair and a CSUDH OT Apron. The winners were Nadia Saleh and Judy Lee from Cohort 16, congratulations! SOTA President Jasmine Okamoto, the E-Board and various chairs of the club also attended and facilitated games like Kahoot! and Captain's Coming. Hilarity and warm exchanges ensued. Professor Faith Moy also came by to say hello and greet the new class. Thank you! It was a wonderful way to kick off the new year and we are looking forward to continued community building and leadership from SOTA this year. We are so blessed to have the enthusiasm and spirit C16 has shared with everyone in the program already and it is so nice to have Cohort 15 and Cohort 16 on campus together this semester.

TAMALIZA



January 25, 2020

The Tamaliza was such a fun way to spend a Saturday with fellow CSUDH OTs and tamale enthusiasts. It was so interesting to learn how to put together different kinds of tamales - Jalisco and Sonoran-style. Dr. Woo and her colleagues had spent the previous few days preparing the different fillings - chile verde chicken, cheese, chile and corn, and beef with poblano chilies. We put the tamales together assembly line-style, rotating through each station - corn husks, masa, filling, extra toppings (Sonoran style), wrapping, labeling. Once each tamale was snugly wrapped in a piece of waxed paper, we placed it carefully in a huge round steam pan, carried it to the backyard and they were cooked over a propane gas burner for a few hours. By mid-afternoon, we came away with great memories and a several dozen tamales. Everyone who got to try one said they were the best tamales they've ever had with the perfect amount of masa to filling and not dry at all!

-Margaret Norton

"Tamaliza was an amazing experience - I learned how to make tamales for the first time while spending the afternoon with the gracious CCS hosts and lovely CSUDH friends and faculty members. It was not easy churning out 1,500 tamales, but it was worth it! The bags of tamales I brought home were gone within a few days as they were quite exceptional. Also, Tamaliza was a gift. I felt the generosity of the OT family of CSUDH and realized how much we, the students, and our well-being mattered to this program. I hope that this tradition will continue so others can enjoy this meaningful activity, the food, and the warmth of our CSUDH community.

-Debbie Kim

I am so glad that I attended the tamaliza because it was truly such an enriching experience. I am grateful to have spent quality time with my professors (Dr. Woo and Dr. Kitching), their colleagues and my classmates. I truly enjoyed learning not only about the process of making tamales but also the different traditions, styles and type of tamales there are. It was enlightening to see Dr. Woo teach us her tamale making style which was passed on to her by her mother. The tamales turn out so delicious and my family devoured them very quickly. On top of that, we were provided customized CSUDH apron's which will now serve as a remembrance of the good times we had at the tamaliza. Thank you Dr. Woo and Dr. Kitching for providing us with this opportunity!--

-Micaella Salunga

Much thanks to Sylvia Duarte and Blanca Medina of California Children's Services, Los Angeles County for being our tamalizo guides during this adventure.

CITY OF HOPE

February 2, 2020 • Duarte, CA



C15 together with Allison Litzinger and Lisa Hiestand at the 3rd Annual OTAC Oncology Symposium at the City of Hope Medical Center. CSUDH graduates learn early on about the importance of participating in the profession at all levels. We will create the future for ourselves.



CSUDH STUDENT RESEARCH DAY

Our research team was so excited to be able to represent CSUDH at the California State University Student Research Competition! Due to the COVID-19 pandemic, the in-person competition at CSU East Bay was unfortunately cancelled. However, our team was asked to still prepare for a virtual research competition and pre-record our presentation over Zoom to submit for consideration in the competition, which can be viewed here: <https://youtu.be/jzq-CjhbMs0>. With the help and input from the CSUDH faculty, our team collaborated on ways to showcase our presentation in video format in the best way possible.

Leading up to the April 24th competition date, the Statewide Research Day team worked tirelessly to set up several Zoom meetings for all of the competitors to do a live Q&A session with their respective judges. During the Q&A sessions, we had the opportunity to listen to our competitors answer tough questions about their impressive research studies. We were thankful to have the opportunity to hear about the great work that many of the CSU students are doing which is contributing immense knowledge to the scientific and general community. For our category's Q&A session, our team was especially nervous and anxious about this portion of the competition. We usually have been able to see each other in person which would greatly help us to collaborate and share the responsibility of answering questions that the judges might pose. However, that anxiety quickly dissipated as soon as the live Q&A began and we were able to confidently answer their questions as a team.

We felt extremely proud to have successfully defended our research at the statewide competition and felt a huge sense of accomplishment (and relief)! When we saw that our team received the 2nd place award in our category of Health, Nutrition and Clinical Sciences we were ecstatic! It was an honor to be a competitor, to represent CSUDH, and to bring about more awareness of the occupational therapy profession. Thank you to our CSUDH OT faculty on guiding us through this process and making this research study possible. We are proud to be CSUDH OT Toros!

After about a 10 month culmination of hard work and determination, our team was thrilled to finally present to the community on the experiences of occupational therapists working with high-needs, high-risk youth. While presenting, we felt especially supported by both our faculty and fellow colleagues by seeing that many of them attended our presentation. We also were very surprised that our audience members were incredibly engaged in our research presentation and asked many insightful and thoughtful questions. After a long day of presenting and supporting our colleagues, we truly felt like our colleagues presented intriguing topics and were excited for any of them to be recognized. Upon being awarded with a placement in our category, we were very shocked and surprised! We really felt an overwhelming sense of community and pride to be a part of the CSUDH OT department. This definitely will be an experience we will never forget; we will take this with us in our careers as occupational therapists. We hope to strive to continue to contribute to the science community as fellow researchers and always delve deeper to demonstrate the true value of occupational therapy for the health and well-being of all.

-Kelsey Santos



**Madison Werchowsky
Kelsey Santos
Ciara Nagao**

CSUDH STUDENT RESEARCH DAY



Rebecca Hawkinson Gonzalez
Thelma Iwuchukwu
Elvy Fuentes
Josiah Gibson

Community-Based Arts Center Participation Experience We saw an enlightening evolution from our approach to CSUDH's Student Research Day (SRD) to its conclusion. Initially, we were overwhelmed, nervous, and unsure of how our research would fit among the wide sea of projects to be presented. But once we started sharing the details of our study and results, the ground under our feet felt firmer and the conviction to share our participants' stories felt stronger. One of the highlights of the day was having the opportunity to interact with the audience at the conclusion of our presentation. Listeners had insightful questions regarding our research and the implications it had for real life support of mental health services within a community center atmosphere. The conversation sparked by these questions was fruitful because it demonstrated the link and immediate relevance that our research could have to real world manifestations of community-based support and care. Seeing other people, outside of our research team and advisors, engage with our research results gave it weight and significance. It was at the conclusion of SRD that the potential impact of our research was clarified for our team.

Moving forward, we will carry the individual experiences and stories that our participants shared in the study to better inform our own practice and interactions with our clients and their families. Our participants taught us the importance of developing a flexible, stigma-free space characterized by support and a sense of belonging. We believe these to be universally inclusive concepts that could contribute to increased feelings of inclusion and validation, ultimately favoring the occupational engagement, and overall health, of anyone involved. This has been a grounding experience that taught us the importance of listening to the people you are serving. Our participants proved to be the true experts on the community center and what worked well within its walls. We will take this attitude of client-centered care and appreciation for the value that clients bring to their recovery forward in our own journeys of learning and growth in Occupational Therapy.

-Rebecca Hawkinson

CSUDH STUDENT RESEARCH DAY



Micaella Salunga
Jocelinne Torres Lizarde
Michelle Wong
Monique Sanchez



The road leading up to CSUDH Research Day was challenging but all of our hard work was rewarding when we stood on the stage confident and proud of our research. We are so happy to have had the support of our fellow classmates and our professors throughout our journey. Presenting was already an accomplishment for us, but to then go on and be recognized for our hard work was truly a moment we will remember forever. Research Day was only a stepping stone into the world of not only research but the world of advocating for our profession and our clients.

-Micaella Salunga

CSUDH STUDENT RESEARCH DAY

On behalf of our research team, we are so grateful to have had the opportunity to share our qualitative research, *Maneuvering the Minefield: The Lived Experience of Dating for Individuals with Congenital Physical Disabilities*, at Student Research Day.

We were very passionate about this topic. Learning from our participants and hearing their experiences has been incredibly rewarding and illuminating. While it was challenging to boil down hours of interviews and a 50-page research paper into a 10-minute presentation, with guidance from our excellent advisors, Dr. Sheryl Ryan and Dr. Heather Kitching, we were able to share the key points of our research with students, colleagues, faculty, and the judges on Student Research Day. Our nervous butterflies were quelled once we started our presentation. The perceived positive reaction from the audience was very encouraging. Looking out onto the crowd, we could see that people were having an emotional reaction to our qualitative data.

We are looking forward to continuing this research as a quantitative study, and hope to present at the state competition. More awareness about dating for individuals with congenital physical disabilities is greatly needed. From this experience, we take with us a greater understanding about the unique struggles individuals with congenital physical disabilities encounter in regards to dating and relationships so that as OTs we can better serve this population by collaborating on dating logistic solutions, advocating for more accessibility and awareness, destigmatizing sexual pleasure, and assisting those with disabilities construct a positive self-image.

-Kaliie Miller



Kaliie Miller
Elisabeth Lawson
Cassie Mingoa

CSUDH STUDENT RESEARCH DAY



Amy Vernetti
Hilary Vedder
Jasmine Okamoto
Kathy Nguyen

A common theme that prevailed in the mindset of most of our research groups was the thought that our countless hours of research would culminate in a whirlwind 10-minute presentation. We had spent numerous hours getting to know our participants and striving to do them justice in how we presented our findings. The entire process was rigorous, but it yielded rich findings and helped us learn to be better researchers and therapists.

On Research Day, we enthusiastically watched and were amazed by the research presented by our fellow classmates as well as students from other programs. Hands shaking, we delivered our own presentation; excited to share what we had learned about the veteran experience with the audience. Later that night, we were overjoyed and in shock when we heard our names announced during the awards ceremony. To be frank, some of us don't even remember hearing our name. It was an incredible, joyous blur and we cannot begin to express our gratitude to our participants for their vulnerability and openness. Not only did they divulge very personal topics, but they also invited us to see a glimpse of their lives through their photovoice pieces. Our participants were the heart of our research and they've taught us so much about what we can do in our future practice. This process has highlighted the importance of how research can inform you and spur you to make an impact.

-Amy Vernetti



DEMYSTIFYING LEVEL I FIELDWORK

FEBRUARY 21, 2020

The day began with networking and a light breakfast followed by a welcome by Dr. Heather Kitching, Academic Fieldwork Coordinator, and a description of the curriculum design of the MSOT program at CSUDH. Attendees' then "tested" their knowledge of current "lingo" used by our students by playing a Kahoot-it game on their phones. Dr. Gina Phelps discussed the characteristics of our Level I students and provided helpful feedback from our students as well as tips for managing students and encouraging learning.

Our guest speaker was CSUDH's own Dr. Katy Pinto, professor and graduate coordinator in the Sociology Department. Dr. Pinto was a recipient of CSU System's Faculty Innovation and Leadership Award and of the CSUDH 2019 Presidential Outstanding Professor Award. Dr. Pinto discussed how we as educators can build skills and capacity for student success through learning partnerships between CSUDH and fieldwork educators and sites. Ann Thatcher, MOT/L, helped to demystify Level I fieldwork by providing ACOTE standards and CBOT regulations regarding the expectations and supervision for Level I students, the required attestation form, and the process for earning professional development units (PDUs).

Fieldwork models were presented as well as ideas for orientation—the first step for a successful fieldwork experience. Fieldwork educators were familiarized with the required CSUDH paperwork. And the unique learning experiences for our students were shared; experiences that can be incorporated into "downtime" during fieldwork—state award-winning qualitative and quantitative research studies, cooking and gardening, arts and crafts for all ages and populations, adapted bowling using PVC pipe structures, drumming circles, producing newsletters with health literacy in mind, international experiences, 3D printing, and wheelchair dancing. Video production was shown and discussed by C14 student, Jina Song, who worked with Amy Lee on the video. T

he day wrapped up with participation in Duncker's Candle Problem—a cognitive performance test that measures "functional fixedness" which is the tendency to perceive an object only in terms of its most common use. Small groups discussed "letting go" of this tendency in order to encourage engagement in imaginative and creative problem solving for innovative solutions to build student skills and increase the capacity for student success. -Dr. Gina Phelps

CSUDH Toro Admit Day

Toro Admit day is an open house type of event for students who have been admitted to CSUDH to learn about the university and what it has to offer. Elvy Fuentes, Debbie Kim, Micaella Salunga, and Crystal Solano demonstrated how Occupational Therapists assess hand strength with the use of a dynamometer and pinch meter. This also led to discussions with future CSUDH students on what Occupational Therapy is (beyond elevator speeches) and what led each of them to choose this profession. Some of the future students would be incoming freshmen and others were transfer students. We also spoke with current CSUDH undergraduate students who were helping with the event but were curious about the field of Occupational Therapy and were considering graduate school. We had about 60 people visit our table, most of whom had not heard about Occupational Therapy prior to this event. – Faith Moy





2020 WESTERN REGIONAL OT SPRING SYMPOSIUM IN LAS VEGAS

LET'S BUILD ANOTHER MEMORY

2020 WESTERN REGIONAL OT SPRING SYMPOSIUM IN LAS VEGAS

The keynote speakers, Frank Kronenberg and Michael Iwama, came to our CSUDH alumni party and we all got to have extended, relaxed conversation together! Trying to think of what to say to Frank Kronenberg, I ventured, "I rewrote the introduction to my presentation today after your keynote this morning." During the keynote address, both speakers focused on the idea that disruption is central to our profession. As occupational therapists we are familiar with disruption, because we encounter people whose lives are in various forms of disruption everyday in our practices. We are also familiar with the disruptive process of continually developing our professional roles and identity. The speakers reminded us of the connection between occupation and health that is easily disrupted. They encouraged us to seek out voices and leadership from people and populations who have historically been marginalized in our profession. Framing my presentations within "constructive disruption" really helped to articulate the need for increased understanding of occupations among the population of 11-17 year old youth, who are often under-represented in pediatric practice.

-Dr. Sheryl Ryan

The 2020 Western Regional Occupational Therapy Spring Symposium (WROTSS) was held March 6th-8th in Las Vegas, NV. Co-chaired by faculty lecturer, Lora Woo, and Arizona OT member, Valerie Adams, the WROTSS was a collaboration of 7 state occupational therapy associations: Arizona, Hawaii, Idaho, New Mexico, Nevada, Utah, and California. Spearheaded by the Occupational Therapy Association of California (OTAC) and its president, faculty and Academic Fieldwork Coordinator, Heather Kitching, as well as the OTAC staff, the WROTSS was a 6-year endeavor in-the-making.

As OTAC president, Dr. Kitching had envisioned past OTAC Conference keynote speakers, Dr. Michael Iwama and Dr. Frank Kronenberg, to headline the WROTSS. With the relationships developed over years, both Drs. Iwama and Kronenberg happily agreed to participate together as keynote presenters at the 2020 WROTSS. This may have been a most unique opportunity for attendees to see these two internationally renowned occupational therapy practitioners on-stage together. After the keynote, Drs. Iwama and Kronenberg then each provided an individual 3-hour session further explicating their perspectives of disruption in occupational therapy. Our department as well as the Occupational Therapy Department of our sister program, San Jose State University sponsored the keynote presentation. And our own Chandia Ojeda-Luque set up a table at the keynote to provide information on the CSUDH OT program, as well as, faculty recruitment for the symposium attendees.

The WROTSS was joined by AOTA President, Wendy Hildenbrand; AOTA Vice President of State Affairs, Chuck Willmarth; AOTPAC Chair, Yvonne Randall; and AOTPAC Region 5 Director, Luis Arabit. Four of the state association presidents were in attendance – Arizona's Evelyn Andersson, Nevada's Lacey Bukoskey, Utah's Brenda Lyman, and California's Heather Kitching; Hawaii and Utah sent representatives Wendy Tsutsui and Devin Cowan, respectively.

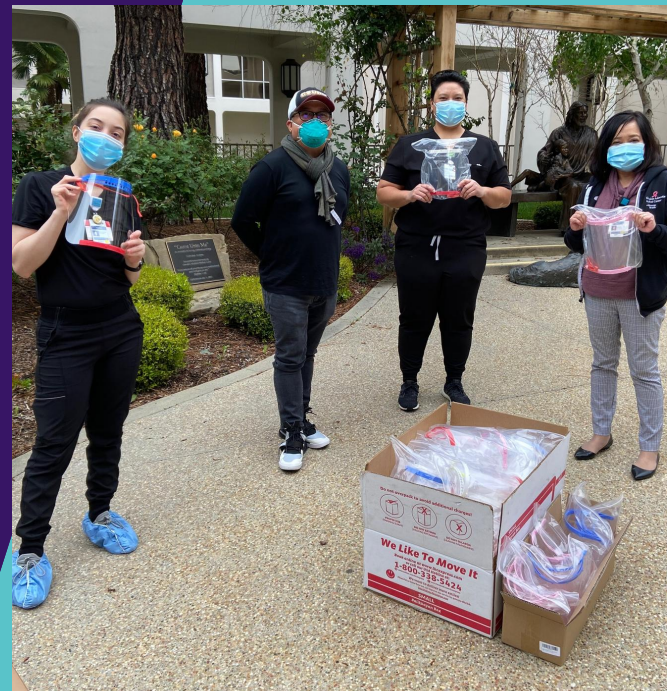
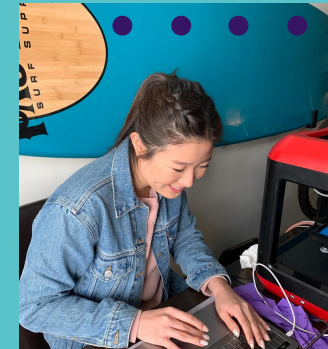
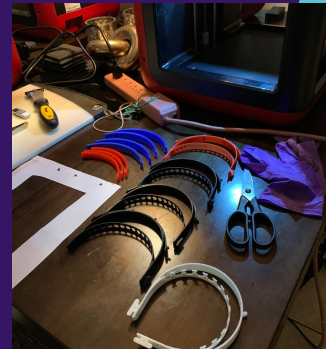
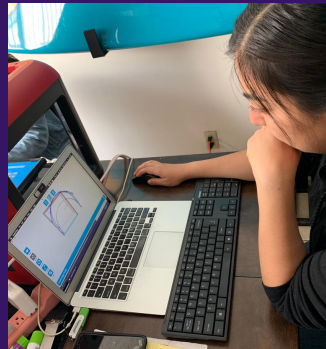
-Dr. Lora Woo



COMBATING COVID-19
AS OCCUPATIONAL
THERAPY STUDENTS:

3D PRINTING FACE SHIELDS FOR FRONTLINE HEALTHCARE PROFESSIONALS

Elvy Fuentes & Deborah Han



COMBATING COVID-19 AS OCCUPATIONAL THERAPY STUDENTS:

3D PRINTING FACE SHIELDS FOR FRONTLINE HEALTHCARE PROFESSIONALS

With the increasing public health concerns following the spread of COVID-19, classes at the MSOT program at California State University Dominguez Hills (CSUDH) have been moved online and in-person fieldwork has been cancelled. Students have been at home quarantined and distancing from others in an attempt to mitigate the spread of COVID-19. When our professor, Paul Penoliar, OTD, OTR/L C/NDT, received an email for an urgent request to help make face shields for some of our local hospitals in Southern California, we responded to the call to help.

Back in Fall 2019, Dennis Chen, OTR/L, BCP, CPAM, came to our class to give a short lecture on 3D printing. In January 2020, he came back to give an optional one day workshop on integrating this technology into practice. We learned the basics of 3D printing and delved into case studies to apply our knowledge. 3D printing has been used to print adaptive devices to help individuals enjoy a cup of coffee, play cards, and turn on lights (Story, 2018). As OTs, we improvise, adapt, and overcome plights that may seem insurmountable. Sometimes, this means using our knowledge creatively for different causes.

As hospital capacities increased, the shortage of personal protective equipment (PPE) also increased. A CSUDH OT alumnus asked for help with their shortage of PPE by 3D printing face shields for frontline workers at her hospital, and we were prepared. After researching various designs, we decided to use the PRUSA Printers RC2 model (2020), which was developed after many prototypes and verified with the Czech Ministry of Health. Although we had to work with the parameters that our printers had, we were able to print our own prototypes and problem solve together to create face shields.

Within the next few weeks, we are hoping to deliver hundreds of face shields to our local hospitals. We have four 3D printers and were printing 3 face shields every 2.5 hours. Within one day, we could print 5 to 18 face shields per day, which translates to 105 to 126 per week if running at full capacity.

In this way, we were supporting our frontline healthcare professionals to keep safe. This experience has taught us that preparation means learning outside of our regular classes, attending extra workshops, conferences, and other events to increase our knowledge. In order to effectively improvise, adapt, and overcome these challenges as occupational therapy students, we relied on our ability not only to collaborate with each other, but also to encourage those around us to apply our knowledge to further our profession in these unprecedented times.

Special thanks to Dr. Paul Penoliar, Dr. Heather Kitching and Dr. Terry Peralta for encouraging us throughout this process.



MSOT STUDENT SPECIAL MOMENTS

Baby Ezra was born April 16! The past three weeks have been a whirlwind to say the least. He's been listening in on our zoom meetings. I was telling section 1 that he was in class with us during finals week and the comp exam. Looking forward to the day he gets to meet everyone.

-Isabelle Guevarra

Congratulations!



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