Building on a 75-Year Legacy to Position Occupational Therapy for Success

75th Anniversary Keynote Address
Department of Occupational Therapy
College of Health & Human Sciences
San José State University

October 5, 2018

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Chief Quality Officer
Associate Hospital Administrator
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Past Vice President & Board Director (2012 – 2018)
California Representative #1 to the AOTA Representative Assembly
Section Editor, Occupational Therapy Manager, AOTA Press
American Occupational Therapy Association

Past President (2008 – 2012)
Occupational Therapy Association of California
SJSU OT 50th Anniversary

At the celebration luncheon. From left to right, Chair, Lela Llorens; Claudia Allen; Dean Rose Tseng; Sue Robertson; Fred Sammons; Celebration CO-chairs, Lorraine Pedretti, Amy Killingsworth.

Co-chair Lorraine Pedretti presents History of the Department of Occupational Therapy from 1943-1993* at the 50th anniversary celebration luncheon.
1942 – Susan Richards, an occupational therapist at Children’s Hospital in Oakland, was asked by the head of the Art Department at San Jose State College to teach a course in Occupational Therapy

Art 7: *Occupational Therapy Theory* was described as “an introductory survey of Occupational Therapy: History, Theory, and Practical Applications” (Undergraduate Bulletin, 1943)
1943 - Susan Richards eventually left her clinical position at Children’s Hospital of Oakland to head the inaugural SJSU OT department in 1943 in the middle years of World War II when there was an urgency to start occupational therapy programs, whose graduates could contribute to the rehabilitation of soldiers returning with war injuries.
During that first year, Ms. Richards started the senior laboratory courses which involved patient treatment. This departure from a standard college teaching format apparently resulted in some administrative difficulties with the Art Department.

In the Fall 1944, the Occupational Therapy program was placed in the Natural Science Department. It moved from the comfortable, warm and colorful quarters on the second floor of the Art Building to a gloomy, cold, basement room in the Old Science Building.
Mary Booth was appointed Assistant Professor in charge of the Occupational Therapy Program in 1944 and was appointed Director in 1948.
By 1952, enrollments had increased to 193 students, making it the second largest occupational therapy program in the country and eventually the largest international program in 1957.
The first MS degree in occupational therapy from SJSU was awarded in August 1961 to Barbara Pickett.
Dian Fossey, OTR

- Dian Fossey, Occupational Therapist & Anthropologist
- Undertook an extensive study of gorilla groups over a period of 18 years. She studied them daily in the mountain forests of Rwanda, initially encouraged to work there by the famous anthropologist, Louis Leakey
Dian Fossey, OTR

- Education: San José State University Occupational Therapy (1954)
- Assassinated: December 26, 1985, Volcanoes National Park in Rwanda
- Gorillas in the Mist (1988)
Dr. Lela Llorens was appointed Chair of the Occupational Therapy Department in 1983 and would serve as Chair until 1995.
SJSU OT Historical Accomplishments

- Ranked #2 Occupational Therapy Program in California by the *US News & World Report*
- Ranked #1 public Occupational Therapy program in the West by the *US News & World Report*
SJSU OT Historical Accomplishments

- **1999** - Anne MacRae, PhD, OTR/L, FAOTA developed the 1st accredited post-professional online Master’s degree program in Occupational Therapy

- Eleanor Clarke Slagle Lecturers: Dr. Lela Llorens, Claudia Allen, & Dr. Kay Barker Schwartz

- *Pedretti's Occupational Therapy for Physical Dysfunction* Initially edited by Lorraine Pedretti & now edited by Dr. Heidi Pendleton and Dr. Winifred Schultz-Krohn (Now in its 8th edition)

- *Psychosocial Occupational Therapy: An Evolving Practice* Edited by Dr. Elizabeth Cara & Dr. Anne MacRae (Now in its 3rd edition)
SJSU OT Historical Accomplishments

- Texts with contributions from SJSU faculty: *Occupational Therapy with Children, Occupational Therapy Without Borders, Willard and Spackman's Occupational Therapy, & Assessments in Occupational Therapy, Best Practices for Occupational Therapy in Schools*

- Several publications in peer reviewed publications such as the *American Journal of Occupational Therapy, Occupational Therapy Journal of Research, Journal of Physical Therapy, Journal of Occupational Science, Physical Therapy & Occupational Therapy in Pediatrics, Occupational Therapy in Health Care, Psychiatric Rehabilitation, Occupational Therapy International, British Journal of Occupational Therapy*, & *Occupational Therapy in Mental Health*
SJSU OT Historical Accomplishments

- Fellows of the American Occupational Therapy Association (FAOTA): Dr. Lela Llorens, Karen Diasio Serrett, Dr. Kay Barker Schwartz, Dr. Winifred Schultz-Krohn, Dr. Heidi Pendleton, Dr. Deborah Bolding, Dr. Pamela Richardson, Dr. Anne MacRae, Dr. Marti Southam, Dr. Gigi Smith, & Dr. Shawn Phipps
- Fulbright Scholar: Anne MacRae, PhD, OTR/L, FAOTA - University of Malta
  Transformed an OT diploma program to an OT degree program
- SJSU Teacher-Scholar Award: Dr. Heidi Pendleton, Dr. Anne MacRae, Dr. Elizabeth Cara, & Dr. Winifred Schultz-Krohn
- SJSU Outstanding Professor Award: Dr. Winifred Schultz-Krohn
- NBCOT Board of Directors: Dr. Pamela Richardson
- AJOT Editorial Board: Dr. Lynne Andonian, Dr. Winifred Schultz-Krohn, & Dr. Megan Chang
SJSU OT Historical Accomplishments

- AOTA Representative Assembly: Dr. Heidi Pendleton & Dr. Shawn Phipps
- AOTA Board of Directors: Dr. Shawn Phipps
- AOTA Past Vice President: Dr. Shawn Phipps
- AOTA Past Chair of the Commission on Competence and Professional Development: Dr. Winifred Schultz-Krohn
- AOTA Chair of Bylaws, Policies and Procedures: Dr. Winifred Schultz-Krohn
- ACOTE Accreditation Board: Dr. Deborah Bolding
SJSU OT Historical Accomplishments


- International consultations and teaching in Malta, South Africa, Philippines, & Taiwan

- Several international presentations for the World Federation of Occupational Therapists (WFOT)
SJSU Alum
OTAC Presidents

- Dorris Cutting (1978 – 1980)
SJSU OT Historical Accomplishments

- Occupational Therapy Association of California: Dr. Gigi Smith is currently the Secretary of the OTAC Board of Directors, and past Co-Chair of the Government Affairs Committee.
- Past OTAC Political Action Committee Chair: Dr. Winifred Schultz-Krohn.
- California Foundation for Occupational Therapy Honored Lecturers: Dr. Heidi Pendleton, Dr. Marti Southam, Dr. Kay Schwartz, Dr. Pam Richardson, Dr. Winifred Schultz-Krohn Dr. Deborah Bolding & Dr. Gigi Smith.
SJSU OT Historical Accomplishments

- Dr. Louie Arabit – Past OTAC Vice President & AOTPAC Region 5 Director
- Britteny Weinerth – OTAC Region 3 Director
- Allison George – OTAC Student Leadership Chair
What a Fabulous SJSU OT Faculty!
The Future of Occupational Therapy
We envision that occupational therapy is a powerful, widely recognized, science-driven, and evidence-based profession with a globally connected and diverse workforce meeting society's occupational needs.
Institute for Healthcare Improvement (IHI)

Triple Aim

- Improve the quality of patient care
- Improve the patient’s experience
- Improve cost effectiveness
Visioning Process

Vision 2025

1. Interviews with AOTA and industry leaders; member survey; focus groups
2. Visioning Summit October 2015; Draft vision developed
3. Member feedback on proposed Vision 2025—November 2015 to January 2016
4. Vision rolled out at Conference 2016 in Chicago
Occupational therapy maximizes health, well-being, and quality of life for all people, populations, and communities through effective solutions to facilitate participation in everyday living.
Transitioning to Vision 2025

- Solicit and organize feedback on current practice (*Evaluation*)
- Build on Centennial Vision accomplishments (*Intervention*)
- Implement goals and strategies to achieve Vision 2025 (*Outcomes*)
Vision 2025 Pillars

1. **Effective**
   Occupational therapy is evidence based, client centered, and cost-effective

2. **Leaders**
   Occupational therapy is influential in changing health policy, environments and complex systems

3. **Collaborative**
   Occupational therapy excels in working with clients and within systems to produce effective solutions

4. **Accessible**
   Occupational therapy provides culturally responsive and customized services to the clients we serve

Vision 2025
Why is effectiveness foundational to our future?

- A profession cannot survive without objective evidence that it works.
- All systems and payers are focused on high quality and cost-effective outcomes.

Vision 2025
Challenges

• Apply what the evidence supports in a client-centered, occupation-based, and cost-effective manner within the constraints of real-life clinical situations.

• Convince supervisors and peers to practice and document in new ways.
  – Occupational profile

Vision 2025
AOTA Priorities

• Create research opportunities in collaboration with the American Occupational Therapy Foundation
• Assist students, practitioners, educators, and researchers effectively apply research to practice through knowledge translation
• Introduce federal and state bills and new regulations supportive of best practice with optimum utilization of occupational therapy, consistent with AOTA standards and policies.

Vision 2025
Effectiveness

Evidence Connection

Occupational Therapy Interventions for Adults With Stroke

Dawn Wills, Glen Gilden, Marian A. Benson, Deborah Leberman

Occupational Therapy Interventions for Adults With Stroke

AOTA OCCUPATIONAL PROFILE TEMPLATE

“The occupational profile is a summary of a client’s occupational history and experiences, patterns of daily living, interests, values, work, roles, and other life experiences (AOTA, 2014, p. 51). The information is obtained from the client’s perspective through both formal interview techniques and observation and leads to an individualized, client-centered approach to intervention.

Each item below should be addressed to complete the occupational profile. Page numbers are provided to reference a description of the Occupational Therapy Practice Framework: Domain and Process, 3rd Edition (AOTA, 2014).

1. Reason the client is seeking service and concerns related to their occupational performance. Why is the client seeking service and what concerns the client about their occupational performance? (This may be due to engaging in daily living activities.)

2. In which of the following does the client have difficulties? (Check all that apply.)
   - In daily living
   - In work
   - In leisure
   - In education

3. What are the client’s values and beliefs about occupational performance?

4. What is the client’s history?
   - Past occupations
   - Current occupations
   - Future occupations

5. What are the client’s patterns of daily living and how are they affected by occupational performance?

6. What are the client’s patterns of use of their environments or contexts that support occupational performance?

7. What are the client’s patterns of use of their environments or contexts that support occupational performance?

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40. What are the client’s patterns of use of their environments or contexts that support occupational performance?
What are some key initiatives you plan to ensure that your OT practice is occupation-based, client-centered, and cost-effective?

Vision 2025
Why is leadership foundational to our future?

• We need to create our own future; if we don’t define who we are and what we can do, others will do this for us.

Vision 2025
Challenges

- Individual practitioners may not consider themselves leaders, especially if that role is not reflected in their title.
- Some practitioners equate leadership with promoting themselves or their ideas over others, which they aren’t comfortable doing.
- Leadership opportunities are not always apparent.

Vision 2025
AOTA Priorities

- Advance leadership skills and competencies of practitioners, educators and scientists.
- Provide the tools to help all practitioners realize their own leadership style and potential, so they can be change agents to foster excellence in practice.
- Explore expanding the scalability of the Emerging Leaders Development Program and the Middle Managers program to reach more members.

Vision 2025
Leadership

Leaders
Occupational therapy is influential in changing health policy, environments and complex systems

NIH
National Center for Medical Rehabilitation Research

AMA

CMS.gov
Centers for Medicare & Medicaid Services

SAMHSA
Substance Abuse and Mental Health Services Administration

NATIONAL QUALITY FORUM

Medicaid

2018 AOTA Annual Conference & Expo
Salt Lake City, Utah
Leadership

What are some key initiatives you plan to put forward to serve as a leader in your practice and the profession?

Vision 2025
Why is **collaboration** foundational to our future?

- Team-based interventions are a critical component of better outcomes and more cost-effective treatment
- Working with clients and within systems is already a defining strength of occupational therapy

**Vision 2025**
Challenges

• The distinct value of occupational therapy may not be fully understood.

• Occupational therapy is not always at the table when policy and health care decisions are being made.

Vision 2025
AOTA Priorities

- Promote the Distinct Value resources to help students and practitioners articulate their scope of practice to interprofessional team members
- Help occupational therapy leaders get onto key legislative and regulatory committees
- Provide practitioners with the tools to develop quality measures that demonstrate occupational therapy’s distinct value to effective outcomes
- Focus advocacy activities around promoting the value of occupational therapy to ensure inclusion in policies and systems

Vision 2025
What are some key initiatives you plan to put forward in your future area of practice to ensure collaboration while demonstrating the distinct value of occupational therapy?

Vision 2025
Why is accessibility foundational to our future?

- We need to be accessible and affordable to members of all populations who would benefit from our services.
- To be client centered, we must be culturally responsive to changing populations.

Vision 2025
Challenges

• The changing health care system could restrict payment for OT and other health care services.

• Although improving, our workforce does not reflect the diversity of the people we serve.

Vision 2025
AOTA Priorities

- Develop relationships with key members of Congress, regulatory agencies, state officials, and payers to help get favorable legislation adopted that supports access to high quality occupational therapy services
- Provide professional development that includes delivering culturally responsive services to diverse populations
- Expand opportunities for underrepresented populations of practitioners to engage with the Association and increase their visibility in the profession

Vision 2025
Accessibility

What are some key initiatives you plan to put forward in your area of practice to ensure accessibility, cultural competence, and the promotion of diversity in the profession?

Vision 2025
Maximizes Health, Well-Being, and Quality of Life

“What Carly has done, using the tools of occupational therapy, to ensure that I don’t get exhausted, has improved my quality of life. And when that happens, you’re a happier person.” — Elaine, living with chronic obstructive pulmonary disorder (COPD)
Take Action

• Advocate for legislation that supports consumer access to OT in all settings (e.g., home health, mental health).

• Work with physicians in primary care to holistically address patient barriers to health (e.g., medication management, home modifications).

• Demonstrate how OT improves your clients’ health, well-being, and quality of life.
Maximizes Health, Well-Being, & Quality of Life

Sample AOTA Resources

The American Occupational Therapy Association

Frequently Asked Questions (FAQ):

- AOTA’s Legislative Action Center
- Enabling Design: A Person-Centered Approach
- The Reference Manual of the Official Documents

Fact Sheet
“It reeducated me, and helping me learn to function was the best thing about OT for me.”

— Marshall, former halfway house resident, current employee
For all People, Populations, and Communities

Take Action

- Strive toward the Triple Aim: improved patient quality and satisfaction, improved population health, and reduced per-capita costs of care.
- Address emerging societal needs: anti-bullying, refugee resettlement, women’s health, homelessness, prevention.
- Encourage growing diversity in the profession and practice cultural sensitivity.
“OT got me to the point where I could be independent, drive myself, be in my own wheelchair, get up and down the hills, and use prosthetic legs. It was full speed ahead.” —Brandon, Wounded Warrior
Through Effective Solutions

Take Action

• Share evidence that OT improves function and reduces costs.
• Use the new CPT® codes to highlight OT outcomes.
• Use the Occupational Profile Template to improve documentation.
• Refer to AOTA’s Evidence-Based Practice resources for examples of how evidence applies to practice.
Through Effective Solutions

Sample Resources

New OT Evaluation Codes: Educational Resources for CPT® Codes

Health Policy
Researchers Find
Occupational Therapy
is Only Spending
Category That Reduces
Hospital Readmissions

Occupational Therapy Can Help Reduce Nursing Home Admissions

AOTA’s Evidence-Based Practice Resources
Using Evidence To Inform Occupational Therapy Practice

AOTA OCCUPATIONAL PROFILE TEMPLATE
That Facilitate Participation in Everyday Living

“I said, ‘oh no, I’ll do whatever I have to do to get the feeling back in my hand so I can brush my teeth, comb my hair, wash my hair, to get myself back on the tennis court.’”
—Cynthia, recovering from hand surgery
That Facilitate Participation in Everyday Living

Take Action

• Provide transition programs, education, and supports to help clients succeed.
• Consider falls prevention, community mobility, etc. for all clients.
• Practice holistically to address physical, cognitive, and environmental barriers.
That Facilitate Participation in Everyday Living

Sample Resources

How To Use
AOTA’s Mental Health Information Sheets

Childhood Occupations Toolkit

OLDER DRIVER Safety Awareness Week

TIPS For Living Life To Its Fullest

AOTA’s National School Backpack Awareness Day
Next Steps

How will you use these ideas to help make Vision 2025 a reality?
Building on a 75-Year Legacy to Position Occupational Therapy for Success

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