

GW SOTA Newsletter

The George Washington University's Student Occupational Therapy Association

February 2024 Issue

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WELCOME BACK, SOTA

Written by Jenny Kim

With the start of spring semester, SOTA welcomes back members to campus! Students have been seen catching up with classmates and faculty, studying for new courses, and talking about fieldwork. We look forward to seeing our members and any new participants in the next semester. During our first meeting back, members were scavenging for items in a SOTA scavenger hunt. Check out our winners (pictured above) and read more on page 4!

In this February edition, look forward to learning more about the effects of evidence-based practice on practitioners and clients in the *Latest OT Research* on page 2. Also, have you ever been curious about why your classmates chose OT? Read our *Student Spotlights* feature on page 6 to see why our members fell in love with OT!

INTERACTIVE ARTICLE

Created by Katie Jewett



Occupational Therapy Word Search

H O C O G N I T I O N D
D O E C O S O T A C R O
E M L O G A V F A C E C
V B M I U N I D N U S T
E E I O S K C A R P E O
L H L L N T N H E A A R
O A E A G D I C T T R A
P V Z O J S W C T I C T
M I C O N T E X T O H E
E O R A E I I O E N S L
N R I C I C V O V S A U
T G O N I O M E T R Y G

BEHAVIOR

DEVELOPMENT

HOLISTIC

SOTA

COGNITION

DOCTORATE

OCCUPATIONS

CONTEXT

GONIOMETRY

RESEARCH

LATEST OT RESEARCH: LET'S TALK ABOUT EVIDENCE BASED PRACTICE

Written by **Celia Accardi**

Evidence based practice (EBP) is the process of reviewing, analyzing, and applying the latest scientific research, based on its value, into clinical practice (Evidence-Based Practice, 2024). At GWU, we start to learn about EBP in Research I and continue to build on our knowledge in higher level research and intervention courses. The research courses are taught by Dr. Doerrer, PhD, OTR/L, CHT, CLT, who has found EBP to be extremely valuable in both academic and clinical settings.

In the article by Tal Bar-Nizan, Debbie Rand, and Yael Lahav, *Implementation of Evidence-Based Practice and Burnout Among Occupational Therapists: The Role of Self-Efficacy*, the authors aimed to fill the knowledge gap in the relationship between EBP, burnout, and self-efficacy. To accomplish this, the writers described: EBP implementation, burnout, and self-efficacy among OTs. They also assessed the correlation between those factors and re-viewed the role self-efficacy plays within the relationship between EBP and burnout.



Self efficacy is “one’s belief that they are capable of handling tasks and challenges related to their clinical practice (Wood & Bandura, 1989).” Dr. Ann Henshaw, OTD, MBA, MPH, OTR/L, noted how EBP implementation promotes self-efficacy by stating, “When we, as OTPs, offer evidence based interventions, share our knowledge of the evidence with clients/families and... see the positive outcomes from these interventions, we are empowered and confident [about] our contributions to the healthcare team. This correlates with increased job satisfaction and decreased burnout.” Both Dr. Henshaw and Bar-Nizan et. al stressed that EBP implementation and increased self efficacy not only benefits the patient, but also the practitioner and the workplace. Additionally, the positive results mentioned act as motivation to continue EBP implementation, in turn perpetuating the positive cycle. Similarly to self-efficacy, side effects of burnout extend to many beyond the practitioner themselves. It can include poorer outcomes in care, higher frequency of patient complaints, and frequent employee absenteeism (Bar-Nizan, et al., 2024).

When discussing EBP with Dr. D, she pointed out that burnout can happen to anyone in any field. Research indicates that future OTs can combat this by implementing EBP, a major driver in positive outcomes and in turn, results in higher self efficacy. Dr. D also noted an extremely important aspect: the effect EBP has on the practitioner-patient relationship. “Talking about it [with the patient], like, ‘This is the current research. This is why we’re doing this today.’ It adds to patient satisfaction,” she said. The combination of positive client rapport with knowledge about up to date research can further motivate OTs to continue implementing EBP and maintain professional satisfaction.

It's great being at a program, like GWU, where curriculum is organized in a way that prepares its students to implement EBP, with professors who are prepared to share tactics used to promote such beneficial practices

Resources:

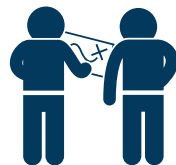
Greiner, B. Patterson, A. Garza, M. Mu, K. (2018). Effect of Professional Education on Occupational and Physical Therapy Students' Perceptions of Evidence-Based Practice. *American Journal of Occupational Therapy*, 72(1), 1. <https://doi.org/10.5014/ajot.2018.72S1-PO5006>

Bar-Nizan, T., Rand, D., & Lahav, Y. (2024). Implementation of evidence-based practice and burnout among occupational therapists: The role of self-efficacy. *American Journal of Occupational Therapy*, 78, 1-9. <https://doi.org/10.5014/ajot.2024.050426>

Evidence-Based Practice. (2024). Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/nursing/center-nursing-inquiry/nursing-inquiry/evidence-based-practice#:~:text=EBP%20is%20a%20process%20used,et%20al.%2C%202022>.

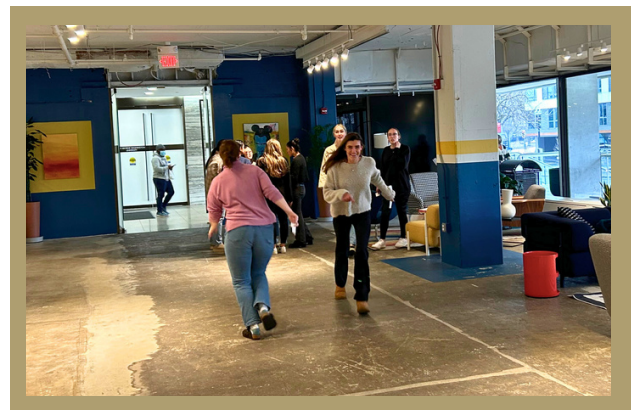
SCAVENGING WITH SOTA

Written by Jenny Kim



Do you know SOTA's chosen philanthropy, *Living Classrooms*? To learn more about this important cause, SOTA's President and Vice President hosted a fun, interactive scavenger hunt with facts about *Living Classrooms*! Groups were assigned through the buddy system, which helped to strengthen connections.

Winners of the scavenger hunt won thera-putty and can be seen on the cover of the February Newsletter! Check out the photos from the hunt:



ASD/AOTA NEWS

Written by Emma Tober

Celebrating OT, Dr. Esther Bae: A Standout in Accessibility

Dr. Bae collaborates with Selena Gomez's *Rare Beauty* team to create packaging that's seamlessly usable for individuals with disabilities. Gomez's own journey overcoming dexterity challenges due to lupus inspired the inclusive product designs. Containers are thoughtfully made for easy opening, handling, and usage.

Tevin's Adaptive Toy Drive

Recently the *Seattle Times* spotlighted the dynamic duo OT, Cierra Milton, and software engineer, Terrell Glen, who work together to organize the inaugural *Tevin's Adaptive Toy Drive*. This heartfelt initiative is named after Terrell's brother with cerebral palsy and sheds light on the scarcity of adaptive toys. It combats the limited availability by empowering Seattle families to adapt and enhance toys for children with motor and/or sensory limitations. The final products are then donated to local Seattle organizations.

Stories courtesy of AOTA OT Essential Newsletter.



Mariadeliz Santiago, a content creator w/ a disability, reviewing *Rare Beauty* blush packaging.



STUDENT SPOTLIGHTS: FALLING IN LOVE WITH OT

Written by **Celia Accardi**

Amy Arellano: A Wave of Passion

D2 student, Amy, developed a passion for OT after volunteering at a sub-acute facility. Her eagerness about OT only grew with each experience at the unit as she observed OT interactions and dedicated lots of time with patients.

Amy was able to develop lasting relationships that helped her realize why her passion was for OT rather than another healthcare profession: the constant holistic elements intertwined into care practices.

"I [want] to build meaningful connections with the individuals I work with... I will cherish [those relationships] forever."

-Amy



Alicia Alleyne: A Magnetic Love

D1 student, Alicia, grew up with OT influences from her older sister, who is registered and licensed. She knew as early as elementary school that she had interest in pursuing the same profession. Seeing how passionate and fulfilled her sister seemed combined with years of personal research added to Alicia's love for OT.

In college, her school didn't offer opportunities to pursue OT, so she tried out recreational therapy (RT) instead. RT uses recreational activities as opposed to exercises to address health needs of their clients. Although Alicia enjoyed RT, it just wasn't what filled her cup. She found her way back to OT following undergrad since it was her true passion.

"(When) in high school... they would ask 'what do we want to be?' and my first choice was OT... My heart was always set in OT."

-Alicia



We are so glad Amy and Alicia followed their hearts and pursued OT!

THE INSIDE SCOOP: SOTA EXECUTIVE BOARD POSITIONS

Written by Jenny Kim

Don't forget! SOTA Spring Elections will soon be approaching. If you're interested in running a position, check out some of these roles! For information about other positions, check out the previous January Newsletter. Look forward to the upcoming March Newsletter for the final positions!

Historian

Responsibilities

- Take pictures of SOTA events and members
- Upload photos in digital drop-box
- Manage digital content
- Coordinate specifically with Social Media Chair and Newsletter Editors

Important Skills

- Time Management
- Photography Skills
- Creativity

Most Used Resources

- Dropbox



Interested? Those looking to participate more in SOTA, but cannot dedicate many outside hours, should consider this role! A member who is communicative is important. This role's job affects other positions!

Social Activities

Responsibilities

- Host and create social events for SOTA
- Represent SOTA's missions

Important Skills

- Time management
- Organization
- Creativity
- Teamwork

Most Used Resources

- Canva



Interested? Someone who is fun and engaging would be a great fit! We need a creative brain to think of out-of-the-box ideas for social engagement.

Social Media

Responsibilities

- Establish Social Media goals and strategies
- Engage and educate peers on proper social media usage
- Communicate with other SOTA programs
- Coordinate with the Historian to ensure pictures are being taken and uploaded for use
- Keep the SOTA Instagram up to date with events, meetings, resources, and opportunities

Important Skills

- Organization
- Time management
- Creativity
- Photo and video editing skills
- Familiarity with social media platforms

Most Used Resources

- Instagram, Canva, Dropbox, email, photo editor and collage apps, and the Historian



Interested? Are you organized, timely, and have a creative eye? This position could be a great fit for you then! Prior social media experience will be very helpful to this job.

Newsletter Editor

Responsibilities

- Communicate and collaborate with the Newsletter committee
- Send out emails to Exec Board and faculty
- Gather and research information
- Formulate articles
- Edit articles and format newsletter

Important Skills

- Time management
- Organization
- Team work
- Writing skills
- Research skills
- Communication



Most Used Resources

- Canva, Gmail, Google Docs, SOTA Exec Board and general members, Faculty Advisor

Interested? *Editors need to be organized, communicative, and good with deadlines. Having an eye for design and prior knowledge with design programs like Canva can go a long way for this position!*

ASD Representative

Responsibilities

- Attend AOTA ASD Tri-annual meetings and AOTA Conference
- Share valuable insights with SOTA/GWU OTD
- Promote EDI and leadership
- Support professional development of students
- Increase AOTA membership

Important Skills

- Time management
- Organization
- Collaboration
- Networking
- Creativity
- Passion for OT
- Initiative



Most Used Resources

- AOTA Membership, AOTA Staff, ASD Students, CommunOT, OT Student Pulse, Canva, and PowerPoint

Interested? *We need someone with great initiative in this position! This role allows you to learn, share and be creative. If you have big ideas, we want to hear them!*

Want to Place an Ad in the Newsletter?



The SOTA Newsletter is a great platform to plug in any advertisements! If there are any job listings, upcoming events, or clubs you would like to market, this is the place for you!

If interested, please be sure to include the following information regarding your ad:

- Advertisement title
- Brief summary or details regarding listing
- Contact and/or location information

If applicable, provide photos too!

To submit your advertisement, email both:

- jenny.kim1@gwmail.gwu.edu
- celia.accardi@gwmail.gwu.edu



UPCOMING EVENTS

Created by Celia Accardi

Check back each month to see what's up and coming this month in SOTA! Don't forget to review event details on the next page.

FEBRUARY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1 12:00-1:00pm: Exec Board Meeting	2	3
4	5 V-Day Card Event (D1) Cupids in Motion (D1)	6 V-Day Card Event (D1) Cupids in Motion (D1)	7 V-Day Card Event (D1) Cupids in Motion (D1)	8 12:00-1:00pm: All member meeting	9	10
11	12 V-Day Card Event (D2) Cupids in Motion (D2)	13 V-Day Card Event (D2) Cupids in Motion (D2)	14 Cupids in Motion (D2)	15 12:00-1:00pm: Exec Board Meeting	16	17
18	19	20	21	22 12:00-1:00pm: All member meeting	23	24
25	26	27	28	29 12:00-1:00pm: Executive Board Meeting	1	2

FEBRUARY EVENT DETAILS

February SOTA meetings are currently set to all be virtual. Please mark the dates on your calendars. You can also find these meeting links on Google Calendar or in Meghan's email (Meghan.Moriarty@gwu.edu) on 1/4/24 with the subject line "January and February Meeting." Members will be notified by the secretaries if any meeting details change:

Thurs, 2/1 @ 12:00pm: Executive Board Meeting (via Zoom)

- Link: <https://gwu-edu.zoom.us/j/93424091446>

Thurs, 2/8@ 12:00pm: All-member Meeting (via Zoom)

- Link: <https://gwu-edu.zoom.us/j/95117173618>

Mon, 2/5-Tues, 2/13: Valentines Day Card Event

Community service and social chairs are collaborating to share the love this Valentine's Day! D1 and D2 will create cards to share with community sites and each other. See your cohort's designated design dates below and on the calendar:

- **Cohort specific dates:**
 - D1: 2/5-2/7
 - D2: 2/12-2/13
- **Drop-off location:** Large lecture room

Mon, 2/12-Weds, 2/14: Cupids in Motion

This is a Valentine's Day fundraising event to support our organization! Check out the flyer sent out by Sabrina (luusb2000@gwmail.gwu.edu) on 2/1!

Thurs, 2/15 @ 12:00pm: Executive Board Meeting (via Zoom)

- Link: <https://gwu-edu.zoom.us/j/97241942093>

Thurs, 2/22 @ 12:00pm: All-member Meeting (via Zoom)

- Link: <https://gwu-edu.zoom.us/j/91012252752>

Thurs, 2/29 @ 12:00pm: Executive Board Meeting (via Zoom)

- Link: <https://gwu-edu.zoom.us/j/94966399230>

MARCH EVENT DETAILS

Weds, 3/6 (time TBD): All-member Meeting (in person)

Thurs, 3/7-Tues, 3/26: Executive Board Position Sign-Up

- Be sure to prepare a speech that encompasses your goals for your chosen position! Speeches will be presented at the following meeting (see below).

Weds, 3/27 (time TBD): All-member Meeting (in person)

- Executive board speeches and elections