Scroll & Pen

Pi Theta Epsilon

National Honor Society of Occupational Therapy

A program of the American Occupational Therapy Foundation

Spring 2020 | Volume 30, Issue 3

Upcoming Events

See what's happening this **year**.

Chapter Spotlight:

Abilene Christian University
Mary Baldwin University/Virginia Commonwealth University
Creighton University
New England University
University North Dakota
University of South Dakota

Virtual PTE Annual Business Meeting April 21

The Annual Business Meeting is an opportunity for individual chapters to ask questions, share concerns, vote, and engage with the PTE National Board. It's recommended that one member from each PTE chapter attend to voice the concerns and vote on behalf of their chapter. Your participation is critical to the success and future of PTE!
Tuesday, April 21, 2020, 6:30-8:30 p.m. EDT, via Zoom.

Click Here to RSVP by Apr. 10th

Letter from the President

Dear Members of Pi Theta Epsilon,

On behalf of the National Executive Committee, we hope you all are well and safe.

The PTE National Office has been working diligently to best assess and address the impact of the missed events and information that were planned to be held and delivered at the Annual AOTA Conference last month. This issue of the Scroll & Pen will discuss alternatives we will be offering for certain events over the next few months as well as postponed events, congratulate award recipients, highlight our outgoing and incoming board members, and address a common question we typically receive at Annual Conference. Please read this issue in its entirety to ensure you understand your options related to PTE events and information. As always, we encourage you to reach out to National Office to voice your questions, concerns, comments, and ideas.

We hope you and your loved ones are safe and healthy during this global crisis. We urge you to continue your practice of social distancing to help flatten the curve. To those of you on the frontlines, thank you for all that you are doing at this crucial time of need.

Be well,
Pooja A. Patel, DrOT, OTR/L

National President of Pi Theta Epsilon

Thank You Rebecca For Your Service

It has been my pleasure to serve as the National Secretary of PTE for the past four years. When I started my role on the National Board I was finishing up my last clinical, studying for boards, and trying to figure out how to balance patient care while incorporating evidence-based practice and uphold the mission of PTE. Meeting and working with current students, alumni, and my fellow board members has been invaluable and inspirational. You are all some of the most driven OTs and future OTs on the field, and you have pushed me to continue to incorporate leadership, excellence, and of course evidence based practice into my own practice. As I move on from my role as secretary, I aim to become more involved in my local leadership organizations and clinical research at my current hospital. I will forever be grateful for the opportunities PTE has provided for me and the role it has played in my professional development. Congratulations, and welcome to the team, Lauren!

- Rebecca Grondin, MS, OTR/L

Welcome Lauren to the PTE Executive Board

Hi PTE,
I am excited to be your incoming secretary! I am currently a student at Creighton University, the Alpha Iota Chapter, and will be graduating in May of this year! I was previously president of the Alpha Iota Chapter and am looking forward to continuing to promote scholarship and advancement of the occupational therapy field. As secretary, I aim to facilitate communication amongst PTE students and alumni, and to assist in development of the PTE community. I look forward to getting started!

- Lauren McClung

Thank You 2020 St. Catherine Challenge Participants!

AOTF 2020 ST. CATHERINE CHALLENGE #AOTFSCC

The 2020 St. Catherine's Challenge set another record and once again an upcoming **Intervention Research Grant** will be fully funded by this national, student driven, philanthropic campaign. **Over $54,000 was raised by 54 schools across the country to help fund AOTF Intervention Research Grants (IRGs).** IRGs fill a critical gap in OT research funding by providing financial support for a 1-year, early stage, research study. Over the last six years our foundation's investment of $1.5 million dollars has generated over $20 million dollars in follow-on funding. But the need for more OT research is vital to strengthen evidence-based practice and improving the delivery of care.

AOTF is so proud of the outstanding work and dedication by the hundreds of students and faculty who made the St. Catherine's Challenge a success:

- **San Jose State University** is the winner of the 2020 St. Catherine's Challenge. SJSU raised over $9,000 for new OT research, topping last year's goal and repeating as champions.
- The **University of Pittsburgh** is our second-place winner.
- **Columbia University** is our third-place winner.
- The **University of Southern California** is our MVP of the Challenge. USC raised over $3,000 which is $1,000 more than last year.

DIAMOND

San José State University — GRAND WINNER

PLATINUM

University of Pittsburgh

GOLD

MVP — USC Chan Division of Occupational Science and Occupational Therapy

Columbia University in the City of New York

Misericordia University

UF College of Public Health and Health Professions, Department of Occupational Therapy, University of Florida

- The **University of Illinois Chicago** is our Rush to the Top winner, an award that recognizes the best performing school in their first year of the Challenge.

The 2021 St. Catherine's Challenge will officially begin on April 1. We welcome any OT, OTD and OTA program to join us and we hope that all our 2020 schools will participate again. More information on the 2021 Challenge will be coming out in late spring.

Faculty Advisors' Workshop- SUMMER 2020

The Faculty Advisors' Workshop is held annually at conference on the Wednesday evening to bring together faculty advisors of chapters across the country. The workshop typically includes a presentation from the National Executive Committee with multiple roundtable discussion questions scattered throughout the presentation. The presentation includes information regarding the mission of our organization, governance, national initiatives, and resources for chapters. Representation at the workshop is often diverse when it comes to long-standing faculty advisors to brand new faculty advisors. This workshop offers the opportunity for advisors to learn from and/or problem-solve with each other as well as ask clarifying questions to the National Board.

In lieu of the workshop at conference, we will be hosting an interactive webinar to engage faculty across the country. The webinar will be scheduled over the summer to allow faculty to recover from this semester of last-minute updates and alterations to coursework and fieldwork due to program transitions from in-person to online classes. **Please take this survey** to help us schedule the webinar at a time that works for most faculty – majority rule!

In the interim, we encourage you to **browse our website** under **chapter resources** to help provide any pertinent information and reach out to us with any questions.

AWARDS

Congratulations to the 2019-2020 Pi Theta Epsilon award recipients!

President's Award:
This award is presented to one or more PTE chapters that organize and implement outstanding scholarly activities. This year's recipient is **Gamma Pi Chapter at The Sage Colleges** in Albany, New York for their OT Skills Day. Great job promoting learning and scholarship!

Mary J. Bridle First Researcher Award:
This annual monetary award is presented to a student actively involved in occupational therapy research upon submission of their first research manuscript. Unfortunately, there were no approved submissions this year. Please consider **submitting a manuscript to OTJR: Occupation, Participation, and Health** for the 2020-2021 fiscal year to be considered for this award.

The Martha Kirkland Scholarship:
This scholarship is one of over fifty scholarships available through AOTF and state associations. This scholarship is awarded to a deserving occupational therapy student and PTE member. This year's recipient is **Lily Noble Grosjean** from the Alpha Psi chapter of University of New England.

Grant for Excellence in Interchapter Collaboration:
This award is presented to two or more chapters who have exceeded efforts to create interchapter collaboration that supports PTE's mission with an aim to increase knowledge, develop professional skills, and/or contribute to the advancement of the OT profession. Unfortunately, there were no submission for this grant for the 2019-2020 year. Please consider applying for the 2020-2021 fiscal year if your chapter has worked or is working with another chapter (or more) to address any of the listed areas.

Sessions Postponed until AOTA Conference 2021, San Diego

Due to the current limitations on social gatherings and events, the 2020 AOTA Conference was cancelled. Unfortunately, this meant that the PTE Annual Reception, Speed Mentoring Session, and Research Panel are postponed until next year's conference. If you signed up to participate in the Speed Mentoring Session this year, please reapply next year!

View 2019 Speed Mentoring Session

Note: **PTE Business Meeting** will be held online Apr. 21.

PTE Cost Benefit

WONDERING HOW YOUR DUES ARE USED?

1. **PRESIDENT'S AWARD**
   Honors and recognizes one or more PTE chapters that organize and implement outstanding scholarly activities.
2. **MARY J. BRIDLE AWARD**
   PTE sponsors the Mary J. Bridle First Research Award (an annual award of $750) to encourage students to become actively involved in OT research.
3. **EXCELLENCE IN INTER-CHAPTER COLLABORATION GRANT**
4. **MARTHA KIRKLAND SCHOLARSHIP**
   The Martha J. Kirkland Endowed Scholarship is one of over 50 scholarships available from the AOTF and state occupational therapy associations.
5. **ANNUAL BUSINESS MEETING**
   Hear updates from the National Board, vote on items necessary for the advancement of Pi Theta Epsilon.
6. **SPEED MENTORING SESSION**
   Like speed dating, but better! Speak 1:1 with experts in the field about research. Open to current students and alumni in good standing at AOTA Conference.
7. **FACULTY ADVISORS WORKSHOP**
   Board presentation of PTE updates and events, interactive discussions between advisors on topics ranging from induction ceremonies, to programming, and more.
8. **PTE RECEPTION**
   Networking event with alumni and current members each year at AOTA Conference.
9. **ONE YEAR SUBSCRIPTION TO OTJR**
   To help you with your scholarly work!
10. **FREE CEUS**
    We currently are offering 3 webinars per year for CEU credit

LIFETIME VERSUS ANNUAL MEMBERSHIPS

WHAT'S THE DIFFERENCE?

LIFETIME	ANNUAL MEMBERSHIPS
$175, including $50 induction fee	$75 for the first year, including $50 induction fee. $25 each consecutive year
$25 returned to your chapter, which can cover the cost of cords and pins!	$0 returned to chapter
Free CEU opportunities	Can upgrade to a Lifetime Membership at any time for $125
Run for National Office, vote for officers, vote on items during the Annual Business Meeting	Must keep up with yearly dues to qualify for CEUs, to run for office, and to vote

National dues for first-year students are $75.00 (including a $50.00 initial induction fee) for annual memberships, with every succeeding year at $25.00, at the member's preference of renewal. First-year students also have the option of a lifetime membership which is $175 (including a $50.00 initial induction fee) without any ongoing associated fees for continued members. A student may also elect to join as a life member at a later date and the fees would be $125. National dues are deposited into the national office which provides support for all of our many programs, including the Annual Business Meeting, Speed Mentoring Session, Faculty Advisor's Workshop, and the PTE Reception at AOTA's Annual Conference. Aside from these annual events, national funds are also allocated for Pi Theta Epsilon's numerous awards, including the President's Award, the Mary J. Bridle Award, and the Excellence in Inter-Chapter Collaboration Grant. Additionally, five percent of our surplus funds at the end of the year are allocated to the Martha Kirkland Scholarship. These funds also include a one year subscription to AOTF's research journal OTJR: Occupation, Participation, and Health, as well as the access to free CE webinars for our active PTE practitioners after graduation, whether annual or lifetime members. PTE members also have the opportunity to network with alumni and current members through various outlets, and we as a board are constantly working to provide new opportunities for all members.

PTE University & College Updates

Abilene Christian University

On September 17, 2019, PTE members from **Abilene Christian University's (ACU) Master of Science in Occupational Therapy (MSOT)** program collected data while participating in AOTA's National School Backpack Day. The goal for Backpack Day is to bring awareness to pain and injury that can come from heavy backpacks and bags by providing individuals with safety tips to protect themselves throughout their life. After gaining Institutional Review Board approval, data were gathered on the ACU campus to see just how much students' backpacks and bags truly weighed. Flyers were handed out days prior to the event as well as on the day of the event to encourage students on campus to stop by the booth, answer some questions, and weigh their backpack. Participants were asked to provide their contact information, age, gender, estimated personal weight, role or major at ACU, how often they carry their backpack, if they have ever experienced back pain, and if they have experienced back pain due to the weight of their bags. Each participants backpack was weighed and recorded with their information. Participants were given handouts with safety tips on how to carry their bag properly and a snack as a thank you for their participation. The ACU MSOT program has collected data over a span of 3 years and this year we initiated data analysis.

A total of 568 individuals participated over the three years, 345 women and 223 men. The average age of the participants was 19.45 years. The participants reported average weight (men and women) was 158 pounds and the average weight of the backpacks carried was 12.8 pounds. An interesting finding was that there was no relationship (r = .056) between reported body weight and backpack weight. In addition there was no significant difference between the weight of the backpack carried and gender. There was however, a difference between gender and reported back pain with women reporting more back pain than men (X = 47.87, $p < .001$). In addition women were more likely to attribute their back pain to carrying the backpack (X = 25.15, $p < .001$).

These results surprised us as it indicated that bigger stronger students do not carry heavier backpacks and lighter smaller students do not reduce their loads. Instead backpack weight seems to be dictated by what the students' see as needing to be carried and that was an average of 12.8 pounds. Women, who tend to be smaller than men, were at most risk for pain associated with using a backpack. We can apply these results to next year's Backpack Day when providing tips and ergonomic tricks creating a special focus on women and alternatives to routinely carrying heavy loads. We look forward to what further analysis of our data may reveal and now truly appreciate the

value of adding scholarship to an event as simple as Backpack Day!

Mary Baldwin University & Virginia Commonwealth University

This past February, PTE members at **Mary Baldwin University and Virginia Commonwealth University** participated in a virtual journal club. The article discussed was “Addressing Sex in Occupational Therapy: A Co-Constructed Autoethnography” by Natalie Rose and Claire Hughes. Both cohorts had an enriching discussion on the perspectives regarding addressing sexuality in occupational therapy practice. Throughout the discussion, students and faculty members discussed ideas about how sexuality could be addressed within the curriculum and how we could open the topic up for discussion with clients. This collaboration also enabled students and faculty members to discuss varying opinions on this topic. Overall, both cohorts enjoyed the opportunity to engage in conversations with peers from not only their institution but another one. We look forward to continuing this collaboration in the years to come.

New England University

On February 17, the **University of New England**’s Alpha Psi chapter of Pi Theta Epsilon inducted its newest 15 members with a ceremony on the University’s campus in Portland, Maine. The chapter welcomed the University’s Dean, Karen Pardue, as well as Nancy MacRae, Professor Emeritus, as they delivered the keynote speeches. Program Director Kris Winston offered the inspirational closing of the ceremony.

The incoming members have elected the following individuals to serve as officers: Mara Schiffhauer, President; Louisa Seelbach, Vice President; Emily Wasina, Treasurer; and Alina DeCarolis, Secretary. The Alpha Psi chapter of PTE looks forward to its annual Nancy MacRae Meaningful Occupations Silent Auction, whose proceeds go to the St. Catherine’s Challenge. This year’s auction will be held in Summer 2021.

Creighton University

Creighton University just initiated 43 wonderful students into their PTE chapter. Their organization is represented in three different states campus's, Omaha, Nebraska, Alaska and Regis.

University of North Dakota

The Pi Theta Epsilon (PTE) Kappa Chapter at the **University of North Dakota** had a great start to the spring semester, filled with anticipation and vision. Unfortunately, programs across the country have had to halt their efforts, and the Kappa chapter is now searching for alternative methods to fulfil their goals. The president, Sarah Lovelace, and faculty advisor, Dr. Sarah Nielsen, PhD, OTR/L are guiding the chapter with confidence and courtesy. Highlights from the first half of this semester include the following:

- Inducted 14 new members on February 20th, 2020.
- Co-hosted a very successful conference on February 1st, 2020 with four speakers from various occupational therapy backgrounds.
    - 93 students attended this event from 6 different schools including OTA, MOT, and OTD programs.
- Hosted two roundtable events discussing current, emerging research and transferability to practice.
- Planned fundraisers and events that may be now modified:
    - Dr. Iwama to speak to our program on theory development and scholarly work.
    - Assist with Super-Science day with a local elementary school.
    - Host a bake sale fundraiser.

Our organization understands the most important actions we can take at this time are to lead by example and set aside our plans until our nation's health and safety is restored. Many of these plans may be postponed until the following semester, but we look forward to what is to come.

University of South Dakota

The Alpha Tau chapter of Pi Theta Epsilon at the **University of South Dakota** hosted a lunch and learn event on August 14, 2019, to learn about the clinical application of theoretical conceptual framework. Over 40 students gathered to hear our PTE advisor, Dr. Moses Ikiugu, and Dr. McKenzie Feldhacker share their personal definitions of theory and why theory is a key component to

occupational therapy practice. Dr. Ikiugu stated, “Theory is a map of reality”; he noted that theories provide therapists with tools to guide intervention and optimally benefit the client. As an author of research on the Eclectic Framework, Dr. Ikiugu explained that therapists often use elements from several different models of practice and frames of reference to holistically view and treat clients. Dr. Feldhacker thinks of theoretical models as lenses that occupational therapists use to view the world and their clients. She stated that theory lays the foundation for practice and, without it, a plan for achieving a client’s end-goal can never be established. When therapists intentionally identify which theoretical framework will guide their intervention strategy, interaction with clients will be more meaningful and goal directed. Furthermore, both professors agreed that, as professionals, we lose esteem if we cannot articulate the thought process behind our clinical reasoning. Students’ knowledge was then put to the test, as our teachers presented several cases and challenged us to identify which theoretical framework would be most appropriate for those clients.

Our PTE chapter felt that an educational session focusing on theory was crucial to emphasize its importance in clinical practice and refresh our knowledge on the topic. While students often groan at the mention of theory, many of us left the meeting feeling excited to learn more about how theory can be utilized in our future practice to empower our clients to achieve maximal function!

A capstone student from St. Catherine University has reached out to our PTE chapter to host another lunch and learn to support the deliverables for her project. This session will take place virtually through a zoom conference. We are so fortunate that technology can keep us connected during these times of uncertainty.

Scroll & Pen Archived Issues